

Diabetes Victoria Catering Guidelines

A resource for making
healthy food choices

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support empower campaign



Diabetes Victoria Catering Guidelines

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Key summary points

- ✓ When catering for people with diabetes, it is important to remember that there is no special diet required and dietary recommendations are based on the Australian Dietary Guidelines.
- ✓ To provide a balanced meal use the healthy portion plate. This ensures a balance of low glycaemic index (GI) high-fibre carbohydrates, protein foods and vegetables/salad.
- ✓ Some people with diabetes may need to eat some carbohydrate containing foods with each meal. Ensure that some healthy low GI, high-fibre varieties of carbohydrate foods are available at each main meal.
- ✓ Foods containing a small amount of sugar are still acceptable (e.g. low-fat flavoured yoghurt, tinned fruit in natural juice). Avoid foods that contain sugar as the main ingredient (confectionary, soft drinks, cordial).
- ✓ Choose low-fat varieties of dairy, lean cuts of meat/meat alternatives, and use small amounts of monounsaturated or polyunsaturated oils/margarines when preparing meals.
- ✓ Choose foods that are labelled 'low-salt', 'no added salt' or 'salt-reduced' where possible. Avoid using salt when preparing foods or at the table. Herbs and spices can be used to add flavour instead of using salt.
- ✓ If catering for people with coeliac disease, ensure gluten-free foods are available and clearly labelled. Refer to Coeliac Australia for guidelines: coeliac.org.au/catering-gluten-free
- ✓ Remember to prepare food safely. Refer to [food safety guidelines](#) to ensure this practice.

Aim of the catering guidelines

Serving healthy food and drinks is everyone's business. No matter what the event, providing healthy and tasty food and drinks is a great way to contribute to the health and wellbeing of staff, people with diabetes, volunteers and visitors.

As the peak consumer organisation for people with diabetes in Victoria, Diabetes Victoria aims to promote and advocate healthy eating for people with diabetes, visitors to our organisation and staff. These catering guidelines are a resource to help ensure that ALL food and drink provided by or available at Diabetes Victoria for internal and external events are healthy and are in line with the Australian Dietary Guidelines. These catering guidelines can also be used by other organisations or individuals outside of Diabetes Victoria who would like to provide healthy catering that is suitable for everyone, including people with diabetes.

Diabetes Victoria staff using these guidelines should also refer to the Healthy Eating Policy on the Central Register.

The importance of healthy eating

Healthy eating is important for everyone and is essential for the prevention and management of long-term health conditions including diabetes, heart disease, stroke and being overweight.

For more detailed information on the Australian Dietary Guidelines, carbohydrates, glycaemic index, sugar and alternative sweeteners, dietary fats, salt and alcohol, please see **Appendix (page 18)**.

What if someone attending our function has a food intolerance or allergy?

If a person attending an event has a food intolerance or allergy, it is recommended to speak directly with the person to confirm the type of intolerance and/or allergy. Talk to the catering company about how they will cater for this intolerance and/or allergy.

If in doubt, we recommend you call the Diabetes Victoria Helpline on 1300 437 386 for more advice from an accredited practising dietitian (APD).



Healthy portion sizes

To provide a healthy balanced meal, use the **healthy portion plate**:

- Non-starchy vegetables: ½ plate assorted vegetables of a variety of colours.
- Lean protein: ¼ plate trimmed meat, skinless chicken, fish and seafood, eggs, tofu.
- Low GI/high-fibre carbohydrate: ¼ plate of pasta, rice, sweet potato, potato, legumes, wholegrain bread.

Catering – Individual foods:

Below is a table of foods ranked according to their nutrition value. The table has been separated into the following columns:

Green = Healthiest choices

- ✓ Aim for at least 80% of food and drinks from the **Green** column. The foods in this column are all from the core five food groups and also include healthy fats and oils.

Note: Ideally, aim for all foods to come from the **Green** column. This may be difficult to achieve in some cases, especially when catering for groups.

Amber = Limit these foods

- Choose carefully and avoid large serves. Ideally, these foods should not be included in events and meetings. However, to help assist with variety and practicality, it's encouraged these foods should be limited to **no more than 20%** of catered foods.

Red = Avoid these foods

- ✗ These foods should be avoided when providing catering.

Note: The table below shows generic food options currently available. For specific brand suggestions see the Diabetes Australia Healthy Shopping Guide (available from the Diabetes Victoria online shop).

