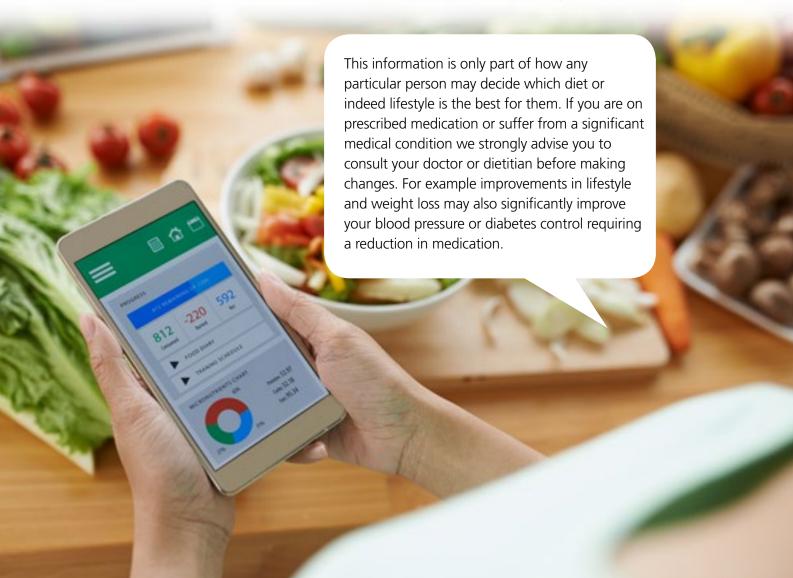


Low-carb diets and type 2 diabetes

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 in people with type 2 diabetes.

If you treat your diabetes with insulin or any other medication that puts you at risk of hypoglycaemia (low blood glucose levels), following a low-carb diet may increase this risk. However, your healthcare team can help you adjust your medications to reduce your risk of hypoglycaemia often called hypos.

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



Weekly overview for a low-carb non-vegetarian diet

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



Mushroom and spring onion omelette



Creamy chicken and mushroom soup

Pudding: Greek yogurt with raspberries





Beefburger with green salad

Pudding: Summer berry posset



Snacks:

Ideas: oatcakes with light cream cheese, nuts and avocado

Almond, apricot and pumpkin seed granola



Bang bang chicken salad Pudding: Greek yogurt



Italian-style braised lamb steaks with brown rice and broccoli

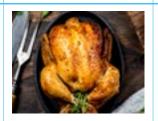
Pudding:
Passion fruit with half-fat creme fraiche



Ideas: nuts, cheese and guacamole with crudites



Low carb baked eggs



Roast chicken, roast potatoes, green beans and gravy



Coq au vin with broccoli
Pudding:



Ideas: raspberry smoothie and nuts.

Sunday



Scrambled egg with smoked salmon on granary toast



Ham, leek and Parmesan frittata with avocado, celery, cucumber and lettuce



Hot chocolate

Chicken and lentil curry with salad

Pudding: Greek yogurt with raspberries



Ideas: olives, nuts, dried fruit and oatcakes with light cream cheese.

Weekly overview for a low-carb vegetarian diet

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

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