



Enjoy Food

Helping families with diabetes
shop, cook and eat

DIABETES UK



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Specialist information and advice on all aspects of living with diabetes. Get in touch for answers, support, or just to talk.

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Our online community where people living with any type of diabetes can share experiences, ask questions, and get information and advice.

JOIN A LOCAL GROUP

volunteering@diabetes.org.uk

Our local support groups offer the chance to share experiences with others in your area and keep up to date with our work.

GO ONLINE

www.diabetes.org.uk

Our website offers information on all aspects of diabetes and access to our activities and services. Our Facebook  and Twitter  communities provide support and a chance to talk to others.

GET SUPPORT

*Calls to 0345 numbers cost no more than calls to geographic (01 and 02) numbers and must be included in inclusive minutes on mobile phones and discount schemes. Calls from landlines are typically charged between 2p and 10p per minute while calls from mobiles typically cost between 10p and 40p per minute. Calls from landlines and mobiles to 0345 numbers are included in free call packages. Calls may be recorded for quality and training purposes.

Your guide to Enjoy Food



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

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★ ON THE COVER

(Clockwise from top left) Blueberry and lemon cheesecake; Almond, apricot and pumpkin seed granola; Cauliflower pizza; Roasted red peppers with feta cheese; Cod with tomato sauce; Chicken in a pot – find these recipes at www.diabetes.org.uk/recipes

THE RANGE OF GUIDES PUBLISHED BY DIABETES UK



Available from <https://shop.diabetes.org.uk>

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 Clinical Advisors 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/enjoyfood

We have over 300 recipes in our recipe finder, so there's something for everyone. Go to 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

You can also sign up to the Enjoy Food monthly newsletter at www.diabetes.org.uk/enjoy-food-enewsletter



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.

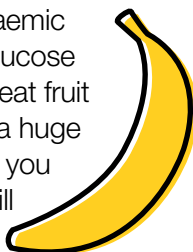
Tick a box	TRUE	FALSE
1 You can't eat fruit if you have diabetes.	<input type="checkbox"/>	<input type="checkbox"/>
2 People with diabetes have to follow a special 'diabetic diet'.	<input type="checkbox"/>	<input type="checkbox"/>
3 Fat is fat: all the fats we eat are the same.	<input type="checkbox"/>	<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"/>

Turn to the next page for the answers.

Food, drink and diabetes

QUIZ ANSWERS

✗ **1 False** 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 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 fats and 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 control 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, balanced 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. Saturated fat is 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 blood glucose control, 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 balanced diet.

✗ **5 False** The amount of carbohydrates 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 only 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 carbohydrates 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 as you may need to adjust your medication and test 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 3 days or more. Drinking alcohol can increase your risk of having a hypo, which applies to people treated with insulin and/

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, blood pressure and blood fats (cholesterol).

- ✗ **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 and/or 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 36), 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 (added sugar), so try to avoid them. One small glass 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. Over 75 per cent of the salt we eat comes from processed foods such as

bacon, sausages, cheese and takeaways. So, read food labels (see pages 18–19) 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 (added) 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?

Added sugar is now known as 'free' sugar and 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 the guide.

A Balanced Diet



Find this recipe for
Crisp salmon salad
at www.diabetes.org.uk/recipes

What is a healthy, balanced diet?

Do you know?

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, balanced 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.



FRUIT AND VEGETABLES

1



Whole fruit and vegetables are generally lower in fat and calories – and give you vitamins, minerals and fibre. Research suggests that a healthy, balanced diet that includes a variety of fruit and vegetables can help protect you and your family against stroke, high blood pressure, heart disease and certain cancers.

How often?

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

- a handful of grapes
- a medium-sized apple, pear or banana
- 3 tbsp of vegetables
- 1 tbsp of dried fruits.

Fresh, frozen, dried and canned fruit in juice and canned vegetables in water all count. Go for a rainbow of colours to get as wide a range of vitamins and minerals as possible.

Try:

- adding an apple, banana, pear or orange to your child's lunchbox
- sliced melon or grapefruit topped with low-fat yogurt for breakfast
- carrots, peas and green beans mixed up in a pasta bake
- adding an extra handful of vegetables to your dishes when cooking – add peas to rice, spinach to lamb or onions to chicken.



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.

STARCHY FOODS

2



Potatoes, rice, pasta, bread, cereal, chapattis, naan and plantain all contain carbohydrate (carbs), which is broken down into glucose and used by your cells as fuel.

Better choices of starchy foods include wholegrain bread, wholewheat pasta, wholegrain cereals or porridge oats and basmati, brown or wild rice. These contain more fibre, which helps to keep your digestive system working well. The carbs in these foods are more slowly absorbed (that is, they have a lower glycaemic index, or GI), so do not affect your blood glucose levels as quickly as carbs from refined foods. But watch your portions because all carbs affect blood glucose, so the more you eat the higher the rise in blood glucose levels (see page 16, for more on GI).

How often?

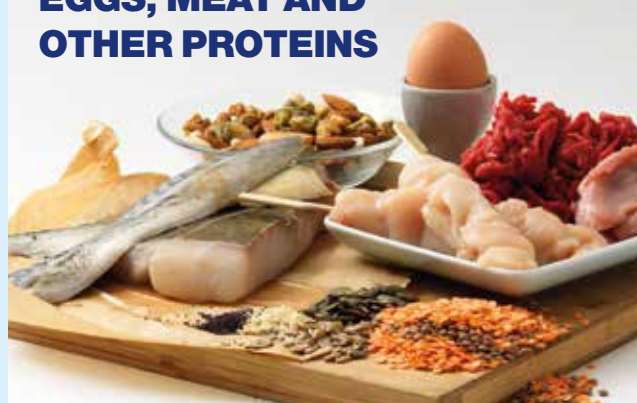
Have some starchy foods, including at least three servings of wholegrain, every day.

A serving includes:

- 25g porridge oats
- 1 bowl (34g) muesli
- 1 bowl (30g) toasted wholegrain oat cereal
- 23g (uncooked weight) brown rice or wholemeal pasta
- 1 bowl of wholewheat breakfast cereal
- 1 slice (40g) multigrain bread.

BEANS, PULSES, FISH, EGGS, MEAT AND OTHER PROTEINS

3



These foods are high in protein, which we need for building and replacing muscles. They also contain minerals, such as iron, which is vital for producing red blood cells. Oily fish, including mackerel, salmon and sardines, also provide omega-3, which can help protect the heart. Beans and pulses are good alternatives to meat because they are naturally low in fat and high in fibre. Soya, tofu and other vegetable based alternatives are also good sources of protein.

How often?

Aim to have some food from this group every day, with at least 1–2 portions of oily fish a week. A portion of fish is about a small tin, or 140g when cooked.

Try:

- serving lean meat, poultry or a vegetarian alternative grilled, roasted or stir-fried
- a small handful of unsalted nuts and seeds as a snack or chopped with a green salad
- using beans and pulses in a casserole, stew or soup to replace some – or all – of the meat
- fish pie, or making your own fish cakes
- eggs scrambled, poached, dry fried or boiled – the choice is yours!
- tinned fish, such as mackerel or sardines, in sandwiches. Choose fish tinned in water or tomato sauce rather than brine as this is high in salt
- adding a tuna steak to salads.

DAIRY AND ALTERNATIVES 4



Milk, cheese and yogurt are an excellent source of calcium, which is vital for everyone, especially growing children as it keeps their bones and teeth strong. Dairy foods also contain protein; choose lower-fat versions like semi-skimmed milk and low-fat yogurt to help with weight loss and reducing your saturated fats. However, children under the age of 2 need whole milk because they may not get the calories or essential vitamins they need from lower-fat milks; for the same reason don't give children under 5 skimmed milk. When buying dairy alternatives go for unsweetened, calcium fortified versions. This group does not include butter, cream or eggs.

How often?

Aim to have some dairy every day. Three portions a day can help you towards the calcium you need.

Try:

- 200ml (1/3 pint) semi-skimmed or skimmed milk on a bowl of cereal
- a small pot (150g) low-fat yogurt as a mid-afternoon snack, but check the labels as some are high in free sugar
- 2 tbsp cottage cheese scooped on carrot sticks
- 200ml (1/3 pint) unsweetened soya milk fortified with calcium and vitamin D
- one pot (150g) plain yogurt or fromage frais as an alternative to cream.

OILS AND SPREADS 5

Try to choose unsaturated oils and spreads such as rapeseed, olive and sunflower oil instead of butter, ghee and lard. Unsaturated oils and spreads are better for your heart health. All types of fat are high in calories so try to reduce the amount you use as having too much can contribute to weight gain.

FOODS HIGH IN FAT, SALT AND SUGAR



These include chocolate, cakes, biscuits, full sugar soft drinks, butter, and ice cream. These foods are not needed in the diet, and so if you choose to have them do so less often and in small amounts. Always check the labels to choose options that are lower in fat, salt and sugar.



Did you know?

Artificial sweeteners approved in the UK have been rigorously tested and are certified as safe. Try using them instead of sugar, especially if you're watching your weight and/or blood glucose levels. Speak to your diabetes healthcare team if you have any questions or concerns.

Eating well with diabetes



There are many types of diabetes. The two most common are Type 1 and Type 2. Type 1 diabetes develops when your pancreas can't make any insulin. Insulin is the hormone that moves glucose from your blood to your body's cells, where it's used for energy. Type 2 diabetes develops if your pancreas can't make enough insulin or the insulin it makes doesn't work properly.

If you, or a member of your family, has diabetes, eating well and staying healthy can make a big difference – whichever type of diabetes you have. Eating healthily can help you to manage your blood glucose, blood pressure and cholesterol levels, and your weight – and reduce your risk of diabetes complications in the future. Now you know what the main food groups are, follow these tips to put your knowledge into practice.

