

## Enjoy Food

Helping families with diabetes  
shop, cook and eat

# Your guide to Enjoy Food

There's no such thing as a diabetic diet. A healthy diet will help you, and your family, eat well, feel good and enjoy food.

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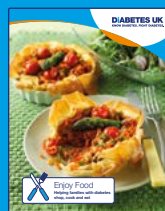
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# Welcome to Enjoy Food

**Enjoying what you eat is one of life's pleasures. But if you have Type 1, Type 2 or any other type of diabetes, or cook for someone who does, it can be tricky at times.**

Your Enjoy Food guide has been written by specialist dietitians at Diabetes UK using current research evidence and will give you the key information you need when making choices about what to eat and drink. It's full of practical advice and tips for shopping, cooking and eating, plus advice on budgeting and meal planning.

There are also more recipes, simple swaps and snack ideas on our website, go to [www.diabetes.org.uk/ef-enjoy](http://www.diabetes.org.uk/ef-enjoy)

We have over 400 recipes in our recipe finder, so there's something for everyone.

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

Every recipe has been nutritionally analysed by a dietitian, so you know how many calories, carbohydrates (carbs), sugars, fats, salt and fibre each one contains.

If you have any questions, comments or suggestions, email us at [enjoyfood@diabetes.org.uk](mailto:enjoyfood@diabetes.org.uk)

You can also sign up to the Enjoy Food monthly newsletter at [www.diabetes.org.uk/ef-eneews](http://www.diabetes.org.uk/ef-eneews)

## Quiz: Food, drink and diabetes

**How much do you know about what to eat and drink when you, or someone in your family, has diabetes? Try our quiz and find out.**

Tick a box	True	False
1 You can't eat fruit if you have diabetes.	<input type="checkbox"/>	<input type="checkbox"/>
2 People with diabetes have to follow a special diabetic diet.	<input type="checkbox"/>	<input type="checkbox"/>
3 Fat is fat: all the fats we eat are the same.	<input type="checkbox"/>	<input type="checkbox"/>
4 People with Type 1 diabetes don't have to follow a healthy diet.	<input type="checkbox"/>	<input type="checkbox"/>
5 Everyone with diabetes has to follow a low-carb diet.	<input type="checkbox"/>	<input type="checkbox"/>
6 People with diabetes can drink alcohol.	<input type="checkbox"/>	<input type="checkbox"/>
7 If you have diabetes, you must always have regular snacks.	<input type="checkbox"/>	<input type="checkbox"/>
8 Fruit juices are good for your diabetes.	<input type="checkbox"/>	<input type="checkbox"/>
9 Salt doesn't affect blood glucose levels, so you don't need to cut down.	<input type="checkbox"/>	<input type="checkbox"/>
10 If you have diabetes, all you need to do is cut out sugar.	<input type="checkbox"/>	<input type="checkbox"/>



# Food, drink and diabetes

## Quiz Answers



### 1 False



Whole fruit contains fibre, which is good for you, and also carbohydrates (carbs), which can affect your blood glucose levels. However, most fruits have a low to medium glycaemic index (GI) and don't raise your blood glucose levels quickly – see page 16. So, if you eat whole fruit throughout the day, rather than eating a huge portion in one go, you can eat any fruit you like. A portion of fruit is roughly what will fit in the palm of your hand.



### 2 False



Foods labelled diabetic or suitable for diabetics are usually snacks and sweets that are high in calories. These don't have special benefits for people with diabetes and are not recommended. They are often expensive and may lead to a stomach upset if you eat too much. There's no need to follow a special diet if you have diabetes. For people with Type 1 diabetes, the priority is to carb count and match their insulin doses to manage blood glucose levels; for people with Type 2 diabetes, losing any excess weight is an effective way of managing blood glucose levels. Everyone with diabetes is advised to also follow a healthy diet that's low in salt, sugar and saturated fat.



### 3 False



All the fats we eat affect our weight in the same way, but our overall health is affected in different ways by the types of fat we eat: saturated and unsaturated fats. Unsaturated fats that are good for us include omega-3 oil, which is found in oily fish such as mackerel,

sardines, trout, herring or salmon, and those found in avocados, nuts and seeds, olive oil, sunflower oil, rapeseed oil and vegetable-based spreads.

But too much saturated fat is not good for us. Unhealthy saturated fats are found in processed meats such as bacon, sausages and burgers, hard cheese, butter, lard, ghee and coconut oil – so try and cut down on these foods. Also try to avoid trans fats, which are found in biscuits, cakes, pastries, hard margarines and takeaways.



### 4 False



It's important that everyone eats a healthy diet, whether or not you have diabetes. As well as managing blood glucose levels, living with Type 1 diabetes also means managing your blood pressure, blood fats (cholesterol) and weight, to help prevent diabetes related complications and poor health. All of these factors can benefit from eating a healthy diet.



### 5 False



The amount of carbs you eat has an immediate effect on your blood glucose levels, but although people with diabetes need to be aware of the carbs in their food, not everyone has to follow a low-carb diet.

For people with Type 2 diabetes, a low-carb diet is one of the diets they can follow; and there is no strong evidence to suggest that a low-carb diet is better than the other options in the long-term. There is also no strong evidence to suggest that it is safe or beneficial for people with Type 1 diabetes. Foods that contain carbs such as fruit and vegetables, wholegrains, pulses, nuts and seeds are all good for your general health. If you'd like to try a low-carb diet, speak to your diabetes team about whether you need to adjust your medication and check your blood glucose more often.



### 6 True



For people with diabetes the guidelines for drinking alcohol are the same as for everyone else: men and women should not regularly drink more than 14 units a week. If you do drink as much as 14 units, spread this over three days or more. Drinking alcohol can increase your risk of having a hypo, which applies to people treated with insulin or certain Type 2 diabetes medications, such as sulphonylureas. It is important to monitor your blood glucose levels, and to avoid binge drinking and drinking on an empty stomach. Reducing your alcohol intake can help to manage your weight and blood pressure.



### 7 False



You don't need to eat regular snacks between meals unless you're at risk of having a hypo – this applies to people treated with insulin as well as certain Type 2 medications. If your medications are making you snack regularly to prevent hypos, speak to your diabetes team. Regular snacks can make it difficult to maintain a healthy weight – see page 30, so if you get peckish between meals try healthy snacks such as a piece of fruit, vegetable sticks, unsalted nuts, rice cakes or a small pot of yogurt. The key is to plan ahead, and keep an eye on your portion sizes.



### 8 False



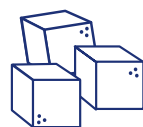
Although whole fruits are good for people with diabetes, fruit juices contain less fibre and count as having free sugar, so try to avoid them. Try to have no more than one small glass a day. Fruit juice counts as only one portion of your five a day no matter how much you drink. It's easy to drink a lot in a short time, and this may raise your blood glucose levels, which isn't good for your diabetes. In the long term, drinking too much fruit juice can also affect your weight.



### 9 False



Although salt doesn't affect your blood glucose levels, eating too much can raise your blood pressure. This, in turn, increases your risk of long-term diabetes complications, such as heart disease and stroke. About 75% of the salt we eat comes from processed foods such as bacon, sausages, cheese and takeaways. So, read food labels and choose lower-salt options. When cooking, add herbs and spices instead of salt.



### 10 False



Eating well to manage diabetes isn't all about cutting out sugar. It's about achieving a good balance in your diet, so you get all the essential nutrients while still enjoying your food. However, free sugar, found in fizzy drinks, cakes and biscuits, is not essential so cutting these out will help with your weight and general health. You don't need to cut out the sugar from whole fruit, vegetables and milk because they are healthy foods and your body processes these sugars in a different way to free sugar.

### Did you know?



We now refer to sugar that is not good for our health as free sugar rather than added sugar. This refers to any sugar that is added by you, or a food manufacturer, to food and drink. It also includes those sugars that occur naturally in fruit juices, syrups and honey. It does not include the sugars naturally present in whole fruit and vegetables or dairy products. We've used the term free sugar throughout this guide.



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# Help with food



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# Eating well with diabetes

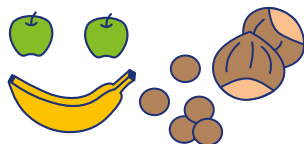
**There are different types of diabetes, so there isn't a one-size-fits-all way of eating for everyone with diabetes. But we've come up with tips that you can use to help you make healthier food choices.**

These healthy eating tips can help you manage your blood glucose, blood pressure and cholesterol levels. They can also help you manage your weight and reduce the risk of diabetes complications, like heart problems and strokes, and other health conditions including certain types of cancers.

If you have Type 1 diabetes, carb counting is really important to keep your blood glucose levels steady. See page 14 for more information.

If you have Type 2 diabetes and you're overweight, finding a way to lose weight is important as it really improves diabetes management. This is because it can help to lower your blood glucose and reduce your risk of other complications. There are different ways to lose weight and we now know that substantial weight loss can even put some people's Type 2 diabetes into remission – see page 31.

Whether you have Type 1 or Type 2 diabetes, you might need to lose, gain or maintain your current weight but it's important to make healthier food choices while you're doing this.



## Choose healthier carbs

All carbs affect blood glucose levels so it's important to know which foods contain carbs. Choose the healthier foods that contain carbs and be aware of your portion sizes.

Here are some healthy sources of carbs:

- whole grains like brown rice, buckwheat and whole oats
- fruit
- vegetables
- pulses such as chickpeas, beans and lentils
- dairy like unsweetened yogurt and milk.

At the same time, it's also important to cut down on foods low in fibre such as white bread, white rice and highly-processed cereals. You can check food labels when you're looking for foods high in fibre if you're unsure.



## Eat less salt

Eating lots of salt can increase your risk of high blood pressure, which in turn increases risk of heart diseases and stroke. And when you have diabetes,

you're already more at risk of all of these conditions.

Try to limit yourself to a maximum of 6g – one teaspoonful of salt a day. Lots of pre-packaged foods already contain salt so remember to check food labels and choose those with less salt. Cooking from scratch will help you keep an eye on how much salt you're eating. You can also get creative and swap out salt for different types of herbs and spices to add that extra flavour.



## Eat less red and processed meat

If you're cutting down on carbs, you might start to have bigger portions of meat to fill you up. But it's not a good idea to do this with red and processed meat, like ham, bacon, sausages, beef and lamb. These all have links with heart problems and cancers.

Try swapping red and processed meat for these:

- pulses such as beans and lentils
- eggs
- fish
- poultry like chicken and turkey
- unsalted nuts.

Beans, peas and lentils are very high in fibre and don't affect your blood glucose levels too much – making them a great swap for



processed and red meat and keeping you feeling full. Most of us know that fish is good for us, but oily fish like salmon and mackerel are even better. These are rich in something called omega-3 oil, which helps protect your heart. Try to eat two portions of oily fish a week if you have diabetes.



## Eat more fruit and veg

We know eating fruit and veg is good for you. It's always a good thing to aim to eat more at meal times and have them as snacks if you're hungry. This can help you get the vitamins, minerals and fibre your body needs every day to help keep you healthy.

You might be wondering about fruit and if you should avoid it because it's sugary? The answer

is no. Whole fruit is good for everyone and if you have diabetes, it's no different. Fruits do contain sugar, but it's natural sugar. This is different to the free sugars that are in things like chocolate, biscuits and cakes.

Products like fruit juices also count as free sugar, so go for whole fruit instead. Whole fruit can be fresh, frozen, dried or tinned in juice, not in syrup. And it's best to eat it throughout the day instead of one bigger portion in one go.



## Choose healthier fats

We all need some fats in our diet because they help our body to work properly. But different types of fat affect our health in different ways.

Healthier fats are in foods like unsalted nuts, seeds, avocados, oily fish, olive oil, rapeseed oil and sunflower oil. Some saturated fats can increase the amount of cholesterol in your blood, increasing your risk of heart problems. These are mainly found in animal products and prepared food like:

- red and processed meat
- ghee
- butter
- lard
- biscuits, cakes, pies and pastries.

It's still a good idea to cut down on using oils in general, so try to grill, steam or bake foods instead.





## Cut down on free sugars

We know cutting out sugar can be really hard at the beginning, so small practical swaps are a good starting point when you're trying to cut down on excess sugar. Swapping sugary drinks, energy drinks and fruit juices with water, plain milk, or tea and coffee without sugar can be a good start.

You can always try low or zero-calorie sweeteners – also known as artificial sweeteners – to help you cut back. Cutting out these free sugars can help you manage your blood glucose levels and help keep your weight down. If your diabetes treatment means you get hypos, and you use sugary drinks to treat them, this is still important

for your diabetes management and you shouldn't cut this out. However, if you are having regular hypos it is really important to discuss this with your diabetes team.

## Be smart with snacks

If you want a snack, choose yogurts, unsalted nuts, seeds, fruits and vegetables instead of crisps, chips, biscuits and chocolates. But watch your portions still – it'll help you keep an eye on your weight.



