



# DIABETES BOOKLET

HEALTHBOX

COMMUNITY WELLBEING SERVICES

# MANAGING TYPE 2 DIABETES FOR PEOPLE WHO ARE STREET HOMELESS

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Distribute your sugar and carbohydrate intake through-out the day. If you only have **access to 1 meal a day** try to **save 1/2 the meal** for the rest of the day to prevent high blood sugar levels.

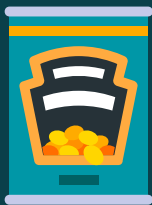


# CARBOHYDRATES

Options to look out for:



- One portion at a time 1 portion of canned beans eg chickpeas, baked beans.
- 1 portion of baked crisps or 1 bag of packet popcorn.
- 1/2 palm portions of dried fruit,
- 3 wholemeal crackers, 1 oat-based cereal bar, or 3 rice cakes.



**NHS**

North West Coast  
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# CARBOHYDRATES

Options to avoid if possible:



## Bread

Avoid more than 2 slices of bread at one time, thick-cut white bread, large baguettes, and naans

# PROTEIN & FATS

Options to look out for:



- 1 palm portion of unsalted nuts or seeds
- 1 tin of canned fish eg tuna, mackerel, and sardines
- 1 tin of canned lentils or lentil soup, beef jerky
- 1 tin of canned stewed steak, spam or, spammed beef.



# FRUIT & VEG

Options to look out for:



- 1 portion of any fruit
- 1/2 or 1 tin of canned fruit with juice rather than syrup
- 1 tin of canned/ pickled vegetable in water or vinegar.

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Options to avoid if possible:



- Avoid adding sugar into hot drinks, full sugar fizzy/ energy drinks and, large portions of fruit juice.