



DIABETES BOOKLET

HEALTHBOX

COMMUNITY WELLBEING SERVICES

MANAGING TYPE 2 DIABETES FOR PEOPLE THAT ARE EATING DONATIONS FROM FOOD BANKS AND CRISIS CENTRES

Whilst eating donations from food banks and crisis centres, it is important to distribute sugar and carbohydrate intake. Save half for later in the day can be beneficial for preventing high blood glucose.



MEALTIME FOOD : PER MEAL

Options to look out for:



- 1/2 handful portion of cooked rice and 1/2 packet of instant rice (brown rice if possible)
- 1 nest of instant noodles
- 1/4 of a plate of instant pasta, and cooked pasta.
- 2/3 of a can of tinned pulses or beans.
- 1/2 a can of baked beans/ spaghetti.
1 can of soup eg veg/tomato/lentil
- 1 can of tinned meat/fish in sauce

MEALTIME FOOD : PER MEAL

Options to look out for:



- 1/2 a can of rice pudding or custard
- 1/2 a large bowl, or 1 small bowl of non-sugar-coated cereal.
- Thin spreading of jam/honey on 2 slices of bread (wholemeal/seeded if possible).
- All salad, vegetables, meat, fish, poultry, and vegetarian substitutes are unlimited.

SNACKS & DRINKS



Options to look out for:

- 1 portion of fruit, canned fruit in its own juice
- 1 portion of pastries at a time
- 3 plain biscuits.
- Try to use sweetener in hot drinks
- Low sugar hot chocolate
- Zero sugar fizzy drinks
- Squash

MEALTIME FOOD : PER MEAL

Options to avoid if possible:



- Plates full of carbohydrates eg rice/ pasta/bread/potato.
- Full cans of carbohydrate-rich foods eg baked beans/ spaghetti/ leek and potato soup.
- 2 carbohydrates on the same plate eg bread and pasta.
- Large portions of high sugar cereals.
- Large portions of canned sweet puddings eg rice pudding/custard/ semolina.

SNACKS & DRINKS



Options to avoid if possible:

- High sugar snacks eg sweets/chocolate/cake/biscuits/fudge.
- Canned fruit in syrup and multiple pieces of fruit at once.
- Adding sugar into hot drinks, full sugar fizzy/ energy drinks/ large portions of juice



North West Coast
Clinical Networks

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