

Eat well to protect your vision

EYE CONNECT



Macular
Disease
Foundation
AUSTRALIA



Quick and eye-friendly eating tips for busy days

Living with diabetes-related eye conditions doesn't mean complicated meals or rigid routines. These simple strategies can help you eat well - even on your busiest days - while supporting your eye health.

Plan smart, eat bright

- **Batch cook and freeze:** Prepare large portions of eye-friendly meals like vegetable-rich soups, stews and bakes. Freeze in single-serve containers for quick access.
- **Use a weekly meal planner:** Map out meals ahead of time to reduce decision fatigue and ensure variety. Include colourful vegetables, lean proteins, and low-GI carbs.

- **Shop with a list:** Stick to whole foods – fresh fruit and vegetables, legumes (e.g. lentils, chickpeas), whole grains, and healthy fats like olive oil and avocado. Try to limit adding processed foods to the trolley – they're often high in sugar or salt.

Time-saving meal ideas

- **Breakfast in 5 minutes:** Wholegrain toast with avocado and boiled egg or rolled oats with berries and low-fat yoghurt.
- **Lunch on the go:** Grainy sandwich with hummus, salad, and lean protein; or a pre-packed salad with canned tuna and chickpeas.
- **Dinner in 20 minutes:** Stir-fry with frozen mixed vegetables, tofu or chicken, and soba noodles; or baked salmon with sweet potato and steamed greens.

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Smart snacking

- **Keep healthy snacks handy:** a piece of fruit, a handful of unsalted nuts, or wholegrain crispbread with peanut butter.
- **Choose low-GI options** such as hummus or cottage cheese with seeded crackers to maintain energy and blood glucose levels.

Stock your pantry and freezer

- Canned legumes (e.g. chickpeas, lentils)
- Frozen vegetables
- Wholegrain pasta and rice
- Tinned fish (e.g. salmon, sardines)
- Herbs and spices for flavour without salt

Tips for staying on track

- **Set reminders** to eat regularly, skipping meals can lead to blood glucose fluctuations.
- **Hydrate often:** Water is best. Add lemon, mint, or cucumber for variety.
- **Limit processed foods:** Choose fresh or minimally processed options to reduce added salt, sugar, and unhealthy fats.

Everyone's needs are different – talk to your doctor about a referral to an accredited practising dietitian to help you develop and review a healthy eating plan.

Need more information?

Contact us today.

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