

DIABETES BOOKLET

HEALTHBOX

COMMUNITY WELLBEING SERVICES

MANAGING TYPE 2 DIABETES FOR PEOPLE EATING AT A HOSTEL OR MISSION

Prioritising Type 2 diabetes is difficult when eating at a hostel or mission.

Here are some tips:



BREAKFAST



Options to look out for:

- Porridge 1 medium bowl (milk + sweetener)
- Weetabix x 2 (milk+ sweetener)
- 2 slices of toast maximum at a time with a thin spreading of jams/honey/ marmalades.



NHS

North West Coast
Clinical Networks

HEALTHBOX

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BREAKFAST



Options to avoid if possible:

- Avoid sugar-coated cereals
- Large portions of jams
- More than 2 slices of bread
- Pastries
- Adding sugar onto cereals

LUNCH



Options to look out for:

- 2 medium slices of bread at one time (Try to use wholemeal/seeded bread)
- Aim for high protein filling eg fish, meat, egg.
- Avoid additional carbohydrate snacks with a sandwich to help avoid high blood sugar.



LUNCH

Options to avoid if possible:



- Try to avoid thick-cut white bread
- Large baguettes
- Ciabatta and Naans

SNACKS

Options to look out for:



- 1 portion at a time between meals
- 1 piece of fruit
- 2 plain biscuits
- A single bar of chocolate or 4 squares
- 1 multipack packet of crisps.

DRINKS

Options to avoid if possible:



- Avoid adding sugar to hot drinks
- Drinking full-sugar energy/ fizzy drinks
- Large portions of juice.

