



# DIABETES BOOKLET

HEALTHBOX

COMMUNITY WELLBEING SERVICES

# MANAGING TYPE 2 DIABETES FOR PEOPLE WITH ACCESS TO A MICROWAVE, FRIDGE AND GRILL

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Here are some basic dietary tips to help self-management for people not in stable accommodation but with access to a microwave, fridge, and grill.



# BREAKFAST



Options to look out for:

- 1 medium bowl of instant/ oats porridge
- 1 medium bowl of high fibre cereal with milk
- 1 palm size portion of fresh fruit
- 2 medium slices of wholemeal/seeded toast.



North West Coast  
Clinical Networks

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# BREAKFAST

Options to avoid if possible:



- Sugar coated cereals
- Large portions of jam/marmalade
- More than 2 slices of bread
- Adding sugar onto cereals
- Sugary pastries.

# LUNCH/DINNER



Options to look out for:

- Meat sandwiches with two slices of bread eg ham/corned beef/chicken/fish
- 1 packet of noodles with any frozen veg or tinned cooked meat or tinned beans
- 1/2 a packet of microwaveable rice with veg, beans, or cooked meat.
- Beans, tinned tomatoes, avocado, humus on 2 slices of medium thickness toast.
- 1 healthy ready meal with extra veg.



- 1 packet of couscous with veg, meat, cheese, or canned beans.
- 1 large or 2 small pitta breads/wraps with meat and salad with light dressing.

## LUNCH/DINNER



### Options to avoid if possible:

- Avoid meals with large portions of carbohydrates eg potato, pasta, or rice.
- Avoid meals with large portions of sauces which may be high in sugar.