EAT REGULAR MEALS

Space your meals evenly throughout the day, and make sure everyone has breakfast. Eating regular meals and avoiding long gaps between meals helps to give your body the energy and nutrients it needs. It also means you avoid extreme hunger, which can lead to overeating.

CARBS COUNT

Include some carbohydrates (carbs) each day. Choose healthier sources such as fruit and vegetables, pulses, wholegrain starchy foods and some dairy foods. All carbohydrates will raise blood glucose levels, so keep an eye on the amounts you eat if you have diabetes.

CUT BACK ON FAT

Everyone needs some fat as part of a healthy, balanced diet but cut back on saturated fats, which are found in animal products like butter and cheese, red and processed meats, and cakes and pastries. Eating too much saturated fat can raise your cholesterol levels.

REACH YOUR FIVE A DAY

Aim for at least five portions of fruit and veg a day, so that you and your family get the range of vitamins, minerals and fibre you need. Buy fruit and veg when it's in season – it's cheaper. Also, don't forget frozen or tinned versions, in juice not syrup, are equally as good.

GO MEAT-FREE

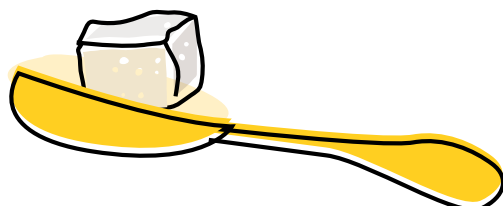
Meat-free Mondays are popular – and a few meat-free meals a week can be a good thing. Not only will this help cut food bills, but you can also replace meat with beans, lentils and pulses, which are low in fat and high in fibre. They may also help to control blood glucose and cholesterol.

DISH UP THE FISH

All types of fish are good sources of protein, and oily fish is particularly good, as it's rich in omega-3, which protects against heart disease. Fresh, frozen or canned are all good – choose canned fish in spring water or tomato sauce and avoid brine as it's full of salt. Avoid fried fish, or, if you do have it, don't eat the batter.

WHAT ABOUT SUGAR?

Free sugar is found in cakes, biscuits, chocolate, sugary drinks and fruit juices. It's best to avoid these or just have them as an occasional treat. If you have diabetes, or are just watching your weight, these foods do not help. So have less and try to find alternatives, such as replacing sugar with artificial sweeteners in food and drinks at home. Remember that many processed foods contain free sugar, so read labels to help you choose lower-sugar or diet options of drinks (see pages 18–20).



REDUCE THE SALT

Too much salt can raise blood pressure, increasing the risk of stroke and heart disease. Adults should have no more than 1 tsp (6g) salt a day, while children have even lower targets. Processed foods can be high in salt – read the food labels (see pages 18–20). Choose lower-salt options wherever possible and try cooking more meals from scratch at home, to control your salt intake (see page 27).

Cut down by removing the salt cellar from the table, but keep the black pepper. Season food with herbs and spices, instead of salt. Try ginger, lime and coriander in stir-fries, or use spicy harissa paste to flavour soups, pasta dishes and couscous.

PORTION SIZES

Be aware of your overall portion sizes. If you're trying to lose weight, you may need to adjust them.

- As portion sizes have grown, so have the sizes of our plates and bowls. Try using smaller-sized crockery to cut back on the amount you dish up, while making it look like there's more on your plate.
- For main meals, dish up your vegetables or salad first so they fill up your plate.
- Separate the different foods on your plate rather than piling them on top of each other.

- Resist the temptation to have a second helping. Try having a glass of water first.

'DIABETIC' FOODS

Foods labelled as 'diabetic' don't offer any special health benefits to people with diabetes and may still affect blood glucose levels. They're expensive and contain just as much fat and as many calories as ordinary versions, and can also have a laxative effect. If you want to have an occasional treat, stick to your usual favourite and watch the amount you eat.

A HEALTHY, BALANCED DIET

Include more fruit and veg, pulses, wholegrains, fish, some dairy, and unsalted nuts and seeds. Use unsaturated fats such as olive and rapeseed oils and spreads. Cut out sugary drinks and reduce your intake of cakes, biscuits, butter and cheese, red and processed meat, and refined carbohydrates such as white bread.

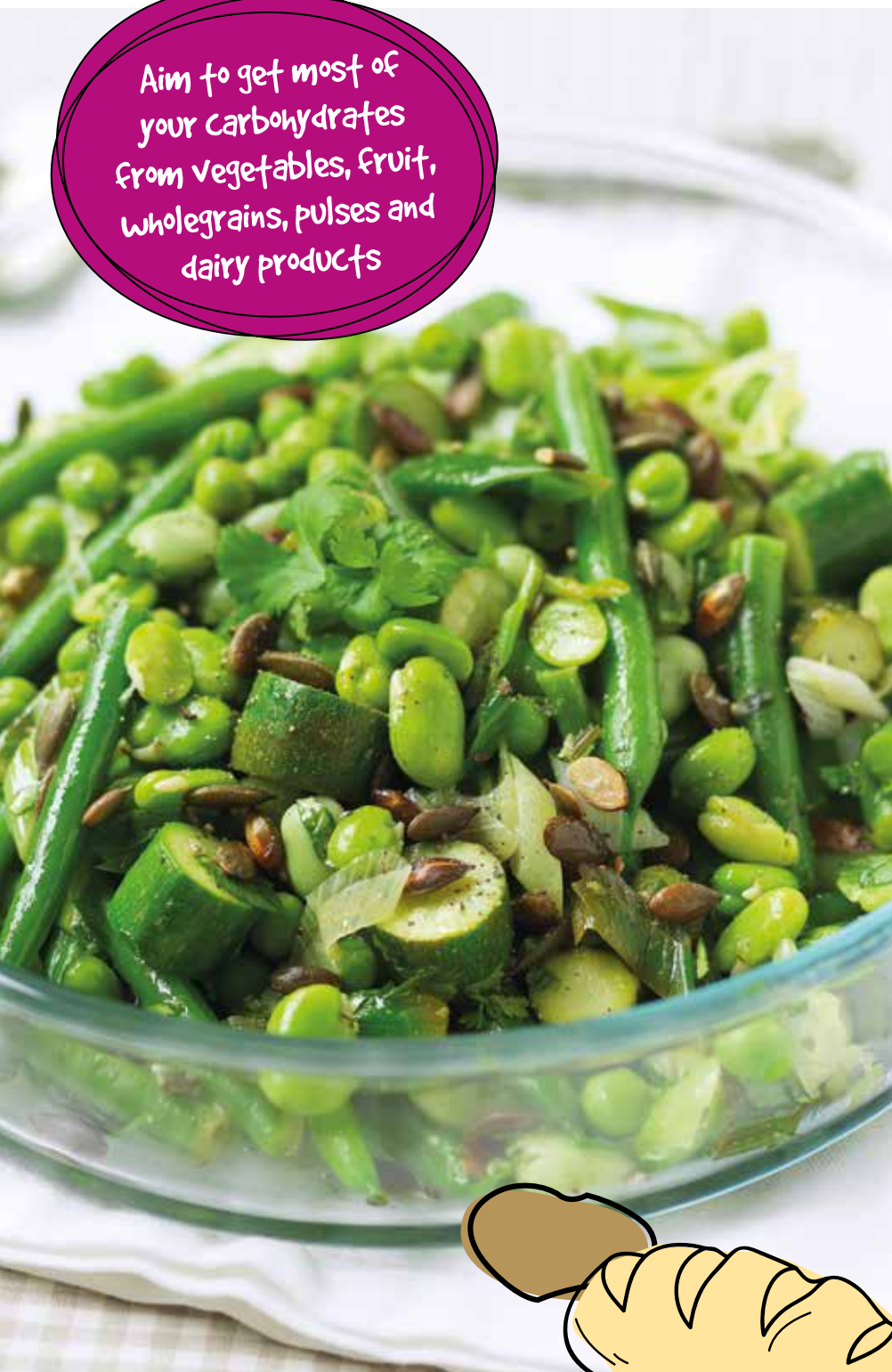


Need recipe inspiration?

For healthy dishes you can cook at home, go to www.diabetes.org.uk/recipes

Carbohydrates and diabetes

Aim to get most of your carbohydrates from vegetables, fruit, wholegrains, pulses and dairy products



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

Carbohydrates can be grouped in different ways. One way is into starchy and sugary carbohydrates.

Starchy: these include bread, pasta, potatoes, breakfast cereals and couscous.

Sugary: these can be divided into naturally occurring and free (or added) 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 (fructose), it still counts towards your free (added) sugar. Eating the whole fruit is better for you than drinking the juice.

Free sugar is 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 carbohydrate 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 keep your blood glucose levels and cholesterol under control. 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 carbohydrate 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.

Remember, the total amount of carbohydrate you eat will have the biggest effect on your glucose levels. 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 carbohydrate on a day-to-day basis is also effective in managing the condition. For those with Type 2 diabetes, reducing the amount of carbohydrates you eat can help control your blood glucose levels, especially if you have any excess weight to lose.

Learn which foods contain carbohydrates, how to estimate carbohydrate 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.

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

- 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.



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 shop.diabetes.org.uk/go/carbs-count

3 WAYS TO INCLUDE GOOD CARBOHYDRATES

- ✓ 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 43–61 or search for ideas at www.diabetes.org.uk/recipes

WHAT'S THE GLYCAEMIC INDEX?

The glycaemic index (GI) tells you whether a food raises blood glucose levels quickly, moderately or slowly. Different carbohydrates are digested at different rates, and the GI is a ranking of how quickly each carbohydrate 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 carbohydrate.

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 carbohydrates, 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 carbohydrate, so the more fibre in a food, the slower it's absorbed.