## Drink alcohol sensibly

Alcohol is high in calories, so if you do drink and you're trying to lose weight, think about cutting back. Try to keep to a maximum of 14 units a week. But spread it



## Don't bother with so-called diabetic food

To say food is a diabetic food is now against the law. This is because there isn't any evidence that these foods offer you a special benefit over eating healthily. They can also often contain just as many calories as similar products, and can still affect your blood glucose level. These foods can also sometimes have a laxative effect.

## Get your minerals and vitamins from foods

There's no evidence that mineral and vitamin supplements help you manage your diabetes. So, unless you've been told to take something by your healthcare team, like folic acid for pregnancy, you don't need to take supplements.

It's better to get your essential nutrients by eating a mixture of different foods. This is because some supplements can affect your medications or make some diabetes complications worse, like kidney disease.





# What is a healthy diet?

**If you think that healthy eating must be complicated and boring, think again. As well as managing diabetes, the foods you choose to eat make a real difference to how well you feel and how much energy you have each day.**

How much you need to eat and drink is based on, among other factors, your age, gender and how active you are. For example, teenagers tend to have a big appetite – this is because they're growing and need more nutrients and calories a day than an adult with a sedentary office job.

A healthy diet involves eating a variety of foods from each of the main food groups, which we look at here, as no single food contains all the essential nutrients you need.



## Portion size

Portion sizes have grown in recent years, as the plates and bowls we use have got bigger. Using smaller crockery will make the food on your plate look more substantial and help you cut your portion sizes.

## 1 Fruit and vegetables



Fruit and vegetables are naturally low in calories and packed full of vitamins, minerals and fibre. They also add flavour and variety to every meal.

Fresh, frozen, dried and canned – they all count. Go for a rainbow of colours to get as wide a range of vitamins and minerals as possible. Try to avoid fruit juices and smoothies as they don't have as much fibre.

If you're trying to limit the amount of carbs you eat, you might be tempted to avoid fruit and veg. But it's so important to include them in your diet every day. There are lower carb options you can try.

Fruit and vegetables can help protect against stroke, heart disease, high blood pressure and some cancers – and when you have diabetes, you're more at risk of developing these conditions.

### Benefits

- Help to keep your digestive system working well.

- Help protect the body from heart disease, stroke and some cancers.

### How often?

Everyone should aim to eat at least five portions a day. A portion is roughly what fits in the palm of your hand.

### Try:

- sliced melon or grapefruit topped with unsweetened yogurt, or a handful of berries, or fresh dates, apricots or prunes for breakfast
- mix carrots, peas and green beans into your pasta bake
- add an extra handful of peas to rice, spinach to lamb or onions to chicken
- try mushrooms, cucumber, spinach, cabbage, cauliflower, broccoli, celery and lettuce for lower carb vegetable options
- try avocados, blackberries, raspberries, strawberries, plums, peaches and watermelon for lower carb fruit options.





## 4 Dairy foods and alternatives



Milk, cheese and yogurt have lots of calcium and protein in – great for your bones, teeth and muscles. But some dairy foods are high in fat, particularly saturated fat, so choose lower-fat alternatives.

Check for added sugar in lower-fat versions of dairy foods, like yogurt. It's better to go for unsweetened yogurt and add some berries if you want it sweeter. If you prefer a dairy alternative like soya milk, choose one that's unsweetened and calcium-fortified.

### Benefits

- Good for bones and teeth.
- Keeps your muscles healthy.

### How often?

We all need some calcium every day.

### Try:

- a glass of milk straight, flavoured with a little cinnamon or added to porridge
- natural or unsweetened yogurt with fruit or on curry
- cottage cheese scooped on carrot sticks
- a bowl of breakfast cereal in the morning, with skimmed or semi-skimmed milk
- a cheese sandwich for lunch, packed with salad
- a refreshing lassi or some plain yogurt with your evening meal.

## 5 Oils and spreads

We need some fat in our diet but we need less saturated fat. This is because some saturated fats can increase cholesterol in the blood, increasing the risk of heart diseases and stroke. These less healthy options are butter, palm nut oil and coconut oil.

Healthier saturated fats are foods like olive oil, vegetable oil, rapeseed oil, spreads made from these oils, and nut butters.

### Benefits

- Unsaturated fats help protect your heart.

### Try

- a drizzle of olive oil on your salad
- peanut butter on your wholemeal toast.

## Foods high in fat, salt and sugar



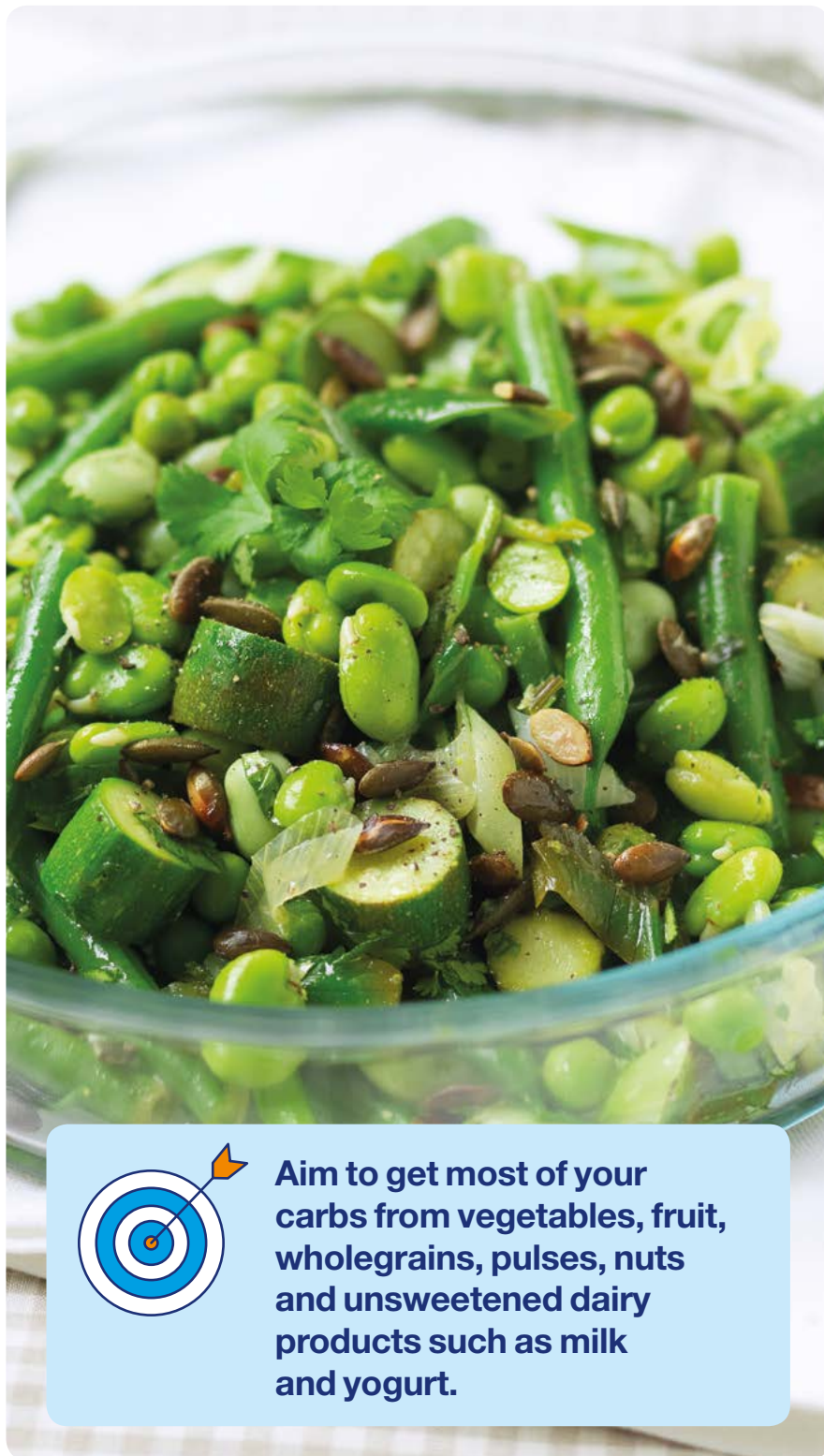
You don't need any of these as part of a healthy diet. The less often, the better. But we know you're bound to eat these foods from time to time, so it's really important to know how they might affect your body.

These foods include biscuits, crisps, chocolates, cakes, ice-cream, butter and sugary drinks. These sugary foods and drinks are high in calories and raise blood glucose levels, so go for diet, light or low-calorie alternatives. And the best drink to choose is water – it's calorie free.

They're also high in unhealthy saturated fats – they aren't good for cholesterol levels and your heart.

And they can also be full of salt – processed foods especially. Too much salt can make you more at risk of high blood pressure and stroke. You should have no more than 1tsp (6g) of salt a day.

# Carbs and diabetes



**Aim to get most of your carbs from vegetables, fruit, wholegrains, pulses, nuts and unsweetened dairy products such as milk and yogurt.**

**Carbohydrates (carbs) are our main source of glucose for energy. Foods that contain carbs also provide important nutrients for good health. All the carbs we eat and drink are broken down into glucose, which helps our brain and nervous system to function properly. Our blood glucose levels are most affected by the amount and type of carbs we eat. That is why you need to be aware of the sources of carbs in your diet and to keep an eye on the amounts you eat, if you have diabetes.**

## Different types

Carbs can be grouped in different ways. One way is into starchy and sugary carbs.

### Starchy

These include bread, pasta, potatoes, breakfast cereals and couscous.

### Sugary

These can be divided into naturally occurring and free sugars.

Naturally occurring sugar is found in whole fruits – called **fructose** – and in some dairy foods – called **lactose**. Even though fruit juice contains natural sugar, it still counts towards your free sugar. Eating the whole fruit is better for you than drinking the juice.



Free sugar is also found in sweets, chocolate, sugary drinks and desserts. Many people are consuming more free sugar than recommended. It's easy to consume more than you realise, so be mindful of what you're eating and drinking.

### Fibre

This is a type of carb that you can't digest. Insoluble fibre, found in foods such as wholemeal bread, brown rice, potatoes – particularly the skin – and wholegrain cereals, helps keep the digestive system healthy. Soluble fibre, from bananas, apples, carrots, beans, lentils and oats, helps to manage your blood glucose and cholesterol levels. Make sure you eat both types of fibre regularly. Good sources include fruit and veg, nuts and seeds, oats, wholegrain breads and cereals, and pulses – these foods have a good combination of the two types of fibre. They also help you feel fuller for longer, which means you're less likely to snack. If you eat a lot of high-fibre foods, make sure you increase your intake of fluids, preferably water.



### How much?

Everyone needs to include some carb foods in their diet, and it is better to do this every day. The actual amount you need to eat depends on your age, activity levels and the goals you – and your family – are trying to achieve, for example trying to lose weight, or improving blood glucose levels. Your dietitian can work with you to tailor an eating plan specifically for you.

## Coeliac disease

This is an autoimmune disease, more common in people with Type 1 diabetes, where the body reacts to gluten – a protein found in wheat, barley and rye, which damages the gut lining and makes it difficult to absorb food.

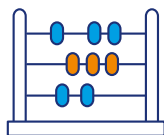
Everyone with Type 1 diabetes should be assessed for coeliac disease. If you're showing symptoms, you should be given a blood test. If the test is positive, diagnosis is confirmed by a gut biopsy. Don't start a gluten-free diet until you have a definite diagnosis, as this may give an inaccurate result.

The only treatment is to cut out gluten permanently from your diet. If you have coeliac disease, a specialist dietitian can help you with both diabetes and coeliac disease.

For more information go to [www.coeliac.org.uk](http://www.coeliac.org.uk)

Remember, the total amount of carbs you eat will have the biggest effect on your blood glucose levels after eating. Speak to your dietitian about your goals – depending on what they are, you may be advised to:

- reduce the amount of carbs you eat
- change to better sources of carb
- spread your intake of carbs better throughout the day.



### Insulin and carb counting

If you use insulin, you need to be aware of the amount of carbs you eat at mealtimes. People with Type 1 diabetes on multiple daily insulin injections or pumps can match their mealtime insulin doses with the amount of carbs they eat, giving them flexibility. This is called carb counting.

For those on fixed insulin regimens, eating consistent amounts of carbs on a day-to-day basis is also effective in managing the condition. For those with Type 2 diabetes, reducing the amount of carbs you eat can help manage your blood glucose levels, especially if you have any excess weight to lose. Some people with Type 2 diabetes may want to follow a low carb diet to lose weight and manage their blood glucose levels – see page 32.

Learn which foods contain carbs, how to estimate carb portions and how to monitor their effect on blood glucose levels. There are special free diabetes courses available, such as:

- DAFNE, for people with Type 1 diabetes: learn how to match your insulin dose with your carb intake.
- DESMOND and X-PERT, for people with Type 2 diabetes: learn how to be more carb aware as part of the programme.

Your diabetes team can tell you about courses available in your area.



## What's the glycaemic index?

The glycaemic index (GI) tells you whether a food raises blood glucose levels quickly, moderately or slowly. Different carbs are digested at different rates, and the GI is a ranking of how quickly each carb containing food and drink makes blood glucose levels rise after eating them.

