

Diabetes Everyday Eating

"I want to be told what I can eat – not what I can't".

This booklet provides you with help and advice about everyday eating and a four week menu plan.

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“Diabetes – Everyday Eating” was co-written by Martin Hirst, based on nutritional information and calculations provided by Dr Mabel Blades (Consultant Freelance Registered Dietitian).

Mabel has a PhD in diet and diabetes and is passionate about helping people to understand the benefits of healthy eating. She is the author of several books on nutrition.

Martin has several years of personal and professional experience of working with people with diabetes and he understands the difficulties that go along with the condition, including healthy eating.

Introducing the IDDT Menu Plan

IDDT is frequently contacted by people who want advice about their diet. Very often, particularly just after diagnosis, people feel confused about the advice they are given on healthy eating. They feel insecure about what they are eating and how this may affect their diabetes or they simply do not have enough information about diet. These feelings may hold equally true for family members who will also have a role in the changes to diet that the household may have to make.

Very often, people are told that they need to eat healthily, lose weight and to stay away from sugary and fatty foods. While this advice is not bad advice it can leave people without the information they need during a stressful time. As one gentleman said "I want to be told what I can eat – not what I can't".

For these reasons IDDT produced this Menu Plan to give people ideas about what they can eat and it will be useful to anyone who has been newly diagnosed or who has had a member of the family diagnosed. It has been updated to take into account recent recommendations and is based on the principles of healthy eating and could help with weight loss.

However, it also provides an introduction to counting carbohydrates and is a stepping stone to learning more about diet and diabetes.

Key updates:

- The eatwell guide replaces the eatwell plate.
- Consumption of free or added sugars should be no more than 5% a day, so soft drinks high in sugar are not advised in any age group.
- Fruit juices, juice drinks and smoothies are not advised in portions of more than 150ml per day in total.
- More fibre is advised.
- It is preferable to eat fruit whole rather than as juice as the fibre is removed in juice and sugar is released from the fruit.

The menu plan is not intended to be a substitute for an individual diet plan prepared by a dietitian or health professional.