Eating to control 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, balanced diet.



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Understanding Food labels

Example of
a new label

If you buy pre-packed foods and drinks, understanding the information on the labels can help you make healthier choices. Here's what you need to know.

Labels on foods and drinks give essential information, like the ingredients in the product as well as the nutrients (such as fats, calories, sugars and salt) and how much they contribute to what you're eating each day.

ON THE BACK

'Back of pack' labelling is compulsory and gives detailed information about the ingredients, nutritional composition and known allergens. The ingredients are listed in order, starting with the highest-quantity ingredient first, down to the lowest-quantity ingredient last. So if you see sugar appear in the first three ingredients, that food is likely to be high in sugar.

ON THE FRONT

Each 254g pack contains:

ENERGY	FAT	SATURATES	SUGARS	SALT
2267kJ 542kcal	20g	6.4g	7.6g	2.4g
27%	28%	32%	8%	42%

of your reference intake
Typical values per 100g: Energy 756kJ/213kcal

The colour-coded labelling (like a traffic light) on the front of the pack, while still voluntary, has been around for a while now. It's an easy way to check at a glance how healthy a food or drink is, based on how much fat, saturated fat, sugars and salt it contains. These amounts are colour coded to show whether a particular nutrient is low (green), medium (amber) or high (red).

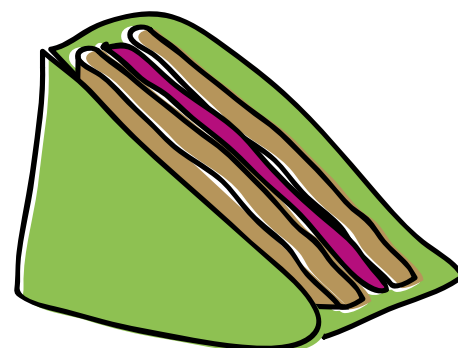
Try to choose foods with more greens and few ambers. Limit foods with many reds; only have these occasionally and in smaller quantities. And, if the traffic lights aren't available, check the 'per 100g' column on the back of pack nutritional label to compare similar products.

Simon Smith, 42, Glasgow, diagnosed with Type 1 in 2012

"Food is even more important to me now. It has a direct relationship with my condition, my mood and my ability to work or play. I now cook as much as possible from scratch. It lets me control the amount of carbs in the meal.

Where possible, everyone in the family eats the same food or at least variations of the same ingredients. The same principles of eating a balanced meal apply to everyone. It doesn't prevent us from having treats every so often!

Since diagnosis, I haven't really changed my diet. I have reduced certain elements such as high-GI foods, like sweets, and increased low-GI foods, like nuts. I don't believe there's such a thing as a 'diabetic diet'. For everyone, what you eat has a direct impact on energy levels and alertness in your day-to-day life."



Nutritional labels will help you choose



WHAT ELSE?

Nutritional claims, such as fat free or low fat, can be confusing. Here's the difference:

Fat free: has to have no fat, but check the ingredients list for free (added) sugar, which is often used to replace the fat.

Sugar free: the product doesn't contain sugar. Check the ingredients list to see what the sugar has been replaced with.

No added sugar: although no sugar is added, there may be naturally occurring sugar in the food.

Low fat: the product has 3g or less of fat per 100g.

Low sugar: has less than 5g of sugar per 100g.

Reduced fat or sugar: contains 30 per cent less fat or sugar than the standard version of the product. This doesn't necessarily mean it's healthy and in some cases the reduced-fat version of, say, crisps can contain the same amount of calories and fat as the standard version of another brand.



Read the labels

It's important to check the ingredients list or back of pack label so you can compare two products, like for like, per 100g.

6 WAYS TO BE LABEL SAVVY

Follow these tips to become expert at understanding labels:

- 1 With colour-coded labels, go for green most of the time, amber occasionally and only have red foods on special occasions – and in small portions.
- 2 All carbohydrates (carbs) raise blood glucose levels. Colour-coded labels don't include the amount of carbs, so check the label on the back for the total carbohydrate, which includes carbs from starchy food as well as sugars.
- 3 The figures for sugars on colour-coded labels are for total sugars, and don't tell you how much of the sugar comes from natural sources (such as fruit or milk) and how much is added (such as sucrose or glucose). Check the ingredients list – if syrup, invert syrup, cane sugar, molasses or anything ending in 'ose' is one of the first three ingredients, choose a healthier alternative.
- 4 Reference intake (RI) percentages are given per portion, and indicate how much the portion contributes to the maximum amount of calories, fat, saturated fat, sugars and salt adults should have every day. Check how much of the pack counts as a portion to avoid eating more calories, fats, sugars and salt than you need.
- 5 Check the fibre content on the back-of-pack label. If you're deciding between two similar products, choose the one with more fibre.
- 6 Check the manufacturer's definition of a portion size. It may differ from yours and could be smaller than you'd like! However, if you're trying to lose weight or maintain a healthy weight, it's a good idea to stick to sensible portions.

How to work out if a food is low, medium or high in fats, sugars and salt

All measures per 100g	Low	Medium	High
.....
Fat	3g or less	>3g – ≤17.5g	More than 17.5g or >21g/portion
Saturated fat	1.5g or less	>1.5g – ≤5g	More than 5g or >6g/portion
Sugars	5g or less	>5g – ≤22.5g	More than 22.5g or >27g/portion
Salt	0.3g or less	>0.3g – ≤1.5g	More than 1.5g or >1.8g/portion

Note: portion size criteria apply to portions/serving sizes greater than 100g.

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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) 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 (see page 25), 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.



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.

✓ 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

✓ 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

✓ 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

✓ Keep an eye on BOGOFs (buy one get one free), as you might end up buying more than you need

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



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



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 3–4 days.

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.

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.



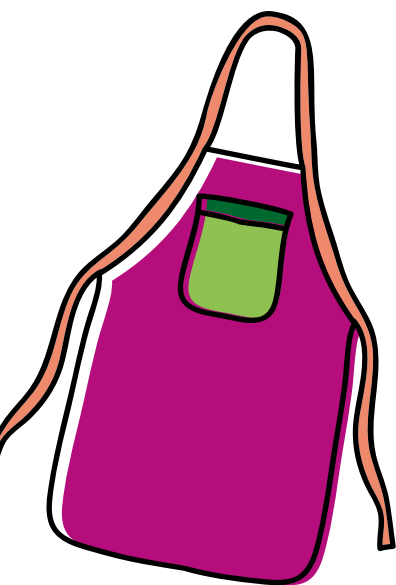
STORE CUPBOARD CHECKLIST

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

- | | | |
|--|--|---|
| <input type="checkbox"/> Flour (plain and self-raising, preferably wholemeal, for baking) | <input type="checkbox"/> Cooking oil (choose sunflower, olive or rapeseed oil, and buy an oil sprayer so you use less) | <input type="checkbox"/> Dried herbs and spices (such as black pepper, oregano, thyme, basil, fennel, cumin, cardamom and cinnamon – instead of salt) |
| <input type="checkbox"/> Rice (choose basmati, wild grain or easy-cook rice) | <input type="checkbox"/> Canned fish (tuna, sardines, mackerel – in water or tomato sauce) | <input type="checkbox"/> Onions |
| <input type="checkbox"/> Wholewheat pasta | <input type="checkbox"/> Canned beans (baked beans, butter beans, cannellini and kidney beans) | <input type="checkbox"/> Garlic |
| <input type="checkbox"/> Reduced-salt soy sauce | <input type="checkbox"/> Canned tomatoes | <input type="checkbox"/> Potatoes |
| <input type="checkbox"/> 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 | <input type="checkbox"/> Chilli powder | <input type="checkbox"/> Stock cubes (choose reduced-salt varieties) |

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, balanced 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, right), 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.

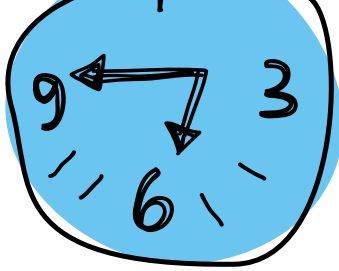


- 3 Pasta bake:** turn out the fridge and see what can be used in this classic use-up Friday dish. Older children can trim off the wilted parts of vegetables, while younger ones can grate the cheese.



Recipe ideas

For recipes you can cook at home, go to our recipe finder at www.diabetes.org.uk/recipes



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.

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

"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."



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 stories

Go to www.diabetes.org.uk/enjoyfood to read about how others have made positive changes thanks to the Enjoy Food programme.

Eating out with diabetes



Meals and snacks out may often be higher in salt, fat and sugar than those you make at home, and the portion sizes may be bigger, too.

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.

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 low-fat mayonnaise or yogurt dressing.

HEALTHY SNACKS AND SNEAKY SMOOTHIES

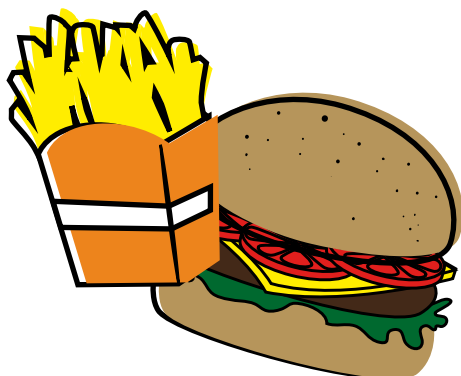
- ✓ Vegetable crudités and fruit can help you meet your five-a-day target.
- ✓ Low-fat yogurts are a good choice for kids, as they're an easy way to add bone-strengthening calcium.
- ✓ Go for oven-baked or lower-fat crisps. Or pick air-popped popcorn free from sugar and salt.
- ✓ A handful of nuts, a 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 (or added) sugar (see page 7).

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

"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."

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. Having 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.