	Healthiest choices	Limit	Avoid
Breads and cereals	<ul style="list-style-type: none"> ✓ Wholegrain, wholemeal, rye, soy and linseed, kibbled wheat, pumpernickel breads/rolls/wraps ✓ Wholemeal crumpets ✓ Wholemeal, multigrain, fruit-English muffins ✓ Wholemeal or wholegrain pita or Lebanese bread ✓ High-fibre cereals: rolled oats, wheat biscuits, untoasted muesli, bran cereals 	<ul style="list-style-type: none"> • White bread/rolls/wraps • Focaccia bread • Turkish bread • Fruit bread (thin slices, not café thick) • Bagels • Hot cross buns • Toasted muesli 	<ul style="list-style-type: none"> ✗ Breads with added cheese and/or bacon ✗ Garlic bread ✗ Croissant ✗ Savoury or sweet pastry item ✗ Low-fibre cereals. Examples: Rice Bubbles, Corn Flakes, Coco Pops, Nutri-Grain

	Healthiest choices	Limit	Avoid
Rice, pasta, noodles and other grains	<ul style="list-style-type: none"> ✓ Brown, black, wild or red rice ✓ Basmati, Arborio or low GI white rice ✓ Pasta (wholemeal) ✓ Fresh or dried noodles (rice, udon, hokkien, vermicelli, egg, Singapore) ✓ Pearl couscous, pearl barley, freekeh, quinoa 	<ul style="list-style-type: none"> ● Filled pasta ● Short grain rice ● Jasmine rice 	<ul style="list-style-type: none"> ✗ Fried rice ✗ Fried noodles (most varieties of instant dried noodles)
	Healthiest choices	Limit	Avoid
Meat and alternatives	<ul style="list-style-type: none"> ✓ Lean meat or poultry trimmed of all visible fat and/or skin removed ✓ Lean mince meat ✓ Lean meat patties ✓ Fresh fish ✓ Tinned fish (salmon, tuna, sardines) in spring water or healthy oils (drain oil) salt-reduced or no added varieties ✓ Fresh mussels, oysters, scallops, crab, lobster, prawns, squid ✓ Whole fresh eggs: boiled, poached or fried egg (in non-stick frying pan with no added fat) ✓ Tofu, meat substitutes such as Quorn, salt-reduced veggie burgers 	<ul style="list-style-type: none"> ● Lean short cut bacon ● Lean ham or other lean deli meats which are as low in sodium as possible. Example: 97% fat-free shaved lite leg ham ● Fish high in methylmercury. Example: flake (shark), swordfish, broadbill, marlin, gemfish, orange roughy (deep sea perch), catfish ● Tinned fish in brine ● Anchovies ● Smoked fish and chicken 	<ul style="list-style-type: none"> ✗ Meats with visible fat ✗ Fatty cuts of bacon ✗ Sausages, frankfurts, saveloys ✗ Processed luncheon meats. Examples: salami, devon, mortadella, chicken loaf, Strasbourg ✗ Offal meats ✗ Canned meats, pate and meat spreads ✗ Poultry with skin ✗ Fried chicken/meats ✗ Processed chicken products. Examples: chicken nuggets, crumbed chicken ✗ Fish or seafood fried, battered or crumbed ✗ Fish fingers

	Healthiest choices	Limit	Avoid
Dairy and dairy alternatives	<ul style="list-style-type: none"> ✓ Reduced-fat, low-fat or skim milk ✓ Calcium fortified soy or non-dairy milks. Example: almond, rice, oat milks. Reduced-fat preferable, & greater than 120mg/100ml calcium ✓ Lactose free low-fat milk varieties ✓ Light evaporated milk (including coconut flavour) ✓ Reduced-fat, low-fat, no-fat or diet yoghurt (plain or flavoured) ✓ Soy varieties of yoghurt (reduced-fat preferable) ✓ Lactose free, low-fat yoghurt ✓ Cottage, ricotta and low-fat cream cheese ✓ Reduced-fat or light cheese (hard or shredded) 	<ul style="list-style-type: none"> ● Regular, full cream milk ● Soy, almond, rice, oat milk, (other alternatives) not calcium fortified ● Regular, full-fat and added sugar yoghurt ● Strongly flavoured full-fat/high-salt cheese. Examples: parmesan cheese and feta – to be used as a garnish only ● Regular, full-fat cheese ● Reduced-fat, low-fat or no-fat plain or flavoured custard ● Reduced-fat, light sour cream 	<ul style="list-style-type: none"> ✗ Flavoured milks ✗ Coconut milk and cream ✗ Condensed milk ✗ Cheese sauces ✗ Regular, full-fat custard ✗ Ice cream (all) ✗ Cream (all) ✗ Regular, full-fat sour cream
	Healthiest choices	Limit	Avoid
Fruit	<ul style="list-style-type: none"> ✓ All fresh and frozen fruits ✓ Canned fruit (in natural juice, drained) ✓ Avocado 	<ul style="list-style-type: none"> ● Dried fruit (In smaller amounts, e.g. no more than 30 grams per serve) ● Coconut 	<ul style="list-style-type: none"> ✗ Canned fruit in syrup ✗ Glace fruit

