

Carbs & Cals

# GESTATIONAL DIABETES

Manage your gestational diabetes with 100 recipes,  
designed by diabetes specialist dietitians



20g  
Carbs

5g  
Carbs



by Chris Cheyette & Yello Balolia  
Authors of the **#1** bestselling **Carbs & Cals**

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**DIABETES UK**  
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# Carbs & Cals

## GESTATIONAL DIABETES

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# Foreword

We know there's a lot to think about when you're having a baby, and now that you've been diagnosed with gestational diabetes, you probably have a lot of questions. The good news is that by managing gestational diabetes properly, you can have a healthy pregnancy and birth.

*Carbs & Cals: Gestational Diabetes* is more than just a recipe book. From carbohydrate counting to expert advice, it offers simple, evidence-based information so you can understand more about your diabetes and make healthier choices at meal times.

Use this essential resource alongside advice from your healthcare professional to build an approach that works for you, making sure you have the right knowledge at the right time to have a healthy and enjoyable pregnancy.



Chris Askew  
Chief Executive Officer, Diabetes UK

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**KNOW DIABETES. FIGHT DIABETES.**

[www.diabetes.org.uk](http://www.diabetes.org.uk)

# Introduction

Thank you for choosing to read **Carbs & Cals GESTATIONAL DIABETES**. This book is a support guide for people who have been diagnosed with gestational diabetes, and those who are at risk of developing it. If this is you, you may be feeling overwhelmed, anxious or concerned about your baby's health and how your pregnancy will continue. A diagnosis of gestational diabetes can potentially overshadow the joy and excitement of pregnancy.

View it from a different angle and it can be a unique opportunity for you to focus on your self-care, and in doing so, ensure your baby gets the best start in life. The diagnosis does demand greater focus on your diet and lifestyle; for example, working out how to fit in more physical activity and a crash course in nutrition (learning how different foods affect your blood glucose levels), not to mention making more time for hospital appointments. However, this also gives you the chance to take a little more time for yourself, which is something that today's fast-paced lifestyles rarely allow.





When you are newly diagnosed, question marks start to surround every day activities such as socialising, physical activity, eating and drinking. The dietary approach to managing gestational diabetes emphasises nutrient-rich foods that provide your baby with all the critical nutrients for growth, whilst minimising blood glucose spikes. The good news is that managed well, with good blood glucose control, your risk of complications can be the same as for a woman who doesn't have diabetes.

This book will show you what you can eat, offering inspiration about new foods and how they can be included in your diet. It will also help you make healthy changes to your nutrition and physical activity habits that can last a lifetime, benefiting you, your family and those closest to you.



5g  
Carbs

Page  
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## What is gestational diabetes?

Diabetes is a condition in which the body can't control the amount of glucose (sugar) in the blood. Gestational diabetes is a type of diabetes that affects pregnant women, commonly in their second or third trimester. 'Gestational' simply means 'relating to pregnancy'. Many people are surprised to learn that gestational diabetes is fairly common, affecting 1 in 7 pregnancies globally. Research shows that about 16% (or 1 in 6) of pregnant women in the UK have gestational diabetes.

Glucose is needed by the body to provide energy, and levels of glucose are controlled by the hormone insulin. After eating a meal containing carbohydrate, blood glucose levels rise. This causes insulin to be produced, which allows glucose to be used up by cells or stored for later use. When you are pregnant, your body produces high levels of hormones to support the growth of your baby. Some of these hormones stop insulin working as well as it normally does. Usually, the body responds by increasing the amount of insulin it produces. However, some women do not produce enough of this extra insulin, or the insulin produced is not used by the body (known as 'insulin resistance'). This leads to high glucose levels in the blood and a diagnosis of gestational diabetes.



20g  
Carbs

Page  
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## What does it mean for me and my baby?

Gestational diabetes is a serious medical condition that, if left untreated, can have consequences for you and your baby. The more glucose there is in your blood, the more your baby will be exposed to. This extra glucose puts your baby at risk of growing too large, which may lead to a more difficult delivery for both you and your baby. If not managed properly, persistent high blood glucose levels carry other risk factors including prematurity, your baby having low blood glucose levels, and you and your baby having a higher risk of being overweight or developing type 2 diabetes in later life.

However, gestational diabetes can be treated successfully, and does not have to affect the health of your baby. It will probably mean a change to your expected pregnancy experience and there are likely to be changes to your birthing plan. As already stated, there will be more trips to your healthcare team (look at this as a chance to check-in with your baby more, thanks to regular scans), testing of your blood glucose levels at home and a greater focus on your diet, which is also likely to see changes. These are all important to ensure you and your baby are kept healthy throughout your pregnancy.



## What treatment is available?

The primary treatment for gestational diabetes is diet and physical activity, as both have a direct impact on blood glucose levels. You are now most probably aware that what you do and what you eat have a great impact on the health of you, your pregnancy and your baby. When diet and physical activity aren't enough to keep blood glucose levels within the normal range, you may need medication and/or insulin. For some women, medication may need to be started at diagnosis.

The choice of treatment depends on what will have the greatest impact on your blood glucose levels and what is tolerated by you. Metformin is a tablet used to help reduce the amount of glucose produced by the liver and make the insulin work more effectively. Evidence supports the use of metformin in pregnancy. It is taken with meals, or immediately after. In addition to metformin, insulin may be required. Injecting insulin ensures there is enough insulin in your body to control your blood glucose levels. Your healthcare team will advise on which type of insulin to use, how to inject it, dispose of needles and ensure your safety whilst using it. It is important to be aware that metformin and insulin are used in conjunction with diet and are not standalone treatments.





## Physical activity recommendations

Don't put away your running shoes just yet! The proven benefits of physical activity during pregnancy include improved circulation, reduced likelihood of swelling (ankles, for example), improved sleep and reduced levels of stress and anxiety.

Physical activity also has a positive impact on blood glucose levels by increasing the amount of glucose used by muscles and helping to lower blood glucose levels. It also improves insulin sensitivity, which means that regular physical activity causes the body to use insulin more effectively.

The general advice for the adult population is 150 minutes of moderate intensity activity per week (e.g. 30 minutes, five times per week). Simple moderate intensity activities that are safe in pregnancy include walking, swimming, gardening, aqua aerobics and pregnancy pilates/yoga.

### Simple tips for physical activity:

- ★ If you consider yourself physically inactive, introduce simple activities and build them up gradually.
- ★ Research has shown that physical activity after a meal is particularly useful in managing blood glucose levels. Try to do a 20-30 minute walk after eating.
- ★ Be careful not to overexert yourself. You should be able to comfortably hold a conversation while exercising.
- ★ If you have exercised regularly prior to your pregnancy then you can continue with the same higher intensity exercises you are used to.
- ★ If you are unsure about the level of exercise that is appropriate for you, check with your healthcare team.

## Pregnancy with type 1 and type 2 diabetes

For women with type 1 and type 2 diabetes, the key to a healthy pregnancy is planning. Good blood glucose control, higher dose folic acid and a specific pre-conception medical review are all important factors prior to pregnancy. It is important to manage your blood glucose levels carefully from the start, as high blood glucose levels in the first trimester (when the baby's organs are forming) increase the risk of birth defects and miscarriage.

During pregnancy, your diabetes control will require more work. The target blood glucose values will be different, probably lower than usual, and you will be asked to do more frequent testing including pre and post-meal tests. Your diabetes medication plan will also change. For example, if you usually manage your diabetes with tablets, your healthcare team may switch to insulin straight away, as insulin resistance often decreases the effectiveness of oral diabetes medication.

As pregnancy continues, your body's need for insulin will go up (this is especially true during the last three months of pregnancy).