The GI rating is between 1 and 100, depending on how slowly or quickly the food raises your blood glucose levels. The lower the number, the slower the carb is digested and absorbed as glucose in your bloodstream.

Generally, fruit and vegetables have a low to medium GI rating. They are digested slowly and can help reduce fluctuations in your blood glucose levels. Pulses like beans and lentils, basmati rice and wholegrains are nourishing lower-GI foods.

Research has shown that choosing these low-GI foods can help manage long-term blood glucose levels (HbA1c) in people with diabetes, especially in Type 2 diabetes. These foods are also better options for general health, whether or not you have diabetes.

Not all low-GI foods are healthy choices – chocolate, for example, has a low GI because of its fat content, which slows down the absorption of carbs.

Other factors that can affect the GI rating include:

### Cooking methods

Frying, boiling and baking can alter the GI level. For example, the longer pasta is cooked, the higher the GI. That's why it's best to eat it al dente – firm to the bite – or reheated.

### Protein content

Like fat, protein slows down the absorption of carbs, so milk and dairy products will have a low GI.

### Ripeness of fruit and vegetables

In general, the riper the fruit and some vegetables, the higher the GI.

### Fibre

This acts as a physical barrier that slows down the absorption of carbs, so the more fibre in a food, the slower it's absorbed.

Eating to manage your diabetes isn't just about GI ratings. Think of the bigger picture and choose foods low in saturated fat, salt and sugar as part of a healthy diet.

## 3 ways to include good carbs

- ✓ Choose wholegrain breads and cereals.
- ✓ Eat fruit whole, rather than as a juice. Eating an apple with the skin on, for example, provides more fibre than drinking a glass of apple juice.
- ✓ Try quinoa and couscous as an alternative to pasta and potatoes for variety in your diet.

For tasty meal ideas, turn to pages 41 to 44 or search for ideas at [www.diabetes.org.uk/recipes](http://www.diabetes.org.uk/recipes)

## Carb counting

- A good starting point is to get the Diabetes UK e-book **Carbs Count: an introduction to carbohydrate counting and insulin dose adjustment** – download it free from [www.diabetes.org.uk/ef-carbs-count](http://www.diabetes.org.uk/ef-carbs-count)
- To learn about a low-carb diet, turn to page 32.

# Lifestyle



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# How to eat well on a budget



**When money's tight, it can seem hard to think of ways to trim your food bill and still provide healthy meals for the family. But it is possible – here's how.**



## Make a plan

Write a menu plan for the week ahead, including breakfast, lunch and dinner. If planning seven days seems too daunting, do one that covers Monday to Friday and be flexible at weekends. Get the whole family involved and make sure their favourite healthy meals are included.

Shop for more fruit, vegetables, wholegrains and pulses. Then add other protein – such as chicken,

fish or tofu – and dairy. Beans and pulses are an excellent and cheap way to make meals go further. Add them to lean mince for bolognese or to chicken for curry. Don't forget your spices. Write down the meals for the week on a meal planner – download one from our website at [www.diabetes.org.uk/meal-planning](http://www.diabetes.org.uk/meal-planning) and stick it to your fridge, or somewhere the whole family can see it, to remind you what you're eating that week.



## Make a list

The shopping list is your most important tool when sticking to a budget. If you know what you

need before you head to the shops, you're less likely to buy extra food. Try not to go shopping when you're hungry, as you may choose healthier foods. Use your menu plan to create a shopping list for the week, then check what you have already in the store cupboard, in the fridge that needs using up and in the freezer. Check use-by and best-before dates.

- Use-by dates mean the food must be eaten by that date for food safety.
- Best-before dates simply mean the food may not be quite as flavourful after that date. This applies to many canned foods and dried ones, such as pasta, so use them up before you buy more.

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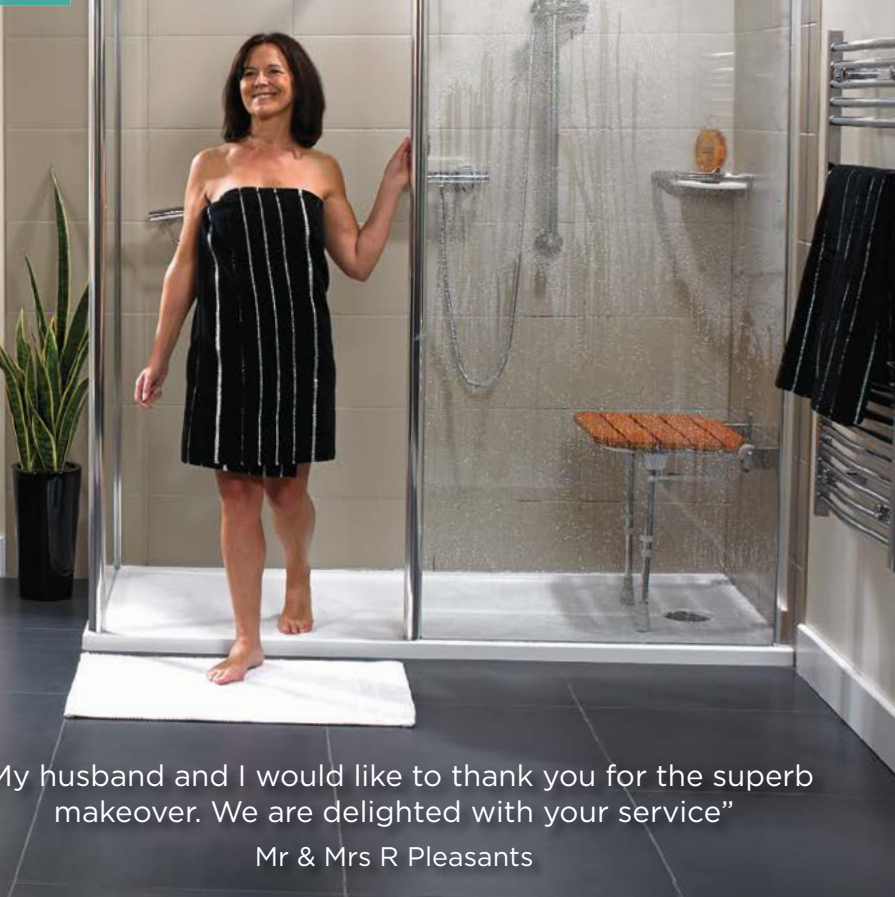
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## The shopping trip

If you prefer to do a weekly shop, the golden rule is never do it if you're hungry or you could end up with high-fat, high-sugar foods in the trolley. If you stick to your list, you'll stick to your budget.

Keep an eye on BOGOFs – buy one get one free – as you might end up buying more than you need.

Seasonal fruit and vegetables are usually cheaper.

Frozen fruit and vegetables are often cheaper than fresh ones – and just as good. Canned varieties are good, too – look for veg in water with no added salt, or fruit in juice rather than syrup.

Avoid fruit juices and smoothies – or if you do buy them, keep the amount you drink to a minimum. They're not good for your blood glucose levels or waistline, and don't contain as much fibre as the whole fruit.

It can be cheaper to buy some foods whole, such as a chicken, fruit, vegetables or cheese rather than chopped or prepared.

Choose own-brand versions of staples such as cereals and pasta.

Try cheaper cuts of meat, such as shin of beef for stews instead of stewing steak, and pollock or flounder instead of cod or haddock.



## Store cupboard checklist

Keep your cupboard well stocked with some core ingredients and you'll be able to whip up a meal in no time.

flour – plain and self-raising, preferably wholemeal, for baking

rice – choose basmati, wild grain or easy-cook rice

wholewheat pasta

reduced-salt soy sauce

dried fruit – good for snacks instead of crisps – but don't overdo it if you're trying to lose weight or keep blood glucose levels down

cooking oil – choose sunflower, olive or rapeseed oil, and buy an oil sprayer so you use less

canned fish – tuna, sardines, mackerel – in water or tomato sauce

canned beans – baked beans, butter beans, cannellini and kidney beans

canned tomatoes

chilli powder

dried herbs and spices – such as black pepper, oregano, thyme, basil, fennel, cumin, cardamom and cinnamon – instead of salt

onions

garlic

potatoes

stock cubes – choose reduced-salt varieties.



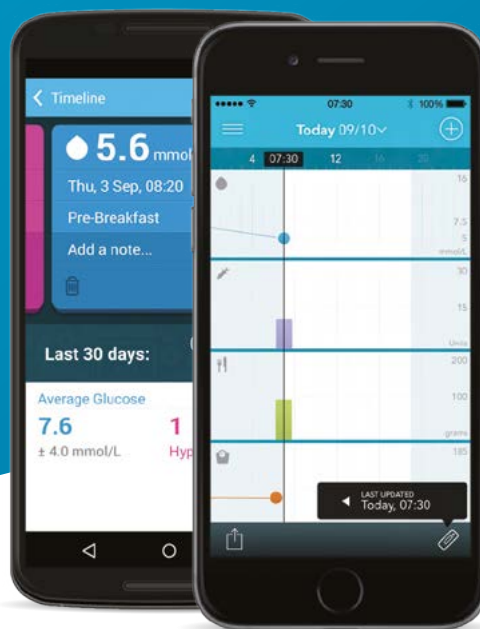
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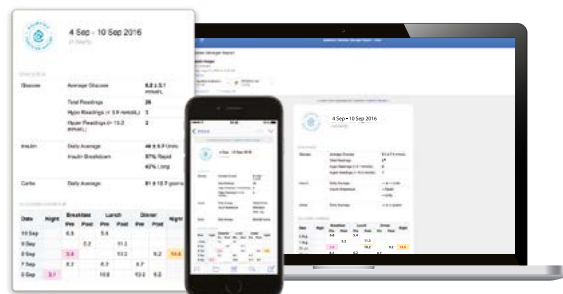
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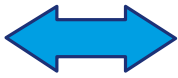
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## Make it go further

Spending an hour or two in the kitchen at the weekend can pay dividends during the week. For example, cook a batch of lean mince (or Quorn™), making it go even further by adding beans or pulses, then create a shepherd's pie for Sunday dinner and freeze the rest in two portions for lasagne and chilli con carne later in the week.

Cooking more than you need for one meal is also a great way to use leftovers for lunch the following day. When you reheat food, make sure it's piping hot all the way through before you eat it – and only ever reheat food once. For more on food safety, go to [www.nhs.uk/LiveWell/homehygiene](http://www.nhs.uk/LiveWell/homehygiene)



## Use it, don't waste it

We throw away millions of tonnes of food a year, some of which has never been opened. That's £700 for an average family with children – or six meals a week. According to the Waste and Resources Action Programme (WRAP), which compiled the figures, top of the waste list are potatoes, bread, fruit and vegetables.

### Five a day: getting the family on board

**If someone in your family isn't keen on fruit or vegetables, here are some tips to encourage them to eat more:**

- ✓ Add sliced bananas or sultanas to breakfast cereal or porridge.
- ✓ Add raisins or dried fruit to school lunchboxes.
- ✓ Provide two different coloured vegetables for supper, such as broccoli and carrots or courgettes and squash.
- ✓ Add frozen or canned sweetcorn or peas – in water with no added sugar – to a frittata or omelette.

## Try these other tips



- Use leftover chicken from a roast to make a risotto for the next day and use the bones to make stock for chicken broth.
- Blitz over-ripe tomatoes in a blender and use in place of canned tomatoes in pasta sauce or on pizza bases.
- Wilting veg can be used to make stock and then frozen.
- Make your own smoothie, keeping an eye on portion sizes, or make a compote from over-ripe fruit – great topped with yogurt for kids.
- Vegetables, such as peppers, tomatoes and courgettes that need using up can be roasted in a little olive oil and kept in the fridge for 3 to 4 days.

# Understanding food labels

If you buy pre-packed foods and drinks, understanding the information on the labels can help you make healthier choices.

Download or order a copy of our Food labels made easy guide:

[www.diabetes.org.uk/ef-easy-labels](http://www.diabetes.org.uk/ef-easy-labels)



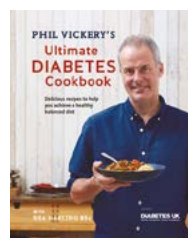
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With 4.7 million people in the UK living with diabetes your support has never been more important and means we're able to help more and more people.

**Thank you.**



To order these and search other items, go to [shop.diabetes.org.uk](http://shop.diabetes.org.uk) or call **0800 585 088**, Monday to Saturday, 8am to 6pm.

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Enjoy Food 23



# Eating out with diabetes

**Whether you grab lunch on the go, enjoy a Friday night takeaway or celebrate a special occasion at a restaurant, it's great to eat a meal that you haven't cooked yourself – and diabetes is no barrier to that.**

The key is to think ahead and be conscious of your choices and portion sizes, while still enjoying your meal. It's OK to have the occasional treat but it's important not to do this regularly, especially if you're trying to manage your weight.

“Don't stop taking the family for meals at restaurants. Just make sure unhealthy food is substituted with healthy food and bulk out on vegetables. A good restaurant will provide salads and vegetables in place of a Yorkshire pudding or chips.”

