

Managing Type 2 Diabetes for People that are eating donations from food banks and crisis centres

We understand it can be difficult to prioritise Type 2 diabetes when you do not have access to a kitchen or the means to buy food.

This leaflet is designed to provide some basic dietary tips to help you manage your Type 2 diabetes if you are eating donated food from a food bank or crisis centre. This list is based on common foods given out at these centres and is not a complete list. If you need more advice seek assistance from healthcare professionals where possible.

The key is not having too much sugar or carbohydrates in your meal at any one time

- Try using sweeteners or 'half and half' instead of sugar in your tea and coffee
- Turn overleaf for food options that can help you manage your diabetes and what can make it worse

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Better food options and tips if you have Type 2 Diabetes	To be avoided if possible if you have Type 2 Diabetes
<p>Mealtime food:</p> <ul style="list-style-type: none"> • 1/4 of a plate of cooked rice (1/2 handful portion pre-cooked) per meal • 1 'nest' of instant noodles • ½ a packet of instant rice • ¼ of a plate of instant pasta • ¼ of a plate of cooked pasta (1/2 handful portion pre-cooked) • 2/3 of a can of tinned pulses or beans • ½ a can of baked beans • ½ a can of spaghetti • 1 can of vegetable/ tomato / lentil/ mushroom/ meat soup • 1 can of tinned meat in sauce • 1 can of tinned fish in any sauce • ½ a can or rice pudding or custard • Thin spreading of jam or honey on 2 slices of bread • ½ a large bowl or 1 small bowl of cereal, not sugar coated if possible • Wholemeal or brown bread/rice/pasta would be the best option where possible • Any green vegetable and salad vegetables unlimited • All meat/poultry/fish and vegetarian substitutes are unlimited <p>Snacks:</p> <ul style="list-style-type: none"> • Fruit (one portion at a time spaced throughout the day) • Canned fruit in its own juice, drain away the juice • If the options available are pastries, eat 1 portion at a time spaced throughout the day • 3 plain biscuits <p>Drinks:</p> <ul style="list-style-type: none"> • Aim for tea or coffee with milk and sweetener. Low sugar hot chocolate if possible. Diet or zero sugar fizzy drinks and squash • ½ a mug or small glass of fruit juice between meals 	<p>Mealtime food:</p> <ul style="list-style-type: none"> • Plates full of just carbohydrates such as rice/pasta/potato/bread • Full cans of carbohydrate rich foods such as baked beans and spaghetti • Having 2 carbohydrates on the same plate such as pasta and bread or rice and chapattis • Full cans of soups that are high in carbohydrate such as leek and potato • Large servings of high sugar cereals and cereals with sugary coatings • Large servings of canned sweet puddings such as rice pudding or custard or semolina <p>Snacks:</p> <ul style="list-style-type: none"> • High sugar sweets such as candies, jelly beans, chewy sweets and chocolates, fudge and toffee • Cakes, biscuits in large quantities • Multiple pieces of fruit at once • Canned fruit in syrup <p>Drinks:</p> <ul style="list-style-type: none"> • Adding sugar to hot drinks such as tea or coffee • Full sugar energy drinks • Large portions of fruit juice • Full sugar fizzy drinks

Please notes: More detailed dietary advice is available elsewhere if your circumstances change

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