SWEET ENDINGS

- 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.

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 61 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.



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 carbohydrate you or your child are eating, try the *Carbs & Cals* book (go to shop.diabetes.org.uk/go/carbs-count).

INSULIN AND EATING OUT

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



Religious Fasting

A time
to purify

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 control is not affected.

When you break your fast, stick to your usual healthy, balanced 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 low blood glucose level (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.

INFORMATION

For more information on fasting with diabetes, call the Diabetes UK Helpline on **0345 123 2399*** or go to **www.diabetes.org.uk/fasting**



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 (added) sugar content – there could be between 5 and 7 tsp 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.

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 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 per cent 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 low blood glucose (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 3 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 hypoglycaemia (low blood glucose or 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.

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.

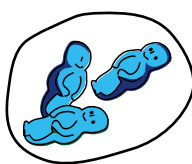
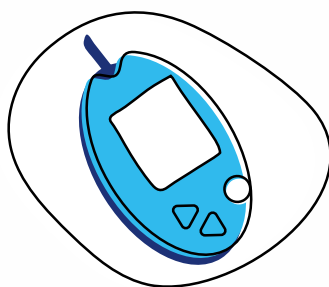


Top tip

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



Drinking and
avoiding hypos



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



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
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 generally between 19 and 25, though people from Asian and

Black backgrounds are advised to keep their BMI below 23.

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.

BMI

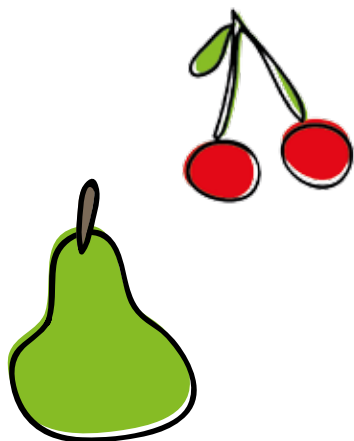
To find out more about BMI, including how to work out if your BMI is healthy, go to www.nhs.uk/tools/pages/healthyweightcalculator.aspx

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 to improve blood glucose control.

Measure yours now around your middle, midway between the bottom of your ribcage and the top of your hips (see picture, right). It should be less than:

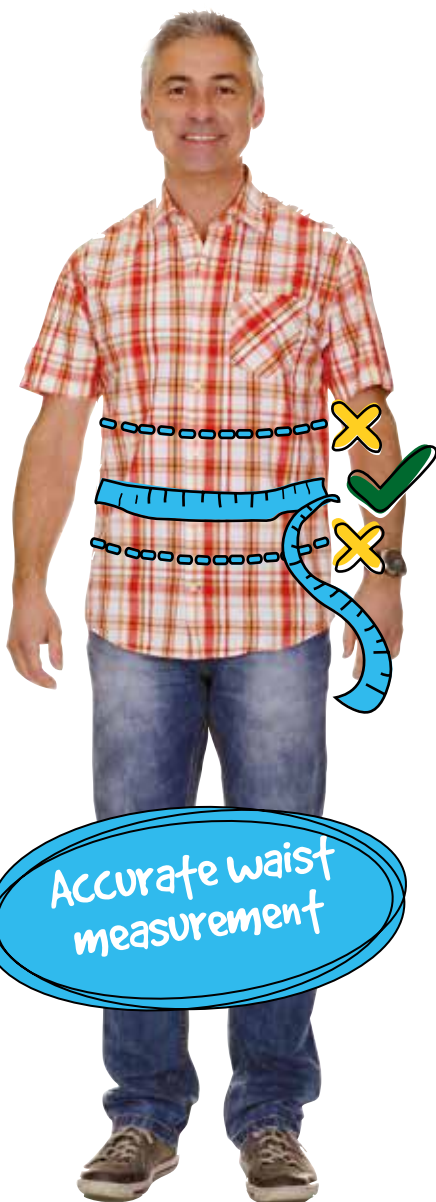
- 80cm (31.5in) for women
- 90cm (35in) for South Asian men
- 94cm (37in) for White and Black men.



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 38 – 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.



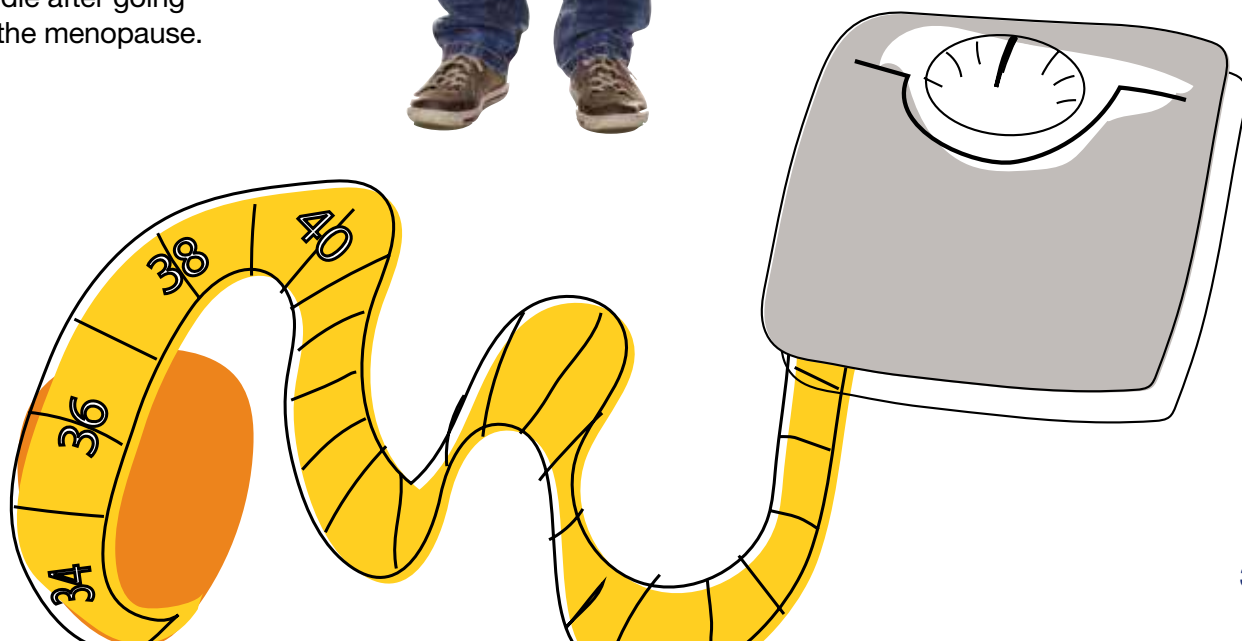
WHAT YOU CAN DO TO STAY A HEALTHY WEIGHT

- 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/enjoyfood for more on cooking and eating with diabetes and www.diabetes.org.uk/recipes for ideas on what to cook.



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 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 (eg 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.

NEW

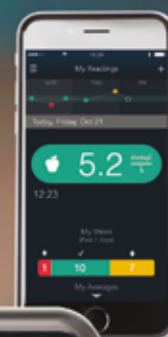
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THE BIGGER PICTURE

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 (eg takeaways)
- cut down their portion sizes
- spend less time watching TV/sitting down
- increase their physical activity, including walking more.



Top tip

Keeping a food diary can help you to monitor what you're eating and identify any eating patterns that you need to change.

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 and/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 in 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 milky drinks.
- Add powdered milk to cereals.





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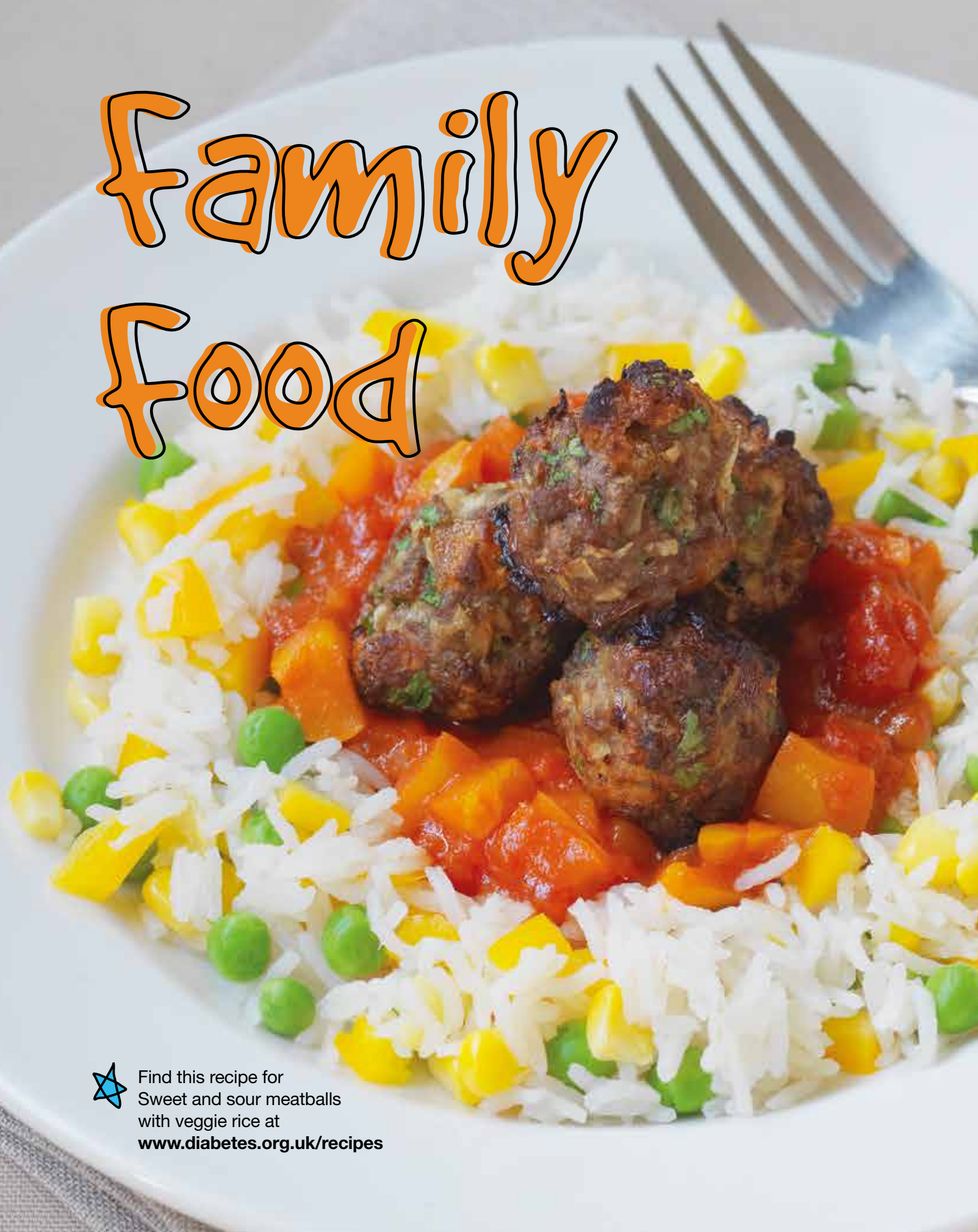