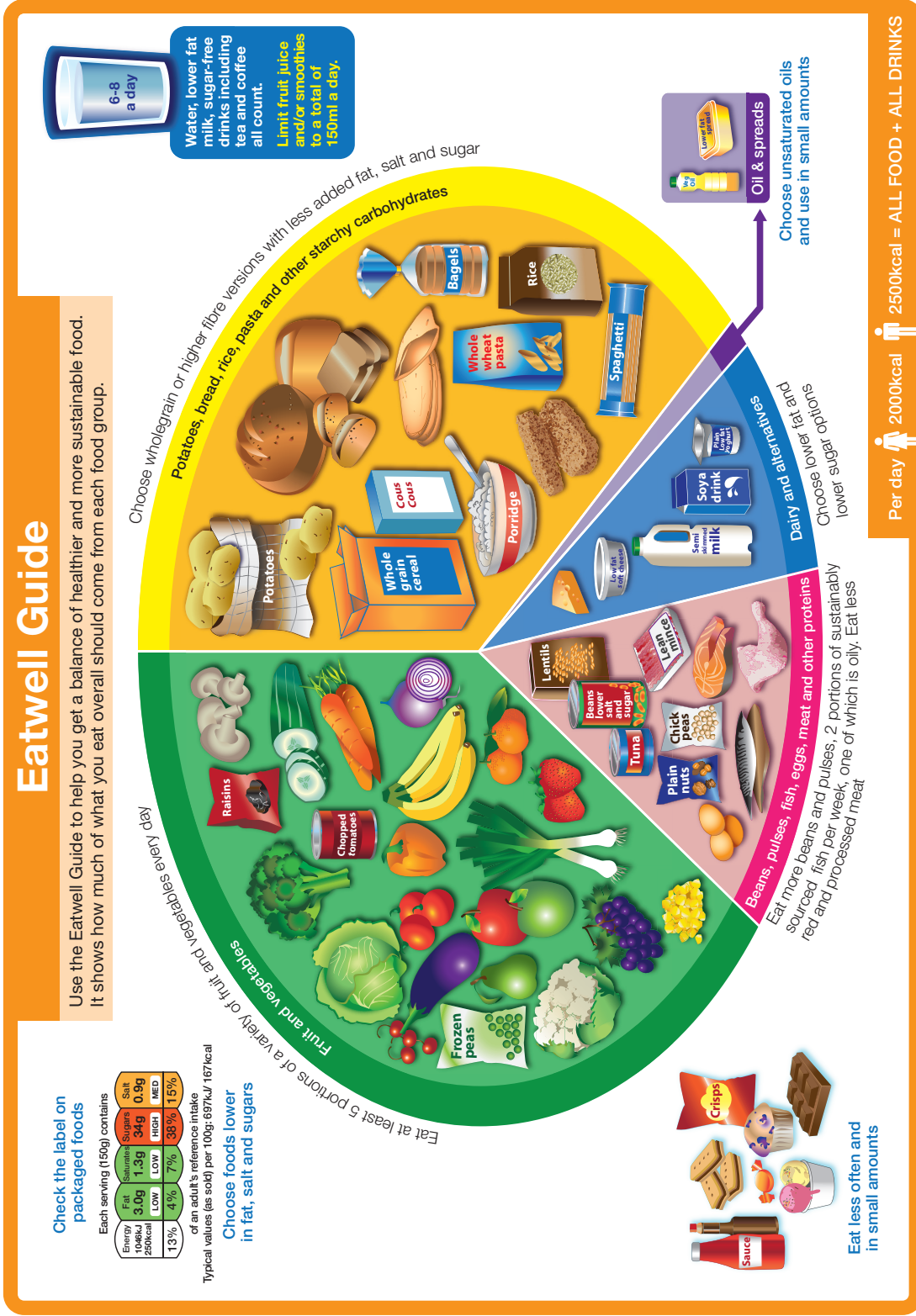
How to Use the Menu Plan

- The menu plan has been designed with several things in mind. It is based around everyday foods and should not be expensive to follow. It is based on the principles of healthy eating and as such is nutritionally balanced.
- The menu plan gives a breakdown of the calorie content, as well as the amount of fat, saturated fat, salt and carbohydrate contained in each meal, so that if you are interested in learning to count your carbohydrate intake and monitor or lose weight you can do so. There is more information about counting carbohydrates towards the end of the menu plan.
- It is structured to show three meals a day for four weeks. The meals are designed to be interchangeable, so if there is one that you don't fancy it can simply be swapped for one from a different day with a similar nutritional value. Again there is more information about exchanges towards the end of the plan.
- There are ideas for vegetarian and vegan meals. Gluten free meals are presented on the Wednesday of each week. The menu is designed to help you make meal choices with confidence and to give you ideas to try out. Week 4 has some great, innovative ideas which may be useful to try for a change. We all like a treat or get hungry between meals so there is also information about snacks, eating out and takeaways.



Get to Know Your Food Groups and Portion Sizes

The Official Guidance from Public Health England is to eat a balanced diet by following the Eatwell Guide.



Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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The eatwell guide shows how much of what you should eat, coming from different types of food. This includes everything you eat and drink during the day, including snacks.

The term 'nutrient groups' refers to a method of classifying foods that are eaten on an everyday basis, according to their different nutritional properties. There are five basic food groups:

Carbohydrates are sugars and starches and give you energy. Sugars are found in cakes, confectionary and puddings where it has been added. Sugars are also found naturally in foods such as milk and fruit. If fruit is processed the sugar is released. Starchy carbohydrates are found in bread, potatoes, rice, pasta, cereals and sugars.

Eating carbohydrates directly affects the amount of glucose in the blood. Some carbohydrates are absorbed quickly and will cause a rapid rise in blood sugar levels, whereas other carbohydrates, such as granary bread or porridge, will cause a more gradual and sustained rise in blood sugar levels.

Fibre helps your body to digest food. It is found in various foods including wholegrain cereals, bread, fruit and vegetables, especially pulses such as lentils, peas and beans.

Proteins help children's bodies to grow and adult bodies to repair themselves. They are found in foods such as meat, poultry, fish, dairy products, eggs and beans. Older people need plenty of protein each day.

Fats provide energy. They are found in foods such as fatty red meats, full fat dairy products and items containing cooking oil, butter and spreads. Ready meals, cakes and pastries also often contain fats. It is advised that we eat more unsaturated fats from plant sources, such as rapeseed or olive oil.

Vitamins and Minerals are needed to keep your body healthy. Vitamins and minerals are found in a wide variety of foods. For example, vitamin C is found in citrus fruits and calcium is found in milk. Vitamin D is important as it aids calcium absorption, so it is advised that people over 65 years and those who do not have sufficient sun exposure, should take a supplement.

Low carbohydrate diets

The present dietary guidelines of high carbohydrate /low fat were introduced in 1983 by the UK government. IDDT fully understands their introduction aimed to reduce coronary heart disease (CHD) by reducing fat intake and increasing the carbohydrates to replace the fats. However, these recommendations were not based on evidence from research and there is now a move towards low carbohydrate diets for people with both Type 1 and Type 2 diabetes.

If more carbohydrates are consumed than needed for the energy used, then the excess carbohydrates will increase weight in the general population and in people with diabetes.

- In people with Type 1 diabetes this results in the need for higher insulin doses (which also increases weight) and a greater risk of hypoglycaemia. Many people with Type 1 diabetes now either restrict carbohydrates or use a low carbohydrate diet which has resulted in better blood glucose control.
- In people with Type 2 diabetes, greater weight means more medication is necessary. Many experts now favour a low carbohydrate diet or a restriction of carbohydrates by cutting back on sugar and starch and replacing it with non-starchy green vegetables and with some fatty foods, such as cheese, full fat unsweetened yoghurt along with protein. This cuts down the amount of medication and therefore reduces the risks of adverse effects.

Low carbohydrate diets are considered as those supplying up to 130g carbohydrate and moderate carbohydrate diets up to 230g carbohydrate and people can choose appropriate diets for themselves from the menus.

This advice for lower amounts of carbohydrate in the diet fits in well with the recommendations to limit added sugars of free sugars to less 5% of energy intake per person which in practice amounts to about 30g of sugar per day. A teaspoon of sugar is approximately 4-5g so it gives an idea of quantities as does reading the information on sugar on food and drink labels.

Important note: if you wish to consider using a restricted or low carbohydrate diet and you are taking insulin or medication, we would advise that you discuss this with your diabetes nurse and/or doctor because it could mean a reduction in your insulin or medication doses.

It may also be sensible to change slowly to a lower carbohydrate diet so that you can adjust both your appetite and medication.

The portion sizes of any meal will vary from person to person, depending on lifestyle, but the following guidelines may be helpful:

Starchy carbohydrates

Most people will eat 5-10 portions a day. Where possible, you should try to choose unrefined carbohydrates such as brown rice, brown pasta, wholegrain bread or wholegrain breakfast cereals as these will provide extra fibre. Any of the items below are regarded as one portion and each portion will provide around 15g carbohydrate:

- 1 medium slice of bread or toast, preferably granary or wholemeal.
- 4 tablespoons of breakfast cereal.
- 2 tablespoons of muesli.
- Half a pitta bread or chapatti.
- 2 boiled or baked potatoes, each the size of a small egg.
- 1 tablespoon of cooked rice or pasta.

