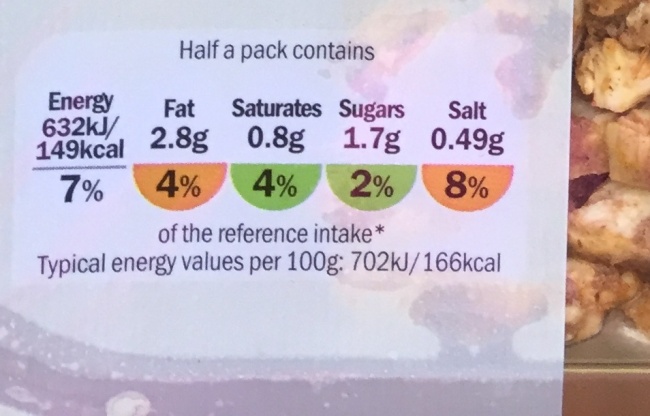
**Meal Plan suitable for people with Diabetes and those trying to lose weight**

Most foods have an excellent traffic light system which makes it very easy to read the labels on the packaging. RED is high, AMBER is medium and GREEN is low in either fat, sugar, carbohydrate, salt etc. Easy to see at a glance. Don’t look at the percentages, look at the grams per 100g. (Top row).

**You are aiming for a FAT content which is lower than 10g (per 100g) – ideally under 3g is very good. (so this label says 2.8g which is ideal)**

**And a SUGAR content of less than 6g (per 100g) – ideally under 2g is the best. (this label says 1.7g which is ideal)**

Once you know what you are looking for – it becomes easy to spot what is good and what is too high in fat and sugar.

Cooking from scratch is always the best option for healthy eating because you know what you put into the food yourself and you can choose the best product to put in the recipe, HOWEVER, if you are unable to cook from scratch for whatever reason the most appropriate “ready meals” which are ideal for people with Diabetes or people trying to lose weight, are “Slimming world” ready meals. They are far lower in sugars and fats than any of the other ranges. These seem to be only available in **ICELAND.**

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Recommended BREAKFAST OPTIONS** | | | | | | | | | | | | |
| http://data8.blog.de/media/780/6774780_1b644e13ad_m.jpeg  **Porridge sachet with low fat milk (and banana or any fruit)**  **or** | | http://www.bbcgoodfood.com/sites/default/files/recipe_images/recipe-image-legacy-id--901820_10.jpg  **Low fat Yoghurt and cereal (shreddies, weetabix or porridge oats) mixed with fruit**  **or** | | **http://www.weetabixuk.com/wp-content/uploads/2014/07/BERRY-FINAL.png**  **Weetabix with low fat milk (and fruit)**  **or** | | http://www.gekkolodge.co.uk/wp-content/uploads/2013/01/Poached_eggs_resize.jpg  **Paoched eggs on crumpets**  **or** | **\\xgmp-52330cs-01\users$\52330everett\My Pictures\nutbutterbread.jpg**  **Banana on 2 slices of toast using wholemeal Bread and low fat spread**  **or** | | **http://media.glamour.com/photos/569656edeaefd309768d7c30/master/w_743,c_limit/health-fitness-2014-09-pancake-turnovers-main.jpg**  **2 Ready made pancakes filled with fruit and low fat yoghurt**  **or** | | Cheesy bacon & egg crumpet image  **Poached egg, bacon, tomato and mushrooms on a toasted crumpet**  **or** | |
| **MID MORNING SNACKS** | |  | |  | |  |  | |  | |  | |
| **http://i.telegraph.co.uk/multimedia/archive/03516/Fruit_3516458b.jpg** | | **All fruit is great for a snack – for Grapes , only a handful though per day.** | |  | |  |  | |  | |  | |
| **LUNCH OPTIONS** | |  | |  | |  |  | |  | |  | |
| **http://www.splendidtable.org/sites/default/files/styles/lede_image/public/carrot-ginger-soup.jpg?itok=Gwwo_PvD** | | **https://thumbs.dreamstime.com/z/breaded-chicken-tortilla-wrap-lettuce-tomato-34115308.jpg** | | **http://www.rayallychina.com/wp-content/uploads/2012/03/Mar16_Beans_on_toast.jpg** | | **https://i.ytimg.com/vi/V0ZdqdXjmWw/maxresdefault.jpg** | **C:\Users\52330everett\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.Word\IMG_0871.jpg** | | **http://previews.123rf.com/images/markstout/markstout1208/markstout120800038/14667406-A-baked-potato-with-grated-cheddar-cheese-and-chives-Stock-Photo.jpg** | | http://1.bp.blogspot.com/-pCo0l1J83UE/VVsuuGLu0ZI/AAAAAAAAQcc/Wx_D1pyF1v8/s1600/Weight%2BWatchers%2BRhubarb%2Byogurt.jpg  http://previews.123rf.com/images/bwf211/bwf2111108/bwf211110800036/10288810-A-clear-glass-bowl-filled-with-pear-halves-on-a-white-background--Stock-Photo.jpg | |
