



Carbs & Cals



FREE APP
iPhone &
Android

✓ Type 1 Diabetes

✓ Type 2 Diabetes

✓ Weight Loss

ADAPTING RECIPES TO LOWER CARBS

Carbohydrate is the main nutrient that affects the rise in blood glucose levels after eating. The larger the carbohydrate intake, the greater the rise in blood glucose levels. You may find by managing the amount of carbohydrate eaten at each meal that you can improve blood glucose control. The tips below are designed to help you lower the carbohydrate content of your favourite dishes.

REPLACE OR REDUCE POTATOES, PASTA OR RICE

Portion Control

Reduce the overall serving size, particularly for pasta and rice dishes, as it's easy to serve a larger portion of these foods than is necessary. Try reducing the portion and see if you are still satisfied.

More Good Stuff

- ★ Increase the quantity and range of veg.
- ★ Add pulses (such as lentils, beans and chickpeas).
- ★ Add nuts and a range of other textures to the dish.
- ★ Increase the protein content of the meal with a larger serving of lean meat or fish.

Pasta Twists



swap
to →

Pasta Twists



ADAPT OR SWITCH YOUR FAVOURITE DISHES

Mashed Potatoes

- ★ Steam or bake butternut squash before mashing it with a little seasoning and reduced fat spread.
- ★ Heat tinned butter beans and mash with a squeeze of lemon juice and seasoning.
- ★ Steam or boil swede and carrots, and crush or mash them together.

Lasagne

Replace the pasta sheets with thinly sliced aubergine or courgette.

Pasta Bake

Reduce the quantity of pasta and replace with pulses such as chickpeas, kidney beans or lentils.

Cereal Swap

Instead of your usual breakfast cereal try natural yogurt with berries and nuts, or an omelette with some peppers, onions and a little cheese.

Rice

Switch from white or basmati rice to wild rice. You can have a smaller portion because it is more filling.

Basmati Rice



swap
to
→

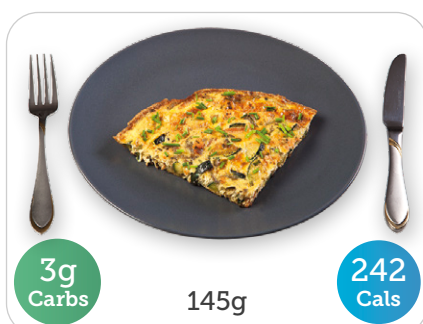
Wild Rice



LOW CARBOHYDRATE MEAL IDEAS

Cutting down on the carbohydrates doesn't mean the meals won't be healthy, tasty and satisfying. Here are some low carbohydrate meal ideas that incorporate plenty of healthy ingredients:

Salmon Frittata



Kippers, Spinach & Peppers



Stir-fry (cashew, without noodles)