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Family Food



Find this recipe for
Sweet and sour meatballs
with veggie rice at
www.diabetes.org.uk/recipes

Cooking at home

Have fun
together



Many hands make light work – that’s certainly true when you’re preparing food. Cooking and eating together as a family not only helps you eat a healthy, balanced diet, but also helps you all learn cookery skills that will last a lifetime.

RED ALERT!

There’s a lot of enjoyment and pleasure to be had from food, particularly at social occasions. If a recipe is high in fats, sugars or salt only eat them occasionally and watch your portions. It’s all about enjoying tasty treats in moderation.

Children love helping in the kitchen. It can be fun for everyone. If children have helped prepare the food, they’re more likely to want to eat it.

You can always make what you eat a little bit healthier, without losing flavour – try the healthy swaps for breakfast, lunch and dinner (on pages 44–61), and see the difference.

For more recipes that all the family can join in and cook, go to our recipe finder www.diabetes.org.uk/recipes



Adapting recipes

The recipes on the following pages 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. Don’t worry about the nutritional information – that all stays the same because they have been analysed for each portion, not the whole recipe.

Breakfast

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

APRICOT PORRIDGE WITH TOASTED SEEDS

Serves 2 • dairy free • nut free
• vegan • low fat • low sugar
• 1 portion of fruit and veg per serving • prep: 15 mins
• cook: 10 mins

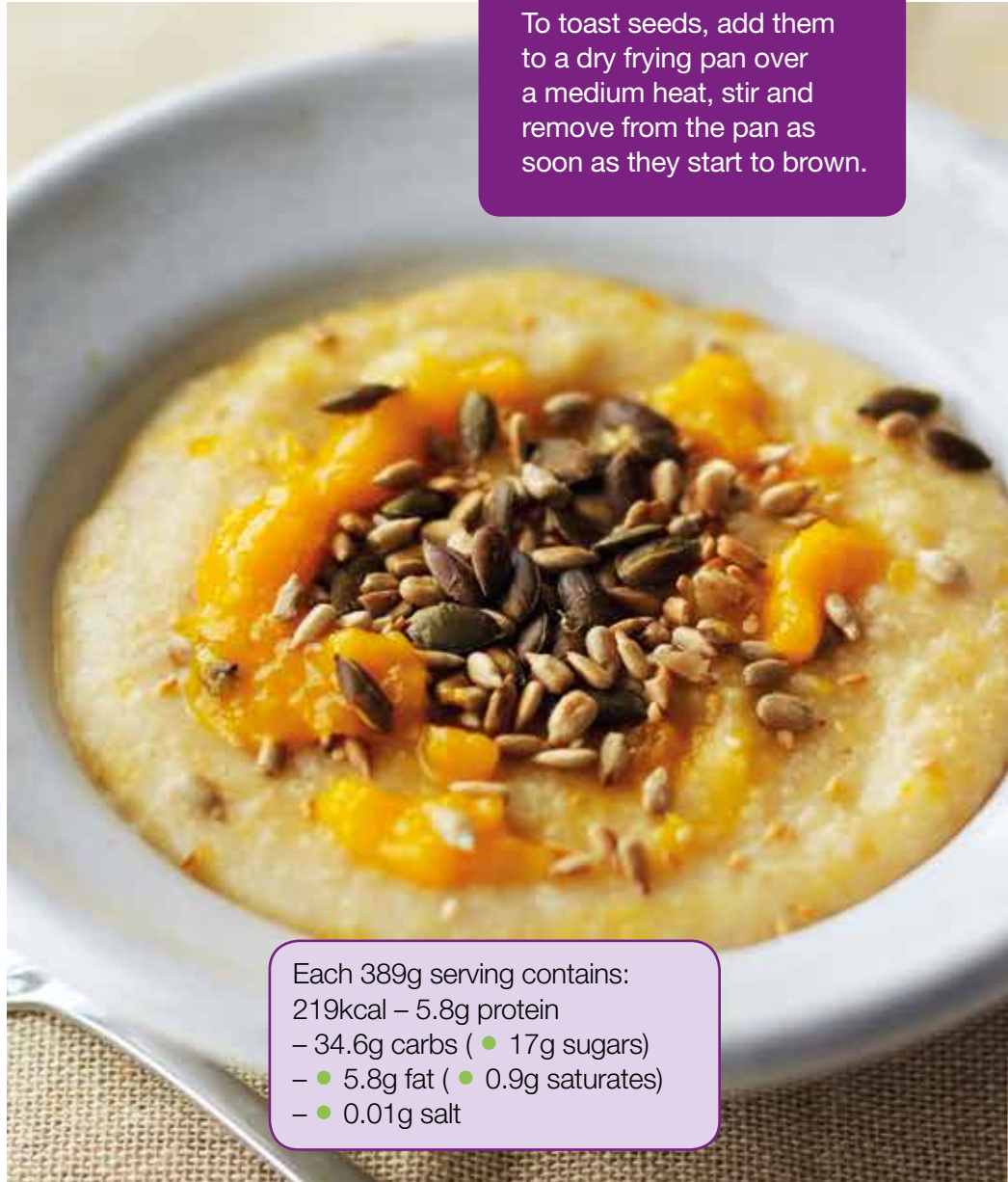
- 50g ready-to-eat dried apricots
- 150ml orange or apple juice
- 50g porridge oats
- 15g mixed seeds, toasted

- 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 3–4 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.



CHEF'S TIP

To toast seeds, add them to a dry frying pan over a medium heat, stir and remove from the pan as soon as they start to brown.



Each 389g serving contains:
219kcal – 5.8g protein
– 34.6g carbs (• 17g sugars)
– • 5.8g fat (• 0.9g saturates)
– • 0.01g salt

HAM, LEEK AND PARMESAN FRITTATA

Serves 1 • 1 portion of fruit and veg per serving • prep: 5 mins
• cook: 10–12 mins

- 1 tsp sunflower oil
- 1 slice ham, chopped into small pieces
- 1 small leek, finely sliced
- 2 medium eggs
- 1 tbsp low-fat yogurt
- pinch white pepper
- 10g Parmesan cheese, finely grated
- fresh chives, to serve

- 1 Add the oil to a small frying pan over a low to medium heat, then add the chopped ham and leek, and stir until the leek has softened, about 3–4 minutes.
- 2 In a bowl, beat the eggs with the yogurt, then mix in the pepper and half the Parmesan. Meanwhile, turn the grill on.
- 3 Pour the egg mixture into the pan and mix quickly with a fork. Allow to cook for 1 minute, then stir again. Cook for another 1–2 minutes, constantly easing the edges of the frittata away from the sides of the pan.

- 4 Sprinkle with the remaining Parmesan and grill for 2–3 minutes until golden brown.
- 5 Slide the frittata onto a plate and enjoy, or allow to cool, then refrigerate.



Go to www.diabetes.org.uk/ham-frittata to see our video on how to cook this.

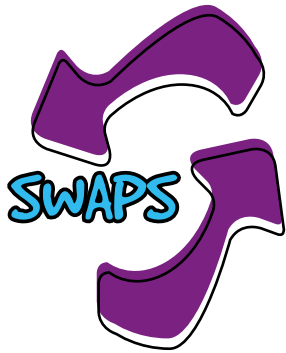


CHEF'S TIP

Grated Parmesan cheese has a strong taste, so you don't need to use much to get a really cheesy flavour, but with less fat.

Each 276g serving contains:
280kcal – 23g protein
– 5.2g carbs (• 2.5g sugars)
– • 18.1g fat (• 5.7g saturates)
– • 1.3g salt





Try these easy swaps
for healthier and
delicious breakfasts



- Swap a **fruit yogurt** for a **plain low-fat yogurt** and some **fresh berries** and save 46kcal and 2.3g fat.
- Eat a **fruit and fibre cereal**, instead of **granola**, and save a massive 170kcal and 10g fat.
- Plain **rice crispies**, rather than **chocolate-flavoured cereal**, saves 1.5 tsp sugar. Don't undo the benefits by adding sugar to the plain rice crispies.
- Use **wholegrain bread** for toast and boost your fibre intake for a healthy gut.
- Swap **whole milk** for **semi-skimmed milk** on your cereal – you'll save 30kcal and 3g fat, and still get the calcium you need for strong bones and teeth.
- Switch from **butter** to a **vegetable-based spread** to cut back on saturated fat, and choose a lower-fat alternative if you're watching your weight.
- Try a **medium skinny cappuccino**, instead of a **latte**, and save a whopping 100kcal and 8g fat (of which 5g is saturated fat).

