

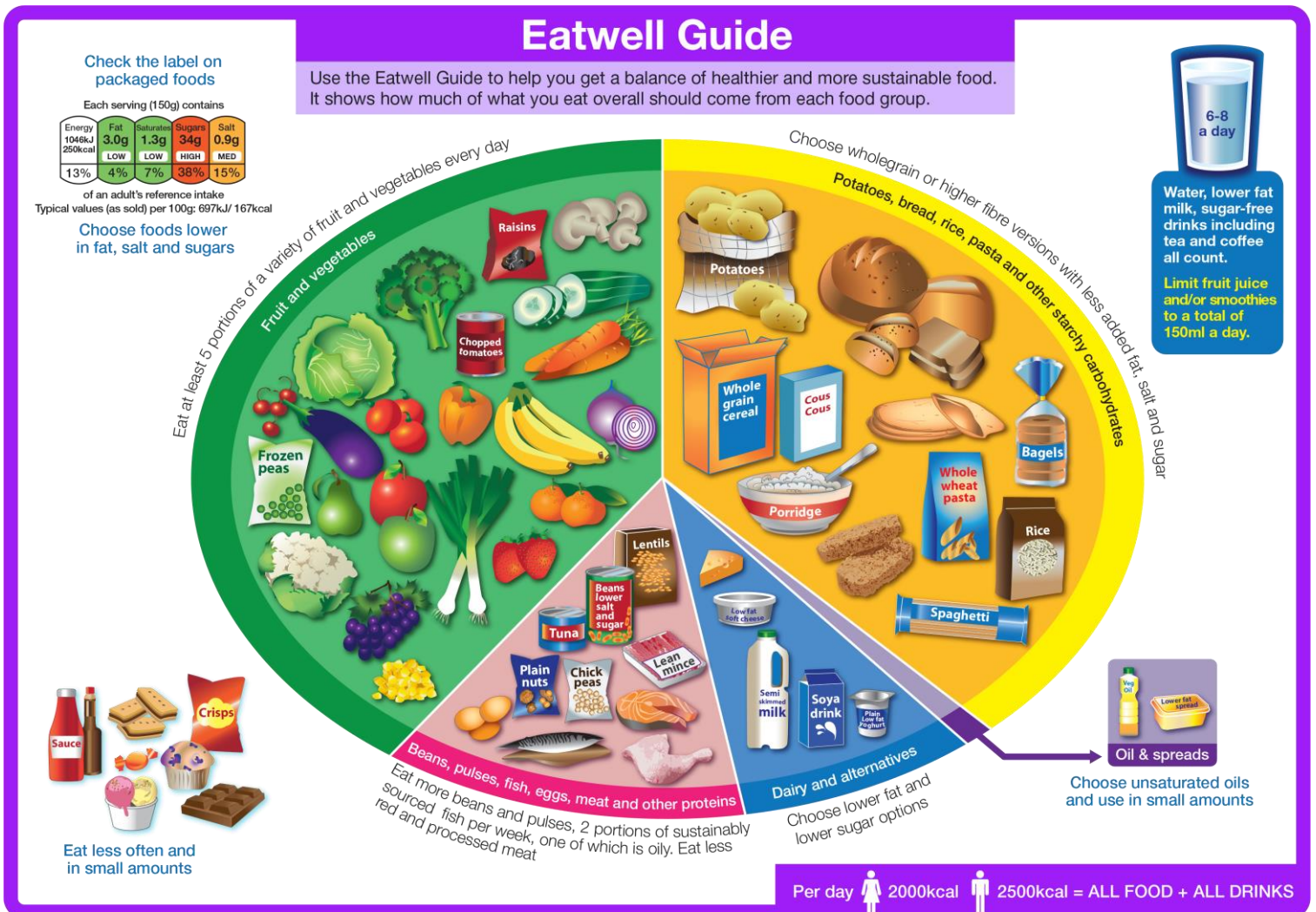
Recipe and menu ideas for healthy eating

Diabetes service

Healthy eating can help you to achieve and maintain a healthy weight whilst making sure you eat the right foods to keep you well.

This leaflet gives you some ideas for putting healthy eating advice into practice by choosing quick and easy meals. It includes suggestions for breakfasts, main meals, snack meals, desserts and snacks. Use The Eatwell Guide below to help you get the right balance of foods in your diet.

Notice the information on checking the label of packaged foods – this is often called the traffic light labelling. Choosing foods that are green for salt, fat and sugar are generally the healthier options. Try to limit foods that are red for salt, fat and sugar.



