


DiABETES UK
KNOW DIABETES. FIGHT DIABETES.



**EATING WELL
WITH DIABETES**

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This guide is FREE

As a charity, we rely on the generous donations of people like you to help us produce this vital information on living with diabetes.

To find out more about how you can help us, go to **diabetes.org.uk/get-involved**

Or, to make a donation to support our work, go to **diabetes.org.uk/donate** or send a donation via text.

Please text DUK to 70123 to donate £5 to Diabetes UK and help us do even more for people with diabetes.

You will be charged £5, plus one message at your standard network rate. Diabetes UK will receive 100%. Registered charity number England & Wales 215199 and Scotland SCO39136. If you wish to discuss this mobile payment call 0203 282 7863.

By texting DUK to 70123 you are agreeing to us contacting you by phone and SMS to tell you more about our work and how you can support it (including financial support). **To give £5 without receiving further contact by phone and SMS, text DUK NO to 70123.**

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WELCOME

Food is one of life's great pleasures. But if you or someone you live with has diabetes, then you may worry that sticking to the 'right' foods all the time will take the joy out of it.

We promise it doesn't need to be like that. You can still love food and enjoy delicious, filling meals – while getting into the habit of choosing well more often for your long-term health too.

Choosing healthier foods and eating well can bring lots of health benefits for type 1 or type 2 diabetes. You'll find it easier to manage your blood glucose levels, blood pressure and cholesterol levels, and it can reduce your risk of complications. You'll feel better in yourself too – and if you have type 2 diabetes you may even be able to get it into remission if you lose weight.

The specialist dietitians at Diabetes UK have written this simple guide so it's easier to make the right choices for your diabetes. It's got helpful information about shopping, cooking and eating at home, as well as tips on eating out.

For more information along with recipes and snack ideas go to our website at diabetes.org.uk/eat-well

There are also over 500 recipes on our recipe finder diabetes.org.uk/ew-recipes and you can sign up for our monthly emailed newsletter at diabetes.org.uk/ew-news

Any questions or comments?

Then drop us an email at helpline@diabetes.org.uk



I've learned a lot more about nutrition. I'm more aware of what I'm putting in my body.

Sarah

Diagnosed with with type 1 diabetes in 2011



DIABETES MYTHS

Let's start by seeing how much you know about diabetes by testing out some common myths on you.

Then read on in the guide to find out more about healthy choices for shopping, cooking and eating when you're living with diabetes.

| Is it a myth or is it true? | True | False |
|--|--------------------------|--------------------------|
| 1. You can't eat fruit | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. You must follow a diabetic diet | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Fat is fat – it's all the same | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. You don't need to follow a healthy diet with type 1 | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Everyone with diabetes needs a low-carb diet | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. You can drink alcohol | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. You must have regular snacks | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. Fruit juices are good for diabetes | <input type="checkbox"/> | <input type="checkbox"/> |
| 9. You don't need to cut down on salt | <input type="checkbox"/> | <input type="checkbox"/> |
| 10. You need to cut out sugar | <input type="checkbox"/> | <input type="checkbox"/> |

1. You can't eat fruit.

Myth. Yes, you can – in fact, eating fruit is really good for you. But avoid drinking a lot of fruit juice.

Find out more on page 9.

2. You must follow a diabetic diet.

Myth. There's no such thing as a diabetic diet and you don't need 'diabetic' foods.

But what you choose to eat and drink is so important and can make all the difference to your long-term health. So, use this guide for simple advice on how to eat well when you're living with type 1 or type 2 diabetes.

3. Fat is fat – it's all the same.

Myth. It's true that all types of fat have the same number of calories, but unsaturated fats are generally better than saturated fats for our heart health.

For the full story on fats, go to page 9.

4. You don't need to follow a healthy diet with type 1.

Myth. A healthy diet is important if you've got type 1 as it reduces your risk of developing diabetes-related complications.

5. Everyone with diabetes needs a low-carb diet.

Myth. Low-carb diets have been shown to be beneficial to some people with type 2 diabetes who need to lose weight. But there are other approaches to manage your weight, and little is known of the benefits of low-carb diets in people with type 1 diabetes.

Read more about carbs on page 13.

6. You can drink alcohol.

True. The guidelines are the same if you've got diabetes as for anyone else.

However, alcohol affects your blood sugar and can increase your risk of having a hypo if you treat your diabetes with insulin or take medications like sulphonylureas. There's more information on pages 11 and 18 on how alcohol affects diabetes.

7. You must have regular snacks.

Myth. You might only need snacks to prevent or treat a hypo.

8. Fruit juices are good for diabetes.

Myth. Fruit juices do not contain the fibre found in whole fruits. They contribute to your free sugar intake and it's easy to drink a lot in a short time – so they can quickly raise your blood sugar levels. On page 9 we explain why eating whole fruit, with fibre, is much better for you.

