

Meal Ideas

Breakfast:

Porridge, Shredded Wheat, Weetabix, Bran Flakes, Fruit 'n Fibre or unsweetened muesli with milk

- Fruit can be added to any of these for variety, but remember to reduce the portion of cereal if you are trying to reduce carbohydrate intake as the fruit and cereal both contain carbohydrate and will raise blood glucose levels.
- Try adding cinnamon or other spices rather than sugar for extra flavour

1 to 2 slices Granary, multi grain or wholemeal toast with poached, boiled or scrambled egg

- Smaller/thinner sliced bread will reduce the carbohydrate content

Natural yoghurt with 1 handful of fruit mixed with oats and some chopped unsalted nuts and seeds

Lunch / light meals:

Vegetable or pulse based soups eg lentils, peas, carrot and butter beans served with a slice of bread/toast or a small bread roll

- If the soup contains starch rich foods eg potatoes, parsnips have a smaller amount of bread /toast if you want to reduce the carbohydrate content

Tinned fish/baked beans/eggs/cheese on toast

- Serve with grilled or tinned tomato/ cooked mushrooms or a side salad to get in a vegetable portion
- To reduce carbohydrate content choose smaller/thinner sliced bread
- If you want to reduce fat content choose a lower fat cheese eg edam/reduced fat cheddar or use grated cheese sprinkled thinly

Jacket potato with tuna, baked beans, cottage cheese, chilli con carne or prawns, served with salad

- To reduce carbohydrate content choose a smaller potato (fist sized or smaller)



Granary or wholemeal sandwich/toastie/pitta bread/roll filled with one of the following:

- lean meat, salad and pickle
 - cream cheese, lettuce and tomato
 - tuna/salmon/crab meat with cucumber and sweetcorn
 - egg and cress
 - humous and peppers
 - chicken/turkey with stuffing and ½ teaspoon cranberry sauce
 - prawns and soft cheese
 - cheese with onions and/or tomato
- Choose low fat versions of cheese, cream cheese and dressings to reduce fat/calorie intake
 - Add extra salad to help fill up without extra calories/carbohydrate
 - Choose smaller/thinner sliced bread or fewer slices to if you want to reduce carbohydrate intake

Main Courses:

Spaghetti bolognese served with a salad or vegetables

- Keep to a smaller portion of pasta (quarter to third of the plate).
- If you want to reduce carbohydrate intake further, try spiralised vegetables (eg courgetti) to replace some or all of the pasta
- Add extra vegetables into the sauce to include an additional vegetable portion
- Try a vegetarian alternative using soya/quorn mince or lentils in place of meat for the bolognese

Shepherd's pie / cottage pie with vegetables

- Keep to a smaller portion of potato if trying to reduce carbohydrate intake
- If you want to reduce carbohydrate intake further, try mixing mashed swede/carrot or even lower still cauliflower with a smaller serving of the mashed potato
- For variety, try sweet potato topping
- Add extra vegetables into the meat section to increase vegetable intake
- Try a vegetarian alternative using soya/quorn mince or lentils in place of meat

Lean roast / grilled meats with potatoes (boiled, mashed or jacket), vegetables and a small serving of gravy

- Keep to a smaller portion of potato (fist sized jacket/3 egg sized new potatoes) if trying to reduce carbohydrate intake
- If you want to reduce carbohydrate intake further, try mixing mashed swede/turnip and carrot or even lower still cauliflower with a smaller serving of the mashed potato
- New potatoes and sweet potatoes will break down and release glucose more slowly

Chilli con carne or lentil / tomato / vegetable based curry with basmati rice and salad or green leafy vegetables

- Take care with rice portion if trying to reduce carbohydrate intake, especially if there is potato in the curry
- If having a chapatti try to have this in place of the rice or a smaller serving of each
- If you want to reduce carbohydrate intake further try cauliflower rice (grated cauliflower) in place of or mixed with a smaller portion of the rice

Stir-fried vegetables, chicken / turkey / pork /prawns served with basmati rice or noodles

- Try adding spices eg ginger and some lemon/lime juice for extra flavour
- If using soy sauce try to choose a lower salt variety and take care with the amount added
- Take care with rice portion (2-3 tablespoons) if trying to reduce carbohydrate intake
- If you want to reduce carbohydrate intake further try cauliflower rice (grated cauliflower) in place of or mixed with a smaller portion of the rice
- Use Quorn piece/tofu/pulses for a vegetarian version

Pasta with a tomato based sauce, vegetables and grilled chicken/prawns

- Try pulses in place of chicken for a vegetarian alternative
- Watch the pasta portion if trying to reduce carbohydrate intake. Add extra vegetables or try spiralised carrot/courgette

Stew or casserole made with lean meat, potatoes, pulses with lots of vegetables

- For a lower carbohydrate option take out the potatoes

Fish-poached, oven baked or grilled with potatoes and vegetables

Omelette boiled or jacket potato and salad

- For a low carb option leave out the potato and add extra vegetables

Grilled fish / fish fingers with mushy peas and low fat oven chips

- Try homemade potato/sweet potato wedges brushed with oil and baked in the oven for a lower fat option

Lower carbohydrate alternatives for starchy foods

Carrot and swede or turnip mash

Celeriac - cut into wedges or 1 cm cubes and roast in a little oil, or boil and then mash

Cauliflower rice - blitz a cauliflower in a food processor (or grate or chop it into rice-sized pieces with a knife), then microwave or steam until tender

Vegetable noodles - use a spiralizer with courgette, carrot or other vegetables

Further meal ideas and recipes are available from Diabetes UK and Insulin Dependent Diabetes Trust
diabetes.org.uk
iddt.org/publications