

# NDSS

National Diabetes Services Scheme

An Australian Government Initiative

NDSS Helpline 1800 637 700  
[ndss.com.au](http://ndss.com.au)

# Healthy Eating

A guide for older people living with diabetes



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 **diabetes**  
australia

The NDSS is administered by Diabetes Australia

## National Diabetes Services Scheme

The NDSS is an initiative of the Australian Government administered by Diabetes Australia. The NDSS provides information, support and services and diabetes-related products at subsidised prices to people living with diabetes.

Registration is free and open to all eligible people in Australia diagnosed with diabetes.

For more information, visit [ndss.com.au](https://ndss.com.au) or call the NDSS Helpline on **1800 637 700**.

Disclaimer:

This information is intended as a guide only. It should not replace individual medical advice. If you have any concerns about your health, or further questions, you should contact your health professional.

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# About this booklet



This booklet provides information about healthy eating and food choices for older people living with diabetes. As we get older, staying nourished and maintaining healthy eating habits can be challenging. Our lifestyle and appetite can change. The dietary needs of older people with diabetes are generally no different to those of other older people. They should be encouraged to follow a healthy eating plan which suits their individual needs, tastes and cultural preference. There is no such thing as a 'diabetic' diet.





# Eating for health




Healthy eating can help you manage your blood glucose levels, cholesterol and blood pressure.


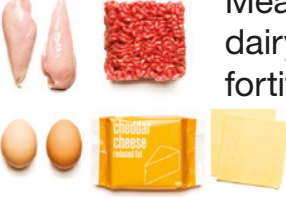





It is important to:

- eat a variety of nutritious foods
- be as active as you can
- keep your weight stable and within the healthy range for your height, age and health conditions
- drink plenty of fluids every day, preferably water
- take your diabetes medicines with food or as advised by your doctor.

# Nutrition

As you get older, it can become more difficult to get all the nutrients you need to stay healthy. Age can affect what you eat and how your body works—for example, you may have a smaller appetite, need less energy or be managing other conditions. It is important to make every mouthful of food as nutritious as possible, so you get the essential nutrients you need to stay healthy. Some of these nutrients are shown below.

Nutrient	Why is it important?	Good sources
Calcium	To maintain strong bones to prevent osteoporosis and reduce the risk of fractures.	 <p>Milk, yoghurt, cheese, calcium-fortified non-dairy milks (e.g. soy), tinned sardines and salmon (including the bones), prawns, almonds, kale, hard tofu, and sesame seed spread, spinach and some beans (kidney beans or chickpea)</p>
Vitamin D	To maintain strong bones and teeth and help your body absorb calcium	 <p>Sunlight; also salmon, sardines, tuna, eggs and vitamin D-fortified foods such as some varieties of milk and soy milk. Some people may need to take a vitamin D tablet to get the amount they need</p>
Fibre	To maintain healthy bowel function, prevent constipation, promote good gut bacteria, reduce cholesterol, and manage blood glucose levels	 <p>Wholegrain cereals and breads, canned/dried beans and lentils, vegetables, fruit, nuts and seeds</p>

Nutrient	Why is it important?		Good sources
Water	To stay hydrated and prevent constipation and promote healthy kidneys		Water is essential for good health but the amount needed varies from person to person (see our drinks and alcohol section on page 14)
Vitamin B12	To help prevent anaemia and maintain healthy nerve function		Meat, poultry, fish, eggs, dairy food and B12 fortified soy milk
Folate	To help prevent anaemia		Dark green leafy vegetables, asparagus, oranges, avocado, legumes, and fortified breakfast cereals
Potassium	To reduce blood pressure and maintain strong bones and a healthy heart		Fruits and vegetables, especially bananas, prunes, plums and potatoes with skins on; wholegrains, legumes, nuts and seeds and milk and yoghurt
Magnesium	To maintain strong bones and a healthy heart		Wholegrain breads and cereals, nuts, green leafy vegetables, legumes and fish
Zinc	To boost immune function and help with wound healing		Lean meats, seafood (including oysters), wholegrain breads, legumes, nuts and seeds, milk, yoghurt and cheese
Omega-3 oils from oily fish.	To reduce the risk of heart disease, and to improve symptoms of rheumatoid arthritis		Oily fish including salmon, sardines, mackerel and tuna. Plant-based sources including canola oil, flaxseed (linseed), chia seeds, walnuts and soybeans

# Daily food needs

This table shows you the number of serves you should aim to eat every day from each of the main food groups. These are a guide only; for personalised advice speak to your dietitian.

