

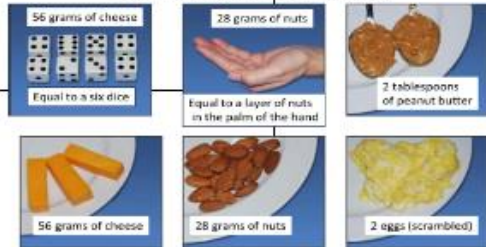


Food Type	1,600 Calories / 6,720 Kilojoules	2,000 Calories / 8400 Kilojoules	Examples of One Serving		
Starch At least half of your servings should be whole-grain.	6 servings per day	6-8 servings per day	1 slice bread; 1cup dry cereal (check nutrition label for cup measurements of different products); 1/2 cup cooked rice, pasta, or cereal (about the size of a baseball) NOTE: "stiff" pap 1/3rd cup = 1 serving; "slap" pap 1/2 cup = 1 serving 	Bread (preferably whole wheat/ whole grain); Mielie meal (pap; phutu/porridge); Samp; Lentils; Pasta; Cereal; Macaroni; Rice (if possible brown rice); Mabele; Spaghetti; Couscous; Sorghum; Dried beans 	The following are vegetables that have a significant effect on blood glucose levels and thus should be limited and fall into the "starch" group: Potatoes; Sweet potatoes; Amadumbe; Peas; Pumpkin; Corn; Butternut; Sweetcorn; Ujeqe; Mielies
Vegetables Eat a variety of colours and types	3-4 servings per day	4-5 servings per day	1/2 cup cut-up raw or cooked vegetables 1/2 cup vegetable juice NOTE: 1/2 cup tomatoe = "free serving" while > 1/2 cup = 1 serving	Artichokes; Asparagus; Broccoli; Brussel Sprouts; Baby marrow; Beetroot; Cabbage; Celery; Carrots; Cauliflower; Cucumber; Brinjal(egg plant); Green beans; Leeks; Mushrooms; Patty pans; Radishes; Spinach; Morogo; Tomato; Gem Squash; Lettuce; Onion; Peppers; Turnips; Snap peas	
Fruits Eat a variety of colours and types	4 servings per day	4-5 servings per day	1 medium fruit (about the size of a baseball) 1/4 cup dried fruit 1/2 cup fresh, frozen, or canned fruit 1/2 cup fruit juice (preferably eat the fruit than drink it) NOTE: 1/2 banana = 1 serving (due to high carbohydrate content)	Apples; Oranges; Naartjies; Grapefruit; Peaches; Plums; Apricots; Nectarines; Berries; Strawberries	The following fruits can have a significant impact on blood sugar levels and thus their quantities should be limited; watermelon; Mangos; Pineapple; Bananas; Dates; Pawpaw;
Fat-free or low-fat dairy Products	2-3 servings per day	2-3 servings per day	1 cup fat-free or low-fat milk 1 cup fat-free or low-fat yogurt 1 and 1/2 cups fat-free or low-fat cheese (about the size of 6 stacked dice) NOTE: Light yellow cheese is a better option than "orange"cheese, as it has a lower fat content		
Protein: Lean meats, poultry, seafood, eggs	2-3 servings per day: 85-170gm (cooked) per day	Less than 170gm per day	85gm cooked meat (about the size of a computer mouse) 85gm grilled fish (about the size of a checkbook) 2 Eggs		1 serving of cheese, eggs and nuts is equivalent to: 
Fats and oils Use liquid vegetable oils and soft margarine most	2 servings per day	2-3 servings per day	1 Teaspoon (5ml) soft margarine 1 Tablespoon (15ml) mayonnaise 1 Teaspoon vegetable oil 1 Tablespoon regular or 2 Tablespoons low-fat salad dressing (fat-free dressing does not count as a serving)	1 Tablespoon = 3 teaspoons (15ml), and 1 teaspoon = 5ml	
Nuts, seeds, and legumes	3-4 servings per week	4-5 servings per week	1/3 cup 2 Tablespoons peanut butter 2 Tablespoons seeds 1/2 cup dry beans or peas		