



Meal ideas for people with Diabetes

Information for patients
Diabetes Department



HEALTHY EATING CHECKLIST

- ❖ **Try to eat regularly each day.** Try choosing a meal idea from the breakfast, lunch and dinner sections in this booklet.
- ❖ **Try not to “fast” or miss meals** this can lead to larger portions or additional snacks later in the day.
- ❖ **Keep fruit to a maximum of three portions per day.** Try not to eat more than **one** portion at a time.
- ❖ Have plenty of vegetables with your evening meal **every night.**
- ❖ **Use healthy cooking methods:** Grilling, baking, poaching, steaming and microwaving are better than frying.
- ❖ **Remove all the visible fats from meats.**
- ❖ **Try to include two servings of oily fish** such as salmon, sardines or mackerel per week.
- ❖ **Use a monounsaturated spread instead of butter.** Try Bertolli, utterly butterly or a supermarket own version.
- ❖ **Limit cheese to a matchbox size (25g/1oz) per serving.**
- ❖ **Use semi-skimmed or skimmed milk.**
- ❖ **Limit your use of pastry foods and fatty or processed meats like** sausage rolls, pies, corned beef & sausages.
- ❖ **Try using lower fat options such as natural yoghurt or vinaigrette** rather than mayonnaise and salad cream.
- ❖ **Use granary or multi-grain bread/rolls** rather than white & wholemeal options.
- ❖ **Try to use a high fibre breakfast cereal** such as weetabix, porridge, shredded wheat or bran flakes.
- ❖ **Avoid additional starchy foods with dinner such as** garlic bread served with pasta or bread served with chips.

BREAKFAST

- ❖ Toast with low fat spread, peanut butter, jam, marmalade or honey thinly spread.
 - ❖ Cereal or porridge and milk.
 - ❖ “No added sugar” muesli with low calorie yoghurt or milk.
 - ❖ Poached, scrambled or boiled eggs and toast or a roll.
 - ❖ A roll with a small banana or grilled bacon.
 - ❖ Baked beans on toast.
 - ❖ One portion of fresh fruit and low calorie yoghurt.
 - ❖ Healthy cooked breakfast: poached or scrambled egg, lean grilled bacon, toasted potato scone or pancake served with mushrooms, beans and grilled tomatoes.
- * Avoid grapefruit & grapefruit juice if you take a “statin” to help lower your cholesterol.**

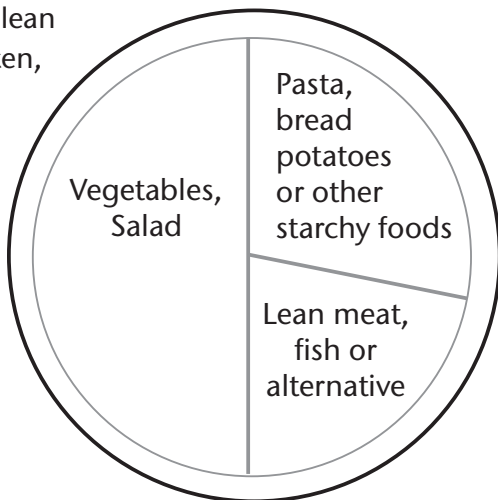
LUNCH

- ❖ Sandwich, roll, pitta bread, bread thins, bagel thins or wrap filled with salad and one of the following:
 - ◆ Salmon.
 - ◆ Tuna with sweetcorn or onion.
 - ◆ Lean cold meat such as ham, chicken or roast beef.
 - ◆ Cottage cheese.
 - ◆ Boiled egg.
 - ◆ Low fat grated cheese or spreading cheese.
 - ◆ Small banana.
 - ◆ Low fat hummus.
- ❖ Vegetable based soup (homemade soup or tinned) such as scotch broth, lentil and minestrone with bread.
- ❖ Baked beans with toast or grilled waffles.
- ❖ Vegetable omelette with bread.
- ❖ Tinned sardines or mackerel on toast with salad.
- ❖ Bagel or small ciabatta roll with low fat cream cheese and salad.
- ❖ Oatcakes with low fat pate or cheese and salad.
- ❖ Small jacket potato with salad and one of the following fillings:
 - ◆ Chilli.
 - ◆ Baked beans.
 - ◆ Curry.
 - ◆ Tuna.

MAIN MEAL

With the following meal ideas aim to:

- ❖ Fill $\frac{1}{2}$ of your plate with vegetables or salad every night.
- ❖ Fill $\frac{1}{4}$ of your plate with one of the following: potatoes, oven chips, wedges, potato croquettes, pasta, noodles, rice or couscous.
- ❖ Fill $\frac{1}{4}$ of your plate with a lean protein food such as chicken, fish, pork or beef.



- ❖ Grilled chop (remove all the visible fat).
- ❖ Chicken breast (no skin).
- ❖ Stew or casserole.
- ❖ Lean mince.
- ❖ Grilled low fat sausages.
- ❖ Small gammon steak and pineapple (in its own juice) or poached egg.
- ❖ Small steak.
- ❖ Oven baked fish.
- ❖ Poached fish such as Salmon or Trout.
- ❖ Grilled fish fingers.