Dietary advice remains the same for women irrespective of the type of diabetes. For women who are familiar with carb counting and insulin dose adjustment, this is encouraged during pregnancy. Although, your ratios are likely to increase as pregnancy continues.





# What you can eat to manage your diabetes

When it comes to diet for gestational diabetes, the spotlight is on carbohydrate, as it is the main nutrient that causes a rise in blood glucose levels. During digestion, foods containing carbohydrate are broken down by the body into glucose - in other words, sugar. Glucose is the body's main source of energy (and the brain's preferred source of energy), so we still need some in the diet. But to control blood glucose levels, the focus needs to be on the **type** and **amount** of carbohydrate in the diet.

## Types of carbohydrate

The two main types of carbs are starchy carbohydrates and sugars. Starchy carbs include bread, pasta, chapatis, potatoes, yam and cereals. Sugars can be categorised as natural sugars and added sugars (or 'free sugars'). Free sugars include those added to food by manufacturers, cooks or consumers (such as granulated sugar) and those naturally present in honey, syrups and unsweetened fruit juice.



## Glycaemic Index (GI)

Smart carbohydrate choices include those that don't cause your blood glucose levels to spike immediately after meals, because they are broken down more slowly. The rate at which carbohydrate is broken down depends on the type of carbohydrate consumed. This is known as the Glycaemic Index.

Food or drinks with a high GI are broken down quickly, causing a rapid rise in blood glucose levels.

Foods with a low GI are broken down slowly, giving a more gradual rise in blood glucose levels.

HIGH  
GI



HIGH  
GI



LOW  
GI



LOW  
GI



Choosing foods with a low GI will help you to manage your blood glucose levels and also keep you feeling full between meals. This is because low GI foods take longer for your body to digest, so glucose is released more slowly into your bloodstream.



## Foods to avoid

These foods will cause a rapid rise in your blood glucose levels (high GI), so should be avoided or eaten in small quantities, and not on a regular basis:



- |                   |                        |                  |
|-------------------|------------------------|------------------|
| 1. Baguette       | 7. Cornflakes          | 13. Sweets       |
| 2. Supermalt      | 8. Mints               | 14. Smoothies    |
| 3. Sugar          | 9. Sugar-coated cereal | (shop bought)    |
| 4. Orange juice   | 10. Rice cakes         | 15. Fizzy drinks |
| 5. Cream crackers | 11. Long grain rice    | 16. White bread  |
| 6. Jam            | 12. Quick cook oats    | 17. Honey        |

## Smart choices

The foods on this page are encouraged as they either contain little carbohydrate, or the carbohydrate they do contain is broken down slowly (low GI). These should be chosen as alternatives to high GI choices, where possible:



- |                      |                 |                           |
|----------------------|-----------------|---------------------------|
| 1. Sourdough bread   | 6. Nutty muesli | 11. Wholemeal pitta bread |
| 2. Quinoa            | 7. Lentils      | 12. Pearl barley          |
| 3. Oatcakes          | 8. Brown rice   | 13. Pumpernickel bread    |
| 4. Chickpeas         | 9. Nuts         | 14. Jumbo oats            |
| 5. Seeded crispbread | 10. Seeds       | 15. Rye bread             |



## Simple GI swaps

**Carb choices which cause blood glucose to rise quickly (high GI):**

**Bread:**



- ★ White bread
- ★ Wholemeal bread
- ★ Brown bread

**Rice & Grains:**



- ★ Instant rice
- ★ Long grain rice
- ★ Jasmine rice
- ★ Sticky rice

**Smart carb choices (low GI):**

**Bread:**



- ★ Multigrain / granary / seeded bread
- ★ Wholemeal pitta bread
- ★ Crispbread with seeds
- ★ Rye / pumpernickel bread

**Rice & Grains:**



- ★ Basmati rice
- ★ Brown rice
- ★ Pearl barley
- ★ Buckwheat
- ★ Quinoa
- ★ Bulgur wheat

**Carb choices which cause blood glucose to rise quickly (high GI):**

**Cereal:**



- ★ Corn Flakes
- ★ Rice Krispies
- ★ Quick cook porridge
- ★ Sugar and/or honey-covered cereals

**Fruit:**



- ★ All fruit can be included in the diet but tropical & dried fruit can cause a big rise in your blood glucose levels

**Potatoes:**



- ★ Baked potato
- ★ Mashed potato
- ★ Boiled potato (no skin)

**Smart carb choices (low GI):**

**Cereal:**



- ★ Jumbo oats
- ★ Nutty muesli

**Fruit:**



- ★ Berries
- ★ Cherries
- ★ Grapefruit

**Potatoes:**



- ★ Sweet potato
- ★ New potatoes (boiled, with skin)



## Amount of carbohydrate

As the saying goes: 'You can have too much of a good thing'. It is agreed by all healthcare professionals that the amount of carbohydrate in a meal is a good predictor of how high blood glucose levels will rise. In other words, the larger the amount of carbohydrate eaten, the greater the rise in blood glucose levels. Advice on the correct amount of carbohydrate at mealtimes varies amongst health professionals, but what has been used in practice with success is aiming for around 40g carbs at meals and 10-15g carbs for snacks.

Your dietitian or healthcare professional will discuss portion sizes with you. Most recipes in this book have been developed to contain around 40g carbs or less. Where there are recipes containing more than 40g carbs, rest assured that the carbohydrates in these meals are slow releasing and therefore will have minimal impact on your blood glucose levels.

**Please note:** Fruit is encouraged in the diet but it is important to be aware of the high natural sugar content. Despite being low in calories and fat, most fruits are high in carbohydrate and therefore portion control is important. 3 or 4 portions of fruit, spread over the day, is a good guide.

12g  
Carbs

Page  
140

Pick up a Pepper Smoothie

39g  
Carbs

Page  
87

Moroccan Veg & Chickpeas

## West African & Afro-Caribbean Foods

Some food cultures such as African and Caribbean cuisine are very diverse, but one thing common in all is the heavy dependence on starchy carbs. The amount of carbohydrates eaten at a meal or as a snack, as mentioned on the previous page, is very important, as is the Glycaemic Index.

The images below show food and drinks commonly consumed that are known to have a big impact on blood glucose levels, and therefore should be avoided or their consumption significantly reduced.



- |                   |                          |                   |
|-------------------|--------------------------|-------------------|
| 1. KA             | 4. Caribbean sweet bread | 7. Supermalt      |
| 2. Rubicon        | 5. Evaporated milk       | 8. Condensed milk |
| 3. Plantain chips | 6. Jamaican fruit bread  | 9. Milo           |



## Tips for controlling your blood glucose levels

### High-five to healthy fats!

Fat does not cause your blood glucose levels to rise and will help to keep you feeling full. Avocados, nuts and seeds, oily fish such as salmon or mackerel, olive and rapeseed oil are all examples of unsaturated fats (the 'healthy fats').

### Prioritise high quality, lean protein sources

These include lean meat, poultry, fish, eggs, cheese, pulses, nuts and seeds, which are known to have minimal impact on your blood glucose levels but keep you feeling full for longer. You will be advised to reduce your carbohydrate intake, so make sure you have a protein portion at every meal. You could, for example, add nuts and seeds to your breakfast bowl.