	Men 51–70 years	Men 70+ years	Women 51–70 years	Women 70+ years
<b>Vegetables</b>	5 ½	5	5	5
<b>Fruit</b>	2	2	2	2
<b>Grain (cereal) food</b>	6	4 ½	4	3
<b>Lean meat, fish, poultry, eggs, tofu, nuts and seeds, and legumes/beans</b>	2 ½	2 ½	2	2
<b>Milk, yoghurt, cheese and/or alternatives</b>	2 ½	3 ½	4	4

See the following pages for descriptions and sample serve sizes.





## What is a serve of vegetables?

**A standard serve is about 75g (100–350kJ) or:**

1/2 cup cooked	green or orange vegetables (for example, broccoli, spinach, carrots or pumpkin)
1/2 cup	cup cooked dried or canned beans, peas or lentils (preferably with no added salt)
1 cup	green leafy or raw salad vegetables
1/2 cup	sweet corn
1/2 medium	potato or other starchy vegetables (sweet potato, taro or cassava)
1 medium	tomato



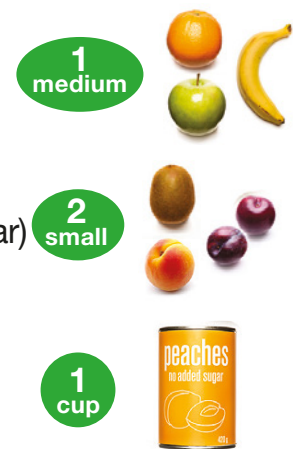
## What is a serve of fruit?

**A standard serve is about 150g (350kJ) or:**

1 medium	apple, banana, orange or pear
2 small	apricots, kiwi fruits or plums
1 cup	diced or canned fruit (no added sugar)

**Or only occasionally:**

125ml (1/2 cup)	fruit juice (no added sugar)
30g	dried fruit (for example, 4 dried apricot halves, 1 1/2 tablespoons of sultanas)



## What is a serve of grain\* (cereal) food?

**A standard serve is (500kJ) or:**

1	slice (40g) bread
½ medium	(40g) roll or flat bread
½ cup	cooked rice, pasta, noodles, barley, (75-120g) buckwheat, semolina, polenta, bulgur or quinoa
½ cup(120g)	cooked porridge
⅔ cup (30g)	wheat cereal flakes
¼ cup (30g)	muesli
3 (35g)	crispbreads
1 (60g)	crumpet
1 small (35g)	English muffin or scone

1  
slice



½ cup  
cooked



½ cup  
cooked



⅔  
cup



\*Grain (cereal) foods, choose mostly wholegrain and/or high-cereal fibre varieties.

## How much is a serve of lean meat and poultry, fish, eggs, nuts and seeds, and legumes/beans?

**A standard serve is (500–600kJ):**

65g	cooked lean red meats such as beef, lamb, veal, pork, goat or kangaroo (about 90-100g raw)
80g	cooked lean poultry such as chicken or turkey (100g raw)
100g	cooked fish fillet (about 115g raw) or one small can of fish
2 large (120g)	eggs
1 cup (150g)	cooked or canned legumes/beans such as lentils, chick peas or split peas (preferably with no added salt)
170g	tofu
30g	nuts, seeds, peanut or almond butter or tahini or other nut or seed paste (no added salt)*

65g



80g



100g



2  
large



1  
cup



\*Only to be used occasionally as a substitute for other foods in the group (note: this amount for nuts and seeds gives approximately the same amount of energy as the other foods in this group but will provide less protein, iron or zinc).