Ideas for breakfast

	Best choices	Tips
Cereal	Rolled oats porridge, nutty natural muesli, overnight oats: (Put approx. ¼ cup oats to 1.5 parts milk/yoghurt overnight, in the fridge, with a handful of frozen berries, in the morning add tsp peanut butter / seeds / half banana – see online for recipes, e.g. BBC Good Food).	Look for those low in sugar (green) Use skimmed, 1% or semi-skimmed milk, unsweetened dairy alternatives e.g. soya or almond milk.
Yoghurt	Low fat natural, 0% Greek yoghurt, diet varieties, Skyr,	Add your own fruit, nuts, seeds, nutty muesli.
Bread / toast / bagels / English muffins	Seeded and Granary varieties.	Have with grilled tomatoes, mushrooms, poached, scrambled or boiled eggs, baked beans. Go for olive/ vegetable oil based spreads. If using jam, marmalade, honey, Bovril or Marmite, use sparingly.
Smoothies / Juices	Homemade smoothies – look for different recipes that use vegetables as well as fruits.	Fruit juices and smoothies can contain a lot of sugar, so have just a little (up to 150ml a day).

Ideas for light meals

	Best choices	Tips
Sandwiches / cobs / rolls / pittas / wraps / crackers / crispbreads	Granary, wholemeal or seeded varieties. For some healthy ideas for fillings see below.	If buying shop bought try to find ones without added mayonnaise. Add extra salad in or with it e.g. cherry tomatoes, lettuce, cucumber, peppers. If using a moist filling avoid using spread too.
Salads	Contain a mixture of salad items and some protein rich food (e.g. tuna, egg, nuts, cheese, pulses, chicken, lean meat)	Go easy with dressings / mayonnaise/ salad cream. See over page for healthy dressing recipes
Jacket potato	Not too big! The skin contains lots of fibre so try to eat this. See healthy filling ideas below.	If the filling is moist don't use butter or spread too and watch for fillings with lots of mayonnaise.
Soups	Fresh soups either homemade or shop bought. Look for ones containing pulses (e.g. peas, lentils, chick peas)	Check the label of shop bought ones to help make healthy choices – see label information above.

Examples of healthy fillings / toppings for sandwiches, jacket potatoes and salads:

- If using a spread, choose one based on olive or sunflower oil and use sparingly. If using a moist filling try not to use a spread.
- Add the filling of your choice, some examples include:
 - ⇒ Lean beef or ham (with a thin spread of mustard or horse radish if liked) & salad
 - ⇒ Grated reduced fat cheese / a little mature cheddar / Edam with tomato
 - ⇒ Grated reduced fat cheese, chopped celery with a little low fat salad dressing
 - ⇒ Brie and sliced grapes and / or salad
 - ⇒ Low fat cottage cheese or light cream cheese with pineapple / herbs & salad
 - ⇒ Salmon and cucumber
 - ⇒ Prawns with a little low fat dressing
 - ⇒ Egg and tomato / cress
 - ⇒ Chicken tikka with salad
 - ⇒ Smoked mackerel and a little low fat mustard mayonnaise
 - ⇒ Hummus and salad or grated carrot or beetroot
 - ⇒ Tuna mixed with low fat natural yogurt or salad dressing with salad
 - ⇒ Tuna mixed with 1 tsp mayonnaise with sweetcorn / pepper
 - ⇒ Tuna and sweetcorn / peppers (one tsp light mayonnaise)
 - ⇒ Baked beans
 - ⇒ Scrambled or poached eggs
 - ⇒ Pilchards/sardines/mackerel (tinned in tomato sauce or brine).

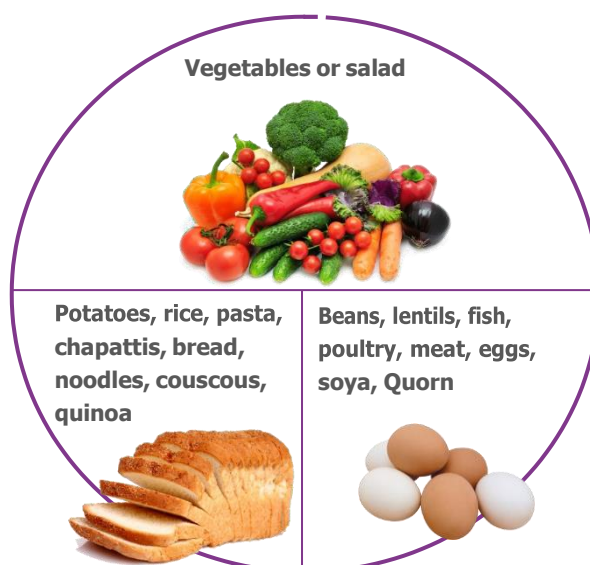
Examples of healthy salad dressings

- Serve salads without dressings if possible or try one of the following suggestions:
 - ⇒ Low fat yogurt is a versatile dressing on its own or low fat mayonnaise can be mixed with yogurt. Suitable flavourings include mustard, herbs, onion, crushed garlic, capers, olives, balsamic or wine vinegar.
 - ⇒ Try a small amount of fruit juice for a different light dressing, e.g. a squeeze of lemon or lime juice.
 - ⇒ Many ready made dressings are now available in a fat reduced or 'light' version. These are a healthier choice but limit the quantity you use as they still contain some fat.

