

Who is the most important  
person to Diabetes Ireland?

**YOU ARE**

We fight for better services for you  
We want what is best for you  
We exist to support you



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DAB-1290961-000

A supermarket shopping guide  
for people with

# Diabetes

Your questions answered



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## Who is this booklet for?



While this booklet is mainly intended for people with diabetes, their families or carers, it is a healthy eating guide suitable for everyone. It is important for us all to be aware of different types of foods and how much of them we eat.

This booklet is intended to be a practical guide to help you follow a healthy lifestyle. The information provided is suitable for the whole family. We hope that the guide will make shopping easier, and more enjoyable, and help you in making healthier food choices.

## Contents

Diabetes explained	5
Supermarket shopping—the ‘how to’	11
Dietary considerations—salt, alcohol and food labels	25
Putting it all together, meal suggestions and recipes	37
References and Acknowledgements	56



# Diabetes explained

## Disclaimer

Our recipes contain nutritional information which should be used as a guide only. This is because of differences in ingredients that occur naturally, how you might cook the recipe yourself and the size of the portion you eat.

Nutritional analysis gives total carbohydrate for the ingredients used. Remember to look at total carbohydrate per serving, not just 'of which sugars'. If additional carbohydrate is taken or suggested to be served with, remember this must be added to the overall carbohydrate content of the meal. The nutritional information was calculated by a Diabetes Ireland dietitian using the Microdiet package.



## What is diabetes?

Diabetes mellitus or diabetes, is a condition where the blood glucose (sugar) levels are too high. Glucose levels are controlled by the hormone insulin. People with diabetes either have a lack of insulin, or the insulin which is produced isn't working properly. This results in the body being unable to use the blood glucose as it should. There are many medical treatments for diabetes, but we must remember a healthy lifestyle is the backbone of all treatments.

### How prevalent is diabetes?

Worldwide, diabetes affects roughly 340 million people. Diabetes is more common in certain population groups – namely African, Caribbean and South Asian. There are approximately 225,000 people living with diabetes in Ireland, and many more living with the condition but do not yet know it (undiagnosed). Many more are at high risk of developing type 2 diabetes unless they change to a more healthy lifestyle.



## What are the different types of diabetes?

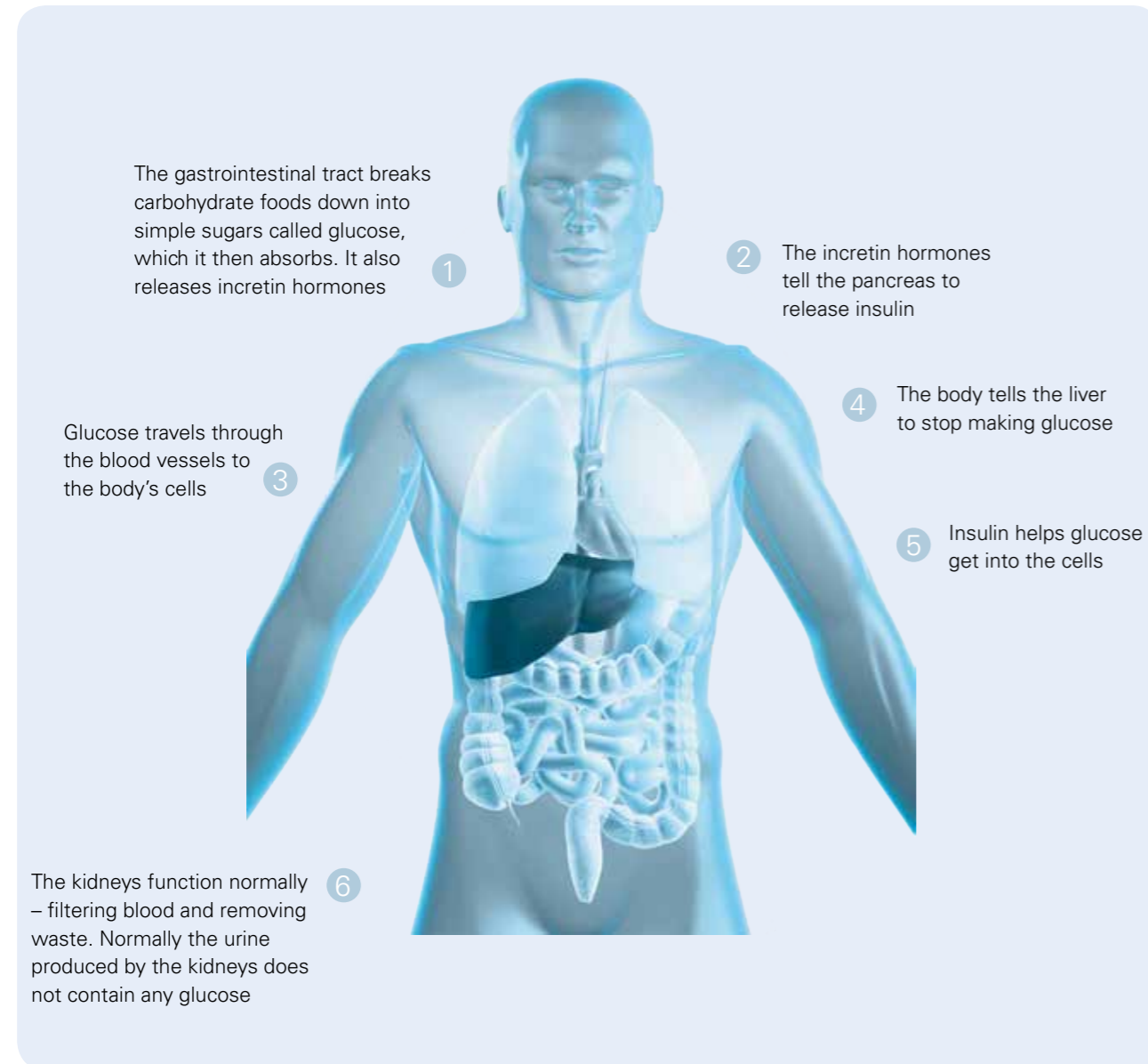
### There are two main types of diabetes

**Type 1 diabetes** tends to occur in childhood or early adult life, and always requires treatment with insulin – either by injections, or pump therapy. Development of type 1 diabetes is unrelated to poor lifestyle habits. Type 1 diabetes is caused by the body's own immune system destroying the insulin-making cells (beta-cells) of the pancreas. The reason why this happens is unclear, but may include factors such as genetics, viral infection and the environment.