Proteins

Most people will eat 2-3 portions per day depending on their activities. Try to reduce the fat content of some foods, for example by choosing lean red meat and taking the skin off chicken. Two portions of fish a week is recommended as part of a healthy diet. At least one of these portions of fish should be oily fish. Try to eat more vegetable proteins such as peas, beans and lentils. Any of the items below are regarded as one portion of protein:

- 75-100g (3-4oz) of uncooked red meat, chicken, oily fish or offal.
- 100-125g (4-5oz) of white fish or oily fish without batter or breadcrumbs.
- 2 eggs.
- 4 tablespoons of pulses like lentils, chickpeas etc.

Milk and dairy products

You should try to eat 2-3 portions of milk and dairy products a day. Where possible you should try to use the low fat varieties like skimmed or semi-skimmed milk and low fat cheeses. A single portion is:

- 200ml of milk, including soya milk.
- A small pot of plain, low fat or diet yoghurt or soya desert.
- A matchbox size piece of cheese.

Fruit and vegetables

All of us are advised to eat 5-9 portions of fruit and vegetables a day. Ideally these should be fresh or frozen but tinned fruit or vegetables can be used for convenience. These foods are mainly low in fat (apart from avocados and olives), are full of vitamins and minerals, fibre and also antioxidants, which have an important protective effect on the body. This protective effect is particularly important for people with diabetes. A single portion of fruit or vegetables is any of the items below:

- A medium apple, orange, peach, pear or other fresh fruit.
- A small banana.
- A handful of grapes or cherries.
- 1 tablespoon of dried fruit.
- 3 tablespoons of tinned fruit in juice.
- 3 dates or prunes.
- 2-4 tablespoons of full vegetables.
- A bowl of side salad.

Fatty and sugary foods

These are best avoided but try and limit them to 4 portions a day. The sugary carbohydrate portions all provide approximately 15g carbohydrate, which is the same as a slice of bread. Similarly, 2 teaspoons (tsp) of butter will provide around 90 calories, the same amount as 2 apples, which would be more filling. Low calorie sweeteners can be used as an alternative to sugar. Low sugar drinks, jams and jellies are also good choices. A portion is:

- 1 scoop or small block ice cream.
- 1 mini chocolate bar.
- 3 tsp sugar, jam or marmalade.
- 2 tsp margarine, spread or butter.
- 2 tsp mayonnaise.
- Small packet of crisps.

Some Points to bear in mind

Enjoy your food

It is important that you enjoy the food you eat. If you try to eat food that you don't like then you will find it difficult to sustain a regular eating pattern that suits you and helps you manage your diabetes. Often when people try to adopt a diet that they don't like, they give up out of frustration - so try to eat healthily but eat foods that you like and allow yourself the occasional treat.

Try to eat three regular meals a day

Eating three meals a day at regular times will help you to keep your blood sugar levels in the correct range and help you to avoid highs and lows.

Don't be tempted to skip breakfast as it helps to kick-start your metabolism and will make you feel more alert. If you are not in the habit of eating breakfast then the menu has lots of different ideas for breakfast that you may find tempting, which may be helpful as a first step to having breakfast.

Try to drink at least 2 litres of fluid per day

Drinking enough fluid is essential for all body functions. Fluids can come from a variety of sources, including tea and coffee but alcoholic and heavily caffeinated drinks don't count towards your 2 litres a day.

Avoid adding sugar to tea and coffee, low calorie sweeteners can be used instead and choose sugar free soft drinks.

Some people mistake feeling hungry for being thirsty, so be wary of this. Also, if your blood sugar levels are running high, it is likely that you will feel thirsty but avoid quenching your thirst with sugary drinks or fruit juices as this will raise your blood sugars even more.



Avoid extra fat, sugar and salt

Use low fat cooking methods. Try to grill, bake, dry roast, dry fat fry, microwave, braise and casserole your food. Cutting down on fat can help with weight loss.

If you are using oil for cooking, try to use oils that are low in saturated fats, such as olive oil or rapeseed oil. Avoid using butter, lard or ordinary margarine as these are high in saturated fats, which raise cholesterol levels and increase the risk of heart disease.

Avoid adding extra sugar to items like drinks and cereals. Low calorie sweeteners can be used as an alternative if required. If you are eating tinned fruit make sure it is in juice – not syrup.

Salt intake should be limited to 6g per day. Adding extra salt to food can lead to raised blood pressure, so you should not to add salt to food but try using herbs and spices for flavour instead. You should also try to avoid salty snacks like crisps, pretzels, Bombay mix and salted nuts.

The following menus have been analysed using information from the UK National Data Bank and information on typical medium portion sizes. The values given are typical values but can vary according to products used and if larger or smaller portion sizes are used.

It is also assumed that 300ml of semi skimmed will be taken in teas and coffees which provide 138kcal, 15g carbohydrate and 5g fat.

There is a variation in the nutritional content of the meals so that readers can choose items that suit their lifestyle.

- Salt content varies in the meals so if you have a high salt meal, it is sensible to balance it with lower salt meals during that day.
- If you are taking statins, you should not eat grapefruit or drink grapefruit juice but replace with a different fruit.
- While the menus do include fruit juice in a maximum of 150ml portions, it is better to have the whole fruit.