| **Low fat low sugar Soup, with 1 slice wholemeal bread**  **(recommend Slimming world soups or look at labels)**  **or** | | **Cooked chicken or prawns in 1 Tortilla wrap with salad and light mayonnaise**  **or** | | **Beans on Toast (with tiny sprinkle of cheese)**  **or** | | **2 Boiled eggs or scambled eggs or omelette on toast**  **or** | **Tuna “Light lunches” LIDL or Morrisons with salad**  **or** | | **Ready Baked Jacket potatoes with low fat cheese**  **Plus….** | | **Low fat yoghurt or small bowl of tinned fruit for dessert**  **(fruit must be in it’s own juice not in syrup)** | |
| **AFTERNOON SNACKS (not every day for those with Diabetes – just sometimes)** | | | | | | | | | | | | |
| https://groceries.morrisons.com/productImages/112/112456011_0_640x640.jpg?identifier=3a51a64d17e62c6f637bda7538ccde62 | | **http://static.independent.co.uk/s3fs-public/styles/story_medium/public/thumbnails/image/2014/03/12/13/rich-tea.jpg** | | **Image result for crumpets** | | **https://groceries.morrisons.com/productImages/264/264211011_0_640x640.jpg?identifier=9cb677206f589517c547ec775ef729a4** | **http://www.concordextra.com/img_uploads/mcvities-ginger-nuts-250gm-68z89244.jpg** | | **http://eriks.com/eriks/EN/Performance/ERIKS_Case_Jaffa.jpg** | | http://www.jinnysbakery.com/stg/userupload/site2387/scone.jpg | |
| **2 Fruit shortcake biscuits**  **(38 calories per biscuit)**  **or** | | **2 Rich tea biscuits**  **(38 calories per biscuit)**  **or** | | **1 crumpet**  **(89 calories each)**  **with low fat spread and a scrape of jam**  **or** | | **1 pancake**  **(70 calories each) with low fat spread and a scrape of jam**  **or** | **2 Gingernut biscuits**  **(46 calories each)**  **or** | | **1 Jaffa cake**  **(45 calories each)**  **or** | | **Once a week treat – a fruit scone**  **(126 calories each before low fat spread)** | |
| **DINNER OPTIONS** | | | | | | | | | | | | |
| **C:\Users\52330everett\Desktop\Food Project\Iceland\IMG_0759.JPG** | | **C:\Users\52330everett\Desktop\Food Project\Iceland\IMG_0758.JPG** | | **C:\Users\52330everett\Desktop\Food Project\Iceland\IMG_0763.JPG** | | **C:\Users\52330everett\Desktop\Food Project\Iceland\IMG_0776.JPG** | **C:\Users\52330everett\Desktop\Food Project\Iceland\IMG_0767.JPG** | | **C:\Users\52330everett\Desktop\Food Project\Iceland\IMG_0778.JPG** | | **C:\Users\52330everett\Desktop\Food Project\Iceland\IMG_0823.JPG** | |
| **Slimming World Ready meals e.g**  **Chicken and Chorizo Sausage Paella**  **or** | | **Meatballs and pasta**  **or** | | **Cottage Pie**  **or** | | **Beef and pork meatballs**  **or** | **Chicken Saag**  **or** | | **Beef quarter pounders**  **or** | | **Roast Dinner** | |
| **C:\Users\52330everett\Desktop\Food Project\Iceland\IMG_0816.JPG** | | **C:\Users\52330everett\Desktop\Food Project\Iceland\IMG_0817.JPG** | | **C:\Users\52330everett\Desktop\Food Project\Iceland\IMG_0818.JPG** | |  |  | |  | |  | |