## How much is a serve of milk, yoghurt, cheese and/or alternatives?

**A standard serve is (500–600kJ):**

- 1 cup (250ml) fresh, UHT long life, reconstituted powdered milk or buttermilk
- ½ cup (120ml) evaporated milk
- 2 slices (40g) or 4 x 3 x 2cm cube (40g) of hard cheese, such as cheddar
- ½ cup (120g) ricotta cheese
- ¾ cup (200g) yoghurt
- 1 cup (250ml) soy, rice or other cereal drink with at least 100mg of added calcium per 100ml

1 cup



2 slices



¾ cup



1 cup



**If you do not eat any foods from this group, try the following foods, which contain about the same amount of calcium as a serve of milk, yoghurt, cheese or alternatives.)**

- 60g sardines, canned in water
- ½ cup (100g) canned pink salmon with bones
- 100g firm tofu (look for calcium in the ingredients list)

# Meal plans

You should try to eat a variety of nutritious foods every day. It may be a good idea to have your main meal in the middle of the day, when you are likely to feel hungrier or feel more like cooking.

We have provided two sample meal plans for you here.

## Day 1

### Breakfast

Traditional porridge with milk and a piece of fresh fruit



### Mid-morning snack

One piece of fresh fruit



### Light meal

Wholegrain salad sandwich with chicken, ham, tinned fish, egg, baked beans or cheese



### Afternoon snack

Wholegrain crackers with cheese or peanut butter



### Main meal

Meat, chicken or fish, plenty of coloured vegetables and a small serve of sweet potato



### Supper

Tub of unsweetened yoghurt





## Day 2

### Breakfast

Boiled or poached egg on wholegrain toast and a piece of fresh fruit



### Mid-morning snack

Tub of unsweetened yoghurt and a piece of fresh fruit or some berries



### Main meal

Meat, chicken or fish, plenty of coloured vegetables and a small serve of rice or pasta



### Afternoon snack

One slice of wholegrain fruit loaf spread with cottage cheese



### Light meal

Vegetable and lentil soup with one slice of wholegrain bread



### Supper

Hot chocolate – make with high-protein milk if you need to gain weight (see 'Recipes to gain weight' on page 36)



# Drinking water and alcohol

## Water is essential for good health

Older people may have a dry mouth but often will not feel thirsty.

Some important tips:

- Your fluid intake needs will depend on factors such as the weather, your physical activity, age and health.
- As a general guide, about 8 cups of fluid/water per day for women and 10 cups of fluid/water per day for men are recommended. However, it is important to talk to your doctor or dietitian about what's right for you, as some medical conditions may require you to limit your fluid intake.
- Tea, coffee (maximum 3-4 cups), soups and milk all count toward your fluid intake for the day.
- Water is always best unless you are underweight, losing weight without trying or have lost your appetite, when it may be better to have higher energy fluids such as milk instead.
- Drink more if the weather is hot or when you are more active.
- Drink if you feel thirsty or if your mouth is dry.
- Drinking enough water every day can help prevent and treat constipation. It can also help with bladder infections and urinary incontinence.
- If you feel more thirsty than usual, check your blood glucose levels. High blood glucose levels can cause increased thirst and urination.

## **Alcohol**

Alcohol can have many negative impacts on your health and can affect you differently as you get older.

Alcohol can affect your balance and increase the risk of falls.

Alcohol can interact with your medicines. It can have a strong effect on an empty stomach.

Alcohol can affect your thinking, reactions and mental capacity.

## **Remember**

- Not drinking alcohol is the safest and healthiest option.
- Limit your alcohol intake to a maximum of two standard drinks per day.
- Have two alcohol free days per week.
- You can become unstable on your feet after just one drink.
- If you drink alcohol, make sure you have some food at the same time.
- Alcohol can impact the way some medicines affect you, so check with your doctor or pharmacist if this may be an issue for you.

Do not drink and drive. If you take certain medications, alcohol increases the risk of having a hypo (low blood glucose) even the day after drinking.

# Weighty issues





# What is a healthy weight for you?

Your ideal healthy weight range depends on a number of factors. These include:

- your age
- what other medical conditions you have
- how well you can move around
- how frail you are.

You could discuss your weight range with your doctor, dietitian or diabetes educator if you are not sure.

Maintaining good nutrition levels and a healthy, stable body weight when you are older can help to:

- preserve muscle and physical strength
- reduce the risk of falls
- protect you from injury if you fall
- reduce the risk of infection and help wounds heal faster
- maintain general quality of life.

