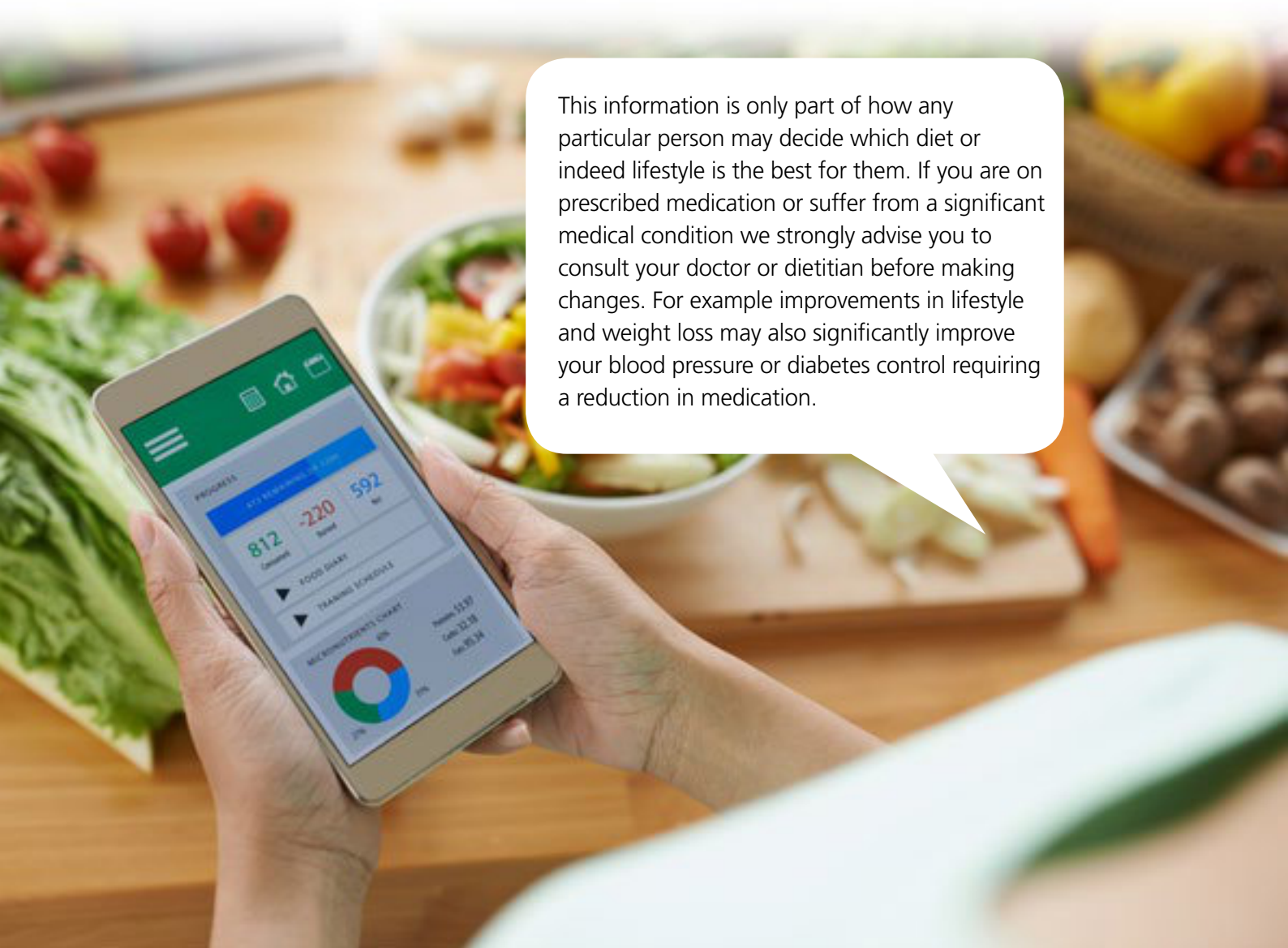


Low-carb diets

Reducing weight and maintaining a healthy weight through lifestyle interventions can reduce your risk of developing type 2 diabetes. Evidence suggests that low-carb diets are safe and can improve blood glucose levels in the short term, as well as helping to achieve weight loss and reducing the risk of heart disease.

Your healthcare teams can assist you with suitable dietary advice which is culturally tailored and sign post you towards suitable resources.

Find recipes and snacks on our website: www.preventingdiabetes.org.uk



This information is only part of how any particular person may decide which diet or indeed lifestyle is the best for them. If you are on prescribed medication or suffer from a significant medical condition we strongly advise you to consult your doctor or dietitian before making changes. For example improvements in lifestyle and weight loss may also significantly improve your blood pressure or diabetes control requiring a reduction in medication.