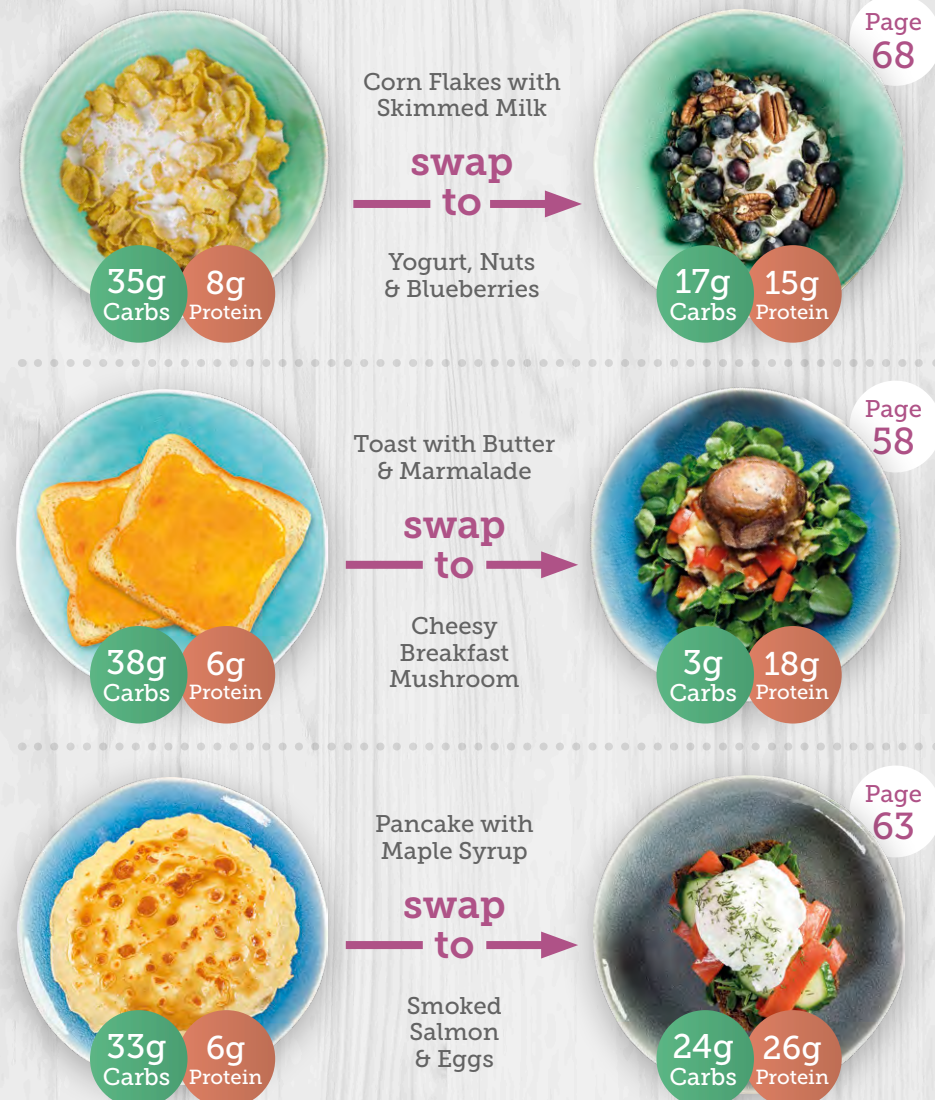
### Reach for the rainbow!

Fruit and veg should be a staple in your diet and variety is important. Fruit has natural sugars that can cause blood glucose levels to rise, so limit yourself to a portion at a time (e.g. an apple or orange as a snack instead of a large bowl of fruit salad). Vegetables can be eaten to your heart's content, as they have little impact on your blood glucose levels and contain fibre to aid a healthy bowel and keep you feeling full. See Meal Plan 5 on page 44 to see how easy it is to reach 10½ fruit & veg portions per day and still keep your carb intake in check!



## Start the day the right way!

Most breakfast products on the market are high in carbs and low in protein, so are therefore unlikely to keep you satisfied until your next meal. Stay fuller for longer with these simple swaps:



**Please note:** Some of the swaps are low in carbohydrate and you may need to add additional carbs if you are taking insulin, to avoid hypoglycaemia. If unsure, discuss this with your healthcare team.



## Include lentils and pulses in your meals

Fibre recommendations have been increased to 30g per day and a great way to achieve this is by boosting your bean intake. Beans and pulses (such as chickpeas, lentils and butter beans) count towards your 5-a-day, are high in fibre and known to release energy slowly; great if you are getting the munchies between meals. Try adding chickpeas to your salad, replacing rice with puy lentils or simply adding lentils to your beef stew. Thanks to brilliant beans and pulses, a couple of our daily meal plans boast a whopping 40g fibre per day!



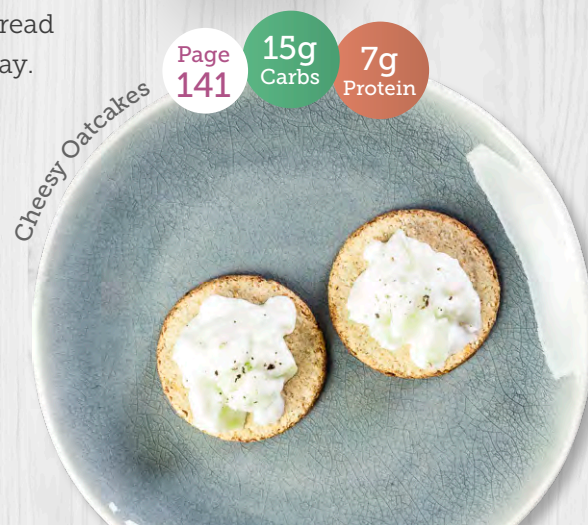
## Limit your intake of sugars

Avoid added or naturally-occurring sugars from products like fruit juice (homemade and shop bought), sweetened drinks (such as squash, fizzy drinks or sports drinks), desserts, honey, maple syrup and dried fruit.



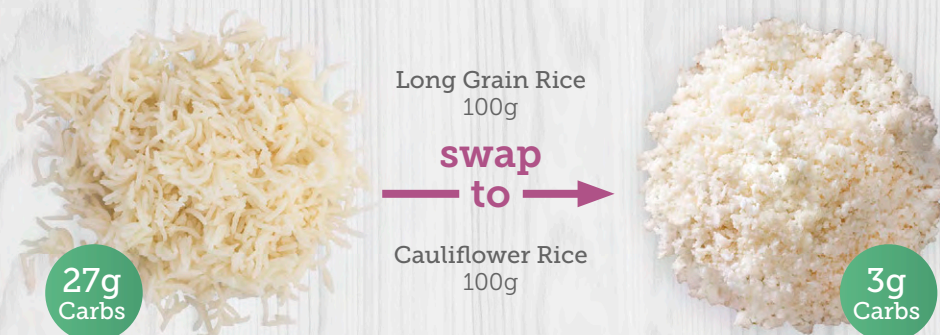
## Get savvy with your snacks

Rather than 2 or 3 main meals with large portions of carbohydrate, try to spread your carb intake throughout the day. If you are reducing your carbs at meals, you are likely to get hungry before your next meal. Snacks that include protein and carbohydrate will halt those hunger pangs with little effect on your blood glucose levels. For some great snack suggestions, see pages 134 to 143.



## Get creative with your carbs!

Try replacing your usual carbohydrate choices with lower carb alternatives, such as:



## Other healthy eating considerations during pregnancy

### Weight changes

For some women, a diagnosis of gestational diabetes can mean a few small changes to their diet and physical activity levels, whilst for others it requires a complete diet and lifestyle overhaul. Portion sizes, drinks, snack choices and physical activity need re-evaluating, which can lead to weight loss or smaller weight gains than expected. But what is an expected amount of weight gain during pregnancy? Healthcare professionals, family members and peers all influence our expectations on what a 'healthy weight gain' should be, but is there such a thing?

