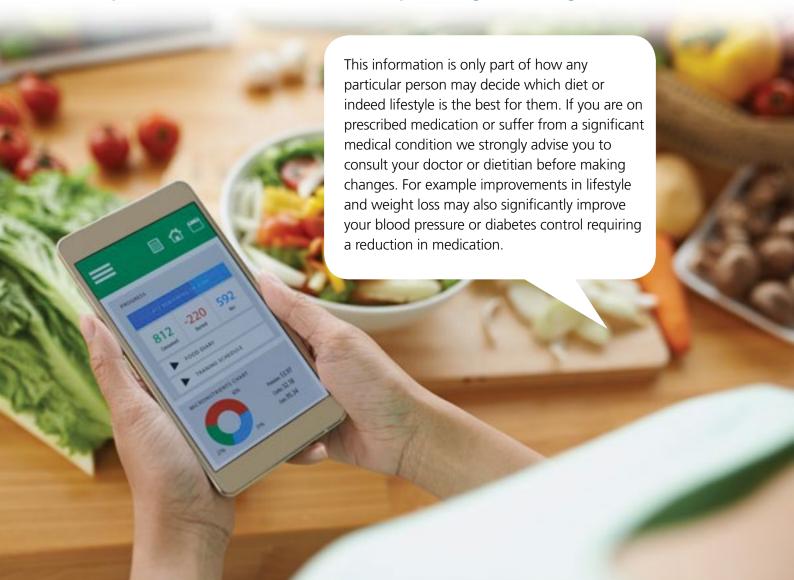


Low-carb diets and type 2 diabetes

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.preventingdiabetes.org.uk



Weekly overview for a low-carb vegetarian diet

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