WEEK 1	Notes	Breakfast	Lunch	Dinner
Monday Daily Total: 1078kcal 160g carbohydrate 23g fat 5.1g saturated fat 4.3g salt	A simple menu—just add extra vegetables to the casserole or serve with side vegetables.	Glass of orange juice. Bowl of porridge made with skimmed milk and a pinch of cinnamon (optional). 351kcal, 58g carbohydrate, 5g fat, 0.4g saturated fat, 0.4g salt	2 slices of wholemeal bread, low fat spread, ham and tomato as sandwich. Banana. 323kcal, 53g carbohydrate, 6g fat, 1.5g saturated fat, 1.8g salt	Chicken casserole with extra vegetables (if required), mashed potatoes, side salad. Low-fat yoghurt. 404kcal, 49g carbohydrate, 12g fat, 3.2g saturated fat, 2.1g salt
Tuesday Daily Total: 1411 kcal 220g carbohydrate 30g fat 10.5g saturated fat 4.8g salt	You can use marmalade and jams but preferably the low sugar ones or you can even try making a low-sugar jam.	Pineapple juice, 2 slices of granary bread toasted, low-sugar marmalade or jam. 267kcal, 54g carbohydrate, 2g fat, 0.4g saturated fat, 1.1g salt	2 slices of wholemeal toast with low fat cheese and tomato slices. Bowl of fruit salad. 383kcal, 51g carbohydrate, 9g fat, 4.9g saturated fat, 1.7g salt	Spaghetti Bolognese with portion of pasta. Apple crumble with extra oats added and custard. 761kcal, 115g carbohydrate, 19g fat, 5.2g saturated fat, 2.0g salt
Wednesday Daily Total: 1325kcal, 188g carbohydrate 39g fat 13.4g saturated fat 2.4g salt	This is an idea for those on a gluten free diet. The dinner can be enjoyed by the whole family, just use cornflour for thickening the gravy in the stew or a gluten free stock cube.	Bowl of gluten free museli with semi-skimmed milk and sliced banana. 454kcal, 74g carbohydrate, 11g fat, 3.3g saturated fat, 0.3g salt	2 slices of gluten free granary bread, cottage cheese with pineapple, and salad. Low-fat yoghurt. 382kcal, 61g carbohydrate, 8g fat, 2.7g saturated fat, 1.3g salt	Lamb and vegetable stew with mashed potatoes. Orange low sugar jelly with tinned mandarins in juice. 489kcal, 53g carbohydrate, 20g fat, 7.4g saturated fat, 0.8g salt

WEEK 1	Notes	Breakfast	Lunch	Dinner
Thursday Daily Total: 1482kcal, 180g carbohydrate 57g fat 26.6g saturated fat 7.3g salt	Eggs always make a quick and easy meal and omelettes can have items added like mushrooms or onions to give variety.	2 oat style cereal biscuits with semi-skimmed milk and sultanas. 341kcal, 57g carbohydrate, 7g fat, 2.2g saturated fat, 0.3g salt	2 slices of wholemeal bread with cheese and salad filling as sandwich. Apple. 403kcal, 41g carbohydrate, 18g fat, 10.1g saturated fat, 1.7g salt	Omelette made with 2 eggs, oven chips and baked beans. Low-fat chocolate mousse. 738kcal, 82g carbohydrate, 32g fat, 14.3g saturated fat, 5.3g salt
Friday Daily Total: 1297kcal, 164g carbohydrate 41g fat 10.9g saturated fat 7.5g salt	Salmon is easy to find in your local supermarket either from fresh, frozen or chilled. It is one of the important oily fishes containing omega 3 fatty acids.	Grilled bacon and tomato sandwich in wholemeal bread with low-fat spread. 353kcal, 32g carbohydrate, 16g fat, 5.2g saturated fat, 3.4g salt	Bowl of vegetable soup with granary roll. Currant bun with low-fat spread. 421kcal, 69g carbohydrate, 10g fat, 2.4g saturated fat, 3.7g salt	Baked salmon, new potatoes with peas and carrots. Low-fat rice pudding. 523kcal, 63g carbohydrate, 15g fat, 3.3g saturated fat, 0.4g salt
Saturday Daily Total: 1395kcal, 169g carbohydrate 38g fat 11.6g saturated fat 6.8g salt	Cooked breakfasts are always a good start to the day and provide a useful source of protein but try to avoid fried food.	2 grilled small sausages, scrambled egg, baked beans and slice of wholemeal bread. 405kcal, 38g carbohydrate, 17g fat, 5.4g saturated fat, 3.6g salt	2 slices of wholemeal bread, low-fat spread as chicken salad sandwich. Banana. 374kcal, 52g carbohydrate, 8g fat, 1.7g saturated fat, 1.1g salt	Grilled gammon and pineapple, baked wedges, peas and carrots. Low-fat yoghurt. 616kcal, 79g carbohydrate, 13g fat, 4.5g saturated fat, 2.1g salt
Sunday Daily Total: 1378kcal, 217g carbohydrate 19g fat 5.7g saturated fat 3.1g salt	Roasted vegetables make a flavoursome accompaniment to the main course. You can use fresh or frozen vegetables. Any leftovers make a good sandwich filling.	Cranberry juice, poached egg on slice of granary toast. 466kcal, 91g carbohydrate, 7g fat, 1.8g saturated fat, 0.7g salt	Lean roast beef, small Yorkshire pudding, low fat gravy, dry roast potatoes, roasted carrots onions and parsnips. Stewed apple and low-fat custard. 683kcal, 99g carbohydrate, 10g fat, 3.5g saturated fat, 1.2g salt	Tinned tuna, salad with a slice of wholemeal bread. Low-sugar jelly and tinned pineapple in juice. 229kcal, 27g carbohydrate, 2g fat, 0.4g saturated fat, 1.2g salt