Currently in the UK there are no formal evidence-based guidelines on what a 'healthy weight gain' during pregnancy should be. Factors contributing to weight gain include the weight of the unborn child, placenta, amniotic fluid, increases in maternal blood and fluid volume, as well as increased maternal body fat (stored for breastfeeding). Whilst most women put on some weight in pregnancy, every woman is different and the above factors mean that weight gain can vary a great deal.



The National Institute for Health and Clinical Excellence (NICE) developed some guidelines in 2010 which stated:

- ★ Dieting during pregnancy is not recommended as it may harm the health of the unborn child.
- ★ There is no need to 'eat for two' or to drink whole milk.

Whilst pregnancy is not a time for trying to lose weight, it is a time to place greater focus on eating the right foods and staying active. For women who make healthy changes to their diet and lifestyle to manage their gestational diabetes (e.g. increasing physical activity levels or choosing healthier snack choices), this can result in smaller weight gains. Equally, putting on too much weight due to calorie excess can lead to health problems for you and your unborn baby. Historically, women were encouraged to 'eat for two' resulting in higher calorie intakes and greater weight gains. We now know this is unnecessary and calorie requirements increase only slightly in the last 3 months (and then only by around 200 calories per day).

If you have concerns, speak with the healthcare team that is monitoring you and your baby regularly during your pregnancy.

## Vitamin supplements

Eating a healthy, varied diet will ensure you get most of the vitamins and minerals you need. However, during pregnancy your requirements for some nutrients increase (including vitamin D and folic acid), whilst too much vitamin A could be harmful to your baby.

You can get specific multivitamins for pregnancy from pharmacies and supermarkets, or your GP may be able to prescribe them for you. If you wish to continue with a standard multivitamin tablet, make sure that the tablet does not contain vitamin A (or retinol). Fish liver oil supplements should not be taken whilst pregnant.

Some women may be eligible for free vitamins through the Government's Healthy Start scheme. Talk to your GP or midwife for further information.

## Iron

Some women find that their iron levels are low during pregnancy, which can cause tiredness and anaemia. Pregnancy blood tests can show if your iron levels are low. Iron rich foods include red meat, leafy green vegetables, eggs, and nuts. Additionally, many breakfast cereals are fortified, meaning that they have added vitamins and minerals to boost their nutritional content. Vitamin C (from fruit and vegetables) helps the absorption of iron whilst a cup of tea can reduce it.

If you are diagnosed with anaemia, your midwife or GP will advise that you start taking an iron supplement. Many women are often encouraged to take their tablet in the morning with a glass of fruit juice (which we know will cause your blood glucose levels to rise). Therefore, a good alternative is to take it with a glass of water.





## Calcium

Together with vitamin D, calcium is important for the development and maintenance of healthy, strong bones and teeth. It is a nutrient needed by both mother and baby. Whilst calcium requirements do not increase during pregnancy, it is important to ensure your diet contains sufficient calcium.

Dairy foods such as milk, cheese and yogurt are rich sources of calcium. Other good sources include calcium enriched non-dairy milk alternatives such as almond, soya, coconut and rice milk, fish with small edible bones such as mackerel, dried apricots, almonds and green leafy vegetables including broccoli.



## Nuts

The latest guidance for mothers who would like to eat peanuts (or foods containing peanuts) during pregnancy or breastfeeding is they can choose to do so as part of a healthy balanced diet, irrespective of whether they have a family history of allergies. Anyone with an allergy should continue to avoid peanuts.

## Food safety

Some foods, such as pâté, undercooked meat/fish and some cheeses, are advised to be avoided whilst pregnant, as they might make you ill or harm your baby. For more information, please discuss with your healthcare professional or visit NHS Choices: [www.nhs.uk](http://www.nhs.uk)





## What can I drink?

It is all too easy to forget the importance of drinking when you are focusing on what you can and can't eat. Drinking enough fluids can help with some common pregnancy problems, such as constipation, swelling and tiredness. A good guide is to aim for 8 medium glasses (200ml per glass) each day.

### Good choices include:

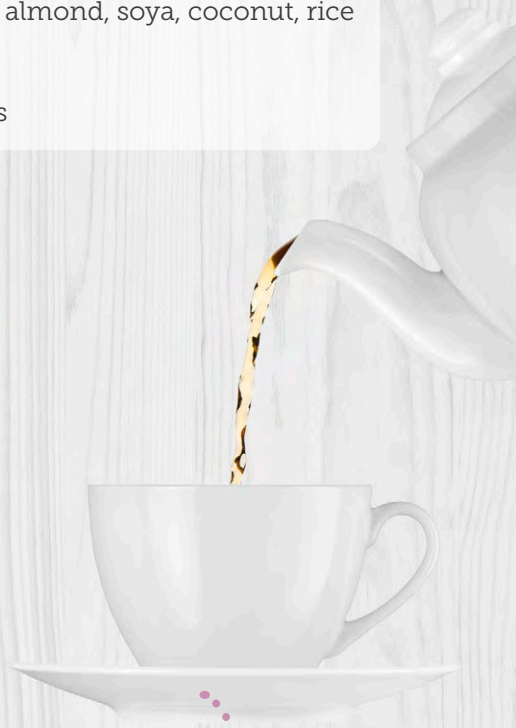
- ★ Water (still or sparkling)
- ★ Coffee / tea (normal and decaf - see caffeine guidance opposite)
- ★ Fresh milk
- ★ Non-dairy milk alternatives, such as almond, soya, coconut, rice
- ★ Fruit teas
- ★ No added sugar squash / fizzy drinks



Water



Milk



Cup of Tea

## Caffeine

It is important to limit the amount of caffeine in your diet, as too much caffeine has been shown to increase the risk of babies born with a low birth weight (which can cause health problems later in life). High levels of caffeine might also cause a miscarriage. You don't need to cut out caffeine completely, and don't worry if you occasionally have too much as the risks are likely to be very small. The current guidance is to limit your intake to 200mg caffeine per day.

### The amount of caffeine in food and drinks will vary but the following is a guide:

- ★ 2 mugs of instant coffee (100mg each)
- ★ 1 mug of filter coffee (140mg each)
- ★ 2 mugs of tea (75mg each)
- ★ 5 cans of cola\* (up to 40mg each)
- ★ 2 cans of energy drink\* (up to 80mg each)
- ★ 4 (50g) bars of plain chocolate\* (up to 50 mg each)

\* **Please note:** these products are also high in sugar.



Cola



Cappuccino



Dark Chocolate

Milk Chocolate



# How to use this book

This book includes 80 carefully-created recipes (plus 20 snacks) for mealtimes across the day, divided into the following sections:



**Meal Plans** Pages 40 - 53



**Recipes**  
Pages 54 - 133



**Snacks**  
Pages 134 - 143



**Individual Foods** Pages 144 - 215

Within each section, the recipes are listed in calorie order, starting with the lowest calorie recipe. For each dish, the nutritional information for the following nutrients are clearly displayed in colour coded circles:

Carbs

Fibre

Cals

Protein

Fat

SatFat

5-a-day

Simply browse the variety of recipes and select ones that meet your dietary goal.

## Recipes

The first part of the book contains 80 recipes to prepare and enjoy, with knowledge that your meal choices are in line with the nutritional guidelines for gestational diabetes. Most meals contain less than 40g carbs and all use good quality protein and low GI carbohydrate sources, to help minimise any rises in blood glucose levels. Those that have more than 40g carbs have a low GI, so a greater allowance of carbohydrate has been given in some cases. Each recipe is for 1 portion, but can be doubled up or made into larger quantities and portioned out.

At the back of the book, there is a visual guide showing the portion sizes of commonly consumed foods. This offers you the flexibility to pick and choose what carbohydrate to eat with your meals. Please note, however, that some meals will already contain 40g carbs per portion, so there is no further 'allowance' for additional carbohydrate.