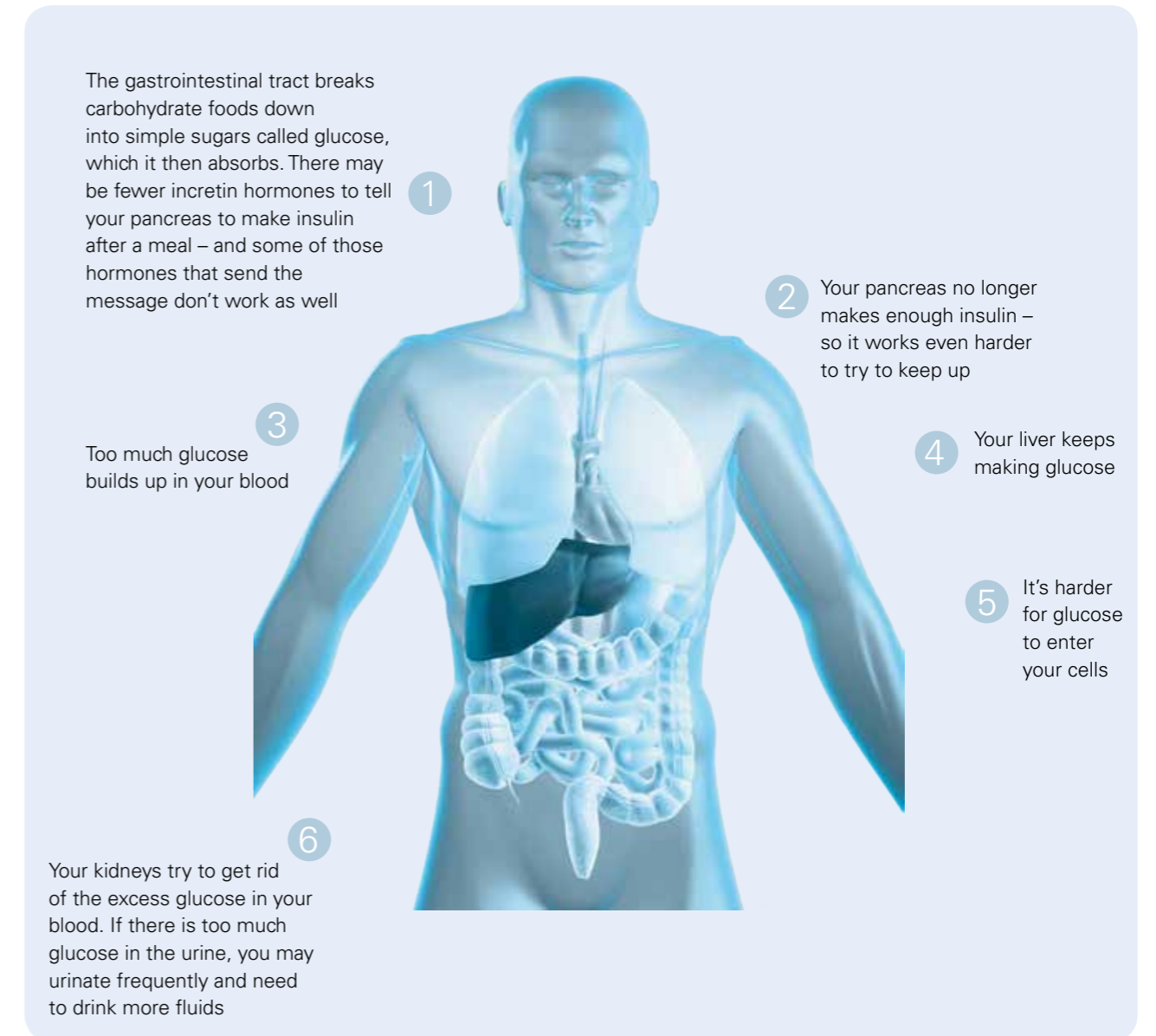
**Type 2 diabetes** usually develops slowly in adulthood, with risk increasing over the age of 40. It is progressive and can sometimes be treated with diet and exercise, but more often type 2 diabetes may require diabetes medications and/or insulin injections to keep the blood glucose under control.

Whether a person has type 1 or type 2 diabetes, a healthy balanced diet will help control the condition successfully in combination with regular activity, maintenance of a healthy body weight and taking medications as prescribed.

## When a person **without** diabetes eats a meal



## When a person **with** diabetes eats a meal



## Supermarket shopping—the ‘how to’

### Will my diabetes limit the types of food I can eat now?

The ideal shopping list for a person with diabetes is the same as a shopping list for anyone wanting to eat a healthy balanced diet – that is mostly fresh unprocessed foods, which are low in fat and sugar, moderate in starchy carbohydrates, and high in fibre, vitamins and minerals.

### An easy rule of thumb is ‘the less processed, the better’.

A healthy diet contains a balance of the 3 main nutrients – proteins, fats and carbohydrates. Eating regular meals will make it easier for your body to control your blood glucose. Some treatments require attention to be paid to the timing of meals, whereas others are less strict – talk to your dietitian or diabetes care team to see how flexible you can be with your meal plans.

### Why is seeing a dietitian important?

Your dietitian, who should be a member of the Irish Nutrition & Dietetic Institute (INDI – see [www.indi.ie](http://www.indi.ie)) can give you individually tailored advice for your diabetes. He/she will take into account your medication, any additional medical conditions you may have, your weight, current dietary intake, among other factors. Your dietitian can guide you to make healthy food choices, educate around portion sizes of foods (especially carbohydrates), and answer any other diet related queries you have about your diabetes.

### Eating well can improve your blood glucose control, and reduces the risk of developing long-term complications associated with diabetes, such as heart disease.



## Foods to look out for in the supermarket

Supermarket shopping can be an overwhelming task at the best of times, so when you've to think diabetes as well, the weekly shop can seem huge! Thankfully, this doesn't need to be the case – read on to learn how to make the most out of your visit to the supermarket.

Before you shop, write a list. Check what is already in your cupboard at home, and make a rough plan of ingredients you will need for meals for the week ahead. Some people find apps for smartphones useful for planning their shopping – examples are 'Mealboard', 'Pepperplate' and 'Food Planner App'. Planning ahead means you are more likely to fill up the trolley with foods you really need.