| **Ready meals e.g “Meals in a bag”**  **Chicken and prawn paella** | | **Chicken fajita stir fry** | | **Salmon broccoli and pea risotto** | |  |  | |  | |  | |
| **MORE DINNER OPTIONS** | | | | | | | | | | | | |
| **C:\Users\52330everett\Desktop\Food Project\Iceland\IMG_0791.JPG** | | **C:\Users\52330everett\Desktop\Food Project\Iceland\IMG_0825.JPG** | | **C:\Users\52330everett\Desktop\Food Project\Iceland\IMG_0785.JPG** | | **C:\Users\52330everett\Desktop\Food Project\Iceland\IMG_0792.JPG** | **C:\Users\52330everett\Desktop\Food Project\Iceland\IMG_0793.JPG** | | **C:\Users\52330everett\Desktop\Food Project\Iceland\IMG_0798.JPG** | | **C:\Users\52330everett\Desktop\Food Project\Iceland\IMG_0799.JPG** | |
| **Fish e.g**  **Salmon Fillet with garlic and herb butter with potatoes and veg** | | **Ocean Pie** | | **Tuna steaks** | | **Cod fillet with tomato and herb butter with potatoes and veg** | **Yellow-fin Sole fillets** | | **Sea salt and Cracked Pepper Basa fillets** | | **Cod Fishcakes** | |
| **C:\Users\52330everett\Desktop\Food Project\Iceland\IMG_0850.JPG** | | **C:\Users\52330everett\Desktop\Food Project\Iceland\IMG_0806.JPG** | | **C:\Users\52330everett\Desktop\Food Project\Iceland\IMG_0814.JPG** | | **C:\Users\52330everett\Desktop\Food Project\Iceland\IMG_0832.JPG** | **C:\Users\52330everett\Desktop\Food Project\Iceland\IMG_0829.JPG** | | **C:\Users\52330everett\Desktop\Food Project\Farm Foods\IMG_0719.JPG** | | **C:\Users\52330everett\Desktop\Food Project\Iceland\IMG_0805.JPG** | |
| **Or meat**  **e.g Roasted chicken**  **or** | | **Pork Chops**  **or** | | **Sherherd’s Pie**  **or** | | **This type of pizza only – look at the labels -low fat, low sugar**  **or** | **Beef and Yorkshire pudding**  **or** | | **Gammon Steaks**  **or** | | **Roast Chicken joint** | |
| **WITH A CHOICE OF CARBOHYDRATES –(small portions)** | | | | | | | | | | | | |
| **C:\Users\52330everett\Desktop\Food Project\Iceland\IMG_0845.JPG** | | **C:\Users\52330everett\Desktop\Food Project\Iceland\IMG_0846.JPG** | | **C:\Users\52330everett\Desktop\Food Project\Iceland\IMG_0842.JPGC:\Users\52330everett\Desktop\Food Project\Iceland\IMG_0802.JPG** | | http://www.german-recipes-and-more.com/images/salzkartoffeln.jpg | **C:\Users\52330everett\Desktop\Food Project\Iceland\IMG_0803.JPG** | | http://images.wisegeek.com/white-bowl-of-noodles-with-chopsticks.jpg | | http://foodnetwork.sndimg.com/content/dam/images/food/fullset/2013/12/18/1/FN_bowtie-pasta-thinkstock_s4x3.jpg.rend.snigalleryslide.jpeg | |
| **Baked Potatoes**  **1 potato** | | **Oven chips**  **100g** | | **Rice**  **Dried 60g**  **Already Cooked 150g** | | **Boiled or mashed**  **Potatoes**  **Once cooked 150g** | **Couscous**  **Dried 60g**  **Already Cooked 150g** | | **Noodles**  **Dried 40g**  **Already Cooked 150g** | | **Pasta**  **Dried 40g**  **Already Cooked 150g** | |
| **PLUS VEGETABLES– fresh or frozen (large portion)** | | | | | | | | | | | | |
