



# 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.
- ❖ **Aim to include plenty of vegetables/salad with meals.**
- ❖ **Use healthy cooking methods.** Grilling, baking, poaching, steaming and microwaving and air frying are better than frying with added fats.
- ❖ **Remove all the visible fats from meats.**
- ❖ **Try to include two servings of oily fish per week.** Examples include sardines, mackerel and salmon (including tinned varieties).
- ❖ **Use a monounsaturated spread instead of butter.**  
Try Bertolli, Utterly Butterly or a supermarket own version.
- ❖ **Limit hard cheese to a matchbox size (30g) per serving.**
- ❖ **Consider choice of milk.** Change from full cream milk to either semi-skimmed/skimmed or calcium fortified plant based alternative e.g. soya.
- ❖ **Limit your intake of high fat and processed foods.** For example sausage rolls, pies, sweet pastries and fatty meats.
- ❖ **Try using lower fat options.** For example low fat natural yoghurt, cottage cheese, light mayonnaise and salad creams.

- ❖ **Try to use high fibre cereals and breads.** Examples include porridge, Weetabix, bran flakes, granary, seeded and wholemeal breads.
- ❖ **Avoid additional starchy foods with meals.** For example extra bread, chips, chapatti etc.

## **BREAKFAST**

- ❖ Toast with low fat spread, peanut butter, jam, marmalade or honey thinly spread.
- ❖ High fibre cereal e.g. 40g Branflakes, All-bran, Shreddies or two Weetabix.
- ❖ Porridge e.g. one sachet of plain porridge with milk, one pot of instant porridge or 40g oats made up with milk.
- ❖ 40g “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, low calorie yogurt with 30-40g granola.
- ❖ Cooked breakfast options: poached or scrambled egg, lean grilled bacon, toasted potato scone or pancake served with mushrooms, beans and grilled tomatoes.

## LUNCH/LIGHT MEALS

- ❖ Sandwich, roll, pitta bread, bread thins, bagel thins, wrap, four oatcakes or small ciabatta roll 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.
  - ◆ Tinned sardines or mackerel.
  - ◆ Low fat pate.
  - ◆ Low fat cream cheese.
- ❖ Vegetable based soup (homemade soup or tinned) such as scotch broth, lentil or minestrone with bread.
- ❖ Small tin of baked beans with toast or grilled potato waffles.
- ❖ Vegetable omelette with bread.
- ❖ Tinned sardines or mackerel on toast with salad.
- ❖ Small baked potato with salad and one of the following fillings:
  - ◆ Chilli.
  - ◆ Baked beans.
  - ◆ Curry.
  - ◆ Tuna.
  - ◆ Cottage cheese.
  - ◆ 30g low fat cheese.

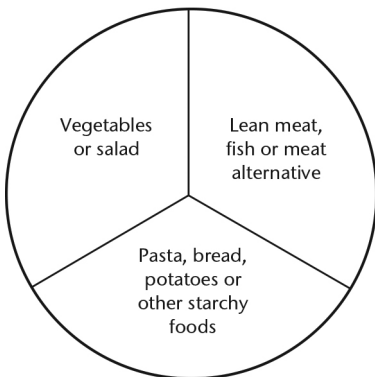
# MAIN MEALS

## Portion Sizes

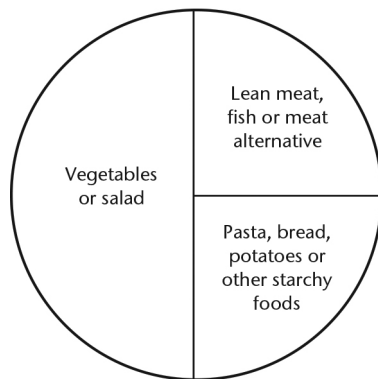
As well as looking at the types of food you eat it is important to consider your portion sizes, particularly if you are trying to lose weight.

Try to divide your plate into some starchy carbohydrate foods, vegetables and lean meat, fish, beans or meat alternatives.