At the back of this booklet, you will find some meal suggestions, all of which are based on healthy food choices.

At the supermarket, you should find you shop by mostly using the perimeter of the store where the least processed food is available. Then still using your list, strategically tackle the centre aisles. Read on for more details!



## Usually, up first are the fruits & vegetables

Think about including fruit with cereal, as a snack, or after a meal. Choose from fresh, frozen, dried, or tinned (in fruit juice, not syrup). Vegetables can be steamed, roasted or made into salads – include a variety to keep your meals interesting.

To supplement your fresh purchases, stock up on frozen vegetables that are cut and ready to cook – frozen peas, green beans, and spinach will cook in just a few minutes. There's no excuse not to have vegetables with dinner!

Aim to eat at least 5-7 portions (in total) of vegetables, salads and fruit daily. They are low in calories, and their fibre helps keep hunger at bay, and also slows down release of glucose into the blood stream, thus helping your diabetes control. Buying in season and availing of special offers will help to keep costs down.

**Remember, fruits contain naturally occurring sugars and may cause your blood glucose to rise if eaten in large amounts – so spread your fruit portions out across the day.**

### What's a portion?

- 1 medium sized fruit – an apple, orange, pear, small banana
- 2 small fruit e.g. kiwi, mandarin
- Small handful of small fruit e.g. grapes, berries
- 1 slice large fruit e.g. melon, pineapple
- 1 small glass fruit juice or fruit smoothie (100ml)
- 4 dessert spoons of cooked fresh fruit, fruit tinned in own juice or frozen fruit
- 4 dessert spoons cooked vegetables
- 1 small bowl of salad
- 1 bowl of homemade vegetable soup

## The bakery

Even local supermarkets, tend to have displays of baked goods, cleverly placed to tempt you. This is where your shopping list can be your secret weapon!

Stock up on starchy carbohydrates. Starchy carbohydrates include all types of breads and crackers, cereals, potatoes, pasta, rice and noodles. A small portion of these foods can be included at each meal.

Choosing oat based and wholegrain varieties of starchy carbohydrates will help increase the fibre content of your diet, which in turn can help towards maintaining a healthy gut.

### Choose:

- Wholegrain breads
- Wholegrain cereals
- Wholemeal or seeded pitta pockets/ wraps/bagels.
- Oatcakes, wholegrain crackers
- 'Kids' size wraps



Foods based on oats and wholegrains are released more slowly into our bloodstream, improving blood glucose control.

**Remember: the total amount of carbohydrate you eat is important too – see the food pyramid on the back cover of this booklet and nutrition factsheets at [www.indi.ie](http://www.indi.ie) for guidance on portion sizes.**

## Don't forget dairy

Dairy foods contain the naturally occurring sugar lactose.

To meet your calcium needs and keep bones healthy, aim for 3 servings of dairy per day. Women who are pregnant or breast feeding also need 3 servings daily, whereas children aged 9-12 and teenagers aged 13-18 need 5 servings a day.

Choose low fat milk. Low fat milk has the vitamins and minerals we need for bone health, but does not have the saturated fat which can raise cholesterol. Low fat milk is suitable for thriving children over the age of 2, and skimmed milk is suitable for children over the age of 5.



### Top tips:

- Choose low fat or skimmed milks
- Look for reduced fat cheese
- Know your portion sizes – see the food pyramid on the back cover flap
- Try not to buy too much – even the reduced fat varieties of cheese have a significant fat content
- Choose yoghurts which say diet, 'fat free', 0% or natural. These are low in fat and sugar, and have little effect on blood glucose



## Meat Counter

Meat and poultry are protein foods, so don't affect blood glucose. Choose lean cuts of meats to reduce saturated fat intake. Ask your butcher to trim excess fat and skin off your meat and poultry. Cheaper cuts of meat are a budget shopper's friend – they are ideal for soups, stews and casseroles. Ask your butcher for advice.

Sausages and puddings have a high fat content – even when grilled, so choose these foods only occasionally.

Remember that stuffing or sauce will have a lot of salt, and usually some carbohydrate too, so go for plain undressed meat or poultry and have a small amount of sauce on the side if desired.



### Find the fish

Oily fish like salmon, trout and mackerel are rich in heart healthy omega-3 fatty acids. People with type 2 diabetes are recommended to have oily fish twice a week. Cod, hake, plaice are all healthy options too, so try and include these fish once a week as well.

Many supermarkets now stock uncoated frozen fish – look for fish fillets without breadcrumb or batter coatings. See recipe ideas at [www.diabetes.ie](http://www.diabetes.ie) if you need help with meal ideas!

And, keep a supply of tinned salmon, tuna, mackerel or sardines in your cupboard to use as the basis of a quick and tasty healthy meal. When choosing tinned fish opt for ones tinned in water, brine or tomato sauce instead of oil or mayonnaise.

### Salad bar and Deli counters

These are a minefield! Salads are often dressed in either mayonnaise or vinaigrette, and tend to be high in calories. Try to choose salad without dressing where possible, and avoid potato salad and coleslaw. At home, why not try dressings made with low fat natural yoghurt, lemon juice and herbs, French vinaigrette made with olive or rapeseed oil, or simply use a small amount of balsamic vinegar to jazz up a green salad.



## Drinks

It is recommended to drink up to 2 litres (close to 4 pints) of fluid daily.

- Drinks such as water, coffee, tea, and herbal teas are all fine, but do not add sugar. Artificial sweeteners can also be used in foods and drinks – they won't raise blood glucose. Examples are Canderel, Hermesetas, Stevia, Splenda, and many supermarkets now have their own brand versions which are also suitable.
- Avoid high sugar drinks such as fizzy drinks, energy and sports drinks. Fizzy drinks labelled Diet, Zero and Free, and no added sugar squash are suitable alternatives.

**Fruit juice and fruit smoothies are concentrated sources of natural sugars, so need to be used sparingly as they can have a significant impact on our blood glucose. the suggested serving size for a person with diabetes is 100ml, and preferably taken at mealtimes to lower the impact on blood glucose.**



### Do I need to limit my caffeine intake?

The main sources of caffeine are coffee, tea, cola drinks, and energy drinks. Smaller amounts are found in chocolate and chocolate flavoured desserts. And, some oral medications may contain caffeine too – cold and flu tablets, pain relief tablets, anti-histamines, and diuretics (water tablets).