9. You don't need to cut down on salt.

Myth. It's true that it doesn't affect your blood sugar but too much salt can increase your blood pressure, putting you at risk of diabetes complications. Head to page 8 for advice on cutting down on salt.

10. You need to cut out sugar.

Myth. You don't need to cut out sugars from fruit, vegetables and milk. But limiting the free sugars you get from fizzy drinks, fruit juice, cakes and biscuits will help your weight, blood sugar and general health.

HEALTHY DIET

A healthy diet is important for everyone. And if you have diabetes, it's one of the best things you can do to reduce your risk of developing diabetes complications.



It helps with your blood sugar, blood pressure and cholesterol levels, and will cut down your risk of complications like heart disease as well as certain types of cancer.

If you have type 1 diabetes, then carb counting is the key to keeping your blood sugar levels steady. There's more information on this on page 13.

If you're living with obesity and have type 2, then losing weight is important as it helps lower your blood sugar levels and reduce your risk of complications. We also know that losing weight can put some people's type 2 diabetes into remission. We explain what we mean by remission on page 23.

Choose healthier carbohydrates

You need to know about carbs because these are the foods that have the greatest effect on your blood sugar levels after eating. Choose the healthy ones and keep an eye on portion sizes. Healthy carbs include:

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

You should cut down on low-fibre carbs like white bread, white rice and highly processed cereals. Check food labels if you're not sure if something is high in fibre.

Eat less salt

Too much salt can increase your risk of high blood pressure and that puts you at risk of heart disease and stroke.

Eat no more than 6g, or one teaspoon, of salt a day. Packaged foods already have salt in them so

check the labels and go for those with less salt. In fact, 75% of the salt we eat comes from processed foods. So, you can reduce your salt intake by cooking from scratch and by adding flavour with herbs and spices instead.

Eat less red meat and processed meat

If you're cutting down on carbs, you could be tempted to eat more meat. However, don't replace carbs with red meat like beef, lamb or pork or processed meat like ham, bacon or sausages. Eating too much of these is linked to heart disease and some cancers. Instead, try swapping to:

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

Beans, peas and lentils are high in fibre and don't affect your blood sugar levels quickly, so they're a great way to feel full on healthier food.

Eat more fruit and vegetables

Fruit and vegetables are full of vitamins, minerals and fibre.

Fibre is important because it stops your blood sugars going up too quickly after eating carbs. It also helps keep your bowels healthy. Aim to eat more fruit and vegetables at mealtimes and snack on them when you're hungry.

Although fruit is sweet, your body processes the sugar in whole fruit differently from free sugars. In fact, fruit is good for your overall health. So you can eat it regularly, but it's best to spread it out throughout the day rather than have lots in one go.



Thanks to making changes to my lifestyle, and what and how I eat, I've been able to manage my weight and reduce my insulin dose by about 75%.



Brian

Diagnosed with type 1 diabetes in 2019

Choose healthier fats

We all need some fats in our diet – but different types of fat affect our health in different ways.

The healthier fats are the unsaturated ones and they're in foods like unsalted nuts, seeds, avocados, oily fish, olive oil and sunflower oil. Also, the fats in oily fish like trout, herring, sardines, salmon and mackerel have omega-3, which is good for your heart too. So, aim to have two portions of oily fish a week.

Saturated fats from red and processed meat, ghee, butter, lard, biscuits, pies, cakes and pastries aren't healthy. This is because they can increase the cholesterol in your blood and raise your risk of heart disease. So, you need to cut down on them.

All fats are high in calories, even the unsaturated kind, so you may want to cut down on cooking with oil and go for steaming, grilling or baking instead if you are keeping an eye on your weight.

Cut down on free sugars

Cutting down on free sugars will help you manage your blood sugar levels, keep your weight down and reduce your risk of health conditions such as heart disease.

It's difficult to cut out free sugars completely but try to swap in healthier choices. Swap sugary drinks, energy drinks and fruit juices for water, milk, tea and coffee – without sugar. It's also fine to try low or zero-calorie sweeteners, also called artificial sweeteners.

If your diabetes treatment means you sometimes have hypos and need to treat them with sugary drinks, then don't stop doing that. However, talk to your diabetes team if it happens a lot because you may need to have your medication adjusted.

Snack smart

Go for yoghurts, unsalted nuts, seeds and fruit and vegetables instead of crisps, biscuits and chocolate. And keep an eye on portion size.

What is free sugar?

Free sugar is any sugar added by you, or the food manufacturer, to food or drink. Honey, syrups and fruit juices are also free sugars. This type of sugar is not healthy as it can increase your risk of things like heart disease, as well as make you more likely to put on weight. The sugar you get in whole fruit, vegetables and milk isn't free sugar, and is much better for you.