	Healthiest choices	Limit	Avoid
Vegetables	<ul style="list-style-type: none"> ✓ All fresh and frozen vegetables. Steamed or cooked in small amount of healthy fats ✓ Tinned vegetables (labelled 'no added salt', 'low-salt' or 'salt-reduced') 	<ul style="list-style-type: none"> ● Other vegetables marinated or cooked in healthier oils (see fats and oils green section) drain oil ● Canned vegetables not labelled 'low/reduced-salt', 'washed/rinsed' 	<ul style="list-style-type: none"> ✗ Vegetables with added saturated fats. Examples: butter or cream sauce ✗ Frozen chips or other forms of potato cooked in oil ✗ Pickled or canned vegetables with high levels of salt
Legumes	<ul style="list-style-type: none"> ✓ Dried peas, beans, chickpeas, red kidney beans, cannellini beans, soy beans, split peas and lentils ✓ Canned beans labelled 'no added salt', 'salt-reduced' or 'low-salt' 	<ul style="list-style-type: none"> ● Roasted chickpeas and other flavoured or salted varieties of legumes 	<ul style="list-style-type: none"> ✗ Fried and salted peas or beans cooked with unhealthy fats
	Healthiest choices	Limit	Avoid
Fats and oils	<ul style="list-style-type: none"> ✓ Unsaturated oils: olive, canola, avocado, grape seed, sunflower, safflower, sesame, soybean, almond, linseed, peanut ✓ Oil sprays made from any unsaturated oil ✓ Unsaturated margarine spreads. Examples: olive, canola, sunflower, soybean, safflower ✓ Plant sterol enriched margarine spreads 		<ul style="list-style-type: none"> ✗ Palm oil ✗ Coconut oil ✗ Palm kernel oil ✗ Hydrogenated and partially hydrogenated vegetable oils ✗ Solid vegetable frying fats ✗ Solid animal frying fats. Examples: tallow, lard, dripping, ghee ✗ Duck and goose fat ✗ Cooking margarines ✗ Butter

	Healthiest choices	Limit	Avoid
Nuts and seeds	<ul style="list-style-type: none"> ✓ Plain, unsalted nuts (all varieties) ✓ Water chestnuts ✓ Tahini (small serve) ✓ Seeds: safflower, sunflower, pumpkin, sesame, caraway, fennel and linseeds 	<ul style="list-style-type: none"> ● Coconut flakes 	<ul style="list-style-type: none"> ✗ Deep-fried nuts ✗ Salted nuts ✗ Chocolate coated nuts
Beverages	<ul style="list-style-type: none"> ✓ Water ✓ Plain, unflavoured mineral water ✓ Black tea and herbal tea ✓ Coffee ✓ Soda water 	<ul style="list-style-type: none"> ● 100% fruit juice (no added sugar, <125ml serve) ● Diet cordial ● Diet or zero soft drinks 	<ul style="list-style-type: none"> ✗ <u>All Sugar sweetened beverages:</u> ✗ Regular soft drinks , energy drinks, sports drinks, iced teas ✗ Flavoured milks (iced coffee, chocolate) ✗ Fruit drinks and juices ✗ Flavoured mineral and vitamin waters
	Healthiest choices	Limit	Avoid
Crackers/ crisp bread	<ul style="list-style-type: none"> ✓ Wholegrain cracker varieties (low in salt and saturated fat, high in dietary fibre) 	<ul style="list-style-type: none"> ● Water crackers ● Rice crackers 	<ul style="list-style-type: none"> ✗ High saturated fat, low dietary fibre savoury biscuits
Dips (choose yoghurt or vegetable based dips)	<ul style="list-style-type: none"> ✓ Avocado (fresh) ✓ Hummus ✓ Salsa ✓ Tzatziki ✓ Eggplant ✓ Greek yoghurt based dips 	<ul style="list-style-type: none"> ● Avocado dip (blended with cream cheese) ● Pesto based dips 	<ul style="list-style-type: none"> ✗ Full-fat cream cheese dips ✗ Commercial cheese based dips ✗ Sour cream based dips ✗ Cream based dips
Dressings, spreads, sauces and condiments	<ul style="list-style-type: none"> ✓ Olive oil ✓ Sesame oil ✓ Vinegar (all types) ✓ Lemon or lime juice 	<ul style="list-style-type: none"> ● Low-fat mayonnaise ● 100% fruit spread/jam ● Marmalades made with at least 50% fruit 	<ul style="list-style-type: none"> ✗ Cream based dressings ✗ Sour cream based dressings