Caffeine only appears to cause problems if a large amount is taken. So having only a few cups of tea or instant coffee each day, generally should not be harmful.



## What about high sugar foods?

Sugary carbohydrates release glucose into our blood stream quickly. These foods – buns, biscuits, cakes, chocolate, sweets, jellies, jam, marshmallows, and fizzy drinks are low in other nutrients, and can add to weight gain.

It is okay to include 'treat' foods such as low calorie hot chocolate drinks, diet yoghurts, popcorn, sugar free jelly or maybe individually wrapped 'fun size' bars or ice pops along with the rest of your weekly shop. Including these food items in moderation is all part of healthy eating. Making a plan as to what you are going to buy, and when you are likely to eat/drink it over the week will reduce the chances of impulse purchases which you may regret once you get home!



### What about special 'diabetic' foods such as chocolates and jams?

Special 'diabetic' chocolates, biscuits and jams are of no real benefit, and usually contain high amounts of fat and sorbitol (a sweetener which can have a laxative effect and cause an upset tummy). These foods also tend to be more expensive.

The dietary advice for people with diabetes has changed over the years. Today, the most important message for people with diabetes is to eat healthily, in the same way that is recommended for the whole population. A balanced diet is based on a moderate amount of starchy foods, at least 5 - 7 total servings of vegetables, salads and fruit daily, and low intakes of fat, sugar and salt. This means that small amounts of sugar or sugar containing foods can be eaten occasionally and preferably as part of a meal.

**Look at the ingredients list for other names for sugar such as glucose, honey, dextrose, fructose, syrups, lactose, maltose, hydrolysed starch, treacle, molasses.**



Once you've been around the perimeter of the shop, add to your trolley from the middle aisles. Items such as pasta and tinned tomatoes, beans and tuna can be the makings of a quick and healthy midweek meal and are key store cupboard ingredients. Keep referring back to your shopping list. This way you are less likely to be distracted by special offers and less healthy food choices.

**Top tip: if you don't need to go into a particular aisle, bypass it!**



#### Stock up on basic store-cupboard foods

- Wholegrain cereals
- Porridge oats
- Pasta/spaghetti/couscous/rice
- Pitta pockets (store in freezer)
- Eggs
- Tinned tomatoes
- Tomato puree
- Frozen vegetables
- Baked beans
- Tinned fish – mackerel, sardines, salmon, tuna
- Pulses – lentils, chickpeas, kidney beans or butter beans
- Fruit tinned in natural juice
- Sugar free jelly
- Stock cubes (look for reduced salt varieties)
- Low fat/fat free salad dressing
- Mixed herbs
- Artificial sweetener
- No added sugar squash/cordial
- Olive or rapeseed oil
- Seeds such as linseed, flaxseed, pumpkin, sesame or sunflower
- Nuts e.g. almonds, walnuts, cashew, peanuts – choose plain unsalted varieties

# Dietary considerations—salt, alcohol, food labels

Look at the swop list below to see how it all fits together.

## Healthy options

Instead of...	Go for...
Breaded or crumbed chicken	Skinless chicken or turkey
Fatty meats	Meat with little visible fat
Battered fish	Plain fish without coating, tinned fish
White bread	Wholegrain breads
Cream crackers	Oat cakes, rye crackers
Sugary cereals	Porridge, or oat and wholegrain based cereals
Full fat milk	Low fat, or skimmed milk
Yoghurt	Plain, natural, diet or 0%
Butter	Oil-based spread or reduced fat spread
Mayonnaise	Low fat or extra light mayonnaise or relish or chutney
Salads made with mayonnaise	Plain salads or those dressed with vinaigrette
Crisps	Popcorn, rice cakes, baked crisps
Sugary drinks	Sugar free squash, water, fizzy drinks labelled diet, free or zero
Sugar, honey, syrup, treacle	Sweetener such as canderel, hermesetas, splenda, stevia



Healthy eating for diabetes requires us to be mindful of nutritional content, labelling and health claims made by various foods and drinks. This section explores these considerations further.

### What about the salt content of foods?

Too much salt can contribute to high blood pressure and heart disease. On average Irish people eat over 10g salt per day which is almost double the recommended 6g per day. Whether it is rock salt, sea salt or table salt it will have the same effect, so most of us should reduce our salt intake.



#### Easy ways to do this are:

- Reduce your intake of processed foods especially ready prepared meals, sauces and takeaways
- Choose fresh foods (fruit, vegetables, meats, fish) more often
- Use less salt when cooking and at the table
- Flavour food with alternatives – pepper, garlic, herbs, spices, vinegar, lemon juice
- Recognise salty food descriptors – food labelled as smoked, pickled, marinated in soya sauce will be high in salt
- Choose unsalted nuts and snacks
- Stock cubes, packet soups and instant gravy/sauces tend to be high in salt. Try to use less often, and when possible make your own instead.

## Facts about Fat

Fats occur naturally in foods and play an important role in our health.

Not all fats are the same – some are better for our health than others. Where possible, choose more of the ‘good’ fats and less of the ‘not so good’ fats.

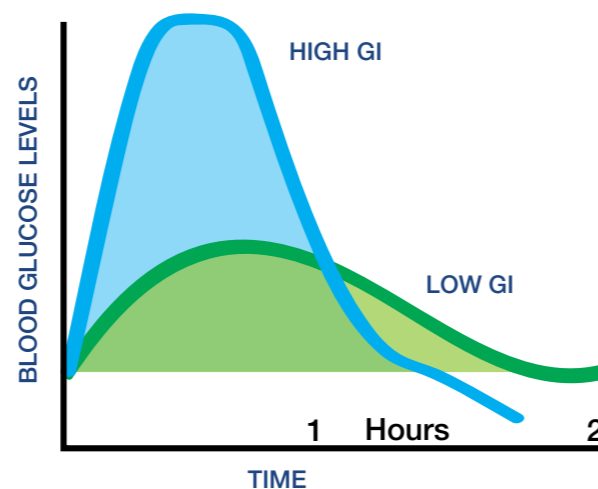
Saturated, hydrogenated and trans fat are the ‘not so good’ fats as they raise the harmful cholesterol in your blood which increases the risk of heart disease. These fats are found in butter, lard, cream, fat on meat, meat products such as black & white pudding and sausages, cakes, tarts, pies, take-away foods, crisps, chocolate, fudge and pastries.