But beware of fruit juices, even unsweetened ones. The sugar counts as free sugar because you're not getting the fibre from the whole fruit and will cause your blood sugars levels to rise quickly.

So, stick to eating the whole fruit like fresh, frozen or tinned.

Be sensible about alcohol

Alcohol is high in calories so if you're thinking about losing weight, you need to cut back. Too much alcohol can also increase your risk of heart disease and certain types of cancer. So, try to stick to no more than 14 units a week and spread it over three or more days. Avoid binge drinking and have several 'dry' days a week when you don't drink at all.

If you take insulin, or other diabetes medications that cause hypos, such as sulphonylurea, then don't drink on an empty stomach as it could cause a hypo.

Get your minerals and vitamins from food

Mineral and vitamin supplements won't help you manage your diabetes. Unless you've been told to take something by your healthcare team, like folic acid if you're pregnant, then you don't need them.

Some supplements can affect your medications or make



diabetes complications, like kidney disease, worse. It's much better to get your nutrients from eating a range of foods.

Don't bother with 'diabetic' food

It's now against the law for food to be marketed as 'diabetic'. It doesn't have any special health benefits that you can't get from eating healthily, can have as many calories as similar foods and can affect your blood sugar levels. Plus, it may have a laxative effect.



CARBS AND DIABETES

Carbs are our main source of sugar for energy.

Our blood sugar levels are affected by the amount and type of carbs we eat. So, if you have diabetes you need to know the amount of carbs in your food and stick to the healthier ones.

How much?

We all need some carb foods in our diet and it's good to have some every day. How much you need depends on your age, activity levels and your health goals, for example if you're trying to lose weight or improve your blood sugar levels.

Remember, the total amount of carbs in a particular food has the most effect on your blood sugar levels after eating. So, making changes to the amount you eat will affect your blood sugar levels after eating. Speak to your healthcare team, or dietitian, to see if you need to cut down, change to healthier carbs or spread the amount you eat across the day better.

Carb counting

If you have type 1, you need to know the amount of carbs you consume, and carb counting can be a good way to manage your blood sugar levels. It means matching your mealtime insulin dose to the amount of carbs in your food and drink.

Carb counting takes time and effort, but once you've got the hang of it, it can lead to better blood sugar management and more flexibility around eating. If you haven't done carb counting before, speak to your healthcare team, who may refer you to a diabetes education course to learn more.

How to count carbs with type 1 diabetes

You can count carbs in two ways, in grams or as carbohydrate portions (CP). One CP is usually equal to 10g of carbs. Choose the one you find easiest.

Once you've got to grips with estimating the amount of carbs you're going to eat and drink, you'll need to know your insulin-to-carb ratio.

Insulin-to-carb ratios are different for everyone, so you'll have your own personal ratio depending on your age, weight, activity levels and how sensitive you are to insulin.

Your healthcare team will help you work this out and, eventually, you might even have a different insulin-to-carb ratio for each mealtime. They will usually estimate your starting insulin-to-carb ratio and then fine-tune this based on the effects on your blood sugar levels.

If you know how many grams of carbs are in a meal and your insulin-to-carb ratio then you can work out the number of units of bolus insulin you need to take for the meal. So, if your meal had 40g of carbs and your insulin-to-carbs ratio was one unit of bolus insulin for every 10g carbs, then you'd need to take four units of bolus insulin for that meal.

The amount you actually take will also depend on other factors such as your blood sugar level before the meal, illness or planned activity.

Low-carb diets

There are different types of low-carb diets and they generally mean reducing the total amount of carbs you consume in a day to less than 130g.

A low-carb diet isn't for everyone, but evidence shows they can help people with type 2 diabetes to manage their weight, their blood sugar levels and reduce their risk of heart disease.

However, they're not right for children because they can affect growth. There's also little evidence of benefits for people with type 1.

If you decide to follow a low-carb diet, it's important to speak to your healthcare team for their guidance and support. Their support may include adjusting your diabetes medications and checking your blood sugar levels more often.



Learning about carbs

There are free courses for people with diabetes, and those who support them, all about managing blood sugars, counting carbs and making food choices. There are different courses for people with type 1 and type 2 and your healthcare team can refer you to one. You can be referred at any time, even if you've had diabetes for years.



Going on the course made a big difference. It took the worry away. It helped me reduce my HbA1c and my cholesterol. I lost three stone in weight. My blood pressure came down. Now I understand the condition I don't worry.



Malcolm

Diagnosed with type 2 diabetes aged 55

FIND THE RIGHT DIABETES INFO

FOR YOU

When you're living with diabetes, it can be hard to find the advice you want, all in one place.

Diabetes and Me is our free online tool, which you can use to save the information that's right for you – whether that's a favourite recipe, or a webpage you want to save for later.