**Terry Schooling,  
75, Cambridgeshire,  
diagnosed with Type 2  
in 2010**

## Lunch

- ✓ In **meal deals** that include fried crisps or sugary drinks, choose healthier options like fruit and bottled water.
- ✗ Watch those super-sized triple-decker **sandwiches** – they can contain as many as 700kcal, which is around a third of your recommended daily intake.
- ✓ Choose filling and healthy pre-packed **salads** with lean protein, vegetables or pulses, and seeds.
- ✓ Go for sandwiches made with **wholegrain bread** or **wraps** with chicken, turkey or fish, and salad with a small amount of mayonnaise or yogurt dressing.

## Healthy snacks and sneaky smoothies

- ✓ Vegetable crudités and fruit can help you meet your five-a-day target.
- ✓ Unsweetened yogurts are a good choice for kids, as they're an easy way to add bone-strengthening calcium.
- ✓ Go for oven-baked or lower-fat crisps. Or pick air-popped popcorn free from sugar and salt.
- ✓ A handful of nuts, a packet of raisins or dried fruit is a great snack.
- ✓ Choose fruit loaf or tea cake instead of skinny muffins and healthy cake bars, which can pack in more calories than a chocolate bar.
- ✗ Avoid fruit juices, juice drinks and smoothies, which are often high in calories, not to mention the sugar, which counts towards free sugar – see page 5.



## Takeaways

- **Fish and chips:** ask for grilled fish without the batter, order a smaller portion or remove the batter. Go for thick-cut chips – gram for gram, thick-cut chips absorb less fat compared to the same amount of thin-cut chips.
- **Burger and chips:** try the lean or veggie option and leave out the cheese and mayonnaise. Or, go bun-less to cut the calories and order more salad – but watch the dressing.
- **Pizza:** choose portion sizes and toppings carefully. Pick thin bases, choose an extra vegetable – mushrooms or peppers – instead of more cheese. Replacing some of the pizza with a side salad will help cut back on fat and calories, too.



## At the restaurant

- When you walk in, think about where you sit. Try not to face the kitchen so you aren't tempted by the colourful desserts and huge plates of food being served.
- Ask for water as soon as you get the menu. Being thirsty is often confused with being hungry, so having a drink may help to curb your appetite.
- Choose from the à la carte menu, rather than the set menu, so you can pick and mix your courses.
- Don't be afraid to ask for something that's not on the menu – most places will do their best to help.

## Starting off...

- Order first, so you're less likely to be influenced by what everyone else is having.
- Try ordering the starters first and the main course later. After your starter, you may not feel so hungry, and may prefer a lighter main course.
- If you start with a sharing platter, choose the healthier items; alternatively opt for a non-creamy soup. This can help to fill you up – and taking smaller spoonfuls will help you eat more slowly.
- Eating slowly helps you to be more in tune with your appetite.

## The main event

- Look on the menu for dishes that are steamed or boiled rather than fried, like steamed rice, noodles with vegetables, grilled meat and fish dishes.
- If you order a side salad, ask for the dressing to be served separately. Most places are happy to give you some fresh lemon and cracked black pepper for your salad.
- Feel free to ask what's in salads before you order – they may have added breaded chicken, full-fat cheese, fried croutons and rich creamy dressings.
- Buffet-style salad bars can help you make healthier choices – just watch out for creamy dressings and salads coated in mayonnaise.
- When you've made your choice, put the menu down so you're less likely to order anything else.



## Desserts

- If you choose a dessert, keep an eye on your portion size. It's fine to enjoy a sweet treat, but it's easy to eat too much.
- Try a scoop of ice cream, some fresh fruit salad, a sorbet or perhaps share some carrot cake.
- Use a teaspoon rather than a dessert spoon and pace yourself – smaller mouthfuls mean fewer calories per mouthful.



## Indian

- ✓ Go for **tandoori and tikka** options as these are baked and lower in fat.
- ✓ Dhal is rich in fibre because of the lentils and pulses, but can still be quite oily. Try **sharing a portion**.
- ✓ Choose **boiled or steamed rice** rather than pilau or fried rice.
- ✓ Choose **chapatti** rather than naan bread.
- ✗ Watch out for the extras you order, such as **poppadoms** and **naan breads**.



## Chinese, Thai and Malaysian

- ✓ Go for **broth-based soups**, rather than spring rolls or satays.

- ✓ Choose steamed or fragrant **rice**, or **noodles**.
- ✓ **Stir-fried vegetables** are a filling and healthy side dish.



## It's party time

Whether it's a wedding, dinner or birthday party, food plays an important part in celebrations. If you're hosting the occasion, you can make sure there are plenty of healthy options on the table for both adults and children.

- ✓ Choose **oven-baked crisps**.
- ✓ Substitute mayonnaise with **low-fat yogurt** in dressings.
- ✓ Serve plenty of crunchy vegetables and an **exotic fruit salad**.
- ✓ Cut smaller slices of **birthday cake** – see page 50 for some tasty swaps for birthday cakes.
- ✓ Pack kids' **party bags** with a small toy or a colouring book, rather than sweets.

If there's a buffet, look at everything that's on offer before you choose. Then make one trip, filling your plate with healthy options before heading back for dessert. At a party with only nibbles, make sure you eat a small meal before you go so you don't arrive hungry and snack all night.

When your child with diabetes is invited to a friend's house, make sure that the parents know what support your child needs, what to do if they have a hypo and what they can eat.

## Insulin and eating out

Although eating out is a change in your usual routine and diet, it doesn't need to affect your diabetes. You can adjust the timing as well as the amount of insulin that you take. Talk to your diabetes team about how to adjust your dose.

### Carb-counting resource

If you're confident with counting carbs, either for yourself or your child, and adjusting the insulin dose, it may be possible to change the amount injected to fit with the food eaten. To make it easier to estimate the amount of carbs you or your child are eating, try the **Carbs & Cals** book – go to [www.diabetes.org.uk/ef-carbs-cals](http://www.diabetes.org.uk/ef-carbs-cals)

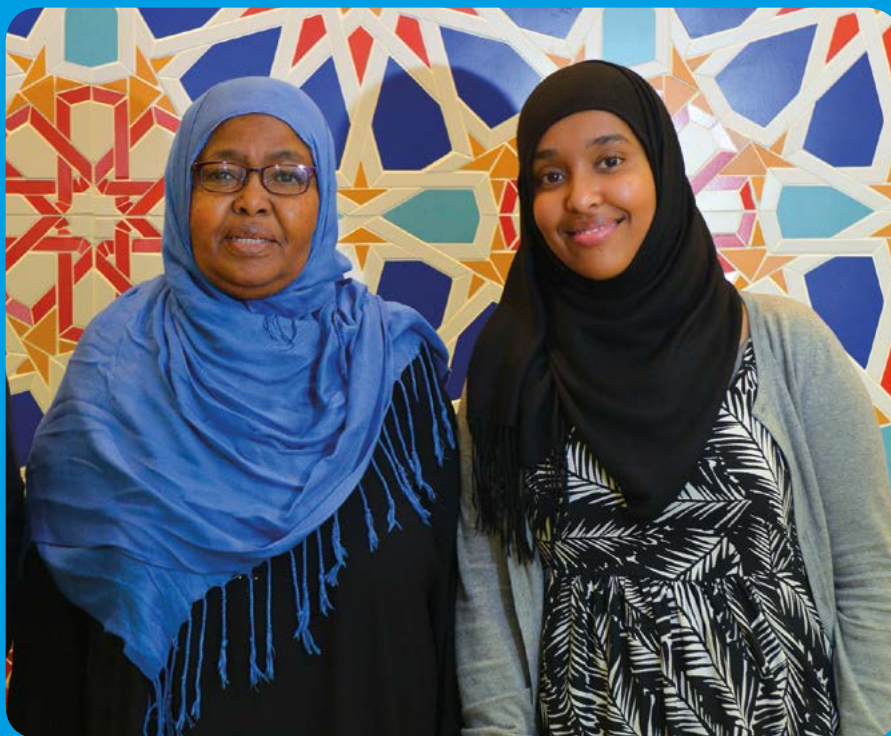


# Religious fasting

**Fasting is an important part of many religions. As well as abstinence from food and sometimes drink, fasting is also a time of reflection, prayer and purification.**

People with diabetes are usually exempt from fasting, although many still choose to do it. Your religious leader can tell you more. If you decide you want to fast, plan ahead and speak to your diabetes team to make sure your diabetes management is not affected.

When you break your fast, stick to your usual healthy meals. Limit intake of sugary and fatty foods, such as sweets, cakes and fried snacks to only small amounts.



## Top tips

- 1** Speak to your diabetes team about adjusting your medications, including insulin, testing and avoiding highs and lows.
- 2** Check your blood glucose levels more often throughout your fast; doing this doesn't mean you're breaking the fast.
- 3** If you experience symptoms of a hypo, check your blood glucose level immediately. If it's low, or you can't check your blood glucose, break the fast immediately and treat it with your usual hypo treatment.
- 4** At the end of fasting, drink plenty of water or sugar-free drinks to avoid dehydration. If you like sweet drinks, use an artificial sweetener instead of sugar.



# Alcohol and other drinks

**Water forms a substantial part of the human body, so it makes sense to drink enough fluid every day to stay hydrated and healthy. Water, tea, coffee and milk all count. We also get fluid from food, especially fruit and vegetables.**

Does it matter what we drink? Yes, particularly when it comes to fruit juices, smoothies and sugary or alcoholic drinks – you can have more calories and sugar than you intend to because it's easy to drink a large amount in a short time. If you're trying to manage your weight, keep a check on the calories in what you drink.



## Tips to make healthier choices

### Water

Is the best all-round drink. If your family prefers flavoured water, always read the label to check the free sugar content – there could be between 5 and 7tsp sugar in a bottle. Make your own flavoured waters by adding a squeeze of lemon or lime, or strawberries. Children often need reminding to drink, so give them a colourful water bottle with a funky straw.

As a rule, it's best for you and your family to choose water, unsweetened milky drinks, no added (free) sugar cordials, diluted fruit juice or sugar-free, no added (free) sugar or diet drinks.

### Tea, coffee and hot chocolate

Cut back on sugar, use artificial sweeteners, and try semi-skimmed or skimmed milk.

### Herbal teas

Can make a refreshing change and most are caffeine-free.

### No added (free) sugar squash and cordials

Are a good option as you tend to use little and add more water. They do not affect your blood glucose in the way fruit juices and sugary drinks do.

### Fruit juices (100% juice)

Contain vitamins and minerals and 150ml provides one portion of your five a day – but remember, fruit juices only count as one portion, however much you drink. They are best avoided because they are a source of free sugars which we all need to cut down on. But if you do have them, limit your intake to one small glass a day.

### Fizzy sugary drinks

Provide little else apart from a lot of sugar, so try to choose sugar-free alternatives, unless you are using this to treat a hypo.

### Malted drinks and energy drinks

Can be high in sugar and calories. You don't need any special drinks to stay healthy.



## If you drink alcohol

When you're having fun, it can be easy to get carried away and lose track of how much you're drinking. Whether you or a family member have diabetes or not, guidelines recommend that men and women should not regularly consume more than 14 units per week. If you do drink as much as 14 units spread this over three days or more.

Alcohol is full of calories, so if you're trying to lose weight you may want to drink less. Alcohol also makes hypos more likely for those who treat their diabetes with insulin or certain Type 2 diabetes medications, such as sulphonylureas. But that doesn't mean you need to cut out alcohol completely. Pace yourself and keep track of how much you're drinking. If you have too much you might not detect a hypo, and people around you might think your change in behaviour is due to the alcohol rather than low blood glucose levels.

## Top tips for safer drinking to prevent a hypo



- Tell people about your diabetes and how they can help if you have a hypo. Carry some identification with you, too.
- Take a hypo treatment with you.
- Have something to eat before you go out. Always have something starchy, such as cereal or toast, before going to bed after you've had more than a few units of alcohol, to help reduce your risk of a night-time hypo. Drink a pint of water, too, so that you stay hydrated.
- Check your blood glucose level before you go to bed and in the morning. If it's low, don't ignore it; if you can't face food, have a sugary drink.



## What's in a unit

The size of the glass and the type of alcohol affects the number of units – ABV means alcohol by volume. You can check units at [www.drinkaware.co.uk](http://www.drinkaware.co.uk)



**1**

**Pub measure** (25ml) spirit, eg, vodka, gin, whisky (40% ABV approx)



**1.5**

**Bottle** (275ml), alcopop (5.5% ABV)



**1.5**

**Small glass** (125ml), white, rosé or red wine (12% ABV)



**1.7**

**Bottle** (330ml), lager, beer or cider (5% ABV)



**2**

**Can** (440ml), lager, beer or cider (5% ABV)



**2**

**1 pint** (568ml), lower-strength lager, beer or cider (3.6% ABV)



**2.1**

**Medium glass** (175ml), white, rosé or red wine (12% ABV)



**3**

**Large glass** (250ml), white, rosé or red wine (12% ABV)



# What's your healthy weight?

**We know that many adults in the UK are overweight or obese and those extra pounds can cause problems with our health, whether we have diabetes or not. Excess weight is linked with heart disease, high blood pressure, stroke and some cancers – as well as Type 2 diabetes.**

Achieving and maintaining a healthy weight is often easier said than done. For some people, it's one of the hardest things to do. Whether you want to lose or gain a few pounds – or are a healthy weight already – there's lots of evidence to show that being a healthy weight will benefit your overall health. These benefits include better blood pressure, cholesterol and blood glucose levels, and a reduction in your risk of developing many long-term health problems. And most people say they also feel better about how they look.