Monounsaturated and polyunsaturated fats are the ‘good’ fats as they lower the harmful cholesterol in your blood and are good for your heart. They are found in olive oil, rapeseed oil, sunflower oil, and spreads made from these oils. Other sources include nuts like walnuts and almonds and seeds such as sesame, pumpkin and sunflower.



## What is glycaemic index?

The Glycaemic Index (GI) is a measure of how quickly your blood glucose levels rise in the time after eating a single food. For simplicity we rank foods, depending on the speed of their effect on blood glucose, as low medium or high GI.



### Simple ways to include low GI foods:

- Choose wholegrain or oat based breads and cereals
- Have a piece of fruit as a snack between meals or after a meal
- Add beans, lentils or chick-peas to salads, soups or stews
- Include vegetables or salad at your meals.

As a general rule, refined sugars/processed foods have a high GI and release glucose into the bloodstream quickly. Whereas fruits, vegetables, and high fibre foods like oats, bran and whole grains have a low GI and release slowly.

Glycaemic Load refers to the effect of a meal, rather than an individual food on our blood glucose. The principal is easy to apply – choosing high fibre carbohydrates more often, and being aware of both portion sizes and sources of carbohydrates at mealtimes. This will all help to manage our blood glucose levels.



## What about alcohol?

Like everything else, it is fine to enjoy alcohol in moderation. Ask your diabetes care team how alcohol may affect your blood glucose levels.

Everyone should have a minimum of 3 alcohol free days per week. Try not to have more than 5 standard drinks at one time. For low risk drinking, the weekly limits are:

- Up to 11 standard drinks a week for women
- Up to 17 standard drinks a week for men

**Aim to have no more than 2-3 standard drinks on 2-3 days of the week**

- Choose fizzy drinks labelled diet, light, zero or slimline as a mixer for spirits
- Avoid 'alcopops', liqueurs and cocktails
- Avoid low sugar beers as they tend to be high in alcohol
- Never drink alcohol on an empty stomach.



Alcohol is high in calories, but doesn't provide any nourishment. Drinking more than the weekly limit can increase your weight, and your blood pressure and put you at increased risk of heart disease and stroke. It can also damage your liver and increase your chances of certain types of cancer.



1 pint beer/stout	=	2 standard drinks
1 pub measure e.g. vodka, brandy	=	1 standard drink
1 glass beer/ lager	=	1 standard drink
1 small glass wine (100mls)	=	1 standard drink
1 small bottle wine (187mls)	=	2 standard drinks
1 bottle wine	=	7-10 standard drinks



# Food labels

Food labelling gives us valuable information. It shows us:

1. The ingredients list, which is listed in order of weight – so the main ingredient comes first
2. The food label – presented as a table

Use this table to check how much fat, sugar and salt is in your food.



	Sugars	Fat	Saturated Fat	Salt
<b>HIGH</b> (per 100g)	Over 22.5g	Over 17.5g	Over 5g	Over 1.5g
<b>MEDIUM</b> (per 100g)	Between 5g – 22.5g	Between 3g – 17.5g	Between 1.5g – 5g	Between 0.3g - 1.5g
<b>LOW</b> (per 100g)	5g and below	3g and less	1.5g and less	0.3g and less

You may have noticed there is a traffic light label on the front of some of the products you buy. This tells you at a glance if the food has high, medium or low amounts of sugars, fat, saturates and salt.

- Red means high—enjoy once in a while
- Amber means medium—ok most of the time
- Green means low—go for it

In short, the more Green lights, the healthier the choice.

Everybody should choose foods which are lower in sugars, fats and salt.

With diabetes, remember it isn't just about the amount of sugar on the label. You also need to be aware of the total carbohydrate content of the foods you choose.

Practice how to read a food label at home. At the supermarket, be selective – you don't need to examine every label on one day! More information on food labelling can be found at [www.diabetes.ie](http://www.diabetes.ie)



## Health claims

- **‘Sugar-free’** and **‘reduced sugar’** do not mean carbohydrate-free, so check the ingredients for other forms of sugar – honey, glucose, dextrose, fructose, syrups, lactose, maltose, hydrolysed starch, treacle, molasses.
- A **reduced-fat** food has less fat than the regular version, but it still has a high fat content e.g. mayonnaise or cheese. Reduced-fat foods often also contain added carbohydrate or salt to improve their taste. Compare the label against the ordinary version of the product to check differences.
- **‘No added sugars’** means that no sugar has been added to the product. However, check the ingredients for other forms of sugar. Instead of sugar, manufacturers often add honey, glucose syrup or molasses to add sweetness.
- Labels stating **‘contains natural sugars’** can be misleading. This product may contain fruit juice, or honey, so if unsure always check the carbohydrate content of the label.



## Shopping on a budget

### I am shopping on a budget – how can I reduce my shopping bill?

- Make a weekly plan and stick to your shopping list.
- Look at the shelves higher up and lower down – these are where the lesser known brands and own brands tend to be stored.
- In the fresh food sections there is always a particular spot where reduced items are put. These foods are coming to the end of their ‘best before’ or ‘use by’ dates, but are perfectly good to eat. Make sure to heed the label for advice on consumption.
- Value offers – ‘buy one, get second at half price’ or ‘buy one get one free’. These offers are really only true value if they fit in with your shopping list, and are things you really need. If they do, buy and store some for future use.
- Sign up to receive supermarket special offers by email. You can check in advance if the upcoming offers suit your needs.



## Meal planning and recipe ideas

### Last but not least – never shop on an empty stomach!

When you're hungry, foods you might not ordinarily consider can be very tempting. Supermarkets that bake in the store are particularly challenging. So be sure to shop after a meal or snack when you're less likely to be tempted!



