

Macronutrient Cheat Sheet

Carbohydrates (Fibre), Protein & Fat

Macronutrient: CARBOHYDRATES (FIBRE)

Fibre is a type of carbohydrate. Most carbohydrates are broken down and turned into sugar molecules called glucose in the body. Fibre is a type of carbohydrate that cannot be broken down into glucose and passes through the body undigested. A high-fibre diet has been shown to regulate & manage blood glucose levels in diabetics.

Focus on increasing your intake of **quality fibre** with every meal & snack:

Foods	Include	Limit
Fruits 1-2 pieces per day, or 1 cup of berries.	<ul style="list-style-type: none"> Most fruits 	<ul style="list-style-type: none"> Overripe bananas Most dried fruit
Veg 2-3 cups per day	<ul style="list-style-type: none"> Most vegetables The more colourful, the better. Aim for all 5 colours of the rainbow daily. Include the skin for added fibre. 	<ul style="list-style-type: none"> Fried chips. White potato – <i>limit</i> servings to $\frac{1}{2}$ cup with skin 2-3 times per week. <i>Include</i> skin, serve as jacket or steamed alongside extra fibre-rich vegetables & fat & protein.
Grains 1-2 small handfuls per day	<ul style="list-style-type: none"> Wild rice Brown rice Wild rice Quinoa grains & flaked Millet Oats (GF) 	<p>Limit</p> <ul style="list-style-type: none"> White rice <p>Avoid</p> <ul style="list-style-type: none"> Gluten pasta Gluten bread Couscous Cakes Biscuits Pizza Most breakfast cereals
Other	<ul style="list-style-type: none"> All beans & legumes Nuts (almonds, peanuts, pecans, hazelnuts, walnuts) Olives Seeds 	<p>Avoid:</p> <ul style="list-style-type: none"> Soft drinks Any foods with white sugar or white flour

Macronutrient: PROTEIN

Focus on increasing your intake of *quality protein* with every meal & snack:

1 serve is a roughly a palm size or 'good handful'.

Per week:

- Aim for 2-3 vegetarian dinners (including vegetarian protein sources such as beans, lentils & tofu), per week.
- Limit red meat intake to 2 small serves of 'grass-fed' red meat per week.
- Focus on increasing intake of fish & seafood (particularly sardines & salmon) to at least 5 serves per week (incl. breakfast & lunches).

Meal	Include	Limit	Avoid
Breakfast	<ul style="list-style-type: none"> • Nuts & seeds • Eggs • Beans • Smoked salmon • Sardines 	<ul style="list-style-type: none"> • Bacon & sausages • Opt for chicken or turkey sausages, & reduced fat & salt bacon. 	<ul style="list-style-type: none"> • Flavoured yogurt (usually contains sugar)
Lunch	<ul style="list-style-type: none"> • Chicken • Tinned fish • Smoked fish • Beans 	<ul style="list-style-type: none"> • Deli meats (chicken slices, ham, salami etc.) 	<ul style="list-style-type: none"> • Pies • Sausage rolls
Dinner	<ul style="list-style-type: none"> • All fish & seafood • Chicken & turkey • Lentils – Daal • Beans • Tofu 	<ul style="list-style-type: none"> • Fatty cuts of red meat (try to opt for leaner cuts & remove the fat) • Limit all red meat to no more than twice per week 	<ul style="list-style-type: none"> • Deep fried meats or fish. • Meat with commercial marinades
Snacks	<ul style="list-style-type: none"> • Nuts & seeds • Boiled eggs • Hummus 	<ul style="list-style-type: none"> • Good quality jerky (no additives) 	

Macronutrient: FAT

Focus on increasing your intake of **quality fat** with every meal & snack:

Meal	• Include	Limit	Avoid
Breakfast	<ul style="list-style-type: none"> • Coconut yogurt • Nuts & seeds • Avocado • Smoked salmon • Sardines • Beans • Eggs 	<ul style="list-style-type: none"> • Bacon & sausages • Opt for chicken or turkey sausages, & reduced fat & salt bacon. 	<ul style="list-style-type: none"> • Fatty, processed meats
Lunch	<ul style="list-style-type: none"> • Beans • Tinned fish • Smoked fish • Olives • Avocado • Seafood • Extra virgin olive oil 	<ul style="list-style-type: none"> • Deli meats (chicken slices, ham, salami etc.) 	<ul style="list-style-type: none"> • Pies • Sausage Rolls • Pastries
Dinner	<ul style="list-style-type: none"> • Fish & seafood • Extra virgin olive oil • Beans • Tofu • Lentils • Avocado • Beans & lentils • Nuts & seeds 	<ul style="list-style-type: none"> • Fatty cuts of red meat (try to opt for leaner cuts & remove the fat) • Limit all red meat to no more than twice per week (Grass-fed) 	<ul style="list-style-type: none"> • Deep fried, crumbed, or battered foods
Snacks	<ul style="list-style-type: none"> • Olives • Boiled eggs • Nuts & seeds • Hummus 		<ul style="list-style-type: none"> • Ice-cream • Chips • Chocolate • Lollies

Below is an example of how to build a healthy meal based on these recommendations.