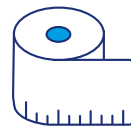


## What is a healthy weight?

The first step to finding out if you're a healthy weight is to check what your body mass index (BMI) and waist size are. For most adults, these are good clues to whether they're a healthy weight.

BMI measures the amount of weight relative to your height and gives you an indication of whether you're underweight, a healthy weight or overweight. A healthy BMI is between 18.5 and 24.9. For South Asian adults, a healthy BMI is between 18.5 and 22.9.

Generally, if your BMI is more than 25, this suggests that your weight is above what's healthy for your height. A BMI below 19 indicates you may need support to put on weight.



## What's your waist measurement?

Measuring your waist can help you find out how much fat you have stored around your stomach. People who store fat around their stomach are more likely to develop heart disease and high blood pressure. For people without diabetes, this can also increase your risk of developing Type 2 diabetes. If you need to lose weight, reducing your waist size will help you to manage your blood glucose levels.

### Measure yours now

Place a tape measure around your middle, midway between the bottom of your ribcage and the top of your hips – see picture, right. It should be less than:

- 80cm (31.5in) for women
- 90cm (35in) for South Asian men
- 94cm (37in) for White and Black men.

### BMI

To find out more about BMI, including how to work out if your BMI is healthy, go to <https://www.nhs.uk/live-well/healthy-weight/bmi-calculator/>



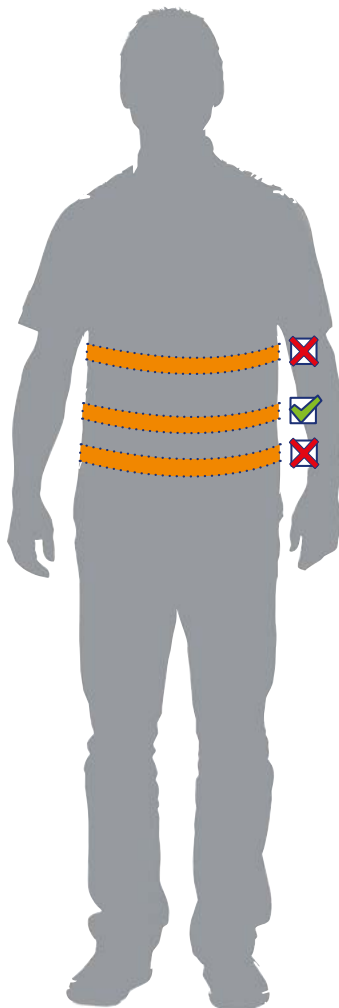


## Watching your weight

If your goal is to lose weight, the best way to do it is to find a way to eat less and move more. There are different ways to approach this. Refer to page 32 for popular weight-loss plans.

- Ask to be referred to a dietitian who can discuss a plan that's right for you.
- Set realistic, achievable targets that fit in with your lifestyle.
- Make changes to cooking methods and choose healthier ingredients. This is good for the whole family, whether you have diabetes or not.
- It can be hard going it alone, so get your family's support as you work towards your goals.

## Accurate waist measurement



## What you can do to stay a healthy weight

- Speak to a dietitian who can help you work out what your healthy weight is and set realistic weight-loss goals.
- Adopting a whole-family approach by cooking healthier meals for everyone, and doing regular activities together will help everyone reach and maintain a healthy weight.
- Go to **[www.diabetes.org.uk/ef-enjoy](http://www.diabetes.org.uk/ef-enjoy)** for more on cooking and eating with diabetes and **[www.diabetes.org.uk/recipes](http://www.diabetes.org.uk/recipes)** for ideas on what to cook.

## Remission and Type 2 diabetes

Remission in people with Type 2 diabetes means your blood glucose levels are no longer in the diabetes range and you don't need to take diabetes medication.

Evidence suggests that some people can put their Type 2 diabetes into remission through weight loss – either by following a low-calorie diet with long-term support from a healthcare professional, or through weight loss surgery.

We also know that some people in remission got there by losing weight through the Mediterranean diet, a low-carb diet or a healthy balanced diet. Find a way that works for you.

To find out more, go to **[www.diabetes.org.uk/ef-remission](http://www.diabetes.org.uk/ef-remission)**

## Did you know?

Your waist measurement will vary throughout your life and women in particular are more likely to put on weight around their middle after going through the menopause.





## Losing weight

Although there are many ways to lose weight, there's no one-size-fits-all approach – the best way is the one you're most likely to stick to.

Only a few popular diets show any evidence that they work for people with diabetes – with studies mostly involving people with Type 2 diabetes. These diets are:

- a healthy, balanced diet
- a low-carb diet
- the Mediterranean diet
- a very low-calorie diet
- a meal replacement plan.

Some of these diets and plans are only recommended under medical supervision and, depending on the way your diabetes is treated, they may affect your diabetes management. You may also need extra support to:

- make sure that you get all the nutrients you need
- adjust your medications
- start checking your blood glucose levels
- check your blood glucose levels more regularly.

So, before you start any weight-loss plan, it's important to speak to your diabetes team to discuss the best plan for you – and receive any support you may need.

## Popular weight-loss plans

### Healthy, balanced diet

This is where you eat a variety of foods from all the major food groups, reduce the amount of fat you eat and eat more fruit and vegetables, pulses, fish, low-fat dairy and starchy foods. Even though all fats affect your weight similarly, it's better to include some healthier fats in your diet. So choose nuts, avocados, olive and rapeseed oils and spread, oily fish and reduce other fats such as ghee, lard, red and processed meat, butter, etc. You also need to reduce the amount of sugar you eat and watch your overall portion sizes.

### Low-carb diet

There are several versions of a low-carb diet, but the main principle is to limit the amount of carbs you eat – below 130g a day – and get more of your calories from protein and fat. As the amount of carbs you eat affects your blood glucose levels, it's important to keep an eye on how much you eat. The amount you need depends on your age, how active you are, etc, so speak to your dietitian for personalised advice. If you decide to eat fewer carbs, reduce nutritionally poor foods first – for example, fizzy drinks, energy drinks, cakes, biscuits and fruit juices, and instead eat pulses, whole fruit, vegetables and wholegrains as these are good for your overall health.

### Mediterranean diet

This diet is largely based on plant foods, including a lot of vegetables, beans and pulses, nuts and seeds, wholegrain bread, pasta and, of course, olive oil. You can also eat some dairy – milk and yogurt – eggs and fish and drink wine in moderation, while red meat should be limited and processed foods are usually avoided.

### Very low-calorie diet

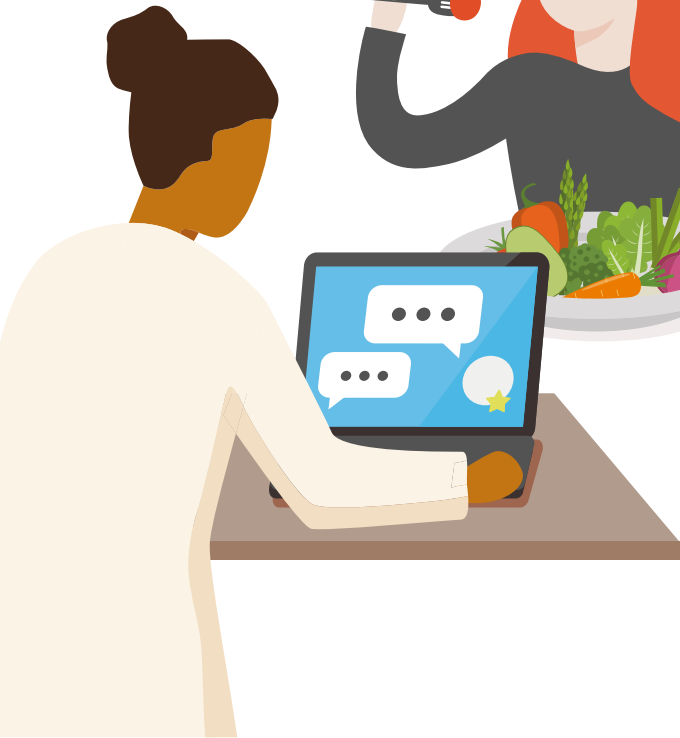
A very low-calorie diet is made up of below 800 calories a day. It's a short-term diet of meal replacements – often soups or shakes – or very small portions of normal food. You would usually have the soups or shakes for about 12 weeks, then gradually reintroduce normal, healthy food again. This type of diet isn't right for everyone. You need to talk to your doctor before starting a very low-calorie diet, so you can be sure that it's safe and could work for you.

It may sound obvious, but this diet isn't easy. You'll need a lot of support from your doctor and other healthcare professionals, as well as the people around you.





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## The bigger picture

A weight-loss plan may affect your diabetes management, so ask yourself:

- Has this diet been studied with people who have my type of diabetes?
- Who's promoting this plan – is it backed by single individuals or reputable health organisations?
- How long am I going to be on this diet?
- How does this plan fit in with my lifestyle?

You may also want to discuss these questions with your diabetes team. But losing weight is more complicated than just cutting down fats, carbs or any other foods. Losing weight successfully often involves changing your behaviour and breaking lifelong habits – which can be hard. People who successfully lose weight and then maintain it in the long term tend to:

- weigh themselves regularly – mostly once a week
- eat breakfast regularly
- reduce their intake of fast foods such as takeaways
- cut down their portion sizes
- spend less time watching TV and sitting down
- increase their physical activity, including walking more.



## Help to gain weight

If you're underweight or struggling with your appetite, it's important to eat the foods you like rather than being too restrictive with your diet. This may mean eating foods that are higher in fat and calories. Speak with your diabetes team to review your medications and talk to a dietitian to help you make any changes. They may suggest ways you can gain or maintain weight, such as:

- Eat smaller meals, more often. You'll find this easier than eating three large meals and it will also help increase your appetite.
- Use full-fat dairy products like milk, cream, cheese and yogurt.
- Add unsaturated fats to your food where you can with foods such as avocados, nuts and seeds, and spreads and oils, including olive, rapeseed, sunflower and peanut.

Unsaturated fats are still high in calories, but better for your heart than saturated fats.

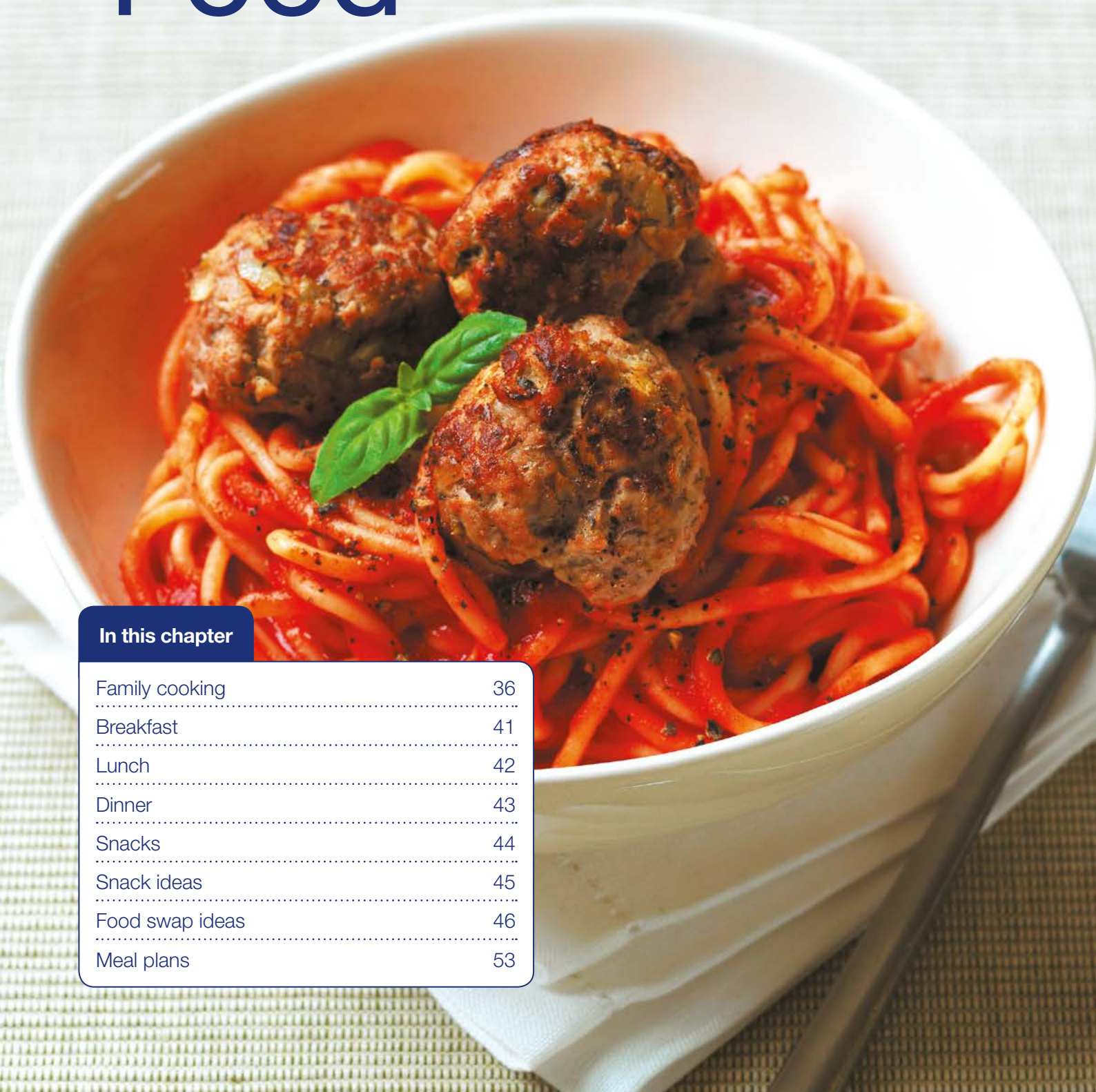
- Serve vegetables with melted butter, spread or grated cheese.
- Add cream or full-fat milk to foods like mashed potato or soups.
- Have nourishing drinks like smoothies and full fat milky drinks.
- Add powdered milk to cereals.