**So now you have some idea what you should eat and drink, let's put it all together and come up with some meal suggestions.**



## Breakfast Ideas

- Branflakes, low fat milk and a small banana or glass of orange juice
- Grapefruit segments, boiled egg and wholemeal toast with low fat spread
- Porridge with 1 dessert spoon of sultanas and a low fat no added sugar yoghurt
- Shredded wheat and strawberries (if in season), low fat milk and a natural yoghurt
- Weetabix and low fat milk, small banana chopped
- Rivitas or Cracker-bread and low sugar marmalade, and a natural yoghurt
- Poached egg and grilled tomato, wholegrain or oat-based toast and a low fat spread
- Oatibix, a kiwi and low fat milk

## Lunch Ideas

- Homemade vegetable soup, wholegrain bread, low fat cheese and an apple
- Pitta bread sandwich made with tuna, sweet-corn and a teaspoon low fat mayonnaise, and a slice of melon to finish
- Pasta with chicken and tomato sauce made with tinned chopped tomatoes, salad\* and a natural yoghurt dressing
- Baked beans on toasted granary bread and a pear
- Egg omelette, a small bagel and a salad
- Sardines, tomatoes, wholegrain or oat-based bread and an orange
- Grilled rashers and mushrooms, jacket potato and peach/nectarine (if in season)

\* Salad suggestion: Lettuce, tomato, cucumber, onion and grated carrot



## Dinner Ideas

- Lean grilled pork chop and apple sauce, carrots and mashed potatoes.
- Roast lamb, broccoli and cauliflower, a baked potato and low fat gravy.
- Baked cod/haddock with lemon juice and black pepper, couscous with frozen peas and chopped mixed peppers.
- Stir-fried chicken with vegetables and wholegrain rice.
- Salmon marinated for 1/2 hour in orange juice, garlic and reduced salt soy sauce, then baked, served with noodles and frozen peas.
- Chicken and vegetable casserole, with steamed or boiled potatoes.
- Chilli Con Carne with rice and a side salad.



## Snack ideas

- Fresh fruit
- Diet, 0% fat natural yoghurt
- Crispbread/rice cakes or oat crackers with tomato/cucumber/small serving low fat cheese spread
- Small wholemeal scone with low fat spread
- Small bowl cereal with low fat milk

**NOTE: Although these foods are healthy choices it is important to reduce portion size if you need to lose weight. See the food pyramid at the back of this booklet for more information on portion sizes.**



# Baked potato with various fillings (Serves 1)

## For baked potato

1 baking potato (approx weight 180g)

## Method

Wash the potato and pierce with a sharp knife several times on all sides.

Dry the potato well with kitchen paper and place on a microwave-safe plate.

Place in the microwave and cook on full power for four minutes.

Remove the plate using oven gloves and turn the potato over. Dry the potato and the plate

and put back into the microwave. This step is important in order to create a crispy skin.

Heat on full power for a further four minutes.

Remove the plate and leave the potato to stand for 1-2 minutes, as it will continue to cook during this time.

Check that the potato is soft by pushing a sharp knife into the centre. Return to the microwave for another 30 seconds if it is still uncooked.



## Filling—Tuna & Sweetcorn

## Ingredients

1 baking potato

90g tuna, canned in brine and drained

90g sweetcorn, canned in water, and drained

1 tbsp reduced fat mayonnaise

## Method

While potato is cooking, prepare the filling.

Mix together tuna and reduced fat mayonnaise and add the sweetcorn.

To serve, simply cut a cross in the baked potato, and fill with the tuna sweetcorn mixture.

Nutrient	Amount per serving
Energy Kcal	483
Protein (g)	31.3
Carbohydrate (g)	80.9
Of which sugars (g)	11.0
Total fat (g)	6.1
Saturated fat (g)	1.0
Fibre (g)	5.9
Sodium (mg)	686
Salt equivalent (g)	1.7

## Filling—baked beans, cheese and a side salad

## Ingredients

1 baking potato

135g baked beans (individual serving pot, or 1/3 of standard tin)

30g reduced fat cheese, grated

5 cherry tomatoes

Handful of lettuce leaves

## Method

Cook potato as previously outlined on page 42.

Gently heat the baked beans. When potato is cooked, pour beans into centre, and top with grated cheese. Serve alongside the lettuce and tomatoes.

Nutrient	Amount per serving
Energy Kcal	457
Protein (g)	24.7
Carbohydrate (g)	80.3
Of which sugars (g)	12.7
Total fat (g)	6.4
Saturated fat (g)	3.2
Fibre (g)	12.2
Sodium (mg)	949
Salt equivalent (g)	2.3

### Filling—creamy garlic mushrooms

- 1 baking potato
- 60g mushrooms, wiped clean and quartered
- 1 tsp olive oil
- 1 clove garlic, crushed
- 30g low fat cream cheese

### Method

Cook potato as previously outlined on page 42.

Heat oil in a pan, and sauté the mushrooms and garlic over a low heat until the mushrooms are coloured and release some liquid. Stir through the cream cheese. When potato is cooked, just place the mushroom filling on top.



Nutrient	Amount per serving
Energy Kcal	322
Protein (g)	12.8
Carbohydrate (g)	58.8
Of which sugars (g)	3.4
Total fat (g)	6.1
Saturated fat (g)	2.1
Fibre (g)	5.1
Sodium (mg)	156
Salt equivalent (g)	0.39



## Red lentil and carrot soup (Serves 4)

### Ingredients

- 200g dried red lentils, uncooked
- 300g carrots, peeled and chopped into cubes
- 1 medium onion, peeled and diced
- 1 tbsp olive oil
- 1000ml vegetable stock
- 1 level tsp ground coriander
- 1 level tsp ground ginger

### Method

Heat the olive oil in a large saucepan, and over a low heat sauté the onion and carrots until the onion is turning translucent.

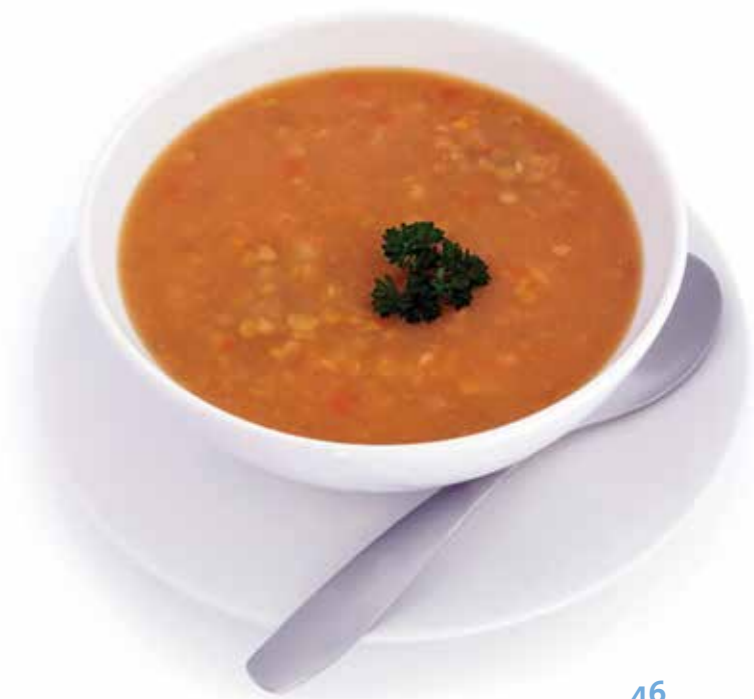
Nutrient	Amount per serving
Energy Kcal	224
Protein (g)	13.3
Carbohydrate (g)	35.8
Of which sugars (g)	7.5
Total fat (g)	4.4
Saturated fat (g)	0.6
Fibre (g)	8.9
Sodium (mg)	344
Salt equivalent (g)	0.86

Then add the lentils, and spices, and quickly stir them through the onion and carrot mixture, to ensure lentils get coated in oil, taking care not to allow the lentils to stick.