Full English breakfast

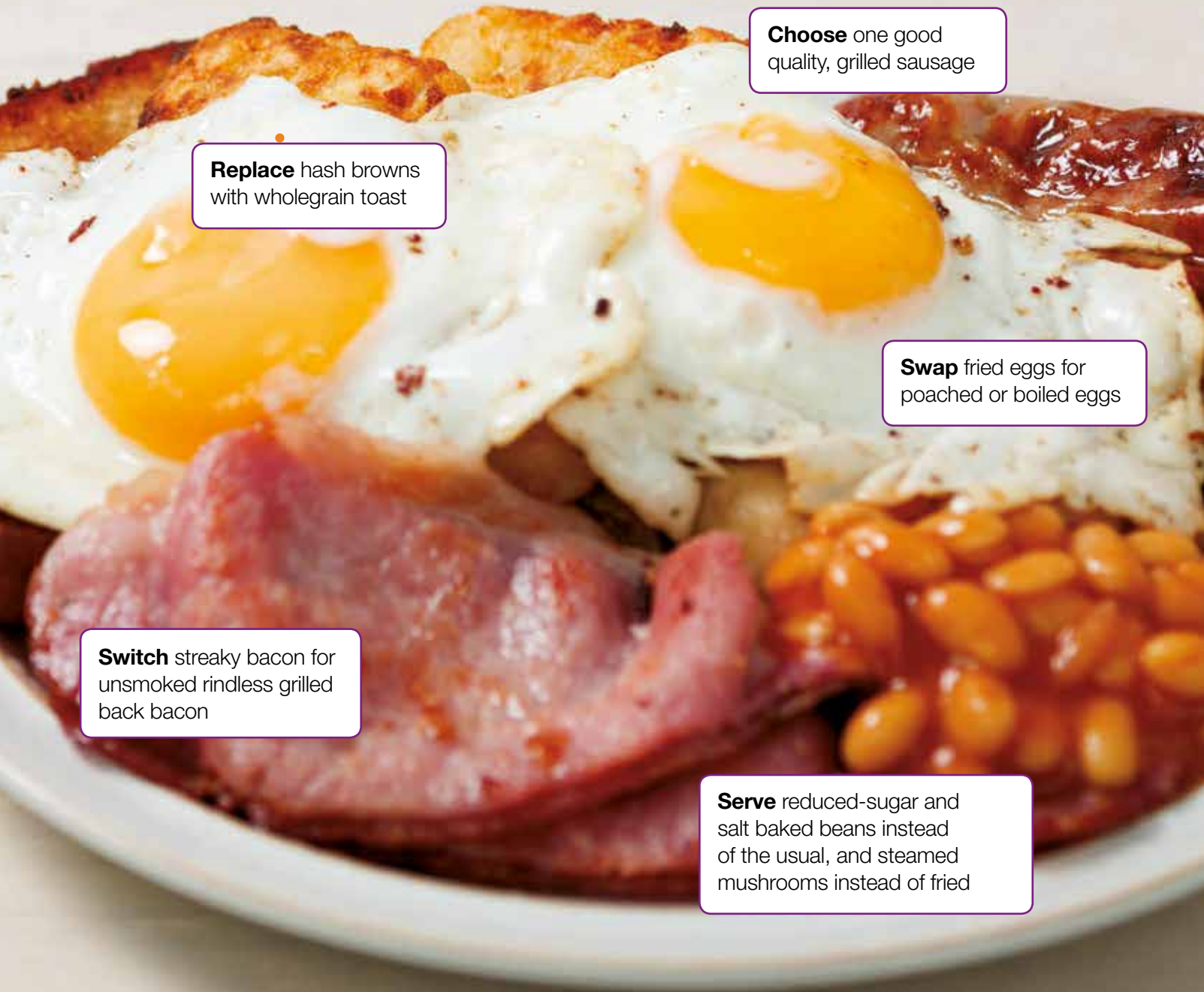
Choose one good quality, grilled sausage

Replace hash browns with wholegrain toast

Swap fried eggs for poached or boiled eggs

Switch streaky bacon for unsmoked rindless grilled back bacon

Serve reduced-sugar and salt baked beans instead of the usual, and steamed mushrooms instead of fried



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 • dairy free • gluten free
• 4 portions of fruit and veg per serving • prep: 5 mins

- 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

- 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.

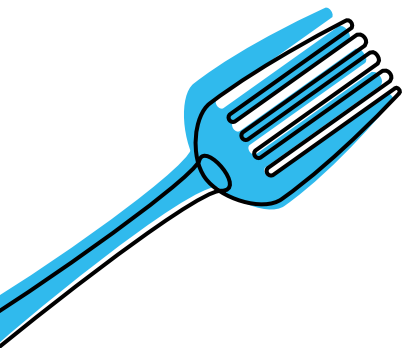
- 4** Finally, toss in the salad leaves and divide between two lunch boxes, packed with a lemon wedge to squeeze over before eating.



CHEF'S TIPS

- Acidic ingredients, such as lemon juice, will make your salad go limp, so take a wedge of lemon in your packed lunch to use just before eating.
- Salmon or prawns make a good alternative to tuna. For a vegetarian version, try pieces of marinated tofu.

Each 453g serving contains:
334kcal – 28.2g protein
– 26.6g carbs (• 6.9g sugars)
– • 14.7g fat (• 2.1g saturates)
– • 1.3g salt



Each 258g serving contains:
 216kcal – 11.1g protein
 – 21.4g carbs (● 5.1g sugars)
 – ● 10.2g fat (● 2.5g saturates)
 – ● 0.4g salt



SPINACH, RED ONION AND POTATO TORTILLA

Serves 4 ● dairy free ● gluten free
 ● vegetarian ● 1 portion of fruit and veg per serving ● prep: 10 mins
 ● cook: 45 mins

- 400g new potatoes
 - 250g frozen leaf spinach (130g once defrosted and excess water squeezed out)
 - 1 tbsp olive oil
 - 1 large red onion, thinly sliced
 - 5 eggs
 - pinch salt and pepper, to season
- 1 Boil the potatoes in their skins for 15–20 minutes (depending on size) until almost cooked, but still firm. Drain and run them under a cold tap to make

them easier to handle, before cutting each potato into ½cm-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 frying pan and put onto a medium heat. Add the onion and cook for 2–3 minutes until soft.
- 4 Beat the eggs with the salt and pepper, mix in the spinach and then add the potatoes.
- 5 Pour the egg mixture into the frying pan. Use a spatula to press the tortilla down, and to press in the sides to create an even shape.
- 6 Once the tortilla has almost set (approx 5 minutes) invert onto a plate, then slide it back into the pan to cook the other side

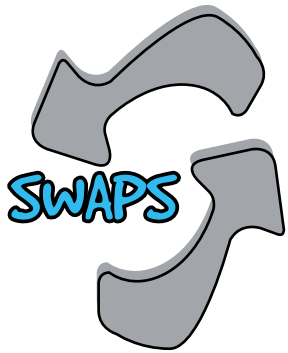
for 5 minutes. Reduce the heat and turn the tortilla twice more, cooking for 2–3 minutes on each side.

- 7 Slide the tortilla onto a plate and leave to cool for 10–15 minutes. Ideally, serve warm, as it tastes much better.


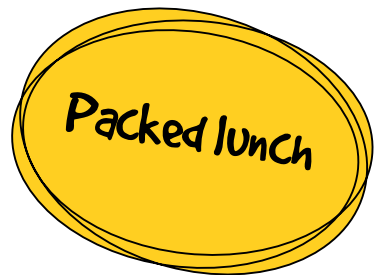


CHEF'S TIPS

- For this tortilla recipe (also known as Spanish omelette), you can use other vegetables instead of spinach, such as peas and red pepper. Or, try adding some herbs or garlic.
- For a packed lunch, allow to cool completely before slicing and packing.



Try these easy swaps
for lunch this week



Switch your **crisps**
for a different snack –
fromage frais or **carrot**
sticks are good choices

Swap **sugary**
drinks for a
bottle of water

Take an **apple** – or
any **fruit** you like!

Add some **cucumber**
or **lettuce** to a **cheese**
sandwich on wholegrain
bread, or to a **tuna**
granary roll

- Swap a **canned drink** for a diet version and save 7 tsp sugar.
- Cut back on fat by choosing **baked crisps** as a healthier alternative to fried. Watch the salt content, though.
- Choose a **two-finger chocolate wafer biscuit**, rather than a standard chocolate bar, and save on both fat and calories.
- Switch a can of **creamy tomato soup** for a clear soup, such as **chicken noodle**, and save 170kcal and 13g fat. Don't forget to check the salt content, which can be high in canned soups.
- Try a **ham salad sandwich** instead of a **club sandwich**, to save 135kcal and 16g fat. Make your own and cut out even more fat by using less spread.
- **Open sandwiches** reduce calories and fat by using half the amount of bread.



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Why is it important to have a clean finger when testing your blood?

It is extremely important that you only carry out a glucose blood test on a clean finger. If your finger isn't clean, anything on your finger can affect the results of your blood glucose test. This can lead you to inject too much insulin which will have quite serious and sometimes dangerous consequences.

What are Dia-Wipes?

Dia-Wipes are an exciting product from established diabetic product manufacturers, Funky Pumpers. They measure 45mmx70mm (1.7"x2.7") and do not contain any alcohol, fragrance or any other product or chemical that could affect your blood glucose test result. There are 25 wipes in each small packet.

Dia-Wipes were designed because there was a total lack of suitable and conveniently sized finger wipes on the market. It isn't always possible to find somewhere to wash your hands before testing. It also means that there is no need to drag yourself or your child away from what they are doing to carry out this task.