For most older people, maintaining a healthy weight is important for health reasons.

If you have any unexpected or unplanned weight loss, be sure to alert your doctor or health care team, because it may be a sign of an underlying illness.

If you are above your healthy weight and have been advised to lose some weight for your health, it can be beneficial to lose 5–10% of your body weight. Weight loss in diabetes can result in improved blood glucose control and/or reduced medication requirements.

# Are you above your healthy weight?

If you are above your healthy weight, you may be at a higher risk of joint pain and other chronic conditions such as heart disease and cancer. You may find it difficult to move around comfortably and safely. You could consider:

- Eating regular nutritious meals across the day and limiting snacks.
- Choosing nutritious foods from the five core food groups including vegetables, fruit, wholegrains, unsweetened dairy and lean protein. These can help satisfy hunger and sustain your appetite.
- Eating fewer foods that are high in added sugars or saturated fats (including cakes, biscuits, chocolate, sweetened drinks, pastries, pies and fried foods). These foods are low in nutrition but high in kilojoules and should only be eaten sometimes and in small amounts.
- Being as active as you can every day. Try to sit less and take every opportunity to move more each day within your ability.

Always consult a dietitian or your doctor before trying to lose weight, because losing weight when you are older can sometimes do more harm than good.

# Are you below your healthy weight?

If you are below your healthy weight or are losing weight without trying to do so, consider the following:

- Have a thorough check-up with your doctor to find out if there is a medical reason for your weight loss.
- Have your blood glucose level checked by your doctor, because regular high glucose levels can lead to weight loss.
- Eat small amounts of nutritious food more often rather than three big meals per day, even if you do not feel hungry.
- In order to prevent further weight loss it may help to choose high-energy foods and drinks or add extra kilojoules to the foods and drinks you already have.
- Avoid drinking too much liquid in the half-hour before and after meals, to help prevent overfilling your stomach.

## Do you want to gain weight?

You may need to gain weight if you are sick or frail or have lost weight. It may be helpful to see a dietitian to support you to do this. Until you see a dietitian, you might like to try some of these practical tips:

- Swap some of your low energy drinks (such as water, tea, coffee) for some energy-containing drinks such as milk drinks or smoothies.
- Use evaporated or high-protein milk (see our 'Recipes to help gain weight' section) in place of regular milk such as on breakfast cereal, in soups and smoothies.
- Spread toast and sandwiches thickly with peanut butter, other nut spreads, avocado, or cream cheese.
- Include a high-protein food with every meal, such as tinned fish, eggs, cheese, milk, meat, chicken, nuts or legumes.
- Use olive or canola oil when cooking meat, eggs or fish and add extra olive oil dressing or avocado on salads and vegetables.
- Add milk, evaporated milk, milk powder, cream, cheese, olive oil and lentils or canned beans to soups, stews and savoury dishes.
- Use full-cream dairy products rather than low-fat ones.
- Have a slice of your favourite cake.

You might need some advice on how eating extra food will affect your blood glucose levels, so it is worth talking to your doctor, credentialled diabetes educator or dietitian before you make any changes.



## Do you struggle to eat or swallow?

Sometimes you may lose teeth or have new or loose dentures that make your mouth sore when you chew. You may have problems swallowing certain foods or drinks. These problems may make you feel like not eating but it is important to make sure you eat enough to maintain your health.

If you have problems chewing or swallowing food, visit your doctor to have the problem assessed and treated early. Your doctor may need to refer you to a dentist, dietitian or speech pathologist for further review.

## Have you lost your appetite?

As you get older you may lose your appetite for many reasons: you may be sick or in pain, grieving or lonely, your sense of smell and taste can change, or it may be the result of the ageing process or certain medications. If you are eating less than before, you may need to see your doctor to have your medicines adjusted. If you lose your appetite, you should have a check-up with your doctor.

Then, if there's no underlying medical cause, try some of these ideas:

- Eat smaller, more nutritious meals more often even if you don't feel hungry.
- Eat in a relaxed environment—for example, listen to some music or take your lunch to the park.
- Eat in the company of others whenever possible.
- Stimulate your appetite by doing some physical activity before you eat, no matter how small it might be.
- Eat food that you enjoy.
- Make every mouthful of food as tasty and nutritious as possible.
- Eat when you are hungry, even if it is not meal time.