Stir in the stock, making sure no lentils or vegetables have stayed at bottom of saucepan.

Bring to the boil, and simmer for 30mins.

Allow to cool slightly, and then blend until smooth. Serve in a warm bowl.



## Chicken, onion and raisin casserole (Serves 4)

### Ingredients

- 4 chicken breasts left on the bone
- 1 tbsp sunflower oil
- 1 medium onion, peeled and chopped finely
- 1 x 400g tin chopped tomatoes
- 1 yellow pepper, cut into strips
- 1 tbsp tomato puree
- 1/2 tsp chilli powder (add more if you like it hot!)
- 60g raisins
- 200g long grain rice

Nutrient	Amount per serving
Energy Kcal	460
Protein (g)	32.4
Carbohydrate (g)	62.3
Of which sugars (g)	17.9
Total fat (g)	11.8
Saturated fat (g)	2.5
Fibre (g)	5.8
Sodium (mg)	688
Salt equivalent (g)	1.72

- half a chicken stock cube
- 75g pimiento-stuffed green olives, sliced

### Method

In a large pan, heat the oil, and lightly brown the chicken. Set chicken aside.

Add the onion and pepper to the pan until onion is colouring slightly. Add the tomato puree, stir well, and then add rest of the remaining ingredients, returning the chicken to the pan.

Cover and simmer for 30-40 minutes, until the chicken is cooked.

While the chicken is simmering, cook the rice as per the packet instructions.

To serve, place rice on plate, and serve chicken and sauce alongside.



## Pork and mushroom kebabs (Serves 4)

### Ingredients

#### For kebabs

- 200g button mushrooms, cleaned and cut into 2.5cm/1 inch square pieces
- 1 large green pepper, de-seeded and cut into 2.5cm/1 inch square pieces
- 1 large onion, cut into 2.5cm/1 inch square pieces
- 350g pork steak, lean only, visible fat trimmed off and cut into 2.5cm/1 inch square pieces

#### For sauce

- 2 tbsp rapeseed oil
- 2 tbsp soy sauce
- 2 tbsp worcester sauce
- 3 tbsp tomato ketchup
- 1 tbsp honey
- 1 small piece fresh ginger, grated (approx. a 3cm cube)
- 1 clove garlic, grated

### Method

Preheat the grill.

Thread all the ingredients onto skewers, beginning and ending with pork, and alternating vegetable pieces.

This should give 2-3 kebabs per person.

Mix the sauce ingredients thoroughly.

Brush the kebabs with sauce, and place under the grill. Cook for 10-15 mins or until cooked, turning over, and brushing again with the sauce every 2-3 mins.

Note: if using wooden skewers, soak them in a basin of water for 20 mins before using to reduce the chance of them catching alight while under the grill.

Nutrient	Amount per serving
Energy Kcal	220
Protein (g)	21.6
Carbohydrate (g)	14.3
Of which sugars (g)	12.1
Total fat (g)	8.9
Saturated fat (g)	1.5
Fibre (g)	2.6
Sodium (mg)	864
Salt equivalent (g)	2.16



# Homemade burgers and Spicy potato wedges (Serves 4)

## Ingredients

500g lean beef mince  
50g breadcrumbs  
1 small onion, finely diced  
1 egg, beaten  
1 tbsp ketchup  
1 tsp worcester sauce  
1 tbsp sunflower oil

## To serve

4 burger buns  
4 slices low-fat cheese, approx. 20g each  
4 large tomato slices  
4 lettuce leaves  
1 small red onion, sliced into rings

## For the potato wedges

3 baking potatoes  
1 tbsp sunflower oil  
1 tsp sweet paprika  
1/2 tsp chilli powder  
Freshly ground black pepper

## For the potato wedges

Preheat oven to 220°C (210°C fan).  
Wash and dry the potatoes. Leaving the skin on, slice into halves lengthways. Slice each half further into 4-5 wedges.  
Toss together with the oil, paprika, chilli powder and black pepper.  
Place onto a baking tray, in a single layer, and bake for 30mins, shaking the tray from time to time.



## For the burgers

Place the beef, breadcrumbs, diced onion, egg, ketchup and worcester sauce into a bowl and mix well.

Divide into 4 equal portions, and shape into burgers, about 2cm / 1 inch thick.

Cook in sunflower oil on a large frying pan, for 5-6 minutes on each side. Alternatively, cook under a hot grill or on the barbeque.

To serve, place a cooked burger onto a burger bun. Top with a slice of low fat cheese, tomato, lettuce and onion. Divide the potato wedges among 4 people.

Nutrient	Amount per serving
Energy Kcal	693
Protein (g)	42.5
Carbohydrate (g)	62.1
Of which sugars (g)	6.6
Total fat (g)	32.2
Saturated fat (g)	12.1
Fibre (g)	5.2
Sodium (mg)	703
Salt equivalent (g)	1.76



## Oatmeal Muffins – makes 12

These oatmeal muffins are halfway between a scone and a traditional American muffin in texture. Perfect to accompany a hearty bowl of soup, or served with low fat spread and high fruit content jam as a snack.