Serve lots of salad or cooked vegetables with these meal ideas

- ❖ Fish Cakes.
- ❖ Fish Pie.
- ❖ Cottage Pie.
- ❖ Spaghetti bolognaise.
- ❖ Pasta and vegetables in a tomato sauce.
- ❖ Lasagne.
- ❖ Pizza (choose a thin crust and avoid fatty toppings such as extra cheese or pepperoni).
- ❖ Chilli con carne and boiled basmati rice or tortillas.
- ❖ Chicken and vegetable stir fry with boiled basmati rice or noodles.
- ❖ Meat and vegetable curry with boiled basmati rice.
- ❖ Vegetable or chicken risotto.
- ❖ Lentil curry with a small naan bread or chapatti.
- ❖ Chicken/Beef fajitas with tortilla wraps.

SNACKS

People with diabetes do not need to have snacks routinely through the day unless advised by their Diabetes Specialist Team. However, having a low calorie snack between meals can help you control your portions at meal times.

If you are watching your weight, low calorie & low carbohydrate snacks are the best choice. Aim to choose snacks which contain **15g or less of total carbohydrate** for the amount you are about to eat. **Only one snack is needed between each meal.**

Very low: 50 calories or less

- ❖ 1 plain rice cake.
- ❖ A portion of fresh fruit, for example an apple, banana, two satsumas or a handful of grapes.
- ❖ Dried fruit, for example a small box of raisins.
- ❖ Tinned fruit (in own juice), 1/3 to 1/2 of a tin.
- ❖ Raw vegetables - carrot sticks, cherry tomatoes, cucumber or celery with a small serving of salsa/low fat hummus.
- ❖ A plain biscuit such as rich tea, ginger nut or nice.
- ❖ Two or three seafood sticks, approx 80g.

Low calorie: 50 - 110 calories

- ❖ A low calorie yoghurt (it should contain less than 100 calories per pot).
- ❖ Two oatcakes or rye crackers with low-fat spread /low fat cottage cheese.
- ❖ Cereal Bar (check calorie and carbohydrate content per bar).
- ❖ A small pancake with low fat spread or jam.
- ❖ Low calorie crisps such as corn style (check the calorie content per bag).
- ❖ One digestive biscuit or oat biscuit (chocolate coated or plain).
- ❖ Two rich tea biscuits.
- ❖ One chocolate coated wafer biscuit ilke a blue riband or kitkat.
- ❖ Small individual bag of Popcorn.
- ❖ Funsized chocolate bar like a freddo.
- ❖ Low calorie hot chocolate drink.
- ❖ Small ice lolly.
- ❖ Two or three bread sticks with a small serving of salsa, low fat hummus or one low fat cheese triangle.
- ❖ Nuts approx 10-15g for example 10 almonds.

PUDDINGS

- ❖ Sugar free instant whip.
- ❖ Sugar free jelly.
- ❖ Low calorie yoghurt.
- ❖ One scoop of ice-cream with tinned fruit (in natural juice).
- ❖ One small meringue with tinned fruit (in natural juice).
- ❖ Fresh fruit salad (80-100g).
- ❖ Baked apple with cinnamon.
- ❖ Poached pear.
- ❖ Stewed fruit (with sweetener rather than sugar) and natural yoghurt.
- ❖ Homemade custard made with sweetener & semi-skimmed milk.

DRINKS

Drinking plenty of fluids throughout the day is good for your overall health and well being.

- ❖ Sugar free flavoured water.
- ❖ Diet/Zero/sugar free fizzy drinks.
- ❖ No added sugar diluting juices/squashes.
- ❖ Water.
- ❖ Tea/coffee (with/without sweeteners and semi-skimmed milk).

It is important to drink 1.5 -2 litres of fluid each day.

USEFUL WEB SITES

www.eatbetterfeelbetter.co.uk

www.diabetes.org.uk

www.nhs/change4life.uk

CONTACT DETAILS

Dietitian

Contact details

.....

.....

NOTES

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

CONFIDENTIALITY AND THE USE OF PATIENT INFORMATION

NHS Lanarkshire take care to ensure your personal information is only accessible to authorised people. Our staff have a legal and contractual duty to keep personal health information secure, and confidential. In order to find out more about current data protection legislation and how we process your information, please visit the Data Protection Notice on our website at www.nhslanarkshire.scot or ask a member of staff for a copy of our Data Protection Notice.

NHS Lanarkshire - for local services and the latest health news visit www.nhslanarkshire.scot

NHS Lanarkshire General
Enquiry Line: 0300 30 30 243

NHS inform - The national health information service for Scotland.
www.nhsinform.scot
Tel No: 0800 22 44 88

If you need this information in another language or format, please contact the NHS Lanarkshire General Enquiry Line on 0300 3030 243 or e-mail info@lanarkshire.scot.nhs.uk



www.careopinion.org.uk

Pub. date:	April 2020
Review date:	April 2022
Issue No:	04
Department:	Diabetes Dept.

PIL.HELEAT.03999.L
20_07689