	Healthiest choices	Limit	Avoid
Dressings, spreads, sauces and condiments continued	<ul style="list-style-type: none"> ✓ Salt-reduced peanut butter and other nut spreads ✓ Salt-reduced tomato puree and pasta sauce ✓ Salt-reduced soy sauce ✓ Cranberry, apple and mint sauces ✓ White sauces made from low-fat or light evaporated milks ✓ Mustard ✓ Curry powder 	<ul style="list-style-type: none"> ● Vegemite ● Salt-reduced tomato sauces: relish, tomato paste, ketchup, chutney ● Asian sauces: regular soy, black bean, satay, hoisin, oyster and fish sauce ● Worcestershire sauce ● Chilli and BBQ sauces ● Horseradish ● Wasabi or Tabasco ● Salt-reduced gravy from packet/powder 	<ul style="list-style-type: none"> ✗ Regular, full-fat mayonnaise ✗ Hazelnut and other chocolate spreads ✗ Butter, cream and cheese based sauces ✗ Aioli sauces ✗ Hollandaise ✗ Gravy made with meat fat ✗ Chocolate sauces ✗ Chocolate fondue ✗ Custard powder
	Healthiest choices	Limit	Avoid
Other		<ul style="list-style-type: none"> ● Muesli bars 	<ul style="list-style-type: none"> ✗ Prawn crackers ✗ Potato or corn chips ✗ Party pies, sausage rolls, samosas, spring rolls, dim sims, quiches ✗ Pizzas ✗ Sweet pastries, tarts, croissants, doughnuts, iced buns, custard or jam-filled pastries ✗ Chocolate and foods containing chocolate ✗ Lollies and other confectionary ✗ Cakes, slices, sweet muffins and biscuits ✗ Sweet pies and crumbles (desserts, puddings)

Catering – Healthy meal ideas and serving suggestions

Note: For specific brand names consult the Diabetes Australia Healthy Shopping Guide (available at the Diabetes Victoria online shop).

Breakfast:

High-fibre cereals served with reduced-fat or skim milk and/or low-fat yoghurt and/or fruit

- Traditional rolled oats and varieties
No flavoured sachet varieties (due to high GI and added sugar content)
- Natural untoasted muesli, bran/flake based cereals, wheat biscuits.
- Fruit: fresh, canned/tinned (natural juice, unsweetened), stewed fruit with no added sugar. Serve as whole fruit, fruit salad or fruit slices.
- Yoghurt: natural, Greek style or low-fat (plain or flavoured). Aim for no added or low added sugar varieties.

Wholegrain and high-fibre bread/English muffins/crumpets with a healthy topping

Any bread variety with >5g of dietary fibre per 100g.

- Wholegrain, multigrain, wholemeal, rye, high-fibre, sourdough, flat breads, pitas.

Condiments and spreads (1–2 tsp per slice) – Refer to individual foods table on [page 8](#).

Toast topper options:

- Finely chopped or sliced tomato and/or onion (bruschetta)
- Hummus or avocado with tomato and spinach
- Cooked mushrooms (use a small amount of margarine or healthy oil to cook)
- Small banana, with cinnamon
- Salt-reduced or no added salt baked beans or spaghetti
- Ricotta cheese or reduced-fat cheese slices
- Creamed corn and chives

Eggs on toast and grilled vegetables

Eggs (1–2 eggs per person)

- Boiled, poached, fried, scrambled or as an omelette (use low-fat milk).
- Use non-stick cookware, with small amounts of mono or polyunsaturated oils (see [page 7](#)) or spray oils. Serve with 1–2 slices of wholegrain toast, grilled vegetables, herbs and spices.

Cooked vegetables and legumes:

- Grilled/char-grilled or baked tomato, spinach, mushrooms, corn or baked beans (salt-reduced). Use mono or polyunsaturated oil (see [page 7](#)) or spray oils.

Lunch and dinner (main meals):

Sandwiches, wraps and rolls with healthy fillings

Best choices include wholegrain, multigrain, wholemeal, rye, soy and linseed. For variety include wholegrain wraps, pita and sliced breads.

Allow for 1–2 sandwiches/wraps/rolls per person.

Spreads and condiments (1–2 tsp per slice)

- Refer to individual foods table on [page 8](#).

Fillings: Refer to healthy portion plate on [page 3](#).

- Aim for 50% of fillings to be vegetarian to help meet vegetable serves.

Sandwich filling ideas:

- Mixed salad and avocado
- Char-grilled vegetables with hummus
- Chicken, avocado, red onion with lettuce or rocket
- Roast beef with baby spinach, low-fat cheese and tomato chutney
- Tandoori chicken with spring onion and rocket
- Curried egg with lettuce and low-fat mayonnaise
- Tuna with assorted roast vegetables
- Ham (lean), lettuce, tomato and mustard or pesto

Healthy soups

- Vegetable based soups, add legumes (red kidney beans, lentils, split peas, chickpeas) for increased dietary fibre and protein.
- Stock based soups, use low-salt varieties of stock wherever possible.
- Avoid cream based soups. Use skim milk, yoghurt or light evaporated milk.
- For canned, choose salt-reduced varieties and avoid powdered soups due to high salt and low dietary fibre content.

Tip: Use pepper, herbs or curry powder to enhance flavours.

Pasta, rice or noodle dishes (1 cup of cooked per person)

Refer to healthy portion plate for recommended portions on [page 3](#).

- Choose tomato based sauces (Example: Napoli, bolognaise), vegetable based sauces or white sauces that are based on skim milk, ricotta or light evaporated milk.
- Include lots of vegetables throughout the dish and/or serve with a side salad (1–2 cups per serve).
- Choose lean cut meats or meat alternatives such as tofu, legumes and pulses (lentils, chickpeas, kidney beans).