Breakfast is a time when we can be more resistant to insulin due to hormones, and even small amounts of carbs cause a significant rise in blood glucose levels. Therefore, many of our breakfast options are low in carbohydrate. Should you be able to tolerate carbs, extra can be eaten (for example, in Meal Plan 7 baked beans could be added to the omelette, or bread could be added to Avocado & Eggs in Meal Plan 3).

Beef Lo Mein

41g  
Carbs

Page  
101

Chicken Tagine

37g  
Carbs

Page  
122



## Meal Plans

We've devised some daily meal plans to offer you some ideas on how to reduce your carbohydrate intake but still eat tasty, nutritious meals according to your dietary preferences. All plans include a breakfast, lunch and evening meal idea, with some offering extra carb food suggestions for meals.

41g  
Carbs

Page  
70

Fruity Porridge

30g  
Carbs

Page  
114

Warm Squash  
Salad

48g  
Carbs

Page  
78

Okra & Lentil Curry

## Snacks

This book also contains a separate snack section. To ensure you consume adequate energy and nutrients, you are encouraged to choose 2-3 snacks per day. Some meal plans include snack suggestions, which can be swapped according to personal preference. All snacks are under 15g carbs and many include protein to help control blood glucose and hunger levels.

6g  
Carbs

Page  
142

Mozzarella & Tomato

## Individual foods

If you already know your way around the kitchen and have recipes you want to use, then turn to the back of the book for a list of ingredients. The nutritional content of each individual ingredient is shown, giving you the flexibility to build your own recipes. This visual method allows you to quickly select foods in appropriate portions to develop your own meal plans. You may find it useful to write down the details of your creations so you have a record of the nutritional information and can make the recipe again in future.



7g  
Protein

1g  
Fat

4g  
Fibre

*Pitta Bread (wholemeal)*

60g

27g  
Carbs

147  
Cals

0  
5-a-day



1g  
Protein

0g  
Fat

0g  
Fibre

*Rocket*

20g, handful

0g  
Carbs

4  
Cals

0  
5-a-day



16g  
Protein

7g  
Fat

2g  
SatFat

*Salmon*

60g, baked

0g  
Carbs

129  
Cals

0  
5-a-day

*My Recipe*

Pitta Bread 60g (27g carbs)

Rocket 20g (0g carbs)

Salmon 60g (0g carbs)

**TOTAL = 27g carbs**



## A few things to note:

- ★ Planning ahead is key to success. Try to make time each week to write a shopping list and plan for all the meals and snacks you will eat that week.
- ★ Consider cooking in bulk. This is a great way to always have a meal in the fridge or freezer and to save money. Most of the recipes in this book can be cooked in bulk.
- ★ The recipes use average/medium sizes of vegetables and fruit, and weights shown are for the edible part (after being peeled or stoned), unless otherwise stated.
- ★ Some recipes use a handy measure (e.g. 'large handful of watercress') instead of a specific weight. Should you wish to know the exact weight, simply find that portion in the ingredients section. For example, the Quinoa Stuffed Mushrooms recipe on page 83 uses '1 large handful Watercress'. Looking at watercress on page 213, you will see that 1 large handful weighs 20g.



*Watercress*  
20g, large handful

- ★ Other cuts of meat and/or fish can be used in the recipes without changing the carb content (although the calorie and fat content will probably change).
- ★ If you like your dish spicier, or love the flavour of fresh mint, you can be heavy handed and add more to your taste. Adding these herbs and spices will not affect the carb content.
- ★ Not all the recipes include salt and pepper, so adding such seasoning is down to personal preference. Such addition will not affect the carb content.
- ★ The recipes use a mix of uncooked and cooked weights for rice, pasta, couscous, quinoa and pearl barley. The table below outlines the simple conversion for uncooked and cooked weights, although please bear in mind that the longer you cook your pasta and rice, the more water it absorbs, which will affect the final weight of the cooked product.



	Uncooked Weight	Cooked Weight
Couscous	35g	80g
Dried Pasta	45g	100g
Pearl Barley	25g	80g
Quinoa	30g	80g
Rice	35g	100g





## Buying ingredients

- ★ It is best to use wholegrain pasta and rice to boost fibre content.
- ★ Use olive oil where possible. Alternatives include rapeseed and groundnut (peanut) oil.
- ★ Where possible, use fresh, ripe fruit & vegetables.
- ★ Use good quality, organic produce as often as possible.
- ★ To keep the cost down, choose vegetables and fruit that are in season. Alternatively, you can replace one vegetable with another that is in season, but be mindful this may change the nutritional content.
- ★ The thickness of shop bought tahini paste can vary, so you may wish to add more water to achieve the desired consistency.
- ★ A great way to add variety to your diet and ensure you always have your ingredients to hand is to order a fruit and vegetable box. Each delivery is different so you will receive a variety of different ingredients!



To see our recommended veg box companies, please visit:  
[www.carbsandcals.com/vegbox](http://www.carbsandcals.com/vegbox)

## Cooking Glossary

**Blanch:** Briefly cook vegetables in boiling water to seal in flavour and colour.

**Drizzle:** Pour a small amount of liquid (e.g. dressing) onto food item or salad.

**Flake:** Use a fork, or hand, to break cooked fish into smaller pieces and to check if the fish is cooked. If cooked, the flesh should fall away easily.

**Matchstick:** Cut into thin strips.

**Mince:** Chop very finely.

**Parboil:** Boil ingredient until it is partially cooked.

**Ribbon:** Shave vegetables into ribbons using a peeler. If you have a spiralizer, this would work just as well.

**Sauté:** From the French verb, sauter, meaning 'to jump'. Sautéed food is cooked in a small amount of fat in an open pan on a high heat.

**Segment:** Divide citrus fruit into smaller sections.

**Thinly slice:** Slice ingredient into thin slices using a sharp knife or spiralizer.

**Toasted nuts:** Nuts heated in a medium-hot frying pan (without the addition of oil) to bring out the richness and flavour. Toast for a couple of minutes until fragrant, or light brown in colour.





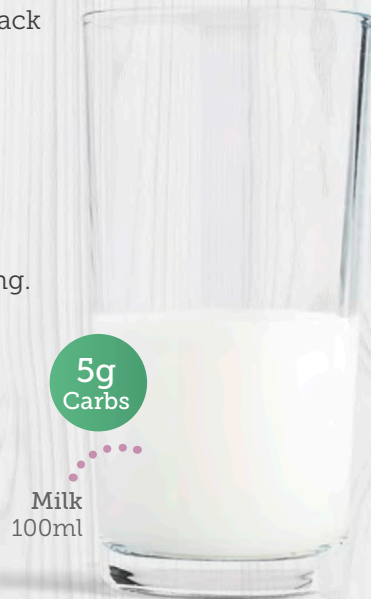
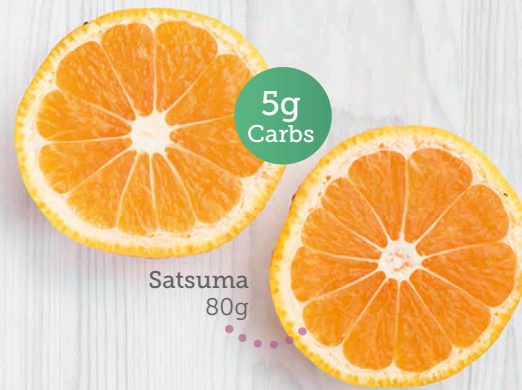
# What next?