# When to seek advice

Speak to your doctor, diabetes educator or other member of your health care team if:

- you are sick
- your blood glucose levels are regularly higher or lower than your target range
- you lose your appetite
- you are losing weight without trying
- you experience incontinence or constipation
- you have trouble with a sore mouth, your teeth or swallowing
- you have trouble shopping or cooking.

You should also let a friend or family member know if you are sick or are experiencing difficulties with your diabetes, shopping, cooking or eating.

You may hear of different diets recommended as a healthy way of eating (e.g. paleo, low carb, intermittent fasting and so on). If you are considering a “diet” or different style of eating, you should talk to a member of your health care team beforehand. Some diets can have a serious impact on your diabetes management.



# Shopping and cooking





## Shopping

Here are some tips to help you streamline your shopping and make sure you have everything you need for healthy eating:

- Knowing what to choose at the supermarket to help manage your blood glucose levels, cholesterol and blood pressure can be difficult. Your state or territory diabetes organisation can help you with this, so give them a call through the NDSS Helpline on **1800 637 700**.
- Plan your meals for the week, write a shopping list and use it to make sure you buy all the ingredients you need.
- Bulk-buy foods such as bread or meat and freeze smaller portions that you can thaw and use to cook meals for one or two people.
- Buy several ready-to-eat, reduced-salt meals that you can store in the freezer or use if you get sick or do not feel like cooking.
- Shop with a friend or relative or check if your local shop offers home delivery.
- If you need assistance with shopping and/or cooking, call My Aged Care on **1800 200 422** or go to the My Aged Care website at [myagedcare.gov.au](https://myagedcare.gov.au). This website also has up-to-date information about aged care services in your local area and ideas on how to be active and healthy.

# Cooking for one or two

There are some tricks to cooking for just one or two people, including cooking smaller or simpler meals, or cooking full-size meals and freezing some portions. Here are some tips:

- Make every meal straightforward. Cooking does not have to be time-consuming or complicated—keep it simple and nutritious.
- If you are not confident with cooking, ask a friend or relative for basic cooking tips. If you can learn how to cook a simple soup, meat or vegetable dish, you will have enough skills to try cooking a range of simple recipes.
- Make one-dish meals such as our ‘Salmon pasta for one’ (see our ‘Recipes’ section).
- Try a ‘meat and three-veg’ approach to meals. Visit your local butcher for ready-made meat products such as chicken parmigiana or steaks, and then serve them with boiled or mashed potatoes and steamed or microwaved vegetables (such as carrots, peas or broccoli). Buy frozen mixed vegetables and store in freezer. Simply heat as per the directions and serve with meat three veg meals.
- Turn a simple snack into a nutritious light meal, such as baked beans or tomato and cheese on toast, or soup with wholegrain toast.
- Take turns to prepare and share meals with family and friends.
- Cook a big batch and freeze single portions. For example, make a casserole from fresh ingredients; then freeze leftovers into single serves in takeaway containers or zip-lock bags (but remember to label and date them).
- If you do not want to have leftovers, halve the measurements in your favourite recipe to reduce waste. The following table will help you.





**When a recipe calls for**

**To halve it, use**

1/4 cup	2 tablespoons
1/3 cup	2 tablespoons plus 2 teaspoons
1/2 cup	1/4 cup
2/3 cup	1/3 cup
3/4 cup	6 tablespoons
1 tablespoon	1 1/2 teaspoons
1 teaspoon	1/2 teaspoon
1/2 teaspoon	1/4 teaspoon

Note: If you halve a recipe, it may cook more quickly, so check on your meal 10 minutes earlier than the original recipe says.

If you find cooking difficult, consider getting Meals on Wheels. Look in the White Pages or visit [mealsonwheels.org.au](http://mealsonwheels.org.au) for your local Meals on Wheels contact number.

If you get Meals on Wheels try not to split the meals by having half at lunch and half at dinner, as this may not provide you with the nutrition you need.





# Recipes



# Butternut pumpkin soup

Serves 4, Low GI, Preparation + cooking time: 35 minutes

**Cooking for one?** This soup will keep in the fridge for several days or freeze individual portions and defrost as needed.