WEEK 2	Notes	Breakfast	Lunch	Dinner
Monday Daily Total: 1080kcal 140g carbohydrate 34g fat 11.0g saturated fat 7.4g salt	Soups can be a good, filling dish and are easy to make using leftovers like chicken, vegetables etc. Just add some lentils, beans and stock and you have got a really tasty and cheap meal. If you are in a rush tinned soups, like carrot and lentil, are an inexpensive and quick option.	Orange juice, boiled egg and a slice of wholemeal toast. 241kcal, 31g carbohydrate, 8g fat, 2.0 g saturated fat, 0.7g salt	Lentil soup and granary roll. Currant bun. 368kcal, 62g carbohydrate, 6g fat, 1.6g saturated fat, 3.7g salt	Shepherds pie with cabbage and carrots. Low-fat yoghurt. 471kcal, 47g carbohydrate, 20g fat, 7.4g saturated fat, 3.0g salt
Tuesday Daily Total: 1084kcal 157g carbohydrate 22g fat 6.5g saturated fat 3.6g salt	Pasta bakes are economical as well as filling and there are lots of different types to choose from.	Wheat based cereal with chopped apple and skimmed milk. 284kcal, 51g carbohydrate, 2g fat, 0.6 g saturated fat, 0.6g salt	2 slices of wholemeal bread, low-fat spread with chicken salad. Pear. 338kcal, 44g carbohydrate, 7g fat, 1.6g saturated fat, 1.1g salt	Tuna pasta bake with a side salad. Sliced banana and low-fat yoghurt. 462kcal, 62g carbohydrate, 13g fat, 4.3g saturated fat, 1.9g salt
Wednesday Daily Total: 1705kcal 210g carbohydrate 60g fat 10.3g saturated fat 6.6g salt	Curries and rice are good gluten free meals and using cauliflower in home-made curry both adds flavour and thickens it.	Gluten free porridge with stewed rhubarb which can be fresh, frozen or canned in own juice. 317kcal, 50g carbohydrate, 7g fat, 3.6g saturated fat, 0.4g salt	Jacket potato and baked beans. Pear. 418kcal, 86g carbohydrate, 1g fat, 0.1g saturated fat, 1.9g salt	Lamb and cauliflower curry with brown basmati rice. Red fruit salad. 970kcal, 74g carbohydrate, 52g fat, 6.6g saturated fat, 4.3g salt

WEEK 2	Notes	Breakfast	Lunch	Dinner
Thursday Daily Total: 1287kcal 171g carbohydrate 44g fat 14.3g saturated fat 7.0g salt	Low-fat custards are easy to make using skimmed or semi-skimmed milk. Alternatively you can buy low-fat, ready-made custards.	Pineapple juice, 2 oven baked hash browns and baked beans. 409kcal, 69g carbohydrate, 10g fat, 2.2g saturated fat, 2.3g salt	2 slices of wholemeal bread, low-fat spread with egg and cress as sandwiches. 2 kiwi fruits. 344kcal, 42g carbohydrate, 12g fat, 2.9g saturated fat, 1.3g salt	Mushroom omelette, new potatoes and green beans. Stewed apples and low-fat custard. 534kcal, 60g carbohydrate, 22g fat, 9.2g saturated fat, 3.4g salt
Friday Daily Total: 1159kcal 138g carbohydrate 28g fat 8.6g saturated fat 3.6g salt	Oven baked oily fish, such as salmon, trout, large sardines and pilchards, are an easy and tasty meal. Any oily fish can be used.	Bran based cereal with semi-skimmed milk and dried apricots. 291kcal, 41g carbohydrate, 7g fat, 3.5g saturated fat, 1.2g salt	2 slices of wholemeal bread, low-fat spread as ham salad sandwich. Portion of red grapes. 280kcal, 43g carbohydrate, 6g fat, 1.4g saturated fat, 1.8g salt	Oven baked trout, new potatoes and mixed side salad. Baked pear and low-fat yoghurt. 588kcal, 54g carbohydrate, 15g fat, 3.7g saturated fat, 0.6g salt
Saturday Daily Total: 1218kcal 153g carbohydrate 29g fat 11.7g saturated fat 2.3g salt	Burgers are an easy and quick meal but always grill or barbecue – don't fry.	Oat cereal with sliced banana and semi-skimmed milk. 422kcal, 66g carbohydrate, 9g fat, 3.9g saturated fat, 0.5g salt	Grilled beef burger in a bun with side salad. Apple. 379kcal, 47g carbohydrate, 13g fat, 4.4g saturated fat, 1.6g salt	Grilled chicken breast with mushrooms, tomato slices and green beans and small jacket potato. Bowl of strawberries and low-fat cream. 417kcal, 40g carbohydrate, 7g fat, 3.4g saturated fat, 0.2g salt
Sunday Daily Total: 1456kcal 164g carbohydrate 48g fat 10.4g saturated fat 7.5g salt	Kippers are a lovely traditional breakfast and boil in the bag ones save on the smell and any mess!	Grilled kipper and tomatoes and slice of wholemeal bread. 428kcal, 17g carbohydrate, 26g fat, 4.3g saturated fat, 3.6g salt	Lean roast pork, apple sauce, low-fat gravy, dry roast potatoes, carrots and peas. Rhubarb crumble with extra oats and low-fat custard. 765kcal, 100g carbohydrate, 21g fat, 6.0g saturated fat, 2.1g salt	Jacket potato with tuna and sweetcorn. Fresh fruit salad. 263kcal, 47g carbohydrate, 1g fat, 0.1g saturated fat, 1.8g salt