Give it a go today at
[diabetes.org.uk/
diabetes-and-me](https://diabetes.org.uk/diabetes-and-me)

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The British Diabetic Association operating as Diabetes UK, a charity registered in England and Wales (no. 215199) and in Scotland (no. SC039136). © Diabetes UK 2021

THE GLYCAEMIC INDEX (GI)

GI tells you how quickly the carbs in something you eat or drink will cause your blood sugar levels to rise.

It's rated between one and 100 – a low number means a carb will be digested and converted into sugar in your bloodstream slowly.

Fruit and vegetables generally have a low- to medium-GI rating. Pulses like beans and lentils, basmati rice and wholegrains are low-GI foods. Different things affect the GI of certain foods:

- **Cooking methods:** Frying, cooking and baking can affect the GI. The longer you cook pasta then the higher the GI. So it's best to eat it when it's still a bit firm.
- **Protein content:** Like fat, protein slows down the absorption of carbs so milk and dairy have a low GI.
- **Ripeness:** In general, riper fruit has a higher GI.
- **Fibre:** This acts like a barrier and slows down the absorption of carbs and means your blood sugar levels rise more slowly too.

Research shows that choosing low-GI foods can help with managing your long-term blood sugar levels if you've got type 2 diabetes. The research for type 1 is not that straightforward but choosing healthy low GI foods on a day-to-day basis can help keep your blood sugar levels steady if you've got either type 1 or type 2. But there are lower GI foods, like chocolate, cake and ice-cream, that aren't healthy so you need to keep an eye on them.



OUT AND ABOUT

Tips for going shopping

- Don't go shopping when you're hungry and always take a list with you.
- Beware of buy one get one free offers as you can end up buying more than you need.
- Fruit and vegetables are usually cheaper in season and if you buy them whole rather than chopped or prepared.
- Frozen fruit and vegetables are cheaper than fresh. Tinned is good too – but choose the ones without added sugar or salt.
- It's often cheaper to buy something whole, like a chicken, and use it for more than one meal.
- Own-brand versions are normally cheaper.
- Try cheaper cuts of meat, like shin of beef for stews. Pollock or flounder is cheaper than cod or haddock too.

Alcohol

You shouldn't drink more than 14 units of alcohol a week and you should spread that over three or more days. It is also a good idea to have several alcohol-free days a week.

If you treat your diabetes with insulin or certain type 2 medications that cause hypos, you need to be extra careful around alcohol as it can affect your blood sugar levels and puts you at risk of a hypo even several hours afterwards.

You don't need to cut out alcohol completely, but don't drink on an empty stomach and pace yourself.

Tips for drinking alcohol if you're at risk of hypos

- Tell the people you're with about your diabetes and carry identification too.
- Take a hypo treatment with you.
- Don't drink on an empty stomach – have something starchy, like toast or cereal, to help reduce your risk of a night-time hypo.
- Check your blood sugar levels before bed and in the morning.

Eating out with diabetes

Most of us enjoy going out for meals and ordering in the odd takeaway. You don't need to stop when you're living with diabetes, but it's worth knowing about the healthier options – particularly if you eat out often. It's also a good idea to check out the menu beforehand.

If you have type 1, a change in your usual routine and diet may mean you need to adjust the amount or timing of when you take your insulin. Talk to your healthcare team about how to adjust your dose when you eat out. Here's a quick checklist on choosing the healthier options for meals out and takeaways:

| Better option | Unhealthier option |
|--|-------------------------|
| Thick cut chips | French fries |
| Veggie toppings | Cheese or meat toppings |
| Thin cut pizza base | Deep pan pizza base |
| Grilled, steamed, roasted meat or fish | Fried, deep-fried |
| Tandoori or tikka | Creamy curry sauces |
| Boiled or steamed rice | Pilau or fried rice |
| Chapatti | Naan bread |
| Broth-based soups | Spring rolls/satays |
| Stir fried veg | Deep-fried veg |
| Veggies soups without cream | Creamy soups |

DRINKS



We all need to drink regularly to keep our bodies working properly. Water, tea, coffee and milk all count.

Different drink options

Aim to drink 6 to 8 glasses of liquids every day.

- **Water.** The best all-round drink so always keep a water bottle with you when you're out and about. Watch out for flavoured waters, which can have free sugars added to them.
- **Tea, coffee and hot chocolate.** Try to have these unsweetened or use artificial sweeteners.
- **Herbal teas.** Can make a refreshing change and most are caffeine-free.
- **No added sugar or free-from sugar squash and cordials.** A good option because if you use a little with a lot of water they won't affect your blood sugar levels quickly.
- **Fruit juices and 100% juice smoothies.** Don't have more than one small glass (150ml) a day.
- **Fizzy drinks.** These are full of sugar so cut them out unless you need to treat a hypo. It's OK to have the diet alternatives.
- **Malted drinks and energy drinks.** These are full of sugar and calories so best avoided.

