

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

This information is only part of how any particular person may decide which diet or indeed lifestyle is the best for them. If you are on prescribed medication or suffer from a significant medical condition we strongly advise you to consult your doctor or dietitian before making changes. For example improvements in lifestyle and weight loss may also significantly improve your blood pressure or diabetes control requiring a reduction in medication.




Weekly overview for a lower non-vegetarian diet

	Breakfast:	Lunch:	Dinner:	Snacks:
Monday	 <p>Wholemeal toast with scrambled eggs</p>	 <p>Cauliflower and leek soup</p>	 <p>Lower-fat cauliflower and broccoli cheese with a medium grilled salmon fillet</p> <p> pudding: Greek yogurt with raspberries</p>	 <p>Ideas: fruit, nuts and rye crackers with avocado</p>
Tuesday	 <p>Greek yogurt with raspberries and pumpkin seeds</p>	 <p>Chickpea and tuna salad</p>	 <p>Beef goulash</p> <p> pudding: Rhubarb fool</p>	 <p>Ideas: granary bread with peanut butter, avocado, Greek yogurt, crudites and nuts</p>
Wednesday	 <p>Porridge with almonds, blueberries and pumpkin seeds</p>	 <p>Mackerel salsa wrap</p>	 <p>Chicken casserole with broccoli</p> <p> pudding: Greek yogurt with strawberries and blueberries</p>	 <p>Ideas: nuts, wholemeal rice cakes with peanut butter and crudites with guacamole</p>

	Breakfast:	Lunch:	Dinner:	Snacks:
Thursday	 <p>Mushroom omelette with mushrooms and grilled tomato</p>	 <p>Creamy chicken and mushroom soup pudding: Greek yogurt with raspberries</p>	 <p>Beefburger with green salad pudding: Summer berry posset</p>	 <p>Ideas: oatcakes with light cream cheese, nuts and avocado</p>
Friday	 <p>Scrambled egg on granary toast with mushrooms</p>	 <p>Beef and barley soup pudding: Greek yogurt</p>	 <p>Italian-style braised lamb steaks with brown rice and broccoli pudding: Passion fruit with half-fat creme fraiche</p>	 <p>Ideas: nuts, cheese and guacamole with crudites</p>
Saturday	 <p>Wholemeal toast with grilled bacon and mushrooms</p>	 <p>Bang bang chicken salad</p>	 <p>Coq au vin with broccoli pudding: Hot chocolate</p>	 <p>Ideas: raspberry smoothie and nuts.</p>
Sunday	 <p>Scrambled egg with smoked salmon on granary toast</p>	 <p>Ham, leek and Parmesan frittata with avocado, celery, cucumber and lettuce</p>	 <p>Roast chicken, roast potatoes, green beans and gravy pudding: Greek yogurt with raspberries</p>	 <p>Ideas: olives, nuts, dried fruit and oatcakes with light cream cheese.</p>

Weekly overview for a low-carb vegetarian diet

	Breakfast:	Lunch:	Dinner:	Snacks:
Monday	 <p>Wholemeal toast with scrambled eggs</p>	 <p>Cauliflower and leek soup</p>	 <p>Lower-fat cauliflower and broccoli cheese pudding: Greek yogurt with raspberries</p>	 <p>Ideas: fruit, nuts and rye crackers with avocado</p>
Tuesday	 <p>Greek yogurt with raspberries and pumpkin seeds</p>	 <p>chickpea curry with lettuce leaves pudding: Rhubarb fool</p>	 <p>Three bean salad</p>	 <p>Ideas: granary bread with peanut butter, avocado, Greek yogurt, crudites and nuts</p>
Wednesday	 <p>Porridge with almonds, blueberries and pumpkin seeds</p>	 <p>Tofu Stir Fry</p>	 <p>Dinner Quinoa with broccoli pudding: Greek yogurt with strawberries and blueberries</p>	 <p>Ideas: nuts, wholemeal rice cakes with peanut butter and crudites with guacamole</p>

	Breakfast:	Lunch:	Dinner:	Snacks:
Thursday	 <p>Mushroom omelette with mushrooms and grilled tomato</p>	<p>Egg plant and tomatoes</p> <p> pudding: Greek yogurt with raspberries</p>	 <p>Veggie burger with green salad</p> <p> pudding: Summer berry posset</p>	 <p>Ideas: oatcakes with light cream cheese, nuts and avocado</p>
Friday	 <p>Scrambled egg on granary toast with mushrooms</p>	 <p>Green bean salad</p> <p> pudding: Greek yogurt</p>	 <p>Brown rice with vegetables and broccoli</p> <p> pudding: Passion fruit with half-fat creme fraiche</p>	 <p>Ideas: nuts, cheese and guacamole with crudites</p>
Saturday	 <p>Wholemeal toast with and avocado mushrooms</p>	 <p>Bean salad</p>	 <p>Sweet potato with chickpeas</p> <p> pudding: Hot chocolate</p>	 <p>Ideas: raspberry smoothie and nuts.</p>
Sunday	 <p>Porridge with apricots</p>	 <p>Green salads with avocado, celery, cucumber and lettuce</p>	 <p>Vegetable meat balls with roast vegetables and green beans</p> <p> pudding: Greek yogurt with raspberries</p>	 <p>Ideas: olives, nuts, dried fruit and oatcakes with light cream cheese.</p>