## Top tip

Our weight-loss planner helps you to set weight-loss goals and track your progress. By putting a plan in place and noting down your progress, you'll be able to see the positive changes you're making. This can help you to stay motivated, lose weight and achieve your goals. To download our planner, go to [www.diabetes.org.uk/ef-lose-weight](http://www.diabetes.org.uk/ef-lose-weight)



# Family Food



## In this chapter

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# Family cooking

**Now you've done the food shopping, it's time to start cooking. The whole family can play their part and, when the meal is ready, you can all relax together and enjoy it.**

Cooking from scratch is good for the family purse as well as helping to make sure what you put on the table is part of a healthy diet. Cooking together as a family helps to promote healthy eating because if one of you is trying to maintain or lose weight, it's often much easier to do it with the whole family's support.

Involving everyone in the preparation and cooking helps children to learn the skills to cook for themselves when they're older, and also gives them an idea of where different foods come from. Some jobs need supervision, for example when using knives, cooking on the hob or using the oven. But, even younger children can join in spreading tomato sauce on pizza bases and stirring pre-chopped cucumber into yogurt as a dip.



## Try these other ideas

### Recipe makeover

You probably have a few favourite family recipes that could be healthier. Using the tips on reducing fat, sugar and salt – see box on the next page – encourage older children to come up with a healthier alternative. For example, adding more vegetables to your lasagne by using courgette ribbons in place of pasta, making a sauce with reduced-fat spread and cheese, and adding plenty of vegetables.

### Weighing and measuring

Asking younger children to help brings the maths they learn at school to life at home.

### Grow your own

Even a window box will do. Plant herbs, cut-and-come-again salad leaves and tomatoes in a grow bag. Let the children gather what's needed for the day's meal.

### Bake and play

Children can stir the mix for fairy cakes, fruit loaf or scones, then top them with Greek yogurt sprinkled with raisins.

### Marinades

Cheaper cuts of meat often need marinating, so get younger children to help mix the marinade ingredients.



## Bring it down...

**Part of eating healthily is cutting down on the amount of sugar, saturated fat and salt you eat. Try these tips:**

### Sugar

- ✔ Use dried fruit to replace some of the sugar when baking.
- ✔ Use artificial sweeteners to add extra sweetness.
- ✔ When making jams and marmalades, try to reduce the ratio to 1lb fruit to ½lb sugar.

### Saturated fat

- ✔ Choose lean meat, poultry and fish. Remove any visible fat and discard the skin from poultry before cooking.

- ✔ Choose low-fat dairy products such as semi-skimmed or skimmed milk, reduced-fat cheeses and low-fat, unsweetened yogurts.
- ✔ Poach, steam, grill, boil or bake foods rather than cooking with added fat.
- ✔ Use an oil sprayer and non-stick pans for stir-fries; if food starts to stick, just add a splash of water.
- ✔ Use pulses such as peas, beans or lentils in soups and salads or to replace some of the meat in casseroles and shepherd's pie. Not only will this make it go further, but pulses are low in fat and high in fibre.

- ✔ Swap creamy sauces for tomato-based ones.
- ✔ Use light crème fraiche instead of cream.

### Salt

- ✔ Measure the salt you use in cooking with a teaspoon and use less as time goes on. Do it gradually and the family will hardly notice.
- ✔ Experiment with flavouring food using dried mixed herbs, fresh thyme, tarragon or oregano, or spices such as chilli flakes, cumin and black pepper, instead of salt.

## Three dishes to prepare together



### 1 Homemade pizza

Use ready-made wholemeal pizza bases, or make your own, then spread with tomato sauce, top with grated reduced-fat cheese, chicken pieces, and a few basil leaves.



### 2 Fruit compote

Blend frozen fruits of the forest, or another berry mix, in the blender and serve in bowls topped with yogurt or light crème fraiche and a few seeds. Just keep an eye on the portion size.



### 3 Pasta bake

Turn out the fridge and see what can be used in this classic use-up Friday dish. Older children can trim off the wilted parts of vegetables, while younger ones can grate the cheese.



## Time to eat

It can be hard to gather the family together every day, so make a rule that at least once a week you'll all enjoy a family meal. Turn off the TV, tablets and mobiles and use this time to catch up on each other's news.

There's usually no need to cook different meals for different members of the family – but remember that portion sizes differ according to ages and whether any adults are trying to lose weight.

So dish up more protein for active teenagers and make sure there are at least two different vegetables on offer. And use smaller plates – what looks small on a 12-inch plate looks fine on an 8-inch one.

These tips may help before you eat:

- have a glass of water before your main meal
- fill your plate with vegetables, then separate the different foods on your plate rather than piling them high
- resist the temptation to go for a second helping.

## Recipes

### Why we have chosen these recipes

The recipes on the following pages have been created to provide healthier choices for people with diabetes and their families. Our team of specialist dietitians have checked the recipes to make sure that they are nutritionally balanced and include healthier foods such as wholegrains, fruit, vegetables, nuts, pulses, fish and dairy. We also highlight the number of calories and amount of carbs in our recipes so you can see, at a glance, whether it is suitable for you.

“We mainly focus on grilled food – we often go for grilled chicken and some green vegetables, such as broccoli, sprouts and peas. Chickpea curry is a big favourite at the moment with the little ones, and blueberries and strawberries are very popular, too. Other snacks include spicy chickpeas and spicy dhal (lentils), and raisins. We do have a strategic cheat day in the week when we have some treats, but not too many. Overall, we just vary our menu as much as possible.”

**Asim Rachid, Worcester. He and his daughter have Type 1.**

### Top tip

#### Adapting recipes

The recipes can be adapted if you want to make more or less, depending on how many you're cooking for. For example, to make a recipe for two into a recipe for six, multiply all the ingredient quantities by three; to make a recipe for two into a recipe for one, use half the amount listed for each ingredient.

### Keep your favourite recipes in one place

To help you eat more healthily when you have diabetes, we're making it easier for you to find your favourite recipes on our website when you need them. Use the collections feature to save recipes in a personal folder. Whether you want to keep all your breakfast recipes in one place or gather a week's worth of dinners together, it's entirely up to you. Simply create a new collection for each. [www.diabetes.org.uk/ef-select-collect](http://www.diabetes.org.uk/ef-select-collect)

#### Shop directly from our website

You can also shop for recipe ingredients direct from our recipe pages. Simply select your preferred food store and order online or print your shopping list to bring with you to the shops. It makes healthy eating even more inspiring and easier to do.





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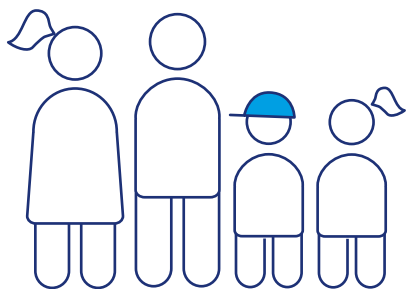
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## A healthy family life

- Brighten up your meals with colourful salads, vegetables or fruit. Make a five-a-day chart for each member of the family, using coloured stickers for each portion. Total it up at the end of the week to see who's won.
- Cooking together is another way to help the family make healthier choices. Involve children in shopping and cooking so they know what's in their food. A lot of grocery stores have a colourful display of fruit and vegetables and you could ask the children to find firm tomatoes, shiny aubergines and juicy pineapples.
- Read labels together so that you all get used to comparing different foods, helping you to make healthier choices.
- Family fun can also be active fun – see box, right. Taking part in team sports, going on family walks, dance classes and swimming are great ways to build relationships within the family and encourage active lifestyles from a young age. Make this a part of family life so you all exercise regularly – cutting down on the amount of time spent doing seated activities, such as watching TV or playing computer games.



## Fun ways to get more active

**Whether it's a walk in the park or a game of rounders, families who are active together have more fun! Try these suggestions:**

- ✓ Spend an afternoon picking your own fruit and veg at a local farm – it's a good way to be active and you'll come back with fresh healthy food you can turn into delicious meals for everyone to enjoy.
- ✓ Join a fun run to raise funds for charity – even young children can join in and walk.
- ✓ Get everyone a pedometer and see if you can all meet the 10,000 daily steps challenge.
- ✓ Got a dog? Get everyone to take it out on a family walk.
- ✓ Play football or pitch and putt in the park, or go swimming at the local leisure centre.

## Inspiring ideas

Go to [www.diabetes.org.uk/ef-enjoy](http://www.diabetes.org.uk/ef-enjoy) for plenty of recipes, advice and tips to help you manage your diabetes.

# Breakfast

Start the day the right way with these healthy, filling and delicious breakfasts.



## Apricot porridge with toasted seeds

Serves: 2    Prep: 15 mins    Cook: 10 mins

Each 389g serving contains

Kcal	Carbs	Protein	Fat	Saturates	Sugars	Salt	Portions: fruit & veg
219	34.6g	5.8g	5.8g	0.9g	2.5g	0.01g	1

### Ingredients

50g ready-to-eat dried apricots  
150ml orange or apple juice  
50g porridge oats  
15g mixed seeds, toasted

### Method

- 1 Place the apricots in a small pan and cover with the juice, bring to the boil and simmer for 5 minutes.
- 2 Set aside for 10 minutes, then place in a food processor or blender and blend to form a purée.
- 3 Place the oats in a small pan, cover with 600ml water, place over a low heat and cook for 3 to 4 minutes.
- 4 Stir through half the apricot purée, divide between two bowls and top with the toasted seeds and a swirl of the remaining purée.



## Wholemeal spinach and cheddar pancakes

Serves: 4    Prep: 10 mins    Cook: 10 mins

Each 203g serving contains (excludes serving suggestion)

Kcal	Carbs	Protein	Fat	Saturates	Sugars	Salt	Portions: fruit & veg
234	26.3g	12.7g	7.6g	3.0g	7.6g	0.4g	1

### Ingredients

2tsp sunflower oil  
1 large onion, finely chopped  
1 egg, beaten  
150ml semi-skimmed milk  
100g wholemeal flour  
200g frozen spinach, defrosted, excess water removed  
50g reduced-fat mature cheddar cheese, finely diced  
good pinch white pepper  
20 cherry tomatoes, quartered  
10g fresh basil, chopped  
pinch black pepper

### Method

- 1 Add 1tsp of oil to a saucepan over a low to medium heat. Cook the onion for 3 minutes until softened, then remove from the heat.
- 2 Beat the egg into the milk, then place the flour in a bowl and gradually stir in the milk mixture until smooth. Next, add the spinach, onion, cheese and pepper then mix.
- 3 Heat a non-stick pan over a medium heat. Add the remaining oil and wipe it around the pan with kitchen paper, before adding  $\frac{1}{4}$  of the mixture. Spread it around the pan with the back of a spoon, about  $\frac{1}{2}$ cm thick.
- 4 Cook for 2-3 minutes, then flip over and cook for 1-2 minutes on the other side. Serve topped with tomatoes, basil and black pepper.



# Lunch

At home, school or work, a filling and nutritious lunch will help you keep your energy levels high all afternoon. Try these recipes and swaps.



## Chickpea and tuna salad

Serves: 2    Prep: 5 mins

Each 453g serving contains

Kcal	Carbs	Protein	Fat	Saturates	Sugars	Salt	Portions: fruit & veg
334	26.6g	28.2g	14.7g	2.1g	6.9g	1.3g	4

### Ingredients

grated zest ½ lemon  
pinch salt and black pepper  
20ml extra virgin olive oil  
1 small red onion, finely chopped  
180g ripe cherry tomatoes, cut into quarters  
8cm cucumber, chopped  
1 x 400g tin chickpeas in water, drained  
1 x 200g tin tuna in water, drained  
150g salad leaves/lettuce  
2 lemon wedges

### Method

- 1 Add the lemon zest to a large bowl with the salt and pepper, and olive oil.
- 2 Next, add the red onion, tomatoes and cucumber, mix well and leave to infuse for a couple of minutes.
- 3 Add the chickpeas and tuna, and fold in gently so everything is coated with the dressing.
- 4 Finally, toss in the salad leaves and divide between two lunch boxes, packed with a lemon wedge to squeeze over before eating.