FASTING

Religious fasting

Fasting is an important part of many religions. If you have diabetes, your faith leader will usually say you don't need to fast – although you may still choose to do it.

Top tips for fasting

- Speak to your healthcare team about adjusting your medications, including insulin, and how to test and avoid highs and lows.
- Check your blood sugar levels more often. It doesn't mean you're breaking the fast.
- If you feel a hypo coming on, check your blood sugar level immediately. If it's low, or you can't check it at the time, then you need to break the fast immediately and treat the hypo.
- If you cannot drink during the fasting period, drink lots of water or sugar-free drinks afterwards to avoid dehydration. You can use artificial sweeteners instead of sugar.



WATCHING YOUR WEIGHT

What is a healthy weight?

The best way to know your healthy weight is to work out your body mass index, also called BMI for short, and waist measurement.

A healthy BMI is between 18.5 and 24.9. For South Asian adults, it's between 18.5 and 22.9.

If your BMI is over 25 then your weight may be affecting your health and your diabetes management. Your healthcare team can calculate your BMI for you, or you can do it yourself using the BMI calculator on the NHS website www.nhs.uk – just search 'BMI'.

Waist measurement

If you tend to store fat around your stomach, then you're more likely to develop heart disease and high blood pressure. It can also make it difficult to manage your diabetes.

So, measuring your waist is a good way to know if losing weight will be good for your health.

Measure with a tape around your middle, midway between the bottom of your ribcage and the top of your hips. It should be less than:

- 80cm or 31.5" for women
- 90cm or 35" for South Asian men
- 94cm or 37" for white and black men.

Losing weight if your BMI and waist measurement show you need to

We know losing weight isn't easy, but if you're living with obesity, it's really important for your health and managing your diabetes – so don't be afraid to ask for the support you need.

Speak to your healthcare team and ask to be referred to a dietitian who can then work with you to set realistic, safe goals.

And, as it can be hard going it alone, try to get your family's support so you can make healthy eating something they can all get involved with too.

Remission and type 2 diabetes

If you have type 2 diabetes and go in to remission, it means your blood sugar levels aren't in the range for diabetes anymore, usually without needing any diabetes medication.

People can get their diabetes into remission through weight loss, usually through losing a lot of weight quickly by one of two ways:

- an intensive, low-calorie diet of around 850 calories a day or
- bariatric surgery, also called weight loss surgery. This is a treatment for type 2 diabetes that results in weight loss as well.

And some people have been able to do it through a more gradual, less intensive diet.

Going into remission is brilliant and can transform life for the better. However, it shouldn't be seen as a 'cure' or a 'reversal' for type 2 diabetes because you need to maintain it and continue to receive regular diabetes review.

We also don't know yet if people can maintain remission permanently.

If you want to try and get your diabetes into remission by losing weight, make sure to speak to your healthcare team so they can help you do it safely.

“

I was told I had put my diabetes into remission after about 10 weeks on the low-calorie diet. I was so happy that I started dancing around the room.

Julie

Diagnosed with type 2 diabetes in 2019

”

Diets and popular weight loss plans

There are so many diets out there and there's always a new celebrity one in the press.

Only a few popular diets have strong evidence of working for people with diabetes – with studies mostly involving people with type 2. They are:

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

Some need medical supervision and depending on how you treat your diabetes, they can affect your diabetes management.

So it's really important that before you start any weight loss plan, you speak to your healthcare team as you may need extra support with things like:

- making sure that you get all the nutrients you need
- adjusting your medications

- checking your blood sugar levels if you don't usually do this at home
- checking your blood sugar levels more regularly if you already check these yourself.

Some popular weight loss plans

Healthy, balanced diet

This involves eating a variety of foods from all the major food groups. It means cutting back on fat too and eating more fruit and veg, pulses, fish, low-fat dairy and starchy foods. All fats contribute calories and affect weight similarly. You can eat unsaturated fats like avocados, nuts and oily fish, but you need to cut down on saturated fats like ghee, red and processed meat and butter.

Low-carb diet

There are different low-carb diets but they're all about having less than 130g of carbs a day and getting more calories from protein and fat. You will get more benefit if you cut down on unhealthy

carbs such as refined grains, fried chips, cakes, biscuits, sugary drinks and pizzas and eat healthier carbs like wholegrains, fruit and vegetables, pulses, dairy, nuts and seeds. It is also important that you replace the carbs with plant sources of proteins and fats rather than animal sources such as red and processed meat.

Mediterranean diet

This diet is mostly made up of plant foods, so it's got lots of fruit and veg, beans and pulses, nuts, seeds, wholegrain bread, pasta and olive oil. You can also have some eggs, fish and dairy, such as milk and yoghurt. You can drink wine in moderation, but you eat less red meat and should cut out processed foods.

Very low-calorie diet

These diets mean consuming less than 800 calories a day, either through eating very small portions of normal food or having meal replacements, like soups and shakes. You usually have

the soups or shakes for about 12 weeks then gradually start reintroducing normal food again.