WEEK 3	Notes	Breakfast	Lunch	Dinner
Monday Daily Total: 1209kcal 134g carbohydrate 43g fat 16.3g saturated fat 7.7g salt	Stews and casseroles are a great way of getting towards your 5 portions of fruit and vegetables a day. You can always add a few lentils and other ingredients according to your taste.	2 slices of granary bread, low fat spread, grilled bacon sandwich with tomatoes. 368kcal, 36g carbohydrate, 16g fat, 5.3g saturated fat, 3.6g salt	A slice of pizza on thin base with a side salad. Fruit salad. 331kcal, 44g carbohydrate, 12g fat, 5.3g saturated fat, 1.5g salt	Beef stew with extra vegetables and boiled potatoes. Low-sugar chocolate mousse. 510kcal, 54g carbohydrate, 15g fat, 5.7g saturated fat, 2.6g salt
Tuesday Daily Total: 1355kcal 170g carbohydrate 34g fat 15.4g saturated fat 6.0g salt	Fruit like grapefruit can be refreshing at breakfast time and you can have it fresh or tinned in juice. Warning: grapefruit should not be eaten if you take statins.	Grapefruit segments with 2 slices granary bread and jam. 294kcal, 61g carbohydrate, 2g fat, 0.4g saturated fat, 1.1g salt	Ploughman's lunch with salad and wholemeal bread. Apple. 366kcal, 42g carbohydrate, 11g fat, 6.2g saturated fat, 3.4g salt	Mixed bean and lentil soup. Grilled turkey steaks, mashed potato, peas and mushrooms. 695kcal, 67g carbohydrate, 21g fat, 8.8g saturated fat, 1.5g salt
Wednesday Daily Total: 1676kcal 190g carbohydrate 56g fat 13.2g saturated fat 3.3g salt	Muesli is easy (and cheaper) to make, adding oats, wheat flakes and dried fruit.	Home-made muesli with oats, dried fruit and semi-skimmed milk. 428kcal, 70g carbohydrate, 9g fat, 4.0g saturated fat, 0.4g salt	Chicken burger and bun with side salad. Banana. 653kcal, 62g carbohydrate, 23g fat, 3.9g saturated fat, 1.8g salt	Braised kidneys With steamed broccoli, carrots and mashed potatoes. Blancmange with strawberries. 595kcal, 58g carbohydrate, 24g fat, 5.3g saturated fat, 1.1g salt

WEEK 3	Notes	Breakfast	Lunch	Dinner
Thursday Daily Total: 1144kcal 149g carbohydrate 38g fat 18.6g saturated fat 4.8g salt	Jellies are a popular pudding and can be served with fruit, yoghurt or ice cream.	Shredded wheat style cereal with semi-skimmed milk and a banana. 379kcal, 64g carbohydrate, 6g fat, 3.5g saturated fat, 0.3g salt	Beans on a slice of toast. Sliced melon. 244kcal, 44g carbohydrate, 2g fat, 0.3g saturated fat, 2.4g salt	Macaroni cheese and side salad. Low-sugar jelly and mandarins in juice. 521kcal, 41g carbohydrate, 30g fat, 14.8g saturated fat, 2.1g salt
Friday Daily Total: 1427kcal 212g carbohydrate 33g fat 9.5g saturated fat 6.5g salt	Fish steaks like tuna, cod and haddock provide plenty of protein, are low in fat, and are quick to prepare.	Bran flakes with added sultanas and semi-skimmed milk. 353kcal, 59g carbohydrate, 6g fat, 3.4g saturated fat, 1.2g salt	2 slices of granary bread, low fat spread as banana sandwich. Currant scone. 459kcal, 80g carbohydrate, 10g fat, 2.4g saturated fat, 1.9g salt	Vegetable soup and granary roll. Baked tuna steak, mashed potato with cauliflower and peas. 615kcal, 73g carbohydrate, 17g fat, 3.7g saturated fat, 3.4g salt
Saturday Daily Total: 1435kcal 151g carbohydrate 51g fat 6.9g saturated fat 6.5g salt	Stewed fruit like plums, apple and rhubarb are all useful traditional puddings. They can also be found as canned alternatives.	Steamed kipper and 1 slice of wholemeal bread or toast. Apple juice. 561kcal, 33g carbohydrate, 31g fat, 0.2g saturated fat, 3.5g salt	2 slices of granary bread, low fat spread, ham and low fat coleslaw as sandwich. Low-fat yoghurt. 372kcal, 52g carbohydrate, 10g fat, 2.7g saturated fat, 2.5g salt	Braised steak with roasted onions, peppers, parsnips and carrots with salad potatoes. Plums and low-fat custard. 502kcal, 66g carbohydrate, 10g fat, 4g saturated fat, 0.5g salt
Sunday Daily Total: 1316kcal 194g carbohydrate 28g fat 11.0g saturated fat 3.5g salt	Tinned fish makes a good standby and can be the basis of lots of meals.	Pineapple juice. 2 slices of granary toast and marmalade. 340kcal, 72g carbohydrate, 2g fat, 0.4g saturated fat, 1.1g salt	Lean roast lamb, mint sauce, low fat gravy, dry roast potatoes, broccoli and cauliflower. Low-sugar jelly and low-fat yoghurt. 622kcal, 66g carbohydrate, 21g fat, 9.4g saturated fat, 0.8g salt	Tinned salmon salad sandwich on 2 slices of seeded bread. Banana. 354kcal, 56g carbohydrate, 5g fat, 1.2g saturated fat, 1.6g salt