- Cheese: Use only very small quantities of reduced-fat cheese or parmesan cheese. Use as a garnish only.
- Steamed low GI rice varieties, such as basmati, brown or low GI white rice are healthier choices in preference to short grain rice. Serve savoury, stir-fried or as risotto containing plenty of assorted vegetables.
- Vermicelli, clear or thin egg noodles. Stir-fried noodle based dishes using reduced-salt and sugar variety Asian style sauces.

Meat/chicken/fish dishes (100g serve of raw lean meat per person)

Choose lean cuts of meat, trim any visible fats and remove the skin from poultry.

- Use healthy cooking methods such as oven baking, barbeque, grill, stir or pan fry with spray oil, steaming, poaching and boiling.
- Cold or hot meats, see [page 5](#) are suitable options served with salad or assorted vegetables.

Can replace the meat in dishes with legume varieties (lentils, chickpeas, kidney beans) for higher protein and low-fat vegetarian meals.

Vegetables and salad (2 cups salad or 1.5–2 cups cooked veg per person)

½ plate assorted non-starchy vegetables. Refer to [healthy portion plate](#) on [page 3](#).

- Aim for a wide variety of different coloured vegetables and try to keep skin on vegetables if edible and possible.
- When baking vegetables, lightly spray them with a mono- or polyunsaturated oil spray. See fat and oils on [page 8](#) for more suggestions.
- Add legumes such as lentils, red kidney beans and cannellini beans to salads.
- Suitable salad dressings refer to table on [page 8](#).
- If serving salad as a main meal – make sure to include some lean meat, egg or other protein food, and some low GI high-fibre carbohydrate such as barley, quinoa or a slice of wholegrain bread.

Sweets and dessert options

Choose fruit and nut platters, and/or natural/Greek yoghurt.

- Fruit platter, cut fruit into bite-size pieces (1 cup per person).
- Fruit kebabs/skewers with reduced-fat yoghurt for dipping (2 skewers per person).
- Fresh fruit salad, can add reduced-fat yoghurt (1 cup per person).
- Stewed fruit or fruit salad with yoghurt (1 cup per person).
- Dried fruits (30g per serve) and unsalted nuts (30g per serve).

Morning or afternoon tea (snacks):

Sweet and savoury ideas:

Fruit: (1 serve per person)

1 whole medium sized (apple, orange, pear, banana) or 2 smaller sized (plums, kiwi, mandarins) or a fruit platter with fruit cut into bite sized pieces.

Yoghurt: (1 tub per person)

- 100g tub of reduced-fat yoghurt. Natural or Greek Style yoghurts preferred.
- Aim for lowest sugar amount per 100g for fruit flavoured varieties.

Muffins – savoury: (1 per person)

Vegetable based muffins, preferably reduced-fat cheese and whole-meal flour.

Muffins – sweet: (1 per person)

Mini fruit based muffins (egg size). If larger muffins, cut in quarters to control portions.

English muffins: (1 per person) *Toppers and condiments mentioned in breakfast section.*

Wholegrain, wholemeal or fruit English muffins toasted and cut in half.

Fruit bread/toast: (1 slice per person)

Fruit bread (not café thick), cut in half with 100% fruit jam (no butter).

Wholemeal pikelets: (1–2 per person)

Toppers and condiments explained in breakfast section.

Biscuits: (1–2 per person)

Fruit slice (sultana or apricot) varieties.

Platter ideas:

- Platter of raw vegetable sticks (including carrot, celery, cucumber sticks, snow peas, broccoli, cauliflower pieces, mushrooms and tomato) with dips or salsas. See dip suggestions on [page 8](#).
- Platter with dried fruit, unsalted nuts (any variety), wholegrain or low-fat crackers with reduced-fat cheese, reduced-fat cottage or cream cheese, dips or salsas. See dip suggestions on [page 8](#).
- Small serves of cheese (low or reduced-fat where possible), varieties can include ricotta, cottage or hard cheeses, with crackers.
- Turkish bread (cut into small pieces, wholemeal preferable) with vegetable or yoghurt based dip (hummus, beetroot, tzatziki), olive oil and/or balsamic vinegar.

Dip varieties:

- Vegetable based salsas or relishes such as tomato, bean and/or capsicum.
- Vegetable or yoghurt based dips, such as beetroot, eggplant, avocado, capsicum, hummus or tzatziki.

