

# 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 <b>1-2 pieces per day, or 1 cup of berries.</b>	<ul style="list-style-type: none"> <li>Most fruits</li> </ul>	<ul style="list-style-type: none"> <li>Overripe bananas</li> <li>Most dried fruit</li> </ul>
Veg <b>2-3 cups per day</b>	<ul style="list-style-type: none"> <li>Most vegetables</li> <li>The more colourful, the better.</li> <li>Aim for all 5 colours of the rainbow daily.</li> <li>Include the skin for added fibre.</li> </ul>	<ul style="list-style-type: none"> <li>Fried chips.</li> <li>White potato – <i>limit servings to ½ cup with skin 2-3 times per week.</i></li> <li><i>Include skin, serve as jacket or steamed alongside extra fibre-rich vegetables &amp; fat &amp; protein.</i></li> </ul>
Grains <b>1-2 small handfuls per day</b>	<ul style="list-style-type: none"> <li>Wild rice</li> <li>Brown rice</li> <li>Wild rice</li> <li>Quinoa grains &amp; flaked</li> <li>Millet</li> <li>Oats (GF)</li> </ul>	Limit <ul style="list-style-type: none"> <li>White rice</li> </ul> Avoid <ul style="list-style-type: none"> <li>Gluten pasta</li> <li>Gluten bread</li> <li>Couscous</li> <li>Cakes</li> <li>Biscuits</li> <li>Pizza</li> <li>Most breakfast cereals</li> </ul>
Other	<ul style="list-style-type: none"> <li>All beans &amp; legumes</li> <li>Nuts (almonds, peanuts, pecans, hazelnuts, walnuts)</li> <li>Olives</li> <li>Seeds</li> </ul>	<b>Avoid:</b> <ul style="list-style-type: none"> <li>Soft drinks</li> <li>Any foods with white sugar or white flour</li> </ul>

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

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

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