WEEK 4	Notes	Breakfast	Lunch	Dinner
Monday Daily Total: 1377kcal 217g carbohydrate 28g fat 6.9g saturated fat 6.9g salt	Smoothies can be bought but they are easy to make by whizzing up fruit in a liquidiser. They are useful for those who don't usually eat breakfast or need a breakfast while on the move but it is better to have whole fruit or as fruit salad. Wraps are a good alternative to bread and risottos are a good way of using up leftover vegetables.	Fruit smoothie or fruit salad. 190kcal, 43g carbohydrate, 1g fat, 0.2g saturated fat, negligible g salt	Mushroom soup. Tuna and sweetcorn wrap. 300kcal, 40g carbohydrate, 8g fat, 1.3g saturated fat, 3.5g salt	Chicken risotto with extra vegetables. Mixed fruit crumble with extra oats and low-fat custard. 887kcal, 134g carbohydrate, 19g fat, 5.4g saturated fat, 3.4g salt
Tuesday Daily Total: 1511kcal 226g carbohydrate 31g fat 2.9g saturated fat 8.4g salt	Liver is a good source of iron and can be used in all sorts of dishes. Smoked salmon slices can be quite inexpensive at the supermarket and can be used with cottage cheese and other ingredients. Bread and fruit combine well in puddings like summer pudding and bread and butter pudding.	Orange juice. Baked beans on 2 slices of wholemeal toast. 350kcal, 65g carbohydrate, 3g fat, 0.5g saturated fat, 2.8g salt	2 slices of wholemeal bread, smoked salmon, salad and cottage cheese as sandwich. Portion of green grapes. 342kcal, 44g carbohydrate, 6g fat, 1.3g saturated fat, 4.0g salt	Liver and onions, boiled potatoes with green beans and mushrooms. Fruity bread pudding. 819kcal, 117g carbohydrate, 22g fat, 1.1g saturated fat, 1.6g salt
Wednesday Daily Total: 1580kcal 250g carbohydrate 40g fat 4.9g saturated fat 6.4g salt	Couscous is really easy to make - just add boiling water and vegetables or herbs for flavour. There are lots of different dried berries available and these are worth trying with cereals and puddings. Curries are easy to make and can be made mild or hot according to taste. This day is suitable for anyone following a vegan diet.	Pineapple juice. Berries and porridge. 189kcal, 37g carbohydrate, 3g fat, 0.5g saturated fat, 2.9g salt	Couscous with roasted vegetables and falafel. Fresh apricots. 589kcal, 100g carbohydrate, 13g fat, 1.3g saturated fat, 0.9g salt	Spicy lentil curry with side salad and brown rice. Fresh fruit salad and low-fat Greek yoghurt. 802kcal, 113g carbohydrate, 24g fat, 3.1g saturated fat, 2.6g salt

WEEK 4	Notes	Breakfast	Lunch	Dinner
Thursday Daily Total: 1273kcal 152g carbohydrate 44g fat 20.5g saturated fat 3.8g salt	Bakes of all types are easy to make and economical - just use a base of egg and milk with vegetables and add cheese, chicken or tuna. Potato wedges are easy to make (or buy) but oven bake them rather than fry them.	2 poached eggs and mushrooms on a slice of wholemeal bread. 232kcal, 15g carbohydrate, 12g fat, 3.3g saturated fat, 0.8g salt	A slice of vegetable pizza on a thin crust. Tinned pineapples in juice. 254kcal, 37g carbohydrate, 7g fat, 5.3g saturated fat, 0.6 g salt	Scotch broth and granary roll. Savoury vegetable and cheese bake with potato wedges. 787 kcal, 100g carbohydrate, 25g fat, 11.9g saturated fat, 2.4g salt
Friday Daily Total: 1517kcal 217g carbohydrate 44g fat 14.1g saturated fat 3.6g salt	Milk puddings are really filling and can be home-made or bought tinned or as chilled versions. Oven chips can be bought but are just as easy to make by just cutting potatoes into chips, brushing with oil and baking in a hot oven.	Bran cereal with semi-skimmed milk and chopped banana. 341kcal, 53g carbohydrate, 7g fat, 3.6g saturated fat, 1.2g salt	Oven baked bread crumbed cod, oven chips and peas. Low-fat trifle.	Jacket potato with cottage cheese. Low-fat semolina pudding.
Saturday Daily Total: 1439kcal 150g carbohydrate 49g fat 19.2g saturated fat 5.7g salt	Sausages are great at breakfast or you can have them as a main meal. Shell fish can be used in hot or cold dishes and provide variety. Salad potatoes are lovely roasted. Bananas and most fruit can be baked by wrapping in foil and baking in a hot oven.	2 small grilled sausages, grilled mushrooms and tomatoes with a slice of brown bread. 215kcal, 21g carbohydrate, 10g fat, 4.3g saturated fat, 1.5g salt	2 slices of granary bread, prawn and salad as sandwich. A slice of malt loaf. 723kcal, 86g carbohydrate, 30g fat, 6.3g saturated fat, 1.8g salt	Lamb cutlets, roasted vegetables and roasted salad potatoes. Baked bananas.
Sunday Daily Total: 1462kcal, 198g carbohydrate 32g fat 9.4g saturated fat 5.9g salt	Spices like cinnamon are tasty in fruit, milk puddings and porridge. Cobblers are basically scones and make a pleasant topping on fruit that has been stewed. Blancmange is easy to make either home-made or from a packet.	Mango juice. Porridge with stewed apple and cinnamon. 179kcal, 35g carbohydrate, 3g fat, 0.4g saturated fat, 2.9g salt	Roast chicken, low-fat gravy, dry roast potatoes with carrots and cabbage. Mixed fruit cobbler and low-fat custard. 816kcal, 114g carbohydrate, 14g fat, 3.5g saturated fat, 1.9g salt	Salmon salad with granary roll. Low-fat raspberry blancmange. 467kcal, 49g carbohydrate, 15g fat, 5.5g saturated fat, 2.1g salt

Snacks

Snacks are useful between meals not only to stave off hunger but also to maintain blood sugar levels. Some ideas for snacks are:

Food	Calorie Content (kcal)	Carbohydrate Value (g)
80-100g fresh fruit	40-70	10-15
80g strips of carrot or celery	20	0-5
1 medium slice of bread	75	15
2 plain crackers	95	10
80g tinned sweetcorn	90	20
20g plain popcorn	120	20
2 plain rice cakes	60	15
2 crispbreads	36	10
2 rich tea biscuits	60	10
1 fig roll	80	15
2 digestive biscuits	140	20
2 ginger biscuits	90	15
2 oat cakes	80	10
1 scoop of ice cream	70	10
Small pot low-fat yoghurt or fromage frais	70-100	10
Cup of lentil or vegetable soup	30-70	10-15



Losing Weight

For people with Type 2 diabetes one of the first things they are advised to do is to lose weight. There are several reasons for this.