This kind of diet isn't easy and if you've got diabetes you need to speak to your healthcare team first to get advice on whether you can try it.

Make it a family affair

A healthy diet is good for everyone whether you have diabetes or not. It's never too late, or too early, to start eating more healthily and it can make all the difference to not just your health but also how you feel, both physically and mentally, as well as how you look.

So, try to get everyone on board with healthy eating. It will make it easier for you to stick with it too and make managing your diabetes an everyday part of family life.



And get moving

Exercise is important for everyone, but particularly if you have diabetes. Regular exercise helps your body use insulin better and can reduce your blood pressure and blood cholesterol levels. This reduces your risk of developing complications. It also helps with managing your weight and has lots of benefits for your mental health too. Just a daily walk can help with stress and mean

you sleep better at night, while more vigorous exercise makes your body release chemicals that help improve your mood and feel happier.

Walking, swimming, running, dancing, football in the park – it doesn't matter too much what you do, but you'll be better at sticking to it if it's something you enjoy and that you can fit into your day-to-day life.

RECIPES

Need ideas for delicious healthy meals? Here are some recipes for breakfast, lunch, dinner and snacks, approved by our team of specialist dietitians and packed with flavour.

These recipes have loads of fruit and veg in them and most of them have low amounts of fat and sugar, so if you're trying to eat a healthier diet, they're a great place to start.

You can find over 500 more recipes by visiting diabetes.org.uk/ew-recipes



BREAKFAST

Start the day with a healthy breakfast that will keep you full for longer.

Very berry porridge

Serves 1

Prep: 5 minutes

Cook: 5 minutes



Each 256g portion contains

| | | | | | | | | |
|------|-------|-------|---------|-------|-----------|--------|-------|-------------------|
| KCal | Carbs | Fibre | Protein | Fat | Saturates | Sugars | Salt | Fruit/veg portion |
| 348 | 46.7g | 7.9g | 12.8g | 10.4g | 1.30g | 12.9g | 0.12g | 1 |

Ingredients

- 50g rolled oats
- 6 strawberries, sliced
- 6 raspberries
- 15 blueberries
- 100ml skimmed milk
- 2 tsp toasted flaked almonds

Method

- 1 Add the oats and 250ml water to a pan. Bring to the boil, then turn down the heat and stir regularly for 4 to 5 minutes.
- 2 Stir in three-quarters of the fruit and add the milk.
- 3 Bring the heat back up, mix well and put into a bowl.
- 4 Top with the rest of the fruit and the almonds, then serve.

Tartiflette

Serves 2

Prep: 5 minutes

Cook: 35 minutes



Each 298g portion contains

| | | | | | | | | |
|--------------------|-----------------------|----------------------|-------------------------|--------------------|---------------------------|-----------------------|----------------------|----------------------------------|
| KCal 210 | Carbs 21.1g | Fibre 3.1g | Protein 10.2g | Fat 8.7g | Saturates 3.60g | Sugars 8.6g | Salt 0.38g | Fruit/veg portion 1 |
|--------------------|-----------------------|----------------------|-------------------------|--------------------|---------------------------|-----------------------|----------------------|----------------------------------|

Ingredients

- 150g baby potatoes
- 2 tsp rapeseed oil
- 150g button mushrooms, quartered
- 6 spring onions, trimmed and chopped into 1cm pieces
- 1 heaped tsp plain flour
- 150ml skimmed milk
- 30g mature Cheddar, grated
- black pepper, to season

Method

- 1** Boil the potatoes whole in their skins for 15 to 25 minutes, depending on their size. Drain, then cut into a mixture of halves and quarters.
- 2** Heat the rapeseed oil in a large frying pan and add the potatoes. Cook, turning regularly, for 3 minutes.
- 3** Add the mushrooms to the pan with the potatoes and cook, stirring, for another 3 minutes, then add the spring onions and cook, stirring, for a further 2 minutes.
- 4** Sprinkle the flour over everything and stir to mix well. Next, gradually pour in the milk, stirring constantly, for 2 to 3 minutes.
- 5** Stir in the cheese, season with pepper and serve.

LUNCH

Whether at home, school or work, these tasty and nutritious lunches will keep your energy up all afternoon.

