

## **Managing Type 2 Diabetes for People that have access to a microwave and grill**

We understand it can be difficult to prioritise Type 2 diabetes when you do not have access to a permanent kitchen.

This leaflet is designed to provide some basic dietary tips to help you manage your Type 2 diabetes if you are not in stable accommodation but do have access to a microwave, fridge and grill.

### **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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<b>Better food options if you have Type 2 Diabetes</b>	<b>To be <u>avoided</u> if possible if you have Type 2 Diabetes</b>
<p><b>Breakfast:</b></p> <ul style="list-style-type: none"> <li>• Porridge oats or instant porridge sachets with milk or water (1 medium bowl portion)</li> <li>• A high fibre cereal with milk such as bran based flakes (1 medium bowl portion)</li> <li>• Fresh fruit (1 palm size portion) and 'lite' or 'diet' yogurt</li> <li>• 2 medium slices of wholemeal or seeded toast (medium thickness) with butter or plant based spread</li> </ul> <p><b>Other meals:</b></p> <ul style="list-style-type: none"> <li>• Meat sandwich such as ham, luncheon meat, corned beef, chicken, fish with salad on wholemeal or seeded bread (2 slices medium thickness)</li> <li>• Noodles (1 single packet) with any available vegetable frozen or tinned with cooked meat or tinned beans and herbs/spices (no added salt)</li> <li>• Microwaveable rice ½ a single packet with frozen or tinned vegetables and a portion of beans or cooked meat</li> <li>• Beans or tinned tomatoes on wholemeal toast (2 slices medium thickness)</li> <li>• A microwaveable healthy options ready meal portion for 1 with extra vegetables</li> <li>• Flavoured packet couscous (1 single packet) with vegetables and cooked meat or cheese or any canned bean</li> <li>• Avocado or humus on toast with cooked meat (if available) or sandwich on wholemeal (2 slices medium thickness)</li> <li>• Cooked meat and salad with 'light' dressing or salsa on tortilla wrap or pitta bread (1 large or 2 small)</li> </ul>	<p><b>Breakfast:</b></p> <ul style="list-style-type: none"> <li>• Sugar coated cereals</li> <li>• Large portions of jams or marmalades</li> <li>• Adding sugar onto cereals</li> <li>• More than 2 slices of toast</li> <li>• Sugary pastries</li> </ul> <p><b>Other meals:</b></p> <ul style="list-style-type: none"> <li>• Meals that only consist of carbohydrates (starchy foods) such as potato, pasta, rice etc.</li> <li>• Meals that consist of very large portions of carbohydrates as above</li> <li>• Meals that have sauces that you think may be very sugary. High sugar would be 10g of sugar in 100g of the product.</li> </ul>

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

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