Savoury finger food ideas:

- Vegetable sticks with vegetable and yoghurt based dips (see dips section).
- Steamed or oven baked vegetables or vegetable kebabs with salsa or chutney.
- Vegetable frittata or vegetable slice squares (example: zucchini slice) made with reduced-fat dairy and healthy oils.
- Plain, unsalted nuts (30g per serve).
- Grilled or barbequed chicken breast skewers with dipping sauces such as tomato salsa, reduced-fat tzatziki (avoid aioli or cream based sauces).
- Lean beef meatballs with tomato salsa or relish.
- Sushi, California or rice paper rolls (thin slices or small pieces).
- Tomato, onion and basil bruschetta on sourdough or grain breads.
- Mini vegetarian pizzas, thin crust base with minimal reduced-fat cheese.
- Baked sweet potato wedges with vegetable or yoghurt based dips.
Examples: hummus, beetroot, eggplant, tzatziki.
- Toasted wholegrain or wholemeal pita bread wedges, sprayed with olive oil, covered with herbs and/or spices, served with pesto or hummus.
- Wholegrain crackers with vegetable and yoghurt based dip or reduced-fat cheese.

Beverages:

Recommended choices:

Water: should **always** be offered (provide jugs, chilled).

Tap, sparkling, mineral (unflavoured), soda water.

Milk: (250ml)

Low-fat milk and milk alternatives (fortified with calcium).

Coffee, tea or herbal teas:

Regular tea and coffee (including decaffeinated) with reduced-fat, skim or soy milk.

Table sugar and alternative sweetener should be available in small amounts.

Fruit smoothies: (250ml)

1 serve of fruit and low-fat dairy milk and/or yoghurt.

A word on food safety

Food safety refers to the steps taken to prevent the growth of bacteria which may cause food poisoning. These steps involve careful food handling, storage and preparation. Here are some tips on keeping food safe:

- ✓ Keep raw and cooked foods separate to prevent cross contamination of bacteria from raw uncooked foods.
- ✓ Wash your hands before serving food, in between handling raw and cooked foods and every time you re-enter the food preparation area.

When receiving foods from an external catering company, some tips to improve food safety include:

- ✓ Put sandwiches, fruit platters and all cold foods in the fridge if there is a delay between delivery and serving.
- ✓ Check that food is covered or packaged when it arrives and that the packaging or covering is not damaged.
- ✓ Check the 'best before' or 'use by' dates. If the 'use by' date has passed, reject the food.
- ✓ Make sure, wherever possible, that food is not delivered unless someone is available to inspect the food when it arrives. You can then immediately place it directly into the freezer, refrigerator or appropriate storage area before being consumed.
- ✓ Chilled food must arrive at a temperature between 0–5°Celsius. To monitor food safety check the food that has been delivered using a thermometer.
- ✓ If food delivered to your premises is contaminated or you think it may be contaminated, you should return it to the supplier or, with the agreement of the supplier, destroy the food. If you are unsure, do not risk the health of the people who will be eating the food.

The link below will take you to the Food Standards Australia and New Zealand website which has more detailed information on food safety:

foodstandards.gov.au/consumer/safety/faqsafety

Coeliac disease

What is coeliac disease?

Coeliac disease is a genetic medical condition where the lining of the small intestine is damaged due to sensitivity to gluten. The only treatment for coeliac disease is a **strict gluten-free diet** that must be maintained for life, as even small amounts of gluten can cause damage to the small intestine.

“1/100 of a slice of bread is enough to cause damage to the small bowel of a person with coeliac disease.”

Gluten is a protein and is present in large amounts in wheat, rye, triticale, barley and oats and ingredients derived from these grains.

There are four groups of food that are suitable for those on a gluten-free diet:

- **Naturally gluten-free foods:**

For example: fresh fruit and vegetables, fresh meats, eggs, nuts and legumes, milk, fats and oils and gluten-free grains e.g. rice and corn.

- **Products labelled ‘gluten-free’:**

You can be confident that products labelled ‘gluten-free’ contain no detectable gluten.

- **Products that use the Coeliac Australia endorsement logo:**

Products displaying the Coeliac Australia endorsement logo (right) are endorsed by Coeliac Australia and are tested to be suitable for people with coeliac disease.



- **Products that are gluten-free by ingredient:**

If any ingredient in a product is derived from wheat, rye, barley or oats, then this must be declared on the ingredients panel. So if a product does not state that it contains one of the gluten-containing ingredients, it is ‘gluten-free by ingredient’. It is also important to avoid cross contamination by avoiding products with statements such as ‘may contain gluten’.

Gluten-free foods	Healthiest choices
Breads	Wholegrain gluten-free bread or wraps with added seeds, legumes, psyllium or other high-fibre ingredients.
Breakfast cereals	Gluten-free muesli, bran or multigrain flakes, rice bran or porridge.
Pasta	Corn pasta, rice pasta, rice vermicelli, rice noodles.
Rice	Brown rice, basmati or low GI white rice varieties.
Other grains	Corn (maize), soy, sago, tapioca, buckwheat, millet, amaranth, sorghum, quinoa and arrowroot.
Vegetables	All types of fresh vegetables.
Legumes	All types of legumes. Examples: lentils, chickpeas, red kidney beans, butter beans, 3 bean mix, and gluten-free baked beans (check for gluten containing thickeners).
Fruit	All types of fresh fruit.
Meats and alternatives	All fresh meats and meat alternatives including red meats, chicken, fish, eggs, nuts, and cheese. Some processed meats may contain gluten; refer to page 5 for healthy choices.
Dairy	Low-fat milk, gluten-free soy milk, gluten-free low-fat yoghurt.
Gluten-free crackers	Wholegrain gluten-free crackers or crisp breads.
Dips, oils, spreads, jams, condiments	Many condiments can contain gluten, check the ingredients list for sources of gluten (seek advice of Diabetes Victoria dietitians if unsure). Refer to page 8 for healthy choices.