Mint, pea and crème fraîche soup

Serves 2

Prep: 18 minutes



Each 499g portion contains

| | | | | | | | | |
|--------------------|-----------------------|-----------------------|-------------------------|--------------------|---------------------------|------------------------|----------------------|----------------------------------|
| KCal 192 | Carbs 24.6g | Fibre 13.7g | Protein 13.7g | Fat 4.1g | Saturates 1.90g | Sugars 13.6g | Salt 1.00g | Fruit/veg portion 1 |
|--------------------|-----------------------|-----------------------|-------------------------|--------------------|---------------------------|------------------------|----------------------|----------------------------------|

Ingredients

- 400g frozen petit pois
- 10cm chunk cucumber, roughly chopped
- 10 large fresh mint leaves
- 10 large fresh basil leaves
- large handful of watercress
- 300ml V8 Original Vegetable Juice
- 200ml water
- 4 tbsp low-fat crème fraîche
- ½ tsp caster sugar

Method

- 1** Bring a large pan of water to the boil, add the peas, cucumber, mint, basil and watercress and simmer for 5 mins. Drain. Set aside 2 tbsp peas then return the mixture to the pan. Add the juice and water, and heat until almost boiling.
- 2** Remove from the heat and stir in the crème fraîche and sugar. Blend until smooth.
- 3** Divide between two bowls, scatter over the remaining peas, drizzle with a little extra crème fraîche and some freshly ground black pepper.

Salmon, red onion and sweet pepper wraps

Serves 2

Prep: 10 minutes

Cook: 2 minutes



Each 363g portion contains

| | | | | | | | | |
|------|-------|-------|---------|-------|-----------|--------|-------|-------------------|
| KCal | Carbs | Fibre | Protein | Fat | Saturates | Sugars | Salt | Fruit/veg portion |
| 396 | 39.0g | 6.0g | 32.7g | 10.8g | 3.00g | 9.0g | 1.61g | 1 |

Ingredients

- 200g tin red salmon
- half red onion, finely chopped
- 1 red pepper, finely chopped
- 50g cucumber, finely diced
- 50g low-fat yoghurt
- juice half lemon
- good grind black pepper
- 2 wholemeal tortillas, 70g each
- 50g salad leaves

Method

- 1 Drain the salmon and remove the skin, but keep the bones as they are packed with calcium. Add to a bowl and mash roughly with a fork.
- 2 Add the onion, red pepper, cucumber, yoghurt, lemon juice and black pepper to the salmon and mix well.
- 3 Warm the tortillas in a dry frying pan or griddle pan for 1 to 2 minutes. Place on a clean work surface, divide the salad and the salmon between the two tortillas, placing the mixture in the middle and leaving a 3 to 4cm gap around the edges.
- 4 Roll up, tucking in the edges, then cut in half at an angle to serve.

DINNER

A homemade dinner is a great way to end a busy day.

Chicken in a pot

Serves 4

Prep: 20 minutes

Cook: 1 hour



Each 503g portion contains

| | | | | | | | | |
|--------------------|-----------------------|----------------------|-------------------------|--------------------|---------------------------|------------------------|----------------------|----------------------------------|
| KCal 304 | Carbs 29.6g | Fibre 8.1g | Protein 29.0g | Fat 2.0g | Saturates 0.50g | Sugars 10.1g | Salt 0.57g | Fruit/veg portion 1 |
|--------------------|-----------------------|----------------------|-------------------------|--------------------|---------------------------|------------------------|----------------------|----------------------------------|

Ingredients

- 4 boneless, skinless chicken breasts, approx. 100g each
- 12 shallots, peeled
- 1 clove garlic, crushed
- 2 sticks of celery, chopped, approx. 100g
- 8 baby carrots, peeled, approx. 200g
- 450g new potatoes
- 200ml dry white wine
- 450ml good chicken stock
- sprig thyme
- 2 baby savoy cabbages, quartered, approx. 300g
- 1 tbsp cornflour mixed with 1 tbsp water

Method

- 1** Preheat the oven to 200°C/gas 6.
- 2** Place the chicken, shallots, garlic, celery, carrots, potatoes, wine, stock and thyme into a large casserole dish, cover and cook for 30 minutes.
- 3** Remove the lid, add the cabbage and cornflour mix, stir well and cook uncovered for a further 30 minutes until the chicken is cooked through.

Mixed vegetable and bean curry

Serves 3

Prep: 15 minutes

Cook: 25 minutes



Each 307g portion contains

| | | | | | | | | |
|--------------------|-----------------------|-----------------------|-------------------------|--------------------|---------------------------|-----------------------|----------------------|----------------------------------|
| KCal 252 | Carbs 40.4g | Fibre 12.0g | Protein 11.2g | Fat 2.3g | Saturates 0.40g | Sugars 7.7g | Salt 0.71g | Fruit/veg portion 1 |
|--------------------|-----------------------|-----------------------|-------------------------|--------------------|---------------------------|-----------------------|----------------------|----------------------------------|

Ingredients

- ½ tsp oil
- 1 small onion, chopped
- 1 large potato, cubed, approx. 250g
- 1 tbsp medium curry paste or powder
- 200g cauliflower, cut into florets
- 50g frozen peas
- 400g tin reduced-sugar and salt baked beans

Method

- 1** Heat the oil in a medium pan. Add the onion and potato and fry for 3 to 4 minutes, until beginning to soften. Add the curry paste and continue to fry for 1 minute.
- 2** Pour over 300ml water, cover and simmer for 8 to 10 minutes until the potato is almost tender.
- 3** Add the cauliflower and peas and continue to boil for 5 to 6 minutes, stir through the baked beans, heat through and serve with pitta bread and raita.