### For weight maintenance:



### For weight loss:



#### Lean Meat, Fish or Alternatives:

- ◆ Chicken breast (skin removed)
- ◆ Pork chop (visible fat removed)
- ◆ Small steak (fat removed)
- ◆ Roast meat e.g. chicken/ beef/lamb
- ◆ Lean mince (e.g. 5% fat)
- ◆ Stewed/casserole meat
- ◆ Grilled low fat or vegetarian sausages
- ◆ Quorn pieces or mince
- ◆ Tofu
- ◆ Beans/pulses
- ◆ Gammon steak
- ◆ Oven baked or poached fish

#### Starchy foods:

- ◆ Potatoes (e.g. baby boiled, small baked potato, sweet potatoes, roast and mashed)
- ◆ Potato Products (e.g. oven chips, wedges. croquettes & waffles)
- ◆ Pasta
- ◆ Rice
- ◆ Noodles
- ◆ Cous Cous
- ◆ Quinoa
- ◆ Bread e.g. wrap/pitta bread, crusty bread

## MEAL IDEAS

### Remembering to add veg/salad to dishes

- ❖ Fish Fingers or fish cakes.
- ❖ Fish Pie.
- ❖ Cottage Pie.
- ❖ Spaghetti bolognaise.
- ❖ Pasta and vegetables in a tomato sauce.
- ❖ Lasagne.
- ❖ Chilli con carne and boiled basmati rice.
- ❖ Stir fry with chicken, beef, veg, prawns or meat substitute e.g. Quorn/tofu. Serve with rice or noodles.
- ❖ Curry made with meat, chicken, fish, lentils or meat substitute e.g. Quorn/tofu or vegetables. Serve with either basmati rice or a small naan or chapatti.
- ❖ Vegetable or chicken risotto.
- ❖ Chicken/beef/mixed bean/veg fajitas with tortilla wrap.
- ❖ Kebabs made with lean meats and vegetables served with a pitta bread.

## 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 rice cake.
- ❖ A portion of fresh fruit, for example a handful of berries, two small kiwi fruits/satsumas or small apple.
- ❖ Dried fruit, for example a mini box of raisins, two dried prunes or two dried apricots.
- ❖ Raw vegetables - carrot sticks, cherry tomatoes, cucumber, pepper or celery.
- ❖ A plain biscuit such as rich tea, ginger nut or Nice.
- ❖ Two or three seafood sticks.
- ❖ Sugar free jelly
- ❖ Light Babybel cheese, 25g cottage cheese or cheese triangle (in addition to raw veg).

## **Low calorie: 50 - 100 calories**

- ❖ A low sugar and fat yoghurt e.g. Mullerlight, Activia 0%, Lite & Free or fat free plain natural or Greek style yoghurt (check calorie and carbohydrate per pot).
- ❖ Two oatcakes or rye crackers.
- ❖ Cereal Bar (check calorie and carbohydrate content per bar).
- ❖ A small pancake.
- ❖ 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 like a Blue Riband or Kitkat.
- ❖ Small individual bag of Popcorn.
- ❖ Funsized chocolate bar like a Freddo.
- ❖ Low calorie hot chocolate drink e.g. Options/Highlights.
- ❖ Mini ice lolly e.g. Mini milk or Mini Twister.
- ❖ Two or three bread sticks or crisp bread with a small serving (1 tablespoon) of salsa, low fat hummus or one low fat cheese triangle.
- ❖ Unsalted nuts approx 10-15g for example 10 Almonds or Cashew nuts, 20 Pistachio nuts, 4 Brazil or Walnuts.
- ❖ 1 tablespoon peanut butter and small apple or veg sticks
- ❖ Boiled egg



## PUDDINGS

As with snacks, puddings are not required routinely however can be enjoyed in moderation or on special occasions. Here are some low calorie and low carbohydrate options:

- ❖ Sugar free instant pudding e.g. No added sugar Angel Delight.
- ❖ Sugar free jelly.
- ❖ Low sugar and fat pot of yoghurt
- ❖ One or two scoops of ice-cream.
- ❖ 80-100g of fresh or tinned fruit (in own juice).
- ❖ Baked apple with cinnamon.
- ❖ One portion of stewed or baked fruit with natural yoghurt.
- ❖ One small pot of rice pudding or custard (125g or 1/3 400g tin).

## DRINKS

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

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

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

## USEFUL WEB SITES

[www.diabetes.org.uk](http://www.diabetes.org.uk)

[www.carbsandcals.com](http://www.carbsandcals.com)

[www.mydiabetesmyway.scot.nhs.uk](http://www.mydiabetesmyway.scot.nhs.uk)

[www.bda.uk.com](http://www.bda.uk.com)

## CONTACT DETAILS

Dietitian .....

Contact details .....

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## NOTES

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