Weekly overview for a low-carb non-vegetarian diet

	Breakfast:	Lunch:	Dinner:	Snacks:
Monday	 <p>Wholemeal toast with scrambled eggs</p>	 <p>Salmon and spinach filo tarts</p>	 <p>Lower-fat cauliflower and broccoli cheese with a medium grilled salmon fillet</p> <p>Pudding: Greek yogurt with raspberries</p>	 <p>Ideas: fruit, nuts and rye crackers with avocado</p>
Tuesday	 <p>Greek yogurt with raspberries and pumpkin seeds</p>	 <p>Chickpea and tuna salad</p>	 <p>Beef goulash</p> <p>Pudding: Rhubarb fool</p>	 <p>Ideas: granary bread with peanut butter, avocado, Greek yogurt, crudites and nuts</p>
Wednesday	 <p>Apricot porridge with toasted seeds</p>	 <p>Mackerel salsa wrap</p>	 <p>Chicken casserole with broccoli</p> <p>Pudding: Greek yogurt with strawberries and blueberries</p>	 <p>Ideas: nuts, wholemeal rice cakes with peanut butter and crudites with guacamole</p>

	Breakfast:	Lunch:	Dinner:	Snacks:
Thursday	 <p>Mushroom and spring onion omelette</p>	 <p>Creamy chicken and mushroom soup</p> <p>Pudding: Greek yogurt with raspberries</p>	 <p>Beefburger with green salad</p> <p>Pudding: Summer berry posset</p>	 <p>Ideas: oatcakes with light cream cheese, nuts and avocado</p>
Friday	 <p>Almond, apricot and pumpkin seed granola</p>	 <p>Bang bang chicken salad</p> <p>Pudding: Greek yogurt</p>	 <p>Italian-style braised lamb steaks with brown rice and broccoli</p> <p>Pudding: Passion fruit with half-fat creme fraiche</p>	 <p>Ideas: nuts, cheese and guacamole with crudites</p>
Saturday	 <p>Low carb baked eggs</p>	 <p>Roast chicken, roast potatoes, green beans and gravy</p>	 <p>Coq au vin with broccoli</p> <p>Pudding: Hot chocolate</p>	 <p>Ideas: raspberry smoothie and nuts.</p>
Sunday	 <p>Scrambled egg with smoked salmon on granary toast</p>	 <p>Ham, leek and Parmesan frittata with avocado, celery, cucumber and lettuce</p>	 <p>Chicken and lentil curry with salad</p> <p>Pudding: Greek yogurt with raspberries</p>	 <p>Ideas: olives, nuts, dried fruit and oatcakes with light cream cheese.</p>

Weekly overview for a low-carb vegetarian diet

	Breakfast:	Lunch:	Dinner:	Snacks:
Monday	 <p>Apricot porridge with toasted seeds</p>	 <p>Cauliflower and leek soup</p>	 <p>Baked mini bell peppers Pudding: Greek yogurt with raspberries</p>	 <p>Ideas: fruit, nuts and rye crackers with avocado</p>
Tuesday	 <p>Almond, apricot and pumpkin seed granola</p>	 <p>Slow-cooked bean chilli Pudding: Rhubarb fool</p>	 <p>Three bean salad</p>	 <p>Ideas: granary bread with peanut butter, avocado, Greek yogurt, crudites and nuts</p>
Wednesday	 <p>Porridge with almonds, blueberries and pumpkin seeds</p>	 <p>Tofu Stir Fry</p>	 <p>Quinoa with egg and broccoli Pudding: Berry frozen yogurt</p>	 <p>Ideas: nuts, wholemeal rice cakes with peanut butter and crudites with guacamole</p>

	Breakfast:	Lunch:	Dinner:	Snacks:
Thursday	 <p>Mexican Scrambled eggs</p>	 <p>Cauliflower and broccoli cheese</p> <p>Pudding: Greek yogurt with raspberries</p>	 <p>Roasted veg soup with halloumi croutons</p> <p>Pudding: Summer berry posset</p>	 <p>Ideas: oatcakes with light cream cheese, nuts and avocado</p>
Friday	 <p>Scrambled egg on granary toast with mushrooms</p>	 <p>Andean-style quinoa</p>	 <p>Barley and wild mushroom risotto</p> <p>Pudding: Fruit salad with half-fat creme fraiche</p>	 <p>Ideas: nuts, cheese and guacamole with crudites</p>
Saturday	 <p>Wholemeal toast with avocado and mushrooms</p>	 <p>Mushroom ragu</p>	 <p>Roasted cauliflower, paneer and chickpea curry</p> <p>Pudding: Hot chocolate</p>	 <p>Ideas: raspberry smoothie and nuts.</p>
Sunday	 <p>Wholemeal spinach and cheddar pancakes</p>	 <p>Greek salad</p>	 <p>Smoky tofu kebabs</p> <p>Pudding: Greek yogurt with raspberries</p>	 <p>Ideas: olives, nuts, dried fruit and oatcakes with light cream cheese.</p>