

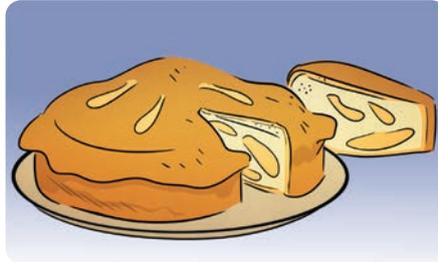
11 - Foods to be favoured

Diet plays a crucial role in controlling diabetes properly. The foods to be eaten only occasionally, with moderation, and those to be preferred are described below.

Foods to be eaten with moderation



Sweeteners can be used in milk, tea and coffee and sugar, honey and jam intake should be restricted. Watch out for foods "For diabetics", it is important to know how to read food labels.



Foods containing lots of sugar are also often rich in fats. Restrict your intake of cakes and other baked goods, chocolate, sweets containing sugar, fruit jellies, biscuits, processed snack bars and ice-cream.



Two 150 g servings of fruit (preferably unpeeled) per day are good for you, but fresh or processed fruit juices, smoothies and sweet soft drinks, syrups and dried fruit (sultanas, prunes, figs, dates, candied fruit, etc.) should be avoided.



Meat and fish are recommended just once a day and should be cooked without using fats (steamed, grilled, roasted, baked or boiled).



Watch out for the fats contained in dressings. They are present in many sweet and savoury processed foods (snack bars, crisps and other snack, which should only be eaten occasionally).

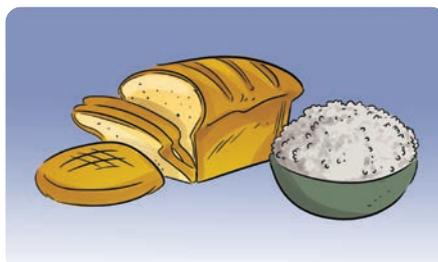


Bread, pasta, rice, potatoes, flour, couscous and pizza are all carbohydrate-rich foods. Choose one of these foods and eat only one serving at each meal, without going overboard.

Foods to be preferred



Rediscover vegetables (lettuce, tomatoes, peppers, etc.), you can eat as much of these foods as you like. The same goes for vegetable broth, spices and seasonings to be used to make dishes more flavoursome.



Opt for wholegrain foods, fish and white meats, cooked without using oil. Eat complete meals (for example, pasta with pulses, or rice and peas), but in moderate servings.



Milk and yoghurt are fine, but not more than twice a day. Choose water rather than other sugar-free drinks.