Ideas for main meals

Whatever meal you have, try to aim for the following amounts on your plate as shown by the picture:

1. At least a third of your plate to be vegetables / salad
2. Some starchy food (e.g. potatoes, rice, pasta)
3. Some protein rich food (e.g. pulses, fish, meat, vegetarian alternatives)



Main meal ideas

- Spaghetti or other pasta shapes with meat, mixed bean or vegetable sauce, and a mixed salad.
- ⇒ A simple sauce can be made from onions, garlic, chopped tinned tomatoes, a pinch of dried mixed herbs and freshly ground pepper. Simmer until all the ingredients are cooked and mix in with cooked pasta.
- Grilled or poached fish, potato and a choice of vegetables.
- Casseroled meat or chicken with rice or potato and vegetables.
- Curried meat or vegetables, mixed salad and boiled rice or a small chapatti.
- Bean and vegetable hot pot with potato or pasta.
- Grilled reduced fat sausages with grilled or tinned tomatoes and mashed potatoes.
- Roast or grilled lean meat or chicken with boiled, mashed or jacket potato and vegetables.
- Omelette (with filling of your choice e.g. onion, peppers, mushrooms), crusty bread and peas / tomatoes / green salad.
- Beef or lentil chilli con carne, salad and wholemeal pitta bread, rice or tortilla wraps.
- Shepherd's pie made with minced meat or lentils, choice of vegetables.
- Cauliflower cheese, crusty bread and carrots.

Tips for preparing meals and changing recipes to make them healthier

- Avoid adding excess fat or oil when cooking – 1 tablespoon oil should be sufficient for four servings or more.
- Drain off any excess fat after cooking mince and opt for the extra lean versions of meat when possible.
- Try to serve a variety of vegetables and / or salad.
- Aim to include at least two different coloured vegetables or salad items at each meal
- Consider the size of the dinner plate you are using. Try reducing the size of your plate so that a healthy portion fills it.
- If buying a ready meal try adding extra veg / salad to it.
- Use the traffic light labelling to help you make healthy choices.
- Avoid using butter, ghee or lard, use a little olive oil or vegetable oil if needed.
- Remove skin from chicken.
- Replace some or all of the meat with pulses (e.g. chick peas, lentil, kidney beans).
- Keep skins on potatoes.
- Swap salt for other seasonings, like extra pepper, herbs, vinegar and spices.
- Use whole-wheat or brown pasta.

Dessert ideas

- Fresh fruit – choose fruit in season when it is usually cheaper. Try making your own fruit salad, without adding sugar.
- Stewed or poached fruit, sweetened with an artificial sweetener if needed. Dried fruits such as apricots and prunes can be included.

- Baked cooking apples, cored and stuffed with a little dried fruit. Serve with low fat custard.
- Tinned fruit in unsweetened fruit juice or frozen fruit without sugar.
- Sugar free jelly with tinned or fresh fruit.
- Low fat natural or Greek yogurt can be used alone or in place of cream or custard with fruit.
- Mixing quark with a low fat yogurt makes a low fat alternative to cream.
- Make custard or a milk pudding with skimmed / 1% / semi skimmed milk and an artificial sweetener and / or spices (e.g. nutmeg or cinnamon). Adding dried fruit sweetens milk puddings enough to need little or no sugar.
- Smoothies made from plain low fat yogurt and fresh, frozen or tinned fruit.

For further information

Libraries, magazines and supermarkets are good places to find recipes and information about food.

Many websites and apps also give healthy recipe ideas, including:

- NHS Livewell pages are full of useful information, for the parts on healthy eating and recipes check out: [nhs.uk/livewell/goodfood](https://www.nhs.uk/livewell/goodfood)
- Meal plans: [diabetes.org.uk/guide-to-diabetes/enjoy-food/eating-with-diabetes/meal-plans-](https://www.diabetes.org.uk/guide-to-diabetes/enjoy-food/eating-with-diabetes/meal-plans-)
- [bbcgoodfood.com](https://www.bbcgoodfood.com) (Healthy recipes section) – App available also
- [nhs.uk/oneyou/](https://www.nhs.uk/oneyou/)
- [weightconcern.org.uk](https://www.weightconcern.org.uk)
- [bhf.org.uk](https://www.bhf.org.uk) (free healthy recipe App for your smartphone)
- [diabetes.org.uk/Guide-to-diabetes/Recipes](https://www.diabetes.org.uk/Guide-to-diabetes/Recipes)
- [wcrf-uk.org](https://www.wcrf-uk.org) (see sections 'cancer prevention' and 'healthy recipes')
- [teenweightwise.com](https://www.teenweightwise.com) (aimed at young people but the recipes could be used by all)
- Food Scanner App (from Change4Life) - turns every food label into a traffic light label by scanning the barcode!
- Recipe Apps: Smart Recipes App (from Change4Life), Easy Meals App (from One You), BBC Good Food App, these are all available as websites also
- Food Switch App: to help you to make healthier choices

BDA Food facts, lots of fact sheets on healthy eating, and eating for specific conditions and nutritional deficiencies: [bda.uk.com/foodfacts/home](https://www.bda.uk.com/foodfacts/home)

Amended with permission from NHS Leicestershire Nutrition and Dietetic Services.

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