| http://www.bbqfresh.com/wp-content/uploads/2012/11/Grilled-Roasted-Vegetables-with-Pineapple-300x198.jpg | | **http://www.spur.co.za/nutrition/assets/product/Garden_Salad_a.jpg** | | **C:\Users\52330everett\Desktop\Food Project\Iceland\IMG_0840.JPG** | | **C:\Users\52330everett\Desktop\Food Project\Iceland\IMG_0837.JPG** | **C:\Users\52330everett\Desktop\Food Project\Iceland\IMG_0839.JPG** | | **C:\Users\52330everett\Desktop\Food Project\Iceland\IMG_0844.JPG** | | **C:\Users\52330everett\Desktop\Food Project\Iceland\IMG_0841.JPG** | |
| **Mixed vegetables boiled or roasted** | | **Salad** | | **Sliced mixed peppers** | | **Broccholi and cauliflower mix** | **Sweet corn** | | **Mediterranean Vegetables** | | **Country vegetable mix** | |
| **DESSERT OPTIONS** | | | | | | | | | | | | |
| http://www.motherearthliving.com/~/media/Images/MEL/Editorial/Blogs/Natural%20Health/4%20Health%20Benefits%20of%20Watermelons/watermelon-slices%20jpg.jpg?la=en | | **http://previews.123rf.com/images/dream04/dream041405/dream04140500180/28280059-Dairy-yogurt-dessert-with-cherries-and-strawberries-Stock-Photo.jpg** | | **http://cook-recipe.top/wp-content/uploads/2015/12/Striped-curd-raspberry-dessert.jpg** | | http://1.bp.blogspot.com/-jj9A4cQm9-M/Vna30LiwiiI/AAAAAAAARJU/utBDgkXhZpY/s1600/hartleys%2Bstrab%2Bjelly.jpg http://www.britishshopabroad.com/product_images/b/398/0__74225_zoom.jpg | Image result for a plate of sliced oranges | | Image result for fruit kebabs | | Image result for sugar free desserts | |
| **Fresh or tinned fruit** | | **Strawberries and cherries (or any fruit) with low fat yoghurt/ fat free greek yoghurts** | | **Raspberries (or any berries) layered with crushed ginger nuts biscuits and low fat fromage frais** | | **Sugar free Jelly – either the pot or**  **Make up with fruit inside** | **Bananas and oranges – a nice combination** | | **Fruit Kebabs – very tasty** | | **Find sugar free dessert recipes on-line or in a book. Try out some recipes.** | |
| **ONCE-A-WEEK TREATS – choose from one of the following :** | | | | | | | | | | | | |
| **https://dinnerfornone.files.wordpress.com/2014/01/wintery-filo-parcels-03.jpg** | | **http://del.h-cdn.co/assets/cm/15/10/54f63fc66aa3b_-_rhubarb-berry-crumble-mslo0610-xl.jpg** | | **C:\Users\52330everett\Desktop\Food Project\Farm Foods\IMG_0739.JPG** | | C:\Users\52330everett\Desktop\Food Project\Farm Foods\IMG_0743.JPG |  | |  | |  | |
| **Once a week treat -Frozen apples or any fruit baked in a filo pastry parcel with sweetener and cinnamon** | | **Once a week treat -**  **Frozen rhubarb**  **baked in small dish with sweetener, flour and oats mixture to top as a crumble** | | **Once a week treat – 1 small slice Vienetta** | | **Once a week treat – 1 ice lolly** |  | |  | |  | |
| **EVENING SNACK OPTIONS** |  | |  | |  | | |  | |  | |  |
| **C:\Users\52330everett\Desktop\Food Project\Farm Foods\IMG_0745.JPG** | **C:\Users\52330everett\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\WE0ZFHT5\IMG_0901.JPGC:\Users\52330everett\Desktop\Food Project\Iceland\IMG_0789.JPG** | | **http://www.cruditescatering.com/wp-content/uploads/LightBites_5.jpg** | | **C:\Users\52330everett\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.Word\IMG_0875.jpg** | | | **C:\Users\52330everett\Desktop\Food Project\Iceland\IMG_0851.JPG** | | **http://2.bp.blogspot.com/_3nrbY-gTO3I/TRmmXir7ZuI/AAAAAAAABSE/sZ9XuT3Kk-A/s1600/2010_12280038.JPG** | | http://assets.inhabitat.com/wp-content/blogs.dir/1/files/2013/11/Pickled-onions.jpg |