## Ingredients:

- 1 teaspoon olive oil
- 1 small leek (200g), sliced thinly
- 1 clove garlic, crushed
- 1 teaspoon ground cumin
- ½ teaspoon ground coriander
- 1kg butternut pumpkin, chopped coarsely
- 1 large potato (300g), chopped coarsely
- 1 cup (250ml) salt-reduced chicken stock
- 3 cups (750ml) water
- 2 teaspoons fresh thyme leaves
- 8 slices (360g) soy-linseed bread, toasted.

## Method:

1. Heat oil in large saucepan; cook leek and garlic, stirring, until leek is tender. Add spices; cook, stirring, until fragrant
2. Add pumpkin, potato, stock and the water to pan; bring to the boil. Reduce heat; simmer, covered, about 20 minutes or until the vegetables are tender. Cool 10 minutes
3. Blend or process mixture, in batches, until smooth. Return mixture to pan; stir until hot. Sprinkle soup with thyme; serve with toast.

**Nutrition information:** Per serve (4), Carbohydrate exchanges: 4 (2 for soup, 2 for bread), Energy 1559kJ, Total fat 4.4g, Saturated fat 0.7g, Total carbohydrate 59.6g, Protein 16.6g, Fibre 11.5g, Sodium 377mg

**ACKNOWLEDGMENT:** Recipes from The Australian Women's Weekly Cooking for Diabetes [awwcookbooks.com](http://awwcookbooks.com)

Photographer: Stuart Scott



# Salmon pasta for one

## Ingredients:

- 90g spaghetti or other dried pasta
- ½ cup frozen peas
- 100g smoked salmon cut into pieces
- 1 tablespoon olive oil
- dill and basil leaves, chopped (optional)
- 1 tablespoon grated parmesan
- 1 handful of rocket or baby spinach

## Method:

1. Cook pasta according to packet directions. Drain
2. Microwave peas for 2 minutes or until cooked through. Drain
3. Toss pasta with salmon, peas, and herbs (if using).  
Mix olive oil through. Top with parmesan and serve with rocket or baby spinach.

**Note:** This dish is also delicious with pan-fried fresh salmon, tinned salmon or tuna or shredded chicken (available from the deli section at major supermarkets).

**Nutrition information:** Per serve. Energy 1576kJ, Carbohydrate 59.0g, Fat 26.4g, Sat Fat 6.6g, Fibre 6.8g, Sodium 400mg





# Pepper Beef Stir-Fry with Brussels Sprouts

Serves 4, Low GI, Preparation + cooking time: 35 minutes

## Ingredients:

- 1 tablespoon peanut oil
- 200g brussels sprouts, halved
- 1/3 cup (80ml) water
- 1 medium red capsicum (200g), sliced thinly
- 3 green onions, sliced thickly
- 4 cloves garlic, sliced thinly
- 250g beef rump steak, trimmed, cut into 1cm (1/2-inch) slices
- 100g roughly chopped bok-choy leaves
- 1½ tablespoons hoisin sauce
- 1 tablespoon water, extra
- ½ teaspoon freshly ground black pepper
- 250g packet microwave brown rice

## Method:

1. Heat one teaspoon of the oil in a wok over high heat; stir-fry brussels sprouts for four minutes or until browned lightly. Add the water; cook, covered, over medium heat, for five minutes or until bright green and just tender. Remove from pan; cover to keep warm
2. Wipe wok clean. Heat one teaspoon of the oil over high heat; stir-fry capsicum and onion for three minutes or until browned lightly. Add garlic; stir-fry one minute. Add mixture to brussels sprouts; cover to keep warm
3. Wipe wok clean. Heat remaining oil over high heat; stir-fry beef, in two batches, for one minute or until browned. Return vegetables to wok with bok choy, sauce, extra water and pepper; stir-fry one minute or until hot
4. Serve stir-fry with brown rice.

**Tips:** To cook your own brown rice you will need to boil ¾ cup (150g) of brown rice in water for about 25 minutes or until tender; drain well. Don't cut the beef into thin strips or it will overcook and become tough. You could make this stir-fry with lamb instead of beef.

