

Enjoy
Food

Helping Families with diabetes
shop, cook and eat

MEAL PLANNER

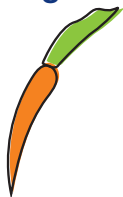
DiABETES UK
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	Breakfast	Lunch	Dinner	Snacks
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

PLANNING AHEAD

Use our at-a-glance food group chart to plan healthy, balanced meals for you and your family.

Fruit and vegetables



Fruit and vegetables are generally low in fat and calories, and full of the vitamins, minerals and fibre that keep your body healthy. They release energy slowly, which keeps you feeling full, so include some with every meal, and some as snacks.

Beetroot is packed with antioxidants and nutrients, is virtually fat-free and low in calories. Eat it raw, boiled or roasted to get closer to your 5-a-day.

Poached, roasted or baked, pears are juicy and sweet, and a good source of fibre. Buy them when slightly underripe and leave to ripen in the fruit bowl at home.

Dairy



Milk, cheese and yogurt contain calcium, which help keep your bones and teeth strong, and are a good source of protein. They can be high in saturated fat, though, so choose carefully. You can cut back on the fat without losing out on the benefits.

Strong cheeses, such as Parmesan, give a real boost of flavour – because they're so strong, you don't need to use as much.

Natural Greek yogurt, paired with fresh fruit, makes a brilliant healthy breakfast.

Meat, fish, eggs and pulses



These high-protein foods help build muscle, and contain minerals, such as iron, which help produce red blood cells. Omega-3, contained in oily fish, such as mackerel, salmon and sardines, helps protect your heart. Plan to have 1–2 portions of oily fish a week.

Lean meat, and chicken and turkey with the skin taken off, are great sources of protein. Cut off any fat you can see before cooking, and don't add extra fat.

Lovely lentils are high in fibre. And, there are plenty of other vegetarian options, such as tofu, soya and beans. Use them to bulk out meat dishes, such as lasagne, or as a filling basis for soups and salads.

Starchy foods



Potatoes, rice, pasta, bread, chapattis, naan and plantain all contain carbohydrate, which is broken down into glucose in the blood and used by your cells as fuel. Plan starchy foods into your meals, keeping an eye on portion sizes.

Wholegrain options are better. Starchy stars include basmati and easy cook rice, as their low GI means they keep you feeling fuller for longer.

Quinoa, bulgur wheat and couscous are better sources of carbohydrate.

Foods high in fat and sugar



Eating these in moderation can be part of a healthy, balanced diet. Sugary foods and drinks will raise your blood glucose, though, so opt for diet/light or low calorie alternatives.

Sunflower, olive and rapeseed oils contain unsaturated fat, which is better than saturated fat in helping to manage cholesterol. That makes these oils the best options for healthy cooking – a teaspoon should be plenty.