## Breastfeeding

The benefits of breastfeeding are well known and women with diabetes are still able, and are encouraged, to breastfeed. After delivery, most women with gestational diabetes will be advised to stop their diabetes medication and their blood glucose levels will be monitored. The change in hormone levels after birth means insulin requirements drop significantly.

For women with type 1 and type 2 diabetes, breastfeeding can lower your insulin requirements further (by up to 25%). Breast milk contains the sugar lactose, therefore each time you breastfeed you lose some lactose, which means your blood glucose levels drop. This can be managed by changing your medication doses (on advice from your healthcare team) or having a small snack containing carbohydrate when you breastfeed, for example a milky drink, piece of fruit or a small cereal bar.

Speak with your healthcare team for further information on medication changes and doses when breastfeeding.



## Long term implications

After pregnancy, most women diagnosed with gestational diabetes find that the diabetes disappears. However, a small percentage continue to experience high blood glucose levels and may be diagnosed with type 2 diabetes.

Research has shown that women with gestational diabetes have an increased risk of developing type 2 diabetes. In fact, 50-60% go on to develop type 2, with a peak in the five years following childbirth.

Fortunately, you can act now to prevent or delay the onset of diabetes by following a few simple rules:

- ★ Eat well and achieve a healthy weight.
- ★ Be active.
- ★ Have your blood glucose level measured every year.
- ★ Be aware of the symptoms of diabetes, such as excessive thirst, needing to go to the toilet a lot, tiredness and/or unexplained weight loss.
- ★ If you become pregnant in the future, always inform your GP and midwife about your previous diagnosis of gestational diabetes.

For more support and guidance on healthy eating and weight loss, check out our other books & app:



[www.carbsandcals.com](http://www.carbsandcals.com)



# Meal Plan 3

## Breakfast

Avocado & Eggs

## Lunch

Spring Chicken Soup  
Wholemeal Bread Roll  
(50g, with 2 tsp butter)

## Dinner

Fish Pie  
Sweetcorn (80g)

## Snack Suggestions

Banana (80g, small)  
Milk (half pint, semi-skimmed)  
Dried Apricots (30g)  
Brazil Nuts (3 tbsp)



2g  
Carbs

Page  
64



14g  
Carbs

Page  
128



23g  
Carbs

24g  
Carbs

Page  
103

11g  
Carbs

13g  
Carbs

13g  
Carbs

1g  
Carbs

## Daily Plan Total:

112g  
Carbs

31g  
Fibre

1880  
Cals

149g  
Protein

95g  
Fat

31g  
SatFat

11½  
5-a-day

See page 31 for more info on adding extra carbs

# Meal Plan 4

## Breakfast

Fruity Porridge

## Lunch

Kale Kerfuffle Smoothie  
Warm Squash Salad

## Dinner

Okra & Lentil Curry

## Snack Suggestions

Blackberries (160g)  
Greek Yogurt (200g)  
Cheesy Oatcakes



41g  
Carbs

Page  
70

48g  
Carbs

Page  
78



Okra & Lentil Curry

30g  
Carbs

Page  
114



Warm Squash Salad

10g  
Carbs

8g  
Carbs

15g  
Carbs

Page  
141

17g  
Carbs

Page  
54



Kale Kerfuffle Smoothie



12½  
5-a-day

31g  
SatFat

102g  
Fat

73g  
Protein

1850  
Cals

See page 31 for more info on adding extra carbs

## Daily Plan Total:

49g  
Fibre

169g  
Carbs



## Meal Plan 9

33g  
Carbs

Page  
71

Chicken Congee  
Soup

### Breakfast

Chicken Congee Soup

### Lunch

Beef Lo Mein

### Dinner

Chinese Sea Bass

Brown Rice (100g cooked weight)

### Snack Suggestions

Sunflower Seeds (2 tbsp)

Dried Apricots (30g)

Lychees (80g)

41g  
Carbs

Page  
101

Beef Lo Mein

8g  
Carbs

Page  
98

Chinese Sea Bass

29g  
Carbs

4g  
Carbs

14g  
Carbs

13g  
Carbs

Daily Plan Total:

142g  
Carbs

18g  
Fibre

1675  
Cals

120g  
Protein

71g  
Fat

12g  
SatFat

5½  
5-a-day

See page 31 for more info on adding extra carbs

## Meal Plan 10

40g  
Carbs

Page  
66

Oat Khichdi

### Breakfast

Oat Khichdi

### Lunch

Coconut Fish Curry

Brown Rice (100g cooked weight)

### Dinner

Lamb & Spinach Stew

Paratha (85g)

### Snack Suggestions

Strawberries (80g)

Mandarin (80g)

Mango (80g)

29g  
Carbs

Lamb & Spinach Stew

5g  
Carbs

11g  
Carbs

6g  
Carbs

39g  
Carbs

14g  
Carbs

Page  
80

Coconut  
Fish Curry

18g  
Carbs

Page  
81

Daily Plan Total:

31g  
Fibre

162g  
Carbs

9  
5-a-day

48g  
SatFat

105g  
Fat

103g  
Protein

1965  
Cals

See page 31 for more info on adding extra carbs



# Egg, Salmon & Asparagus

Start your day a colourful way with this smorgasbord of flavours!

## Ingredients

- 1 Egg
- 50g Natural Yogurt
- 1 sprig Dill (finely chopped)
- ¼ Lemon (juice only)
- 75g Smoked Salmon
- 80g Asparagus (blanched)

## Preparation

1. Poach the **egg** in boiling water (with or without vinegar) until the white is completely set and opaque, and the yolk is firm.
2. To make the dressing, mix the **yogurt**, **dill** and **lemon juice**.
3. Serve the **salmon** and **asparagus** topped with the egg and dressing.



6g  
Carbs

2g  
Fibre

275  
Cals

31g  
Protein

14g  
Fat

4g  
SatFat

1  
5-a-day

Weight | 280g

# Veggie Breakfast

This vibrant veggie ensemble is loaded with nutrients and 3½ of your 5-a-day

## Ingredients

- 1 Egg
- 80g Mushrooms (sliced)
- 8 Cherry Tomatoes (on the vine)
- 1 tsp Olive Oil
- 2 handfuls Spinach
- ½ Avocado (sliced)

## Preparation

1. Poach the **egg** in boiling water (with or without vinegar) until the white is completely set and opaque, and the yolk is firm.
2. Meanwhile, pan fry the **mushrooms** and **tomatoes** in 1 tsp **oil**, until they start to colour.
3. Add the **spinach** for a couple of minutes, until it starts to wilt.
4. Serve as a stack, with spinach on the bottom, **avocado**, mushroom and topped with the egg.
5. Finally, decorate the plate with the tomatoes and any juices from the pan.



3½  
5-a-day

5g  
SatFat

24g  
Fat

12g  
Protein

275  
Cals

Weight | 245g

5g  
Fibre

5g  
Carbs



# Coconut Fish Curry

There's something special about a fish and coconut combo - a marriage made in heaven!

## Ingredients

- 1/2 tsp Cumin Seeds
- 1 tbsp Olive Oil
- 1 tsp Butter
- 1/4 Onion (diced)
- pinch Chilli Powder (mild)
- pinch Garam Masala
- pinch Turmeric (ground)
- 120g Tomato (chopped)
- 1/2 Green Chilli (sliced)
- 150ml Coconut Milk (tinned)
- 140g Cod (fillet, chunks, sustainable)
- 1 sprig Coriander (large, chopped)

## Preparation

1. Gently fry the **cumin seeds** in the **oil** and **butter** for 1 min, or until aromatic. Add the **onions** and fry until golden.
2. Stir in the remaining **spices** with the **tomato** and **chilli**. Cook until the tomato has broken down.
3. Pour in the **coconut milk** and bring to the boil.
4. Add the **cod**, reduce the heat, cover and simmer for 5 mins, or until the fish is completely cooked.
5. Sprinkle with **coriander** and serve.