Catering tips for gluten-free food:

When catering meals for a person or group with both coeliac disease and diabetes, it is important to provide a low GI carbohydrate, instead of just a salad with meat or vegetable platter. Refer to the above table for healthy low GI carbohydrate food options.

It is important to serve gluten-free food in a separate area, using separate utensils to meals that still contain gluten. This avoids cross contamination between the two kinds of meals.

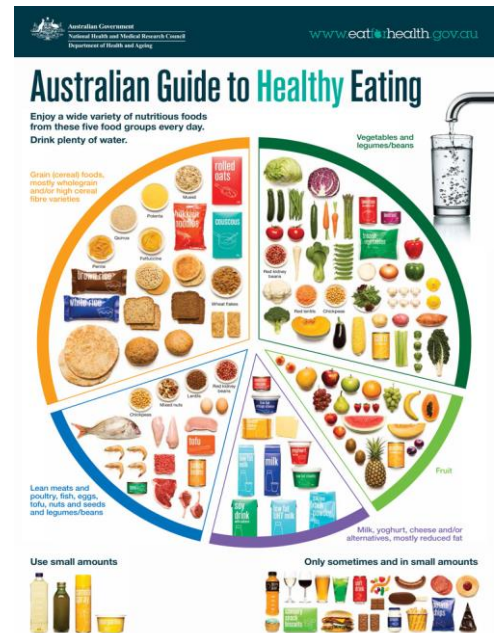
For more information on coeliac disease and catering for people with coeliac disease, visit the Coeliac Australia's website (coeliac.org.au) to download a copy of their fact sheet '[Catering gluten-free](#)'.

Appendix:

Background information on healthy eating for people managing diabetes

When catering for people with diabetes, it is important to remember that there is no special diet. Dietary recommendations are based on the Australian Dietary Guidelines (2013) which recommend:

- To achieve and maintain a healthy weight, be physically active and choose amounts of nutritious foods and drinks to meet your energy needs.
- Enjoy a wide variety of nutritious foods from the five food groups every day:
 - Plenty of vegetables, legumes/beans
 - Fruit
 - Grain foods, mostly wholegrain and/or high-fibre cereal varieties
 - Lean meats and poultry, fish, eggs, tofu, nuts and seeds
 - Milk, yoghurt, cheese and/or their alternatives, mostly reduced-fat
 - Drink plenty of water
- Limit intake of foods containing saturated fat, added salt, added sugars and alcohol.
- Encourage, support and promote breastfeeding.
- Care for your food; prepare and store it safely.



Carbohydrate

Carbohydrate is found in many foods and is the main source of energy for our body, especially our muscles and brain. When you eat carbohydrate foods, they are broken down into glucose and are released into the blood stream; then sent to different parts of the body to be used as energy. Carbohydrate comes from two main food sources; starch and sugar. Carbohydrates are the only foods which have a direct impact on our blood glucose levels. Therefore eating the right amount of carbohydrate at meal times is important to manage diabetes.

Examples of carbohydrate containing foods include:

- Bread, breakfast cereals, rice, pasta, noodles, quinoa, couscous and other grains
- Fruit: fresh, tinned, dried, fruit juice
- Starchy vegetables: potatoes, sweet potato, corn
- Legumes: baked beans, lentils, chickpeas, red kidney beans
- Milk, yoghurt, custard, soy and other non-cow's milk alternatives
- Sugar: sucrose (table sugar), glucose, honey, foods high in added sugar, but low in nutrients (confectionary, soft drink, energy drinks, sports drinks, cordials, flavoured milks, biscuits, cakes, chocolate, ice cream)

Glycaemic index (GI)

The glycaemic index (GI) describes the rate at which carbohydrate foods are broken down into glucose and released in the bloodstream. Low GI foods are broken down and released into the bloodstream slowly, resulting in a slower, lower rise in blood glucose levels.

It is recommended that people with diabetes try to include one low GI food per meal where possible. Low GI foods include:

- Breakfast cereals based on oats, barley and bran (e.g. bran flakes, traditional oats, untoasted muesli)
- Wholegrain, multigrain, rye, seeded bread, fruit bread, sourdough rye and authentic sourdough
- Barley, pasta (all types), noodles, basmati or low GI white rice varieties
- Legumes (all types)
- Starchy vegetables such as sweet potato, sweet corn
- Milk, soy milk, low-fat yoghurt, low-fat custard
- Most fruits

It is important to understand that some foods with a low GI are not every day healthy choices (such as chocolate). Therefore, it is important to look at the overall nutritional value of the food and not just at the GI value alone.

