



Meal ideas

Breakfast

Weetabix, Oatibix, Porridge, Shredded Wheat, Fruit & Fibre, Branflakes, All bran, Special flakes with berries, muesli (no added sugar) with milk.

Recommended serving size 30-40g cereal (or 2 x Weetabix / Oatibix)

- Try using sweetener or cinnamon rather than sugar to flavour your cereal
- A fruit portion could be added, however this will increase the carbohydrate content so you may want to reduce your cereal portion if trying to reduce your carbohydrate intake
- Use skimmed and semi skimmed milk to reduce calories



1-2 slices Granary, multi grain or wholemeal toast



- Add a poached, boiled or scrambled egg
- Add ½ tin tomatoes
- Add mushrooms fried in low calorie spray oil

Using thinner or smaller sliced bread will reduce the calorie and carbohydrate content. Also try to keep spread to a minimum to reduce calories

125g low fat greek / natural yogurt with a small handful of berries and 1 tablespoon oats / no added sugar muesli

- Diet yogurts (low fat, no added sugar) can also be used (eg. Muller light, light and free, activia no added sugar etc.)

Lunch

Baked beans/eggs/cheese/ tinned fish on toast

- Choose thinner sliced bread to reduce calories and carbohydrate
- Keep to ½ tin beans to reduce calories and carbohydrate
- Choose lower fat cheese and keep to a matchbox sized amount (30-40g) to reduce fat and calories
- Scramble / poach / boil eggs or fry in spray oil / a non-stick pan to avoid adding extra oil (fat)
- Leave butter / spread off toast if having a topping to save calories



Jacket potato with cheese / cottage cheese / prawns / tuna / baked beans/ chilli con carne

- Choose a smaller, fist sized potato to help moderate carbohydrate intake
- Choose lower fat cheeses
- Leave butter / spread off if able
- Try to eat the potato skins – this is where the fibre is!

Sandwich on 2 slices granary or wholemeal bread / roll / pitta bread / filled with;

- Lean meat such as chicken, turkey, ham and salad
- Tuna with light mayonnaise and sweetcorn
- Egg with light mayonnaise
- Salmon with low fat cream cheese
- Cheese with tomato / onions
- Meat alternatives eg. quorn slices with salad
- Houmous with falafel / peppers



- Choose low fat cheeses, mayonnaise, salad dressings to reduce fat and calories
- Choose thinner sliced bread to reduce calorie and carbohydrate intake

Mixed salad (lettuce, cucumber, carrot, tomatoes, sweetcorn, beetroot) with ham / chicken / turkey / eggs / tuna / prawns / salmon / quorn pieces. Add a handful of cooked rice / pasta / couscous / new potatoes / chickpeas

- Choose low fat salad dressings

Vegetable or pulse based soups eg. tomato, lentil, pea, carrot served with a slice of bread or a small bread roll

Evening meal

Stir-fried vegetables, chicken / turkey / pork / salmon / prawns / tofu / quorn pieces served with noodles or rice



- If adding soy sauce, choose the reduced salt versions and use in small amounts
- Add chilli, garlic, ginger, lemon / lime juice for flavour
- Be careful with rice / noodle portion – limit to 2-3 tablespoons (cooked) if reducing carbohydrate intake.
- Try using spiralised vegetables (eg. courgette / carrots instead of noodles) or cauliflower rice (grated cauliflower) if you want to reduce carbohydrate content further.

Cottage pie / Shepherd's pie with vegetables

- Use lean minced beef and drain away excess fat after cooking or try lower fat alternatives such as turkey / vegetarian mince or lentils
- Bulk out filling with extra vegetables – eg. carrots, onion, peas
- Use a thin layer of mashed potato if trying to reduce carbohydrate intake or try mixing with mashed carrot / swede / cauliflower.

Spaghetti Bolognese

- Bulk out sauce with vegetables – anything enjoyed eg. onions, carrots, mushrooms, peppers, sweetcorn.
- Use lean minced beef and drain away excess fat after cooking or try lower fat alternatives such as turkey / vegetarian mince.
- Keep pasta to around ¼ to 1/3 of your plate, if wanting to reduce carbohydrate content further try adding spiralised vegetables such as courgette / carrots to replace some pasta.



Lean roasted meats (chicken / turkey) with potatoes, vegetables and gravy

- Keep potato portion to ¼ of your plate, equivalent to 3 egg sized new potatoes or a fist sized jacket potato, leave skins on for fibre.
- If using mashed potato then keep to a fist sized amount



- Sweet potatoes could also be used for variety – these contain the same amount of carbohydrate as regular potatoes but will be broken down into glucose at a slower rate – better for diabetes control.
- Serve with a variety of vegetables
- Use reduced salt gravy granules and keep to serving suggestion

Pasta with a tomato based sauce, vegetables and chicken/prawns

- Try meat alternatives / pulses in place of chicken for a vegetarian alternative
- Keep cooked pasta to a fist sized amount and bulk meal out with vegetables instead.

Chilli con carne with basmati rice and salad

- Add plenty of vegetables such as peppers, tomatoes, onions to the sauce
- Keep rice portion (cooked) to around ¼ of your plate / a fist sized amount
- If you want to reduce carbohydrate intake further try adding cauliflower rice (grated cauliflower) into your rice or replace with this.

Chicken / vegetable curry with basmati rice

- Use a tomato based sauce such as a jalfrezi / Balti rather than a creamy sauce, which would be higher in calories
- Bulk sauce out with vegetables; anything enjoyed eg. onions, mushrooms, peppers, babycorn, asparagus, broccoli, sweetcorn
- Use chicken / prawns / meat substitutes / pulses for protein
- Keep rice to ¼ plate / fist sized amount
- Avoid serving with naan bread / chapatti's if having rice – choose just one

Baked fish with vegetables and potatoes

- Try salmon, cod, haddock, mackerel, tuna steak
- Serve with 3-4 new potatoes/ a fist sized jacket potato or a handful of homemade wedges (Chop a potato into wedges, spray with oil and roast)
- You could use sweet potato for variety if you prefer
- Serve with vegetables – grilled, roasted, boiled
- You could also have lightly dusted fish with oven chips and mushy peas



Stew or casserole made with lean meat, potatoes and vegetables

- Bulk out with onions, carrots, peppers, mushroom
- Use reduced salt stock cubes
- Leave skins on potatoes for extra fibre
- Try not to have bread as there is already carbohydrate from potatoes

Omelette with salad

- Add low fat cheese, peppers, mushrooms and serve with salad

For further meal ideas or recipes go to www.diabetes.org.uk