## Spinach, red onion and potato tortilla

Serves: 4    Prep: 10 mins    Cook: 45 mins

Each 258g serving contains

Kcal	Carbs	Protein	Fat	Saturates	Sugars	Salt	Portions: fruit & veg
216	21.4g	11.1g	10.2g	2.5g	5.1g	0.4g	1

### Ingredients

400g new potatoes  
250g frozen leaf spinach (130g once defrosted and excess water squeezed out)  
1tbsp olive oil  
1 large red onion, thinly sliced  
5 eggs  
pinch salt and pepper, to season

### Method

- 1 Boil the potatoes for 15 minutes. Drain and run them under a cold tap, before cutting into 0.5cm-thick slices.
- 2 Meanwhile, defrost the spinach, squeeze out the excess water and chop it slightly.
- 3 Add the oil to a large, non-stick pan on a medium heat. Cook the onion for 2 minutes until soft.
- 4 Beat the eggs and add the salt, pepper, spinach and potatoes.
- 5 Pour into the frying pan. Use a spatula to press the tortilla down, and press in the sides to create an even shape.
- 6 Cook for 5 minutes on each side. Reduce the heat and turn the tortilla twice more, cooking for 2 to 3 minutes on each side.
- 7 Slide the tortilla onto a plate and leave to cool a little before serving.

# Dinner

At the end of a busy day, it's great to sit down as a family and catch up over a meal. Keep it healthy by trying these tasty recipes and swaps.



## Vegetable chilli

Serves: 8 Prep: 15 mins Cook: 1 hour

Each 195g serving contains

Kcal	Carbs	Protein	Fat	Saturates	Sugars	Salt	Portions: fruit & veg
138	21.2g	7.2g	1.7g	0.1g	9.8g	1.1g	2

### Ingredients

2tsp sunflower oil  
2–3 onions, finely chopped  
1 red pepper, finely chopped  
150g carrots, finely chopped  
1 courgette, finely chopped  
100g mushrooms, finely chopped  
1–2tsp chilli powder – mild or hot, according to your taste  
1tsp ground cumin  
1tsp oregano  
2 x 400g tins chopped tomatoes  
1 x 400g tin lentils in water  
1 x 400g tin mixed beans in water  
1tbsp tomato ketchup  
2tsp sugar (optional)  
1tsp salt  
coriander, to garnish

### Method

- 1 Heat the oil in a large pan, add the onions and cook for 5 to 8 minutes until they start to brown.
- 2 Add the red pepper, carrots, courgette and mushrooms, and cook for a further 10 minutes.
- 3 Next, add the chilli powder, cumin, oregano and tomatoes. Mix well, then cook for a further 10 minutes, stirring regularly.
- 4 Add the lentils and beans with their water, ketchup, sugar and salt. Mix well and bring to a gentle bubble. Add a lid and simmer gently for 30 minutes, stirring regularly before eating.



## Smoky chicken kebabs

Serves: 8 Prep: 25 mins + 30 mins to marinate  
Cook: 10 mins

Each 150g serving contains (excludes serving suggestion)

Kcal	Carbs	Protein	Fat	Saturates	Sugars	Salt	Portions: fruit & veg
171	2.1g	26.0g	6.3g	1g	1.7g	0.3g	0

### Ingredients

**For the marinade**  
2tbsp toasted coriander seeds  
1tbsp toasted cumin seeds  
4 cloves garlic, peeled  
4cm piece ginger, roughly chopped  
2 red chillies, deseeded and roughly chopped  
freshly ground black pepper  
1tbsp sun-dried tomato purée  
3tbsp white wine vinegar  
3tbsp extra-virgin olive oil

### For the kebabs

8 small chicken breasts, cut into 2.5–3.5cm cubes  
4 medium courgettes, cut into 2cm thick rings  
8 lemon/lime wedges, to serve

### Method

- 1 Grind the coriander and cumin seeds to a powder.
- 2 Pound the garlic, ginger and chillies with a pinch of pepper, to a rough paste in a mortar.
- 3 Work in the coriander and cumin, tomato purée, vinegar, and olive oil. Mix in 2tbsp water. Pour over the chicken pieces and mix well.
- 4 Leave for at least half an hour or up to 24 hours, covered, in the fridge.
- 5 Preheat the grill or BBQ. Thread the chicken pieces onto 8 long skewers, alternating with courgette rings. Grill for around 10 minutes, turning several times until browned and cooked through. Serve with lemon or lime wedges, and rice or salad.

# Snacks

In a healthy diet, there's room for the occasional treat. Why not try this recipe one weekend?



## Spiced apple and muesli bars

Makes: 16 bars Prep: 10 mins Cook: 20–25 mins

Each 51g bar contains

Kcal	Carbs	Protein	Fat	Saturates	Sugars	Salt	Portions: fruit & veg
83	14.8g	19.8g	2.3g	0.4g	6.9g	0g	0

### Ingredients

2 bananas  
2 apples, cored and finely chopped, but not peeled  
175g rolled oats  
150ml apple juice  
40g raisins  
40g mixed seeds, such as sunflower and pumpkin  
1 heaped tsp ground cinnamon  
1tsp rapeseed oil

### Method

- 1 Preheat the oven to 180°C/ gas mark 4. With a fork, thoroughly mash the bananas, then beat them a little.
- 2 Add the apples, oats, apple juice, raisins, mixed seeds and cinnamon. Mix well.
- 3 Oil a baking sheet with the oil and spread out the mixture to a depth of 2cm.
- 4 Bake in the oven for 15 to 20 minutes.
- 5 Allow to cool, cut into 16 portions and serve.

We all like a nice dessert occasionally with friends and loved ones. Try these dessert pots as a special treat.



## Cherry and chocolate dessert pot

Serves: 4 Prep: 20 mins Cook: 15 mins

Each 109g pot contains

Kcal	Carbs	Protein	Fat	Saturates	Sugars	Salt	Portions: fruit & veg
114	19g	5g	2.2g	1.3g	16g	0.1g	½

### Ingredients

225g fresh cherries  
2tbsp artificial sweetener  
1 level tsp cornflour, blended with 1tbsp cold water  
100g quark or low-fat soft cheese  
2tbsp skimmed milk  
½ level tsp vanilla extract

#### For the chocolate sauce

25g dark chocolate, broken into pieces  
1 heaped tsp unsweetened cocoa powder  
½ level tsp cornflour, blended with ½tbsp cold water  
1 level tbsp golden syrup

### Method

- 1 Halve and pit the fresh cherries, reserving 4 whole ones for decoration.
- 2 Put in a small pan with 50ml water and 1tbsp of the artificial sweetener. Simmer for 3 to 4 minutes until soft.
- 3 Blend the cornflour with the cold water and stir into the cherries until thickened.
- 4 Remove from heat and cool, stirring to prevent skin forming.
- 5 In a bowl, beat the quark, the skimmed milk, vanilla extract and remaining sweetener and continue beating until smooth.
- 6 For the chocolate sauce, put the dark chocolate pieces into a pan and add the unsweetened cocoa powder, the cornflour mixture, and the golden syrup. Heat, stirring constantly until smooth. Cool, stirring to prevent a skin forming.
- 7 Spoon into small serving glasses and top with a cherry. Chill and serve.



# Snack ideas

**Not everyone with diabetes requires regular snacks. If you treat your diabetes with insulin or certain Type 2 medication, you may need a snack to prevent a hypo.**

If you have Type 1 diabetes and have been on a carb-counting course such as DAFNE, you will have been told that snacks with less than 10g of carbs don't usually require extra insulin injections. If you're on a pump you will probably still be covering it with a bolus.

For people with Type 2 diabetes, who are trying to limit their carb intake, swapping your snacks can also be useful. If your main focus is weight loss, choose snacks with the least amount of calories.

## Snacks under 10g carbs

- 1 x 115g pot of sugar-free jelly: 1.2g carbs and 8kcal
- 25g toasted seed mix: 3.8g carbs and 132kcal
- 25g almonds: 1.7g carbs and 153kcal
- ¼ pot (50g) of reduced-fat hummus and ½ packet (75g) of fresh sliced peppers: 9.3g carbs and 140kcal
- 1 chopped boiled egg and 100g carrot batons: 9.4g carbs and 105kcal
- 25g root veg crisps: 10g carbs and 129kcal

- ½ an avocado (80g): 1.5g carbs and 158kcal
- 1 kiwi fruit: 8.5g carbs and 44kcal.

## Snacks 50kcal or under

- 1 small apple
- 2 satsumas
- 80g blueberries
- 1 handful of grapes
- 2 kiwi fruits
- 80g mango
- 1 slice of melon
- 2 oranges
- 2 small plums
- 1 peach or nectarine
- 3 rings of pineapple
- 10 strawberries
- 30g ready-to-eat, partially rehydrated prunes
- 1 x 14g mini box of raisins
- 1 rice cake with 1tsp pure fruit spread
- 1 lighter cheese slice with ¼ cucumber
- 1 lighter cheese triangle and 8 cherry tomatoes
- 1 x 115g pot sugar-free jelly.

## Snacks 100kcal or under

- 4 bread sticks
- 80g defrosted frozen cherries with 50g 0% fat Greek-style yogurt whizzed together with ice
- 10 almonds
- 100g carrot batons, ¼ cucumber and 50g salsa
- ½ a pot (300g) shop-bought fresh tomato soup.

## Snacks 150kcal or under

- 25g unsalted nuts
- 1tsp (15g) almond butter spread onto slices of a chopped apple
- 100g 0% fat Greek-style yogurt with 100g blueberries
- 2 small crispbreads with 60g 0% fat cottage cheese
- 25g toasted seed mix
- 1 (25g) slice of Edam cheese with 1 apple
- 2 small crispbread multiseed thins with 1 x 30g slice chicken breast
- 2 rice cakes with ¼ pot (50g) tzatziki dip.

# Food swap ideas



## Breakfast

Try these easy swaps for healthier and delicious breakfasts.

### Healthy swaps

#### Rather than

#### Try

fruit yogurt

**plain low-fat yogurt** and some **fresh berries** and save 46kcal and 2.3g fat.

granola

**fruit and fibre cereal** and save a massive 170kcal and 10g fat.

chocolate-flavoured cereal

plain **rice crispies**, saves 1.5tsp sugar. Don't undo the benefits by adding sugar to the plain rice crispies.

butter

**vegetable-based spread** to cut back on saturated fat.

latte

a **medium skinny cappuccino**, and save a whopping 100kcal and 5g of saturated fat.

white bread

**wholegrain bread** for toast and boost your fibre intake for a healthy gut.

fried eggs

**poached or boiled eggs.**

streaky bacon

**unsmoked rindless grilled back bacon** which should contain less saturated fat and salt.

baked beans

**reduced-sugar and salt baked beans.**

fried mushrooms

**steamed mushrooms** to cut back on calories.



# Lunch

Try these easy swaps for lunch this week.

## Healthy swaps

### Rather than

### Try

crisps

**fromage frais** or **carrot sticks**.

high sugar  
canned drink

**diet version** and save 7tsp sugar.

fried crisps

**baked crisps** as a healthier alternative to cut back on fat. Watch the salt content, though.

chocolate bar

a **two-finger chocolate wafer biscuit**, and save on both fat and calories.

creamy soup

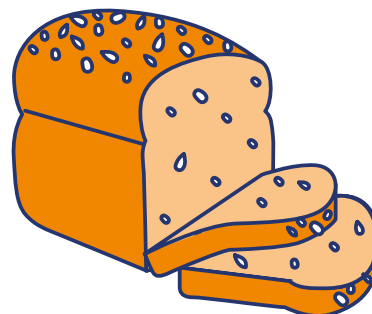
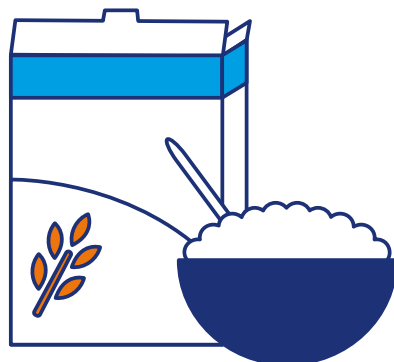
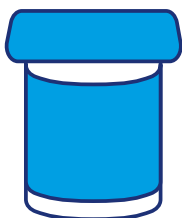
a **clear soup**, such as **chicken noodle**, and save 170kcal and 13g fat. Don't forget to check the salt content.

club sandwich

a **ham salad sandwich** to save 135kcal and 16g fat. Make your own and cut out even more fat by using less spread.

a round of  
sandwiches

**open sandwiches** to reduce calories and fat by using half the amount of bread.







## Dinner

A few simple swaps can make family roast dinners healthier, without skimping on flavour.