SNACKS

**These quick snack ideas
will give you a great energy
boost and fill you up.**

Wholemeal fruit bars

Serves 25
Prep: 15 minutes
Cook: 30 minutes



Each 39g serving contains

| | | | | | | | | |
|--------------------|-----------------------|----------------------|------------------------|--------------------|--------------------------|-----------------------|----------------------|----------------------------------|
| KCal 117 | Carbs 17.3g | Fibre 1.8g | Protein 2.3g | Fat 3.9g | Saturates 0.6g | Sugars 8.2g | Salt 0.07g | Fruit/veg portion 0 |
|--------------------|-----------------------|----------------------|------------------------|--------------------|--------------------------|-----------------------|----------------------|----------------------------------|

Ingredients

- 175g raisins
- 50g sugar
- 100g vegetable oil spread
- 1 heaped tsp mixed spice
- 350g wholegrain plain flour
- 50g chopped walnuts
- 50g chopped dates

Method

- 1** Preheat the oven to 180°C/gas 4 and lightly grease a 19cm x 28cm baking tray.
- 2** Place the raisins, sugar, spread and mixed spice into a medium pan with 200ml of water.
- 3** Bring to the boil, then remove from the heat and cool.
- 4** In a separate dish, stir together the remaining ingredients then stir into the raisin mixture. Spoon into the prepared tin, smooth out to 1½ cm thick then bake for 25 to 30 minutes.
- 5** Immediately after removing from the oven mark into 25 bars.
- 6** Allow to cool, and serve.

Healthy hummus

Serves 6
Prep: 10 minutes



Each 50g serving contains

| | | | | | | | | |
|------------|---------------|---------------|-----------------|-------------|--------------------|----------------|---------------|---------------------------|
| KCal 59 | Carbs 7.0g | Fibre 2.2g | Protein 3.4g | Fat 1.5g | Saturates 0.30g | Sugars 0.9g | Salt 0.02g | Fruit/veg portion 0 |
|------------|---------------|---------------|-----------------|-------------|--------------------|----------------|---------------|---------------------------|

Ingredients

- 400g tin chickpeas, drained and rinsed
- 1 clove garlic
- juice 1 lemon
- 1 tsp cayenne pepper
- 4 tbsp natural yoghurt
- freshly ground black pepper

To serve:

warmed pitta, cut into chunks

Method

- 1 Place all the hummus ingredients into a food processor or blender and blend until almost smooth and well combined.
- 2 Spoon into a serving bowl and serve with the warmed pitta.

SNACK IDEAS

Not everyone with diabetes needs regular snacks. If you treat your diabetes with insulin or certain type 2 medication, like sulphonylureas, you might need a snack to avoid 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.

If you have type 2 diabetes and you're trying to limit carbs, 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 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.

1 kiwi fruit: 8.5g carbs and 44kcal.

½ an avocado (80g): 1.5g carbs and 158kcal.

Snacks 50kcal or under

1 small apple.

2 satsumas.

2 kiwi fruits.

2 oranges.

2 small plums.

1 peach or nectarine.

10 strawberries.

30g ready-to-eat, partially rehydrated prunes.

1 rice cake with 1 tsp pure fruit spread.

1 lighter cheese slice with ¼ cucumber.

Snacks 100kcal or under

4 bread sticks.

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.

1 tsp (15g) almond butter spread onto slices of a chopped apple.

100g 0% fat Greek-style yoghurt with 100g blueberries.

2 small crispbreads with 60g 0% fat cottage cheese.

25g toasted seed mix.

1 slice (25g) 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.

| Rather than... | Try... |
|----------------------------|--|
| fruit yoghurt | plain low-fat yoghurt 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. |

Lunches

Easy swaps for tasty, filling lunches.

| Rather than... | Try... |
|---------------------------|--|
| a high-sugar canned drink | a diet version and save 7 tsp sugar. |
| fried crisps | baked crisps as a healthier alternative to cut back on fat. Watch the salt content, though. |
| a chocolate bar | a two-finger chocolate wafer biscuit , and save on both fat and calories. |
| a creamy soup | a clear soup , such as chicken noodle , and save 170kcal and 13g fat. Don't forget to check the salt content. |
| a 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.

| 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 1 tbsp 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. |
| roast potatoes in duck fat | rapeseed oil 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.

| Rather than... | Try... |
|--------------------|---|
| a 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. |
| a large coffee | a skimmed latte with sugar-free flavourings and no whipped cream for the same great flavour, without the extra fat. |

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