Just a 10% reduction in your body weight will increase the likelihood that:

- Your blood glucose levels will drop and you will need less or no medication as a result.
- Your blood pressure will reduce.
- Your cholesterol levels will fall.

In theory, losing weight is easy. If you eat fewer calories than you use up, then you will lose weight. On average, a woman needs 2000 calories per day and a man 2500 calories a day. If you reduce your calorie intake by 500 calories a day then you should lose around half a kilo (about a pound) a week. You will lose more energy if you take extra exercise, such as walking, gardening, swimming, housework or cleaning the car. All of the menus have been calorie counted so that you can choose meals that suit your needs.

Unfortunately, in reality losing weight is not easy and keeping the weight off is harder still. There are several things you can do to help you lose weight and these involve some simple lifestyle changes. You can try and make these changes one at a time, at your own pace so that you can feel that you have mastered each change before moving on to the next.

Below are some tips as to how you can change your eating habits so that you can lose excess weight:

- Eat more slowly to make the meal last.
- Try eating from a smaller plate – it makes it look as if you have more food.
- Fill your plate with vegetables or salad.
- Try to cook tasty low-calorie foods that can be shared by the rest of the household – that way you won't feel so left out.
- Don't feel you have to clean your plate – stop eating when you have had enough.
- Set realistic targets for losing weight – don't set yourself up to fail by being over-ambitious.
- Allow yourself the occasional treat to avoid getting bored or frustrated with your diet.
- Be wary of the hidden calories in things like salad dressing and sauces.
- Make a shopping list before going to the supermarket and stick strictly to the list.
- Never go shopping for food when you are hungry.
- Avoid extra alcohol.



Food for when you are ill

For many of us, it is very common to lose our appetite if we are unwell. If you have diabetes as well, then this poses additional problems. Any illness can affect your blood sugar levels so it is important to test more frequently and to get in touch with a medical professional if you are worried.

It is very important that you keep drinking enough liquid. Very often people don't enjoy their usual drinks, so low calorie hot chocolate and malted milk drinks may be tempting. Fizzy, sugar free drinks, such as sugar free lemonade, will moisturise the mouth and will make it feel clean. Fruit juice diluted with carbonated water will also have a similar effect.

It is also important that you keep eating and the secret is eating little and often. All the items below are included in the menu plan:

- Plain toast or biscuits may help if you are feeling nauseous.
- Comfort foods are easy to eat and may be appealing. Foods like porridge, soups, shepherds pie, mashed potatoes, fish or eggs in various ways on toast may be tempting if you are ill.
- Desserts like ice cream, tinned fruit in juice, low sugar custards, yoghurts, jellies and fromage frais are all also easy to eat.

Eating on a budget

Many of us like to keep our food shopping bill as low as possible, especially those of us on low incomes. Here are a few ideas about buying a well balanced diet on a budget:

- Try to buy fruit and vegetables in season, as they tend to be less expensive. If you grow your own try to freeze some for later. Frozen vegetables are a useful and economical standby.
- Porridge oats are a very inexpensive breakfast and can also be used in other dishes.
- Rapeseed oil tends to be inexpensive - just use it sparingly.
- Lentils can be added to meat in dishes like lasagnes, shepherds pies and savoury mince so less meat is needed.
- Vegetables such as carrots or tinned sweetcorn can be added to casseroles and meat dishes to increase the size of the dish – they also contribute to your 5 a day.
- When you cook a dish like a curry or casserole make a portion to freeze, then when you do not feel like cooking you are not tempted by takeaways or a rush to the supermarket.
- If you are cooking foods like rice and pasta, it is very easy to cook more than you need. Measure out the amounts you need before you cook it to avoid leftover waste.
- Use more economy ingredients like tinned fruits and vegetables.
- Plan your meals and use a shopping list.
- Make your own packed lunch.



Eating Out and Takeaways

If you are eating out or choosing a takeaway, managing your diet is not as difficult as it may first seem. If you are choosing food from a menu then simply try to choose foods that are low in fat and where you can try to gauge the carbohydrate content.

If you are tempted by fast foods, try not to “go large” with the meal and ask for extra salad or vegetables, rather than fries, and choose a low sugar drink.

If you eating in an Italian restaurant, you can choose healthier options in several ways. If you like pizza, then choose one with a thin base rather than thick crust or cheese-filled types. When you are eating pasta then choose one with a tomato sauce instead of one that is creamy. You can also eat lots of salad.

Indian food can be very healthy provided you avoid the fried dishes like samosas, bhajees, fried rice and battered food. Curries like Kormas are also high in fat. It can be easy to eat large amounts of carbohydrate in the form of popadums and chutneys, followed by a large portion of rice with curry and potato side dishes as well as naan or paratha breads.

If you are having poppadoms, choose yoghurt based dips like raita rather than large helpings of pickles and chutneys. If you are at home, cook them in a microwave rather than fry them. Choose boiled rather than fried rice and enjoy dishes like phalls, boonhas, tandooris, tomato based curries and biryanis. You can also ask that no extra oil or ghee to be added to the meal before service. Chicken, fish or vegetable dishes are likely to be lower in fat than lamb and chapatis are also a better choice than paratha or naan breads.

Chinese dishes like stir fries, curries, chow mein and dishes are a better choice than sweet and sour chicken or pork, which is coated in batter and deep fried. Again choose boiled rice rather than egg fried rice or noodles. Also try to avoid dishes containing nuts, like chicken with cashews.

Thai food is becoming increasingly popular. Choose red or green Thai curry dishes, kebabs and steamed vegetables rather than creamy coconut based sauces.

When you are travelling, try to keep snacks like fruit, biscuits and sugar-free drink in the car with you. This will help you to avoid pulling over and buying the sweets and chocolate sold at service stations. If you do have to stop for food, try to choose a sandwich and check the nutritional information on the label.





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