Dia-Wipes solve these problems. At last there is a wipe that you can keep in your testing kit, pocket, bag etc and pull out without any fuss in order to carry out your blood glucose test. Dia-Wipes are useful in so many situations, including; schools, the office, the park or anywhere you are, where you want to carry out an accurate blood glucose test, without having to stop what you are doing to find somewhere to wash your hands.



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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 • dairy free • gluten free
• nut free • vegan • low fat
• low sugar • 2 portions of fruit
and veg per serving • prep: 15
mins
• cook: 1 hour

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

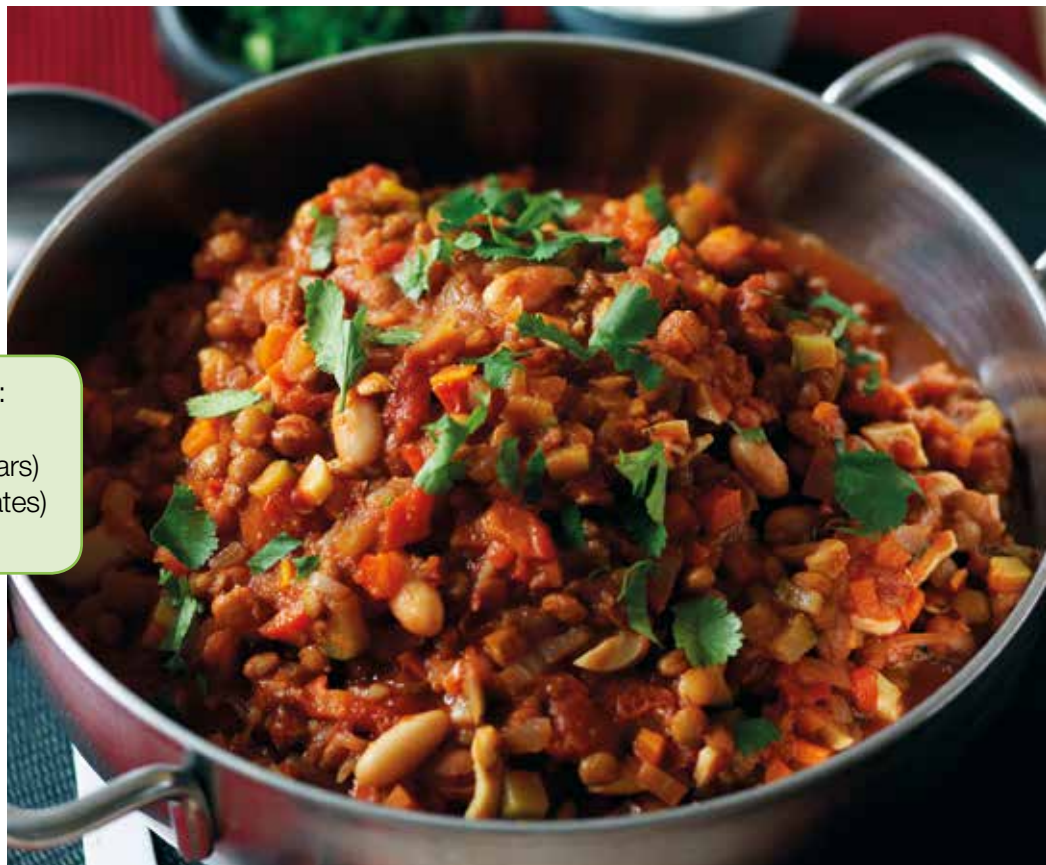
Each 195g serving contains:
138kcal – 7.2g protein
– 21.2g carbs (• 9.8g sugars)
– • 1.7g fat (• 0.1g saturates)
– • 1.1g salt

- 1** Heat the oil in a large pan, add the onions and cook for 5–8 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.



CHEF'S TIPS

- Keep in the fridge for up to three days or freeze.
- Be careful with chilli – you can always add more but you can't take it out! Add a little and allow time for the heat to infuse, taste it and only add more if you need to. If sharing with friends, make it mild and serve with some chilli sauce or flakes on the side, so people can spice it up if they want to.



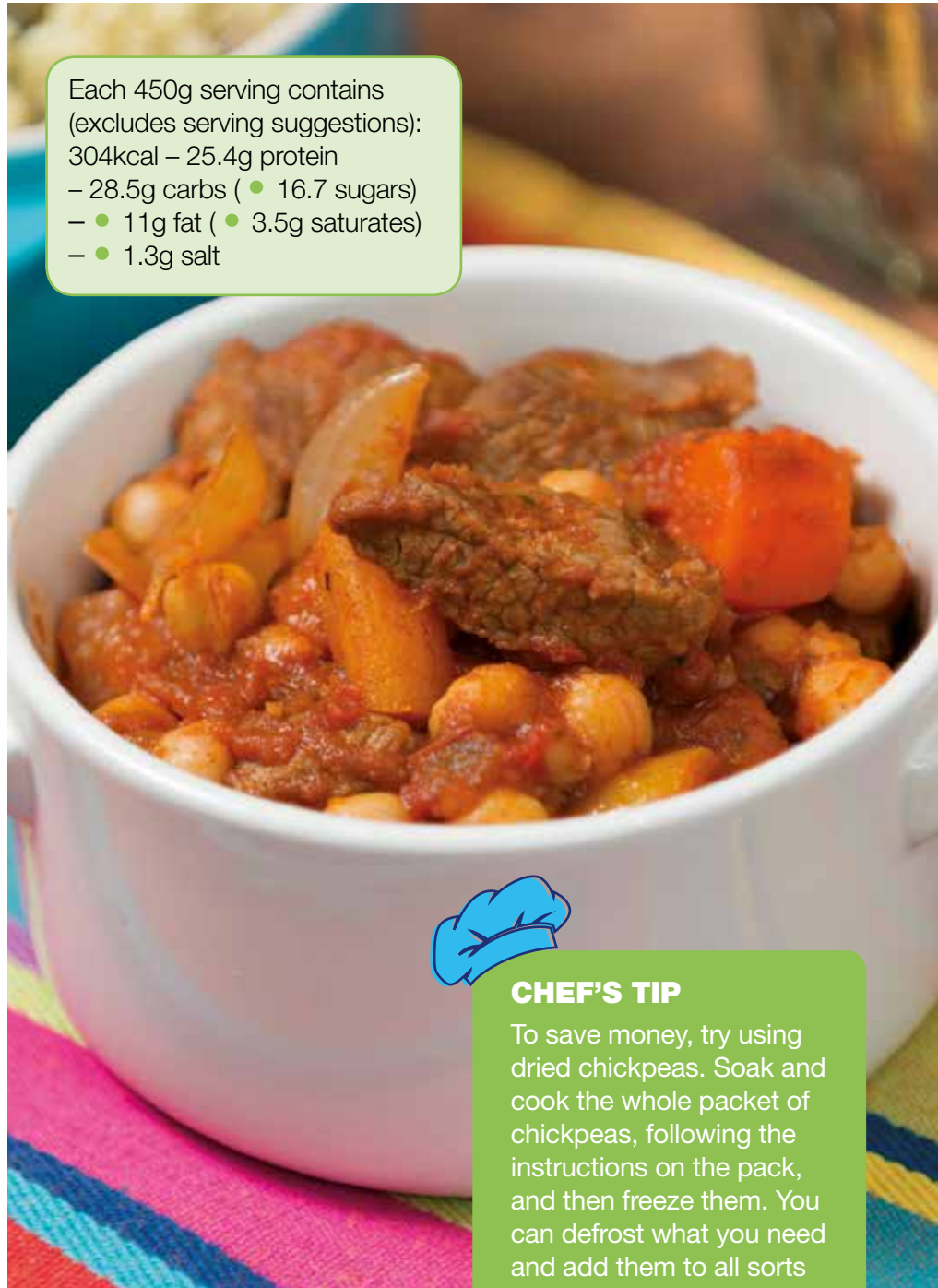
LAMB TAGINE

Serves 4 • gluten free • low fat
• low sugar • 4 portions of fruit
and veg per serving • prep: 10 mins
• cook: 50 mins

- dash olive oil
- 2 onions, cut into wedges
- 350g cubed lean lamb
- 2 carrots, chopped
- 1 yellow pepper, chopped
- 1 x 400g tin chopped tomatoes
- 1 heaped tsp dried mint
- 1 heaped tsp ground cinnamon
- 1 heaped tsp cumin
- ¼ tsp chilli flakes
- pinch salt
- 50g dried apricots, halved
- 1 x 400g tin chickpeas, drained

- 1** Add oil to a pan, then add the onion and cook for 3 minutes until starting to brown. Add the lamb and stir for another couple of minutes to brown the outside.
- 2** Add the carrots, yellow pepper, tomatoes, mint, cinnamon, cumin, chilli flakes, 200ml water and salt. Bring to a gentle boil, turn the heat down, add a lid and simmer gently for 30 minutes, stirring regularly.
- 3** Add the apricots and chickpeas, and simmer for another 15 minutes.
- 4** Serve with couscous, rice, quinoa or flatbread and salad.

Each 450g serving contains
(excludes serving suggestions):
304kcal – 25.4g protein
– 28.5g carbs (• 16.7 sugars)
– • 11g fat (• 3.5g saturates)
– • 1.3g salt



CHEF'S TIP

To save money, try using dried chickpeas. Soak and cook the whole packet of chickpeas, following the instructions on the pack, and then freeze them. You can defrost what you need and add them to all sorts of dishes, such as stews, soups, curries and salads.