Sugar and alternative sweeteners

Small amounts of sugar are still acceptable as part of a healthy meal or snack (for example: low-fat yoghurt, tinned fruit in natural juice (drain the juice), small amounts of dried fruit, small amounts of jam or honey with a high-fibre and low GI meal, such as porridge or wholegrain bread). Limit foods that contain sugar as the main ingredient (e.g. confectionary, soft drinks and cordials).

Alternative sweeteners are not essential for people with diabetes, as sugar is still okay in small amounts. However, some alternative sweeteners (such as saccharin, aspartame and sucralose) do not affect blood glucose levels and may be useful to replace large amounts of added sugar. Diet soft drinks, diet cordials and lollies containing alternative sweeteners are preferable to the full sugar varieties; however, they don't provide any nutritional benefit and **are still only recommended for occasional consumption.**

Dietary fats

Dietary fats are an important part in our diet, and play a role in good health including heart and blood vessel health, reducing inflammation and supporting our immune system. They are important in our brain development and may have a protective role from certain cancers. However, all fats are high in kilojoules (energy dense), where excess consumption can lead to gaining weight and make diabetes difficult to manage (insulin resistance).

There are four main types of fat found in our food; each has a different effect on our body.

Monounsaturated and polyunsaturated fats

Monounsaturated and polyunsaturated fats are the preferred fat types in our diet to maintain good health. Swapping saturated fats in our diet for the mono and polyunsaturated fat varieties can help lower the bad (low density lipoprotein – LDL) cholesterol, increase good (high density lipoprotein – HDL) cholesterol and reduce inflammation in the body.

Sources of monounsaturated fats include extra virgin olive oil, canola oil, avocado, unsalted nuts, seeds and olive oil based margarines.

Sources of polyunsaturated fats include oily fish, such as salmon, sardines, tuna, mackerel and herring, along with linseeds, unsalted nuts (pecans and walnuts), sunflower and safflower oil (and their margarines).

Saturated fats

It is best to limit saturated fats in our diet, because they can raise LDL cholesterol (bad cholesterol) if eaten too often. Sources include fatty and processed meats, full cream dairy products, butter, cream, sour cream, cakes, biscuits, pastries and deep-fried foods. Vegetable fats that are high in saturated fat include palm oil, coconut products (coconut oil, copha, coconut cream and milk) and solid cooking fats such as lard and ghee.

Trans fats

Trans fats need to be limited because they also raise levels of LDL cholesterol and reduce levels of good HDL cholesterol. Trans fats can be found in very small amounts in meats and dairy foods. Trans fats are mainly found in processed foods, such as many commercially baked biscuits, cakes, pastries and deep-fried foods.

Salt (sodium)

Most people consume much more sodium (salt) than they need from packaged and processed foods. Consuming too much salt can lead to high blood pressure which increases the risk of heart disease and stroke.

Choose foods that are labelled 'low-salt', 'no added salt' or 'salt-reduced' where possible. Avoid using salt when preparing foods or at the table. Herbs and spices can be used to add flavour instead of using salt.

Dietary fibre

Having a high-fibre diet is important as it keeps our bowels healthy and regular, protects against certain cancers and can help to lower cholesterol and blood glucose levels.

High-fibre foods include all fruits and vegetables (keep the skin on where possible), wholegrains (breads, cereals, brown rice varieties, barley and quinoa), legumes (chickpeas, lentils, kidney beans, baked beans), nuts and seeds.

Alcohol

The guidelines for drinking alcohol when you have diabetes are the same as for the general population. That is, if you drink alcohol, you should have no more than 2 standard drinks a day for both men and women. It is also important to have alcohol-free days each week.

One standard drink contains 10g of alcohol. Examples of one standard alcoholic drink include:

- 285 ml regular beer
- 375ml light/low-alcohol beer
- 30ml spirits
- 60ml port/sherry
- 100ml wine

For people who are on insulin or taking certain types of diabetes medications, drinking alcohol without consuming carbohydrate can result in low blood glucose levels (hypoglycaemia).

If providing alcohol, make sure that:

- Foods containing carbohydrate are available
- Low-alcohol or light beer is available (low-carbohydrate beer is not a healthier alternative)
- Wine is served in small glasses (100ml per serve)
- Non-alcoholic beverages such as water, plain mineral water and diet soft drink are made available

Useful resources: (Available at diabetesvic.org.au)

- Healthy Shopping Guide
- Diabetes Victoria Pictorial Guides (ATSI, English and translated versions)
- Cookbooks (meeting Diabetes Australia's nutrition criteria)
- NDSS fact sheets (available at ndss.com.au/publications-resources)
- National Helpline 1300 136 588

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