**ACKNOWLEDGMENT:** Recipes from The Australian Women's Weekly Cooking for Diabetes [awwcookbooks.com](http://awwcookbooks.com)





**Nutrition information:** Per serve, Energy 2307KJ, Total fat 17.8g, Saturated fat 4.7g, Protein 38.6g, Carbohydrate 52.5g, Fibre 12.7g, Sodium 388mg

# Pistachio and Raspberry Muffins

Serves: 12 muffins (1 muffin per serve)

Preparation + cooking time: 40 minutes

Type of recipe: Healthy snacks/dessert

## Dry ingredients:

- ½ cup shelled pistachios
- 1 cup plain flour
- ⅓ cup wholemeal flour (40g)
- 1 teaspoon cinnamon
- 1 teaspoon baking soda

## Wet ingredients:

- 2 eggs
- 1 cup mashed banana (220g)
- 2 tablespoons honey
- ½ cup milk (235ml)
- ¼ cup olive oil (60ml)
- 1 teaspoon lemon juice


## Toppings:

- ¼ cup shelled pistachios (35g)
- 1.5 cups frozen or fresh raspberries (150g)

## Method:

1. Pre-heat oven to 175°C and line 12 x muffin tray with muffin liners or spray with cooking spray
2. Add ½ cup pistachios to a food processor and blend until fine crumbs. Add to a mixing bowl along with the remaining dry ingredients. Mix and set aside
3. In a separate bowl whisk the eggs and add the remaining wet ingredients. Mix until combined
4. Add the remaining pistachios to a food processor and blend until roughly chopped
5. Add the dry ingredients to the wet, reserving a tablespoon, and stir until just combined (a few lumps are ok)
6. Coat the raspberries in the reserved dry ingredient mixture and gently fold into the batter
7. Divide the batter evenly between the 12 muffin cups
8. Sprinkle the tops of the muffins with the chopped pistachios and bake for 23-25 mins, or until the muffins are golden on top and a toothpick inserted into a muffin comes out clean
9. Place the muffins on a cooling rack to cool.





**Nutrition information:** Per serve (1 muffin), Energy 834kJ, Protein 5.2g, Fat 10.4g (Saturated fat 1.7g), Carbohydrate 20g, Exchanges 1.5, Fibre 2.9g, Sodium 92.5mg

**ACKNOWLEDGMENT:** Recipe by Amy Whiteford for Nuts for Life [nutsforlife.com.au](http://nutsforlife.com.au)



# Recipes to help gain weight

## High-protein milk

(Makes 1 serve)

### Ingredients:

- 250ml (1 cup) full-cream milk
- 2 tablespoons full-cream milk powder.

### Method:

Add milk powder to cup of milk and stir thoroughly. Use in coffee, tea, cereal, smoothies etc.

### Nutrition per serve:

Energy 1073kJ

Carbohydrate 22.4g

Fat 13.2g

Sat Fat 8.6g

Fibre 0g

Sodium 145mg.



## High energy, high protein smoothie

(Makes 2 serves)

### Ingredients:

- $\frac{3}{4}$  cup full-cream milk
- 2 tablespoons full-cream milk powder
- $\frac{1}{2}$  cup Greek yoghurt, plain
- 1 banana.

### Method:

Combine all ingredients in a blender and blend on high for 1 minute until smooth

For those who do not have dairy foods try making both these recipes with a fortified non-dairy milk (soy, rice, oat, etc.) and a rice or pea-protein powder.

### Nutrition per serve:

Energy 829 kJ

Protein 9g

Carbohydrate 23.5g

Fat 7g

Sat Fat 4.3g

Fibre 1g

Sodium 90mg.



# Advice and information

We hope this booklet has given you some good general tips about healthy eating. However, there are times when you will need more personalised advice or further information.

For personalised advice about healthy eating, please visit an accredited practising dietitian. The Dietitians Association of Australia can help you find a dietitian near you—call them on **1800 812 942** or visit their website at **daa.asn.au**. Alternatively, you can look up in the Yellow Pages directory under ‘dietitian’.

For more information about diabetes, visit **ndss.com.au** or call your state or territory diabetes organisation through the NDSS Helpline on **1800 637 700**.





**NDSS Helpline 1800 637 700**  
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