

Diabetes swaps to reduce carbohydrates

Please be aware that if you are reducing your carbohydrates your blood glucose levels may reduce and if you are on Sulphonylureas (e.g Gliclazide) or insulin, you may need to reduce your doses of these. Please speak to whoever manages your Diabetes if you have any queries i.e. GP or Diabetes Specialist Nurse

Chocolate bar	→	25g plain nuts
Packet of crisps	→	Carrot sticks
Rice pudding	→	Yogurt (“no added sugar” or less than 10g sugar per 100g)
Pot of trifle	→	Sugar free jelly and 80g berries
Sugar on cereal	→	80g berries
2 digestive biscuits	→	1 rye cracker with 15g cheese
Bag of sweets	→	80g grapes (approx. 12-14 grapes)
Breadsticks	→	Celery and peanut butter
Cornflakes	→	“No added sugar” muesli or jumbo oats (40g serving)
Stir fry with noodles	→	Stir fry made with beansprouts
Spaghetti bolognese made with pasta	→	Spaghetti bolognese made with courgette spaghetti
Curry with rice	→	Curry with cauliflower rice
Lasagne made with pasta	→	Lasagne made with aubergine/leeks to replace some of pasta layers