### Healthy swaps

#### Rather than

#### Try

salt for flavour

seasoning your **roast** with **pepper, garlic** and any **herbs** you like, to keep your salt intake to a minimum.

traditional gravy

making **gravy** from your roast meat, and skim the fat off the top before serving – skimming just 1tbsp fat cuts 12g of fat and at least 100 calories.

red meat

**leaner meat** – skinless **chicken** and **turkey** are high in protein and low in fat.

meat

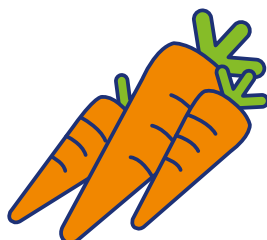
**Quorn™** or roast meat substitutes, which are generally low in fat and calories.

duck fat roast potatoes

**rapeseed oil** is a good choice for roasts, or opt for a **low-calorie cooking spray** instead. Also cut them big and chunky, so there's less surface area to soak up oil.

lots of meat

lots of your **favourite vegetables** for more colour and nutrition. Steam your greens, such as broccoli and cabbage, and roast your root vegetables, like parsnips and carrots.





## Snacks

Tasty doesn't have to mean unhealthy – give these snack swaps a go.

### Healthy swaps

#### Rather than

#### Try

blueberry muffin

**fruit salad** to save calories and get closer to your five a day.

flapjack

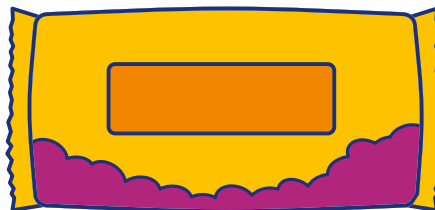
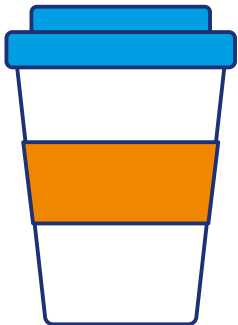
**malt loaf**

scotch eggs

**bite-sized veggie alternatives** to cut back calories without losing out on taste.

large coffee

a **skimmed latte with sugar-free flavourings** and **no whipped cream** for the same great flavour, without the extra fat.





## Occasions

There's nothing like a slice of cake on your birthday. Have a small piece of your favourite kind, or use these swaps for a healthier version.

### Healthy swaps

#### Rather than

#### Try

fondant icing

adding a design by using a stencil and a **dusting of icing sugar or cocoa**. Decorate with **colourful fruit**, or make a statement with **indoor fireworks**. If your cake has fondant, take this off your slice before you eat it.

buttercream or cream

adding a **thin layer of jam** inside the cake. Add a **wide ribbon** to the side of the cake instead of icing – this reduces sugar and produces an elegant looking cake.

butter

using oil such as **rapeseed** or **sunflower oil** or lower-fat spread. **Olive oil** is good, too, but has quite a strong flavour.

chocolate cake

**fruit cakes** and **carrot cakes** made with less added sugar, but keep an eye on extras like icing and toppings so they don't end up with the same calories as other cakes.

round cake

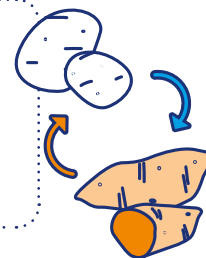
to make a **square cake** that's easier to cut into more even, slightly smaller sizes.

### Baking recipes

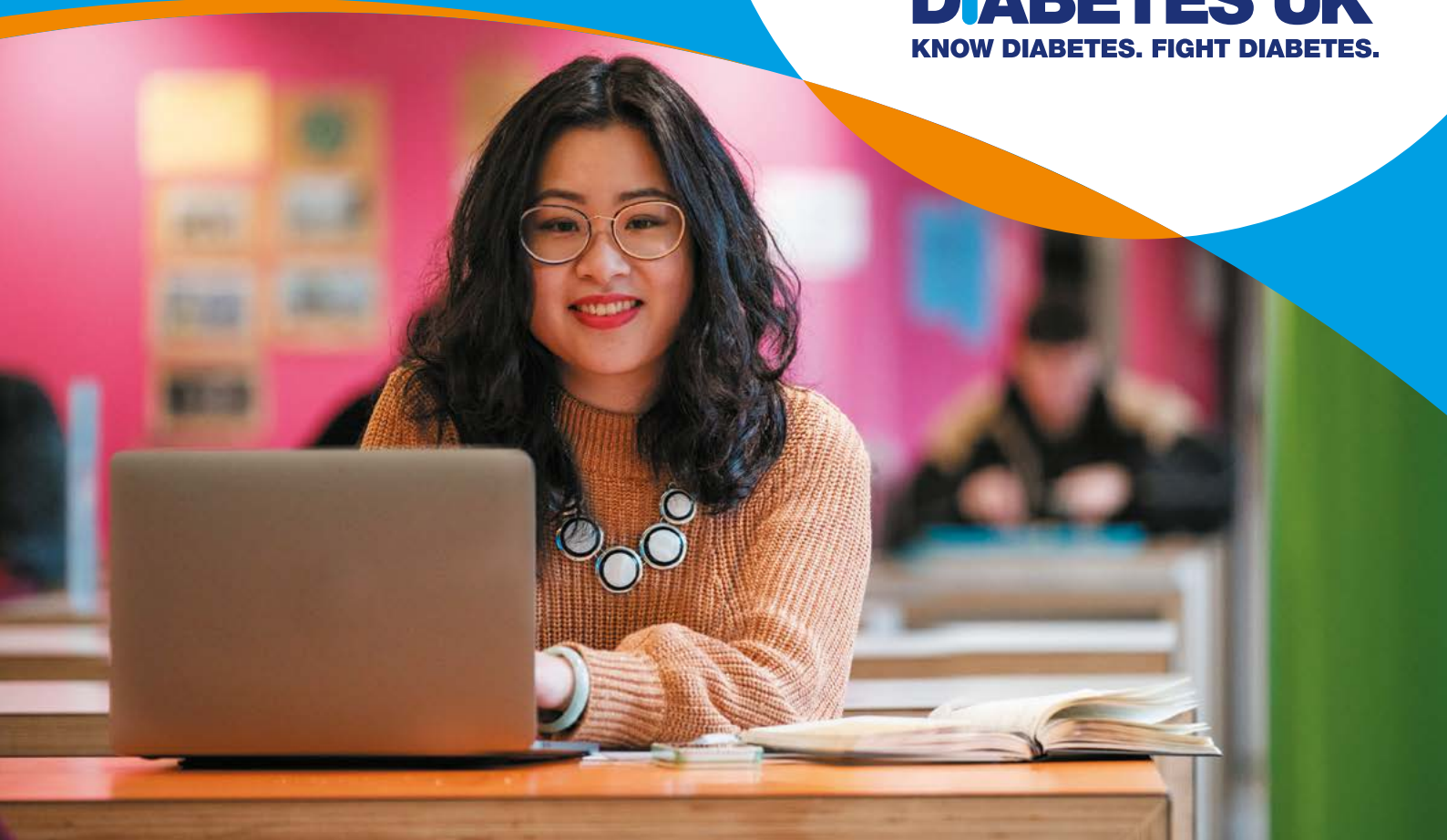
You can find lots of healthier bakes at [www.diabetes.org.uk/recipes](http://www.diabetes.org.uk/recipes)

### Looking for more food swaps?

Our food hacks section on Learning Zone has little tips, tricks and tweaks you can make today that will make a big difference to your diabetes. They're specific changes that you can put into practice right now, and every day. Go to [www.diabetes.org.uk/ef-learning](http://www.diabetes.org.uk/ef-learning)







# Manage your diabetes with confidence.

**Try our free Learning Zone today.**

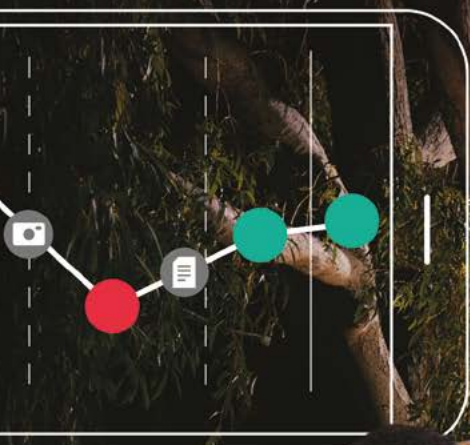
Learning Zone is our free and interactive online education platform. It's a new way to learn about your diabetes, combining our clinical knowledge with the experiences of people living with Type 1 and Type 2 diabetes.

**To find out more visit**

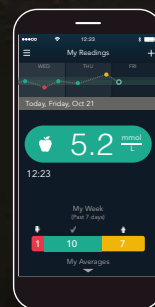
[www.diabetes.org.uk/ef-learning](http://www.diabetes.org.uk/ef-learning)

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# Meal plans

## **Eating nutritious, healthy and delicious food is that bit easier with our meal planners.**

We've created different weekly meal plans to suit all types and tastes. They're nutritionally balanced, are calorie and carb counted, and can help if you want to lose weight. They also make sure you eat your five a day and have the right amounts of dairy (calcium), wholegrain foods, oily fish – if you eat it – and very little or no processed meat. So get cooking and enjoy the food you love, but healthier.

## **Choose one of our meal plans**

Take a look on our website for a variety of seven-day meal plans. Before using one of our meal plans, you need to find out which one is right for you. Our advice is to ask your healthcare professional team to help you.

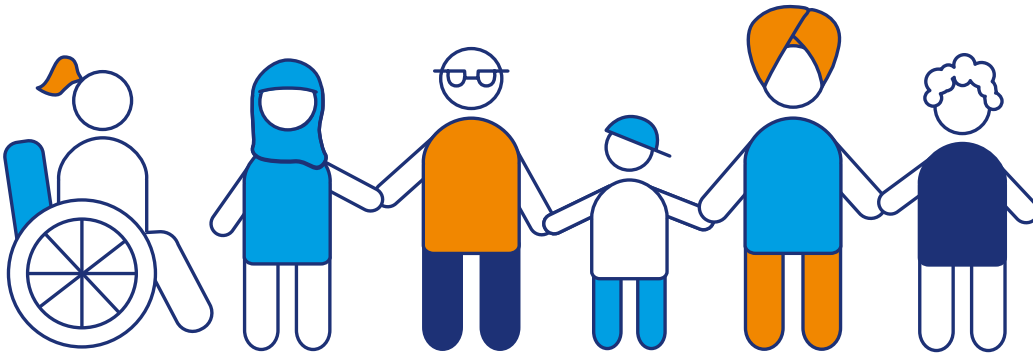
Visit [www.diabetes.org.uk/ef-meal-plans](http://www.diabetes.org.uk/ef-meal-plans)

You will find meal plans to suit different tastes and lifestyles:

- 1,200 calories a day meal plan for women
- 1,200 calories a day meal plan for women – vegetarian
- 1,500 calories a day meal plan for men and women
- 1,500 calories a day meal plan for men and women – vegetarian
- 1,600 calories a day meal plan for men and women
- 1,800 calories a day meal plan for men
- 1,800 calories a day meal plan for men – vegetarian
- Low carb planner – 1,600 to 1,800 calories a day
- Mediterranean meal planner – 1,500 to 1,800 calories a day
- Vegan meal planner – 1,600 to 1,700 calories a day
- Eating for one meal planner – 1,600 to 2,100 calories a day
- Trucker meal planner, for people who drive for a living – around 2,000 calories a day
- Family of four meal planner – Can adjust but around 2,000 calories a day
- Budget meal planner – around 1,800 to 2,000 calories a day.







# Become a member today

**Get the inside track on diabetes.  
Fund research. Help us find a cure.**

- Personalised welcome pack to help you get the most out of your membership.
- **Balance** magazine four times a year.
- Expert information tailored for your needs.
- Members' monthly email and research updates.
- Regular discounts in our shop and with selected partners.
- Fund our scientists to find new and better treatments.

You can become a member at  
[www.diabetes.org.uk/membership](http://www.diabetes.org.uk/membership) or call **0345 123 2399**

# Who we are

**We are Diabetes UK. Our vision is a world where diabetes can do no harm.**

Diabetes affects more people than any other serious health condition in the UK. More than dementia and cancer combined. That means we need to take action now.

Because we're the leading UK charity for people affected by diabetes it's our responsibility to lead the fight against the growing crisis.

And this fight is one that involves all of us – sharing knowledge and taking diabetes on together. Until we achieve our vision.



**A world where  
diabetes can  
do no harm.**



## Get in touch

**Call** 0345 123 2399


**Email** [helpline@diabetes.org.uk](mailto:helpline@diabetes.org.uk)

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

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We welcome your feedback. If any information in this guide has been particularly helpful or if you would like to suggest any improvements, please send your comments to: **[helpline@diabetes.org.uk](mailto:helpline@diabetes.org.uk)** or write to us at: Diabetes UK Helpline, Wells Lawrence House, 126 Back Church Lane, London E1 1FH