Lasagne

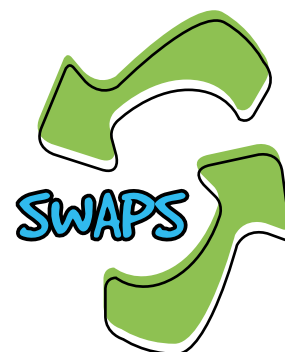
Cut down the amount of fat you use in the béchamel sauce or use a **reduced-fat spread** instead of butter. Swap whole milk for **skimmed** or **semi-skimmed** milk

Serve with **salad**, or **extra vegetables**

Top with a **strong cheese** and use less of it

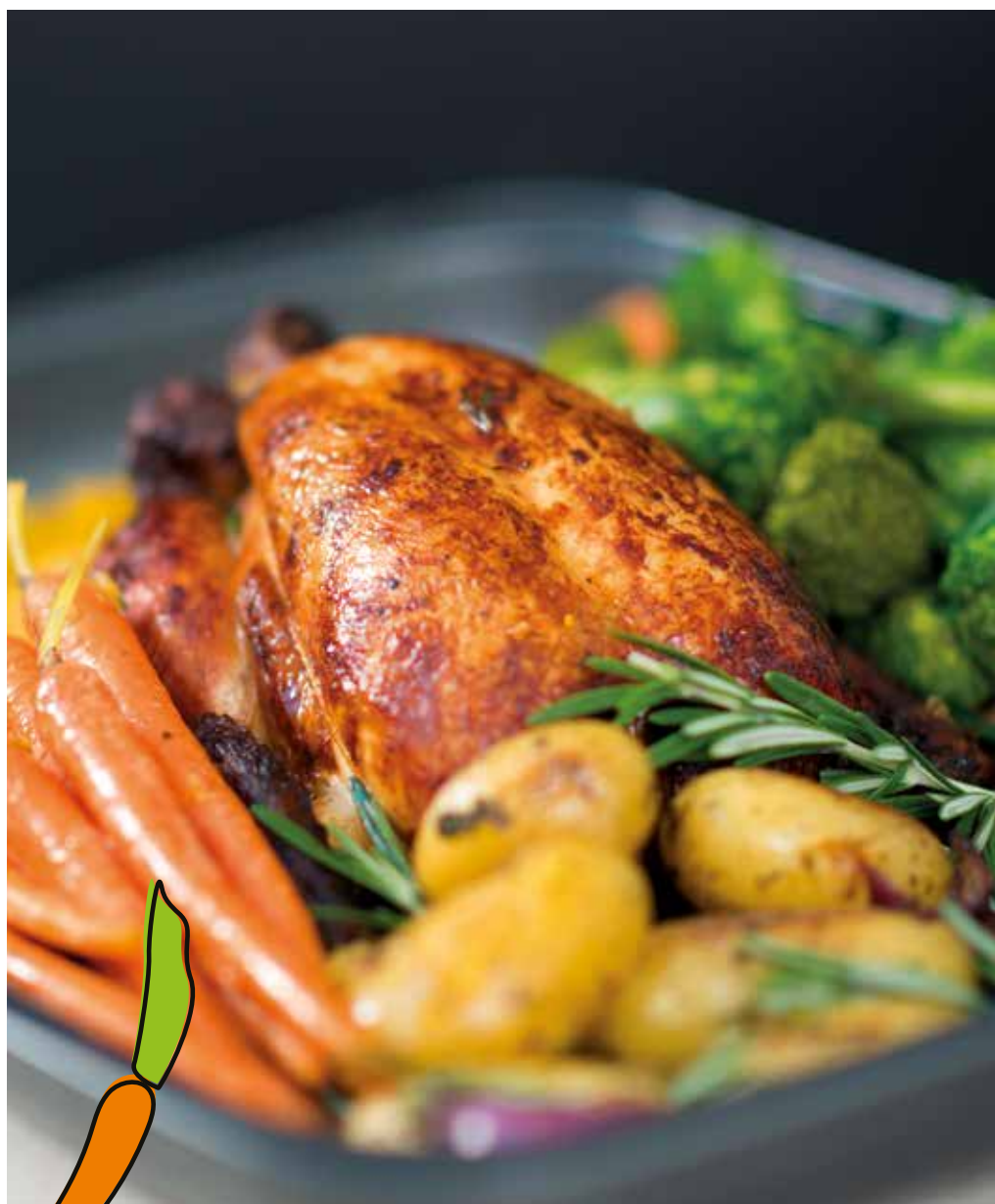
Add **vegetables** to your mince, such as carrots, mushrooms and spinach, to up the fibre and make sure you're getting your five a day

Opt for **lean meat** and find ways to reduce the amount of fat you use for cooking – by using a vegetable spray oil or a non-stick pan



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

- Season your **roast** with **pepper, garlic** and any **herbs** you like, to keep your salt intake to a minimum.
- If you're making **gravy** from your roast meat, skim the fat off the top before serving – skimming just 1 tbsp fat cuts 12g of fat and at least 100 calories.
- Stick to **leaner meat** – skinless **chicken** and **turkey** are high in protein and low in fat. If you go for beef, trim off any visible fat before cooking.
- Vegetarian? For a meat-free roast use **Quorn™** or roast meat substitutes, which are generally low in fat and calories.
- Make your **roast potatoes** big and chunky, so there's less surface area to soak up oil. Rapeseed oil is a good choice for roasts, or opt for a low-calorie cooking spray instead.
- Add lots of your favourite veg for more colour and nutrition. Steam your greens, such as broccoli and cabbage, and roast your root veg, like parsnips and carrots.



Snacks

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

SPICED APPLE AND RAISIN MUESLI BARS

Makes 16 bars • vegan • nut free
• prep: 10 mins • cook: 20–25 mins

- 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
- 1 tsp rapeseed oil

- 1** Preheat the oven to 180°C/ gas 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.

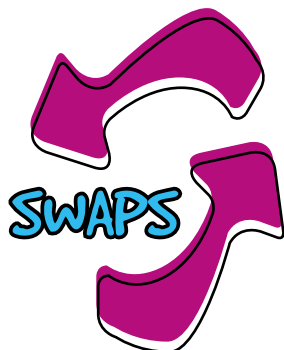
- 4** Bake in the oven for 15–20 minutes.
- 5** Allow to cool, cut into 16 portions and serve.

Each 51g bar contains:
83kcal – 19.8g protein
– 1.8g carbs (• 6.9g sugar)
– • 2.3g fat (• 0.4g saturates)
– • 0g salt

CHEF'S TIPS

- You can add sesame, hemp or poppy seeds, and linseeds to this recipe. Or, you could buy a bag of ready-mixed seeds.
- Store at room temperature in an airtight container for a couple of days, or in the fridge for up to one week.





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



- Switch a **skinny blueberry muffin** for a portion of **fruit salad** to save calories and get closer to your five a day.
- Try a slice of **malt loaf** – it's a good alternative to a **flapjack**.
- **Scotch eggs** are high in fat and calories – swap them for bite-sized veggie alternatives to cut back calories without losing out on taste.
- Buy a smaller-sized **coffee**. A **skimmed latte with sugar-free flavourings and no whipped cream** has the same great flavour, without the extra fat.



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Snack ideas

Treat yourself

Not everyone with diabetes requires regular snacks. If you treat your diabetes with insulin and/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.

Benny Bonsu, 33, has Type 2 diabetes

"Swap candy and chocolates for mixed fruits. Swap ice creams for frozen yogurt – it tastes so good!"

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 1 tsp 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
- 1 tsp (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

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MARKET

Occasions

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 • gluten free • nut free
• vegetarian • low fat • ½ portion
of fruit and veg per serving
• prep: 20 mins • cook: 15 mins

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

Each 109g serving contains:
114kcal – 5g protein
– 19g carbs (• 16g sugars)
– • 2.2g fat (• 1.3g saturates)
– • 0.1g salt

- 1 Halve and pit the fresh cherries, reserving 4 whole ones for decoration.
- 2 Put in a small pan with 50ml water and 1 tbsp of the artificial sweetener. Simmer for 3–4 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 blended with the cold water, and the golden syrup. Heat, stirring constantly until smooth. Cool, stirring to prevent a skin forming.

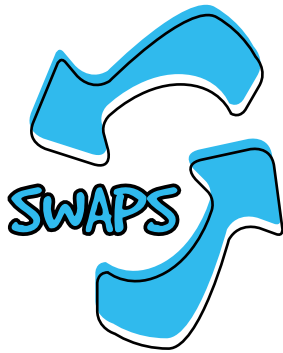
- 7 Spoon everything into small serving glasses. Finish each one with a cherry. Chill and serve.



CHEF'S TIP

Blueberries or blackberries work just as well as cherries and are much simpler to prepare as they don't need de-stoning. You could also use raspberries but if so reduce the cooking time to 2 minutes.





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

- Add a design by using a stencil and a dusting of icing sugar and/or cocoa. If your cake has fondant, take this off your slice before you eat it.
- Decorate with colourful fruit, or make a statement with indoor fireworks.
- Add a wide ribbon to the side of the cake instead of icing – this reduces sugar and produces an elegant looking cake.
- Add a thin layer of jam inside the cake rather than buttercream or cream.
- Use oil such as rapeseed or sunflower oil or lower-fat spread rather than butter. Olive oil is good, too, but has quite a strong flavour.
- Fruit cakes and carrot cakes are 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.
- 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

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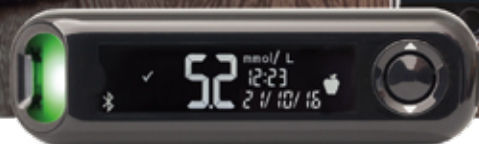
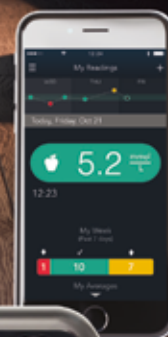
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