| **1 packet of skips**  **(89 calories per packet)** | **4 seafood sticks or**  **3 Prawn flavour tails**  **(16 calories per seafood stick)** | | **Sliced vegetables with Philadelphia lite or low fat dip**  Veg doesn’t count  Only count the dips and cheese | | **1 packet of 6 ( 77 calories for 6 toasts) with Philadelphia lite cheese and cherry tomatoes or pickles**  **or** | | | **Thin spreading of Philadelphia (50g = 55 calories)** | | **Pickled beetroot**  **100g=22calories** | | **Pickled onions**  **100g = 23calories** |
| https://upload.wikimedia.org/wikipedia/commons/d/d5/Mmbover_cheesedisk.jpg | http://www.internationaltradenews.com/media/inhalt/portraits/economics_itnef0299/31282_silvarem/hazelnuts_silvarem.jpg | | **http://www.marthastewart.com/sites/files/marthastewart.com/styles/wmax-1500/public/d26/stovetop_corn_on_the_cob_1/stovetop_corn_on_the_cob_1_horiz.jpg?itok=QvFOcTrz** | | **https://d31dz503apufg9.cloudfront.net/1537/30.jpg** | | | https://upload.wikimedia.org/wikipedia/commons/1/10/Tomates_cerises_Luc_Viatour.jpg | | **C:\Users\52330everett\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.Word\IMG_0872.jpg** | | **C:\Users\52330everett\Desktop\Food Project\Iceland\IMG_0857.JPG** |
| **Babybel cheese** = 60 cals  **Babybel light** = 43 | **10 Hazelnuts –**  10 g = 62 calories | | **Corn-on-the-cob** = 106 calories | | **Olives**  50g = 55 calories | | | **Cherry Tomatoes**  100g=18 calories | | **1 Cup –a- soup**  **(131 calories each)**  **or** | | **Quavers – 1 packet (88 calories)**  **or** |

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| **DRINKS** |  |  |  |  |
| **C:\Users\52330everett\Desktop\Food Project\Iceland\IMG_0833.JPGA glass of water** | **http://i.telegraph.co.uk/multimedia/archive/01922/AXEXGW_1922167c.jpg**http://media.gizmodo.co.uk/wp-content/uploads/2014/04/tea.jpg | **People with Diabetes should**  **NEVER EVER drink Lucozade or non -diet Fizzy drinks, unless they are having a Hypo (very low in sugar - under 3 on their glucose monitor)**  **This usually only happens to people with Type 1 Diabetes, or people who need Insulin, VERY RARELY does it happen to those with Type 2 Diabetes.** | Lucozade Bottle  **1 small bottle of Lucozade has 15 spoonfuls of sugar** | Ribena Bottle  **Ribena ready to drink has 12 spoonfuls of sugar** |
| **Water or No added sugar Juice or herbal tea’s with no milk and sugar or black tea or coffee,**  **are by far the best drinks to have.** | **Tea with low fat milk and sweetener if required.**  **Peppermint or fruit teas even better as taken without milk** | **Beware fresh fruit juices. Although fruit is good for people with diabetes, when it is turned into juice it has a different effect and is high in sugar** | **http://s3.amazonaws.com/sugarstacks/oj.jpg**  **Glass of fresh orange = 5 spoonfuls of sugar, bottle =12** | **Can of Coke**  **Can of non-diet Coke = 7 spoonfuls of sugar** |
| **Rum & Coke**  **Rum and Coke = 7** | **Vodka & Cranberry Juice**  **Vodka and Cranberry = 7 1/2** | **Gin & Tonic**  **Gin and Tonic or any spirit and diet mixer = 4** |  |  |
| **Flavoured Water**  **Watch out for flavoured water – this has 3 spoonfuls of sugar in it!** |  |  |  |  |