### Ingredients

180g porridge oats  
 280ml buttermilk  
 85g low fat spread  
 2 eggs, well beaten  
 125g self-raising flour  
 25g wheat germ  
 25g oat bran  
 25g mixed seeds (e.g. pumpkin and sunflower)  
 1 level tsp bicarbonate of soda  
 1/2 tsp salt

### Method

Grease a 12 hole cupcake tin  
 Mix together the oats and buttermilk, and set aside for 1 hour.  
 Preheat oven to 200°C or 190°C fan.  
 Mix the flour with the bicarbonate of soda and salt, and then rub in the low fat spread, until the mixture resembles coarse breadcrumbs.  
 Then add the wheat germ, oat bran and seeds, followed by beaten eggs.  
 Lastly stir through the soaked oats, ensuring they are well mixed in.  
 Divide the mixture evenly into the greased tin. Each hole should be about 2/3 full.

Bake for 20 mins until dark golden brown, giving an extra 3-5 minutes if needed.

Serve with sweet or savoury toppings!

Nutrient	Amount per serving
Energy Kcal	166
Protein (g)	6.0
Carbohydrate (g)	23.0
Of which sugars (g)	2.0
Total fat (g)	6.2
Saturated fat (g)	1.4
Fibre (g)	2.1
Sodium (mg)	276
Salt equivalent (g)	0.69

## Coriander Chicken (Serves 4)

### Ingredients

1kg chicken, cut into 8 pieces (ask your butcher to do this or buy pre-portioned chicken pieces)  
 500ml natural yoghurt (1 large pot)  
 2 level tsp ground coriander  
 2 level tsp ground paprika  
 1 level tsp ground ginger  
 1 level tsp turmeric  
 1 tbsp honey  
 1 lime, juiced

Nutrient	Amount per serving
Energy Kcal	337
Protein (g)	52.5
Carbohydrate (g)	14.8
Of which sugars (g)	13.9
Total fat (g)	8.5
Saturated fat (g)	3.4
Fibre (g)	1.4
Sodium (mg)	258
Salt equivalent (g)	0.65

### Method

Pierce the chicken all over using a fork, and place into a large bowl.  
 Add the remaining ingredients to the bowl (all except the fresh coriander), mixing well to ensure that the spices are well blended, and the chicken fully coated.  
 Cover the bowl, and place into the refrigerator for at least 4 hours (overnight is even better).  
 To cook, transfer the chicken to an oven proof dish and cover with foil. Bake for 45mins at 160°C (fan oven), basting every 15mins.  
 Place uncovered under the grill for a further 15mins to colour the chicken.  
 To serve, scatter fresh coriander over the top.

### To serve

3 large sprigs fresh coriander, chopped (use both leaves and stalks)

## Simple couscous salad with Chick Peas and Feta Cheese (Serves 2 as a main dish)

### Ingredients

200g couscous  
 250ml boiling water  
 zest and juice of lemon  
 1 tbsp olive oil  
 Freshly ground black pepper  
 2 large sprigs parsley, chopped  
 1/2 cucumber, de-seeded and diced  
 10 cherry tomatoes, halved  
 100g chickpeas, drained (approx. 1 small tin)  
 100g sweetcorn  
 120g feta cheese, crumbled



### Method

Place the couscous into a dish. Cover with the boiling water, lemon zest/juice and olive oil. Cover with cling film, and allow to absorb the liquid for 5-10mins.

When the liquids have been absorbed, fork through the couscous to break it up, and toss in the rest of the ingredients.

Serves 4 as a side dish, or 2 as a main course.

Nutrient	Amount per serving (as a side dish)
Energy Kcal	276
Protein (g)	10.9
Carbohydrate (g)	36.1
Of which sugars (g)	2.7
Total fat (g)	10.7
Saturated fat (g)	4.7
Fibre (g)	2.8
Sodium (mg)	494

## Salmon with crushed peas (Serves 1)

### Ingredients

2 tsp olive oil  
 1 shallot, peeled and finely chopped  
 1 salmon darne (approx. 100g weight)  
 100g frozen peas  
 1/2 cup boiling water  
 Salt and ground black pepper to season

### Method

Heat 1 teaspoon olive oil in medium or large saucepan over medium heat. Add chopped shallots and cook, for about 4-5 minutes or stirring occasionally until soft.

Add water and peas and cook a further 5 minutes until peas are tender and heated through.



With a potato masher, press down on peas and crush lightly. Add a little water if necessary to loosen mix and prevent sticking. Cover to keep warm, and set aside.

Preheat grill.

Coat salmon with the remaining teaspoon of olive oil. Place under warm grill and cook for about 3-4 minutes, then turn over and cook for further 2-3 mins. Cooking time will vary depending on thickness of fillets.

To serve, simply place the crushed peas on a serving plate and top with salmon. Season to taste with salt and pepper.

Nutrient	Amount per serving
Energy Kcal	307
Protein (g)	26.5
Carbohydrate (g)	10.4
Of which sugars (g)	3.4
Total fat (g)	17.9
Saturated fat (g)	3.0
Fibre (g)	7.2
Sodium (mg)	49
Salt equivalent (g)	0.15

# Being Sugar Smart

In 2015 the WHO (World Health Organisation) published guidelines on sugar intake for adults and children saying that no more than 10% of a person's energy intake (calories) should come from free sugars.

High intakes of this type of sugar need to be addressed because it is associated with:

- Poor dietary quality
- Tooth decay
- Obesity.

It also increases the risk of preventable diseases like:

- Coronary heart disease (CHD)
- Type 2 diabetes.

An average adult requires 1,500-2,000 calories per day. If 10% of this was to come from free sugars, this would equal 10-14 teaspoons of sugar per day.

Cakes, biscuits, sweets and fizzy drinks are obvious sources – but cooking sauces, flavoured coffees and juice drinks all add up too.

## Being Sugar Smart at the Supermarket

- To reduce the risk of sugar-laden impulse buys, never to shop when hungry.
- Plan your shopping for meals during the week (don't forget snacks and packed lunches).
- Always make a list. Having a shopping list to hand will help keep your focus
- Take some time at home to have a look at the food labels. If you find that the sugar content is high for some of your commonly purchased foods, swap them for lower sugar options. Replace fizzy drinks with diet varieties, or 'no added sugar' cordial.
- Keep sweet treats as occasional purchases only and replace crisps with plain popcorn.
- Choosing porridge as a cereal; rice cakes instead of cereal bars; and make sauces from scratch instead of buying ready made jars.

More information on being Sugar Smart can be found on [www.diabetes.ie](http://www.diabetes.ie)









**Use the  
Food Pyramid  
overleaf to plan  
your daily food choices**

**◀ Open this flap to view the Food Pyramid**