

Catering Guidelines Summary Guide



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.

Refer to the [Diabetes Victoria Catering Guidelines](#) whenever you are organising catering.

These guidelines contain a table of foods ranked according to their nutritional value:

- Aim for more than 80% of food and drinks provided by **Healthiest choices**
- No more than 20% of food and drinks provided to be from the **Limit** column
- Food and drinks in the **Avoid** column should not be provided

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

Key points to remember when organising catering:

There is no special diet for people with diabetes. Consistent with the Australian Dietary Guidelines for adults, a variety of healthy food and drink choices should be provided:

- Fruit and/or vegetables
 - Legumes, seeds and/or nuts
 - Wholegrain, high-fibre and/or low glycaemic index (GI) breads, cereals, rice and pastas
 - Reduced-fat milk and cheese; natural, Greek style or low-fat yoghurt, low in added sugar
 - Lean meat, poultry, fish, tofu and/or eggs
 - Limit the amount of saturated fats, added sugars and salt
 - Water as the main drink
- Ensure that some low GI, high-fibre varieties of carbohydrate foods are available at each main meal as some people with diabetes may need to eat carbohydrate with each meal.
 - People with special dietary requirements should be catered for appropriately.
 - Remember to prepare and serve food safely. Refer to the [food safety guidelines](#) to ensure this practice.



Healthy portion sizes

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.

Healthy meal and snack ideas

Breakfast

- **High-fibre cereals** (with reduced-fat milk and/or low-fat/diet yoghurt) for example: Traditional rolled oats, natural untoasted muesli, bran/flake cereals, wheat biscuits.

Other breakfast options

- **Wholegrain or high-fibre bread**, toast, English muffins or crumpets, served with eggs or other toast toppers.
- **Fruit** (whole, tinned, fruit salad) and **dairy** (yoghurt, milk, fruit/dairy smoothies).

Lunch and dinner (main meals)

Sandwiches

- Best bread choices: wholegrain, multigrain, wholemeal, sourdough, rye, soy and linseed breads and rolls. For variety include wholegrain wraps and/or pita breads.
- Fillings: **Aim for 50% of fillings to be vegetarian**, to help meet vegetable serves. Choose lean meats, poultry and fish. Avoid fatty deli meats such as salami, fried or battered meat, poultry or fish.
- Spreads & condiments: avoid butter and mayonnaise. Choose vegetable or yoghurt based dips; or small amounts of margarine, low-fat mayonnaise, relishes or chutneys.

Other main meal ideas

- **Soups** - vegetable and stock based
- **Pasta/rice/noodle dishes** – choose tomato based sauces, 50% vegetables, lean meats and lower GI varieties of carbohydrate such as pasta, Basmati or brown rice, noodles, pearl barley
- **Salads** (which include a source of protein and low GI carbohydrate)

Morning or afternoon tea (snacks)

Choose **vegetable**, **fruit**, **dairy** (yoghurt, cheese) and/or **nut** and **seed** based snacks. Serve them on their own or in various platters, and offer some vegetable based salsas or relishes and/or vegetable or yoghurt based dips.

Beverages

Water should always be offered (provide jugs), milk (low-fat and non-dairy varieties), tea and coffee (including decaffeinated).

Questions: Speak to an accredited practicing dietitian (APD) or call the Diabetes Victoria Helpline on 1300 136 588.