14g  
Carbs

3g  
Fibre

550  
Cals

28g  
Protein

43g  
Fat

27g  
SatFat

1 1/2  
5-a-day

Weight | 360g

# Lamb & Spinach Stew

Is it a stew? Is it a curry? Dig in and find out. Comes with a bonus of 49g protein!

## Ingredients

- 1 inch Ginger (grated)
- 2 cloves Garlic (minced)
- 1 tsp Coriander Seeds
- 150g Stewing Lamb (raw, lean, diced)
- 1/2 Onion (thinly sliced)
- 2 tsp Rapeseed Oil
- 1/2 tsp Turmeric (ground)
- 1/2 Red Chilli (diced)
- 100g Natural Yogurt
- 3 handfuls Spinach

## Preparation

1. Using a pestle & mortar, crush the **ginger**, **garlic**, and **coriander seeds** to a paste, with a pinch of salt. Coat the **lamb** with the paste and leave to marinate for 1 hour minimum.
2. Fry the **onions** in 2 tsp **oil** until golden. Remove 1/4 of the onions and set aside.
3. Add the lamb, **turmeric**, and **chilli** to the pan with the remaining onions. Sauté on a high heat for 3 mins, to seal the meat. Reduce the heat, cover with a lid and cook gently for 2 hours.
4. Gradually stir in the **yogurt**, until fully combined.
5. Mix through the **spinach** and simmer for 5 mins, or until the sauce has thickened. Serve with the onions.

2  
5-a-day

12g  
SatFat

34g  
Fat

49g  
Protein

570  
Cals

Weight | 345g

4g  
Fibre

18g  
Carbs



# Chickpea Patties

Keep your energy flowing smoothly with the slow-release carbs in these pleasant patties

## Ingredients

- 80g Chickpeas (tinned)
- 1 clove Garlic
- 1/3 Courgette
- 1 sprig Coriander
- pinch Cumin (ground)
- 1 Egg
- 2 tbsp Oats
- 1 tsp Olive Oil
- 8 Cherry Tomatoes
- 1 handful Spinach
- 1/4 Avocado (sliced)

## Preparation

1. Blitz the **chickpeas, garlic, courgette, coriander, cumin, egg** and **oats** in a food processor.
2. Use the mixture to form patties, then chill for 1 hour, until firm.
3. Fry the patties in 1 tsp **oil** on a low heat, until crisp on both sides. Set aside on a warm plate.
4. In the same pan, cook the **tomatoes** until they start to burst.
5. To serve, layer the **spinach** and patties, topped with sliced **avocado** and tomatoes.

26g  
Carbs

10g  
Fibre

355  
Cals

18g  
Protein

20g  
Fat

4g  
SatFat

3½  
5-a-day

Weight | 340g

# Turkey Meatballs

An interesting, lighter alternative to a traditional roast dinner

## Ingredients

- 1/8 Onion
- 1 clove Garlic
- 6 Basil leaves
- 1 sprig Thyme (leaves)
- 1 Egg
- 1 handful Rocket
- 100g Turkey Mince (raw)
- 80g Sweet Potato (cubed)
- 1 tsp Olive Oil
- 1 sprig Rosemary (leaves, chopped)
- 8 Cherry Tomatoes
- 120g Green Beans

## Preparation

1. Whizz the **onion, garlic, basil, thyme, egg** and **rocket** in a food processor and transfer to a bowl.
2. Use your hands to combine the **mince** with the herb mixture and form into small balls.
3. On a baking tray, coat the **sweet potato** with 1 tsp **oil** and sprinkle with **rosemary**.
4. Place the meatballs on the same tray and cook at 200°C for 20 mins.
5. Add the **tomatoes** to the tray and roast for a further 8 mins, or until the meatballs are thoroughly cooked.
6. Meanwhile, boil or steam the **beans** for 3 mins. Assemble on a plate and enjoy!

2½  
5-a-day

3g  
SatFat

12g  
Fat

36g  
Protein

355  
Cals

Weight | 280g

9g  
Fibre

26g  
Carbs





# Egg & Quinoa Salad

A nutritious marriage of high-protein ingredients

## Ingredients

- 40g Broccoli (chopped)
- 4 Cherry Tomatoes (quartered)
- 80g cooked Quinoa
- 1 Spring Onion (finely sliced)
- 40g Sugar Snap Peas (halved)
- 1 Egg (hard boiled, quartered)
- 1 tbsp Pumpkin Seeds (toasted)

## Dressing

- 1 clove Garlic (finely chopped)
- 1/4 Lemon (juice only)
- 2 sprigs Parsley (finely chopped)
- 1 tbsp Tahini
- 1 tbsp Water

## Preparation

1. Boil or steam the **broccoli** for 3 mins, or until tender.
2. Mix **all the salad ingredients** except the egg and pumpkin seeds.
3. Whisk the **dressing** until well combined and stir through the salad.
4. Serve topped with the **egg** and scattered with **pumpkin seeds**.

25g  
Carbs

9g  
Fibre

390  
Cals

24g  
Protein

22g  
Fat

4g  
SatFat

2  
5-a-day

Weight | 370g

# Thai Vegan Salad

No meat, no fish, no dairy... just 100% taste!

## Ingredients

- 100g Tofu (firm, cubed)
- 1 tsp Sesame Oil
- 1/4 Yellow Pepper (matchsticks)
- 1/4 Cucumber (matchsticks)
- 1/3 Courgette (matchsticks)
- 2 Spring Onions (sliced)
- 40g Red Cabbage (sliced)
- 2 sprigs Coriander (chopped)
- 1 Carrot (matchsticks)
- 20g Radishes (sliced)
- 40g Beansprouts

## Dressing

- 1 clove Garlic (minced)
- 1/2 inch Ginger (minced)
- 1/4 Lime (juice only)
- 2 tbsp Peanut Butter
- 1 tbsp Rice Wine Vinegar
- 1 tbsp Soy Sauce

## Preparation

1. Dry the **tofu** between paper towels. Rub with 1 tsp **oil** and bake for 45 mins at 180°C, until crispy.
2. Mix **all the other salad ingredients**.
3. Whisk the **dressing** and stir through the salad, topping with the tofu.

5  
5-a-day

4g  
SatFat

23g  
Fat

20g  
Protein

390  
Cals

Weight | 560g

10g  
Fibre

25g  
Carbs



# Chicken Tagine

Apricots add zesty sweetness to this lively dish

## Ingredients

- pinch Cinnamon (ground)
- pinch Coriander (ground)
- pinch Cumin (ground)
- 75g Chicken Thighs  
(raw, skinless, boneless)
- 40g Butternut Squash (cubed)
- 1 Carrot (chopped)
- 400ml Chicken Stock (½ cube)
- 80g Chickpeas (tinned)
- 100g Chopped Tomatoes  
(tinned)
- 3 Dried Apricots (chopped)
- 1 clove Garlic (minced)
- 1/3 Red Onion (chopped)
- 1 sprig Parsley (large, chopped)

## Preparation

1. Rub the **spices** into the **chicken** and pan fry until brown on all sides.
2. Transfer to a slow cooker, adding **all the remaining ingredients** except the parsley.
3. Cook on low for 4 hours.
4. Serve topped with **parsley**.

