



Healthy cooking tips

Suggestions on how to make your food healthier

MyWay  Diabetes

African meals



Welcome to our healthy cooking tips resource

Created with care for African communities managing diabetes. We're here to celebrate the vibrant flavours of African cuisine while empowering you to make healthy choices.

From hearty stews to delectable sides, we've got you covered with practical tips, and helpful insights to navigate your diabetes journey with confidence. Join us as we blend the rich heritage of African cooking with the wisdom of mindful eating.

Let's embark on a flavourful adventure that nourishes both body and soul!



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Breakfast

Poached eggs & avocados

Healthy cooking tips

1. Swap to seeded bread
2. Add vegetables such as avocado or mushrooms



Porridge with cinnamon seeds

Healthy cooking tips

1. Add light Coconut milk or light evaporated milk and stevia sweetener
2. Swap sugar with nuts, seeds and cinnamon



Peppered eggs with Yam & grilled tomatoes

Healthy cooking tips

1. Boil yam
2. Add 1 tbsp of oil to eggs



Omelette with Vegetables

Healthy cooking tips

1. Add plenty of chopped vegetables
2. Use 1-2 tbsn of rapeseed oil



Lunch

Grilled fish with waakye

Healthy cooking tips

1. Roast or grill the fish and plantain to use less oil
2. Measure salt to ensure 1 tablespoon (6g) per day is not exceeded
3. Reduce portion of fufu (no more than 1/4 plate)



Roast chicken, boiled green beans & spinach

Healthy cooking tips

1. Limit oil to 1-2 tablespoons
2. Serve with vegetables to increase dietary fibre



Pepper goat soup

Healthy cooking tips

1. Reduce and measure oil / Add more vegetables to soup



Grilled salmon with gari, moi moi & boiled green beans

Healthy cooking tips

1. Measure vegetable oil 1-2 tbsp
2. Cover half the plate with green veg or salad



Dinner

Chicken stew

Healthy cooking tips

1. Limit oil in stew to 2 tablespoons
2. Reduce portion of rice to 3 tablespoons
3. Swap white rice for brown rice
4. Replace palm oil with natural sources of oil such as seed oils



Spinach stew

Healthy cooking tips

1. Replace palm oil with healthier seed or nut oils'
2. Measure oil in cooking, limit to 1-2 tsp of oil
3. Add a side salad
4. Reduce portion of carbohydrates to 1/4 plate of carbohydrates



Fish stew

Healthy cooking tips

1. Reduce the amount of oil added to 1-2 tablespoons
2. Serve with vegetables (covering half of the plate)
3. Limit portion portion of Plantain to 50g



Dessert

Malva pudding

Healthy cooking tips

1. Use semi-skimmed milk
2. Use single cream instead of double cream to reduce fat
3. Reduce sugar or use sweeteners



Pappaya and mango fruit salad

Healthy cooking tips

1. ????



Lime cake

Healthy cooking tips

1. Replace sugar with plant base sweeteners
2. Use light evaporated milk, or light coconut milk



Vanilla ice cream with berries

Healthy cooking tips

1. Add a variety of berries





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