37g  
Carbs

13g  
Fibre

295  
Cals

25g  
Protein

6g  
Fat

1g  
SatFat

5½  
5-a-day

Weight | 505g

# Jamaican Fish Stew

## Ingredients

- 200g Haddock/Pollock (raw fillet)
- ¼ Red Pepper (sliced)
- 1/8 Onion (sliced)
- 1 clove Garlic (minced)
- 1 Spring Onion (sliced)
- pinch Paprika
- pinch Black Pepper (ground)
- pinch Thyme (dried)
- pinch Fish Seasoning
- 1 tbsp Rapeseed Oil
- 40g Tomato (sliced)
- ½ Green Chilli (sliced)
- ½ Carrot (sliced)
- 1 tbsp Tomato Ketchup

## Preparation

1. Mix the **fish** with the **red pepper**, **onion**, **garlic** and **spring onion**.
2. Add the **paprika**, **black pepper**, **thyme** and **seasoning**. Marinate in the fridge for at least 30 mins (ideally overnight).
3. Remove the fish from the veg mixture. Brown in 1 tbsp **oil** for 2 mins on each side, then set aside.
4. Reduce the heat. Add the **tomato**, **chilli** and veg mix. Fry for 3 mins.
5. Stir in the **carrot**, **ketchup** and 200ml water. Boil for 6 mins, until the sauce reduces. Add the fish, cover, and simmer for 2 mins (or until the fish is thoroughly cooked). Serve & enjoy!

2  
5-a-day

1g  
SatFat

13g  
Fat

38g  
Protein

325  
Cals

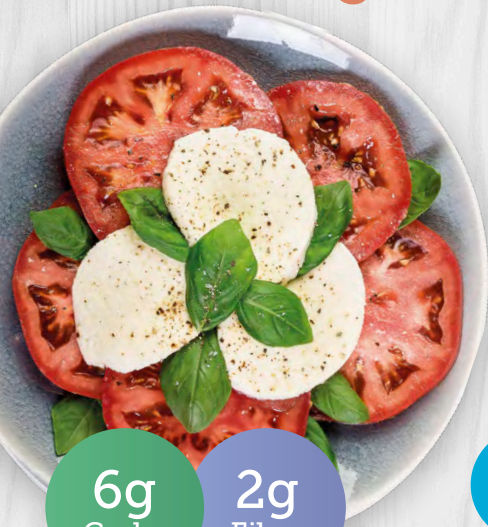
Weight | 330g

5g  
Fibre

14g  
Carbs



# Mozzarella & Tomato



## Ingredients

200g **Beef Tomato**  
(sliced across the core)  
50g **Mozzarella** (thickly sliced)  
10 **Basil** leaves

## Preparation

1. Layer the **tomato**, **mozzarella** and **basil** on a plate and serve.

6g  
Carbs

2g  
Fibre

155  
Cals

10g  
Protein

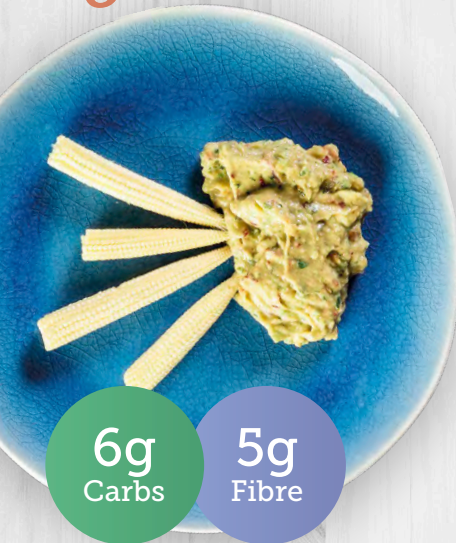
10g  
Fat

7g  
SatFat

1  
5-a-day

Weight | 250g

# Guacamole



6g  
Carbs

5g  
Fibre

## Ingredients

1/2 **Avocado**  
pinch **Chilli Flakes**  
1 sprig **Coriander**  
1/4 **Lime** (juice only)  
1/6 **Red Onion**  
40g **Tomato** (deseeded)  
40g **Baby Corn**

## Preparation

1. Blitz **all the ingredients** except the baby corn in a food processor.
2. Serve with the **baby corn**.

165  
Cals

3g  
Protein

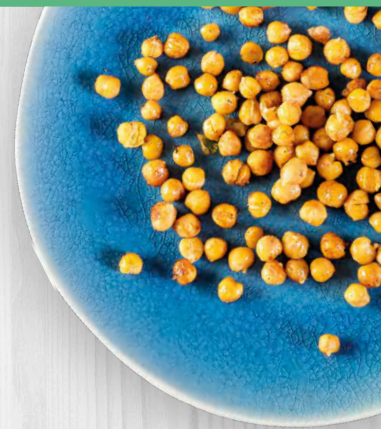
14g  
Fat

3g  
SatFat

2  
5-a-day

Weight | 185g

# Spicy Chickpeas



## Ingredients

80g **Chickpeas** (tinned)  
pinch **Cumin** (ground)  
pinch **Smoked Paprika**  
2 tsp **Olive Oil**

## Preparation

1. Combine the **chickpeas** with the **spices**, 2 tsp **oil** and salt & pepper.
2. Bake at 180°C for 25 mins, or until the chickpeas are crispy.

1  
5-a-day

1g  
SatFat

11g  
Fat

6g  
Protein

170  
Cals

Weight | 50g

5g  
Fibre

14g  
Carbs

# Maple Yogurt & Almonds

## Ingredients

2 tbsp **Almonds**  
50g **Natural Yogurt**  
1 tsp **Maple Syrup**

## Preparation

1. Toast the **almonds** in a dry frying pan over a medium heat, until aromatic.
2. Fold the toasted almonds into the **yogurt** and serve drizzled with the **maple syrup**.

0  
5-a-day

2g  
SatFat

13g  
Fat

6g  
Protein

170  
Cals

Weight | 75g

2g  
Fibre

8g  
Carbs







5g  
Protein

2g  
Fat

*Bread Roll (wholemeal)*  
50g

3g  
Fibre

23g  
Carbs

122  
Cals

0  
5-a-day



1g  
Protein

0g  
Fat

*Crispbread*  
11g

2g  
Fibre

7g  
Carbs

31  
Cals

0  
5-a-day



3g  
Protein

1g  
Fat

*Granary Bread*  
33g, medium slice

2g  
Fibre

15g  
Carbs

78  
Cals

0  
5-a-day



1g  
Protein

2g  
Fat

*Oatcake*  
10g

1g  
SatFat

1g  
Fibre

6g  
Carbs

45  
Cals

0  
5-a-day



4g  
Protein

1g  
Fat

*Rye Bread*  
50g, 2 thin slices

3g  
Fibre

23g  
Carbs

110  
Cals

0  
5-a-day



4g  
Protein

1g  
Fat

*Spelt Bread*  
50g

2g  
Fibre

24g  
Carbs

119  
Cals

0  
5-a-day



6g  
Protein

1g  
Fat

*Chapati (white, without fat)*  
80g

2g  
Fibre

35g  
Carbs

162  
Cals

0  
5-a-day



7g  
Protein

12g  
Fat

*Paratha*  
85g

7g  
SatFat

4g  
Fibre

39g  
Carbs

283  
Cals

0  
5-a-day



7g  
Protein

6g  
Fat

2g  
SatFat

*Chapati (wholemeal, with fat)*  
80g

2g  
Fibre

37g  
Carbs

229  
Cals

0  
5-a-day



7g  
Protein

1g  
Fat

*Pitta Bread (wholemeal)*  
60g

4g  
Fibre

27g  
Carbs

147  
Cals

0  
5-a-day



4g  
Protein

1g  
Fat

*Injera*  
100g

2g  
Fibre

28g  
Carbs

135  
Cals

0  
5-a-day



8g  
Protein

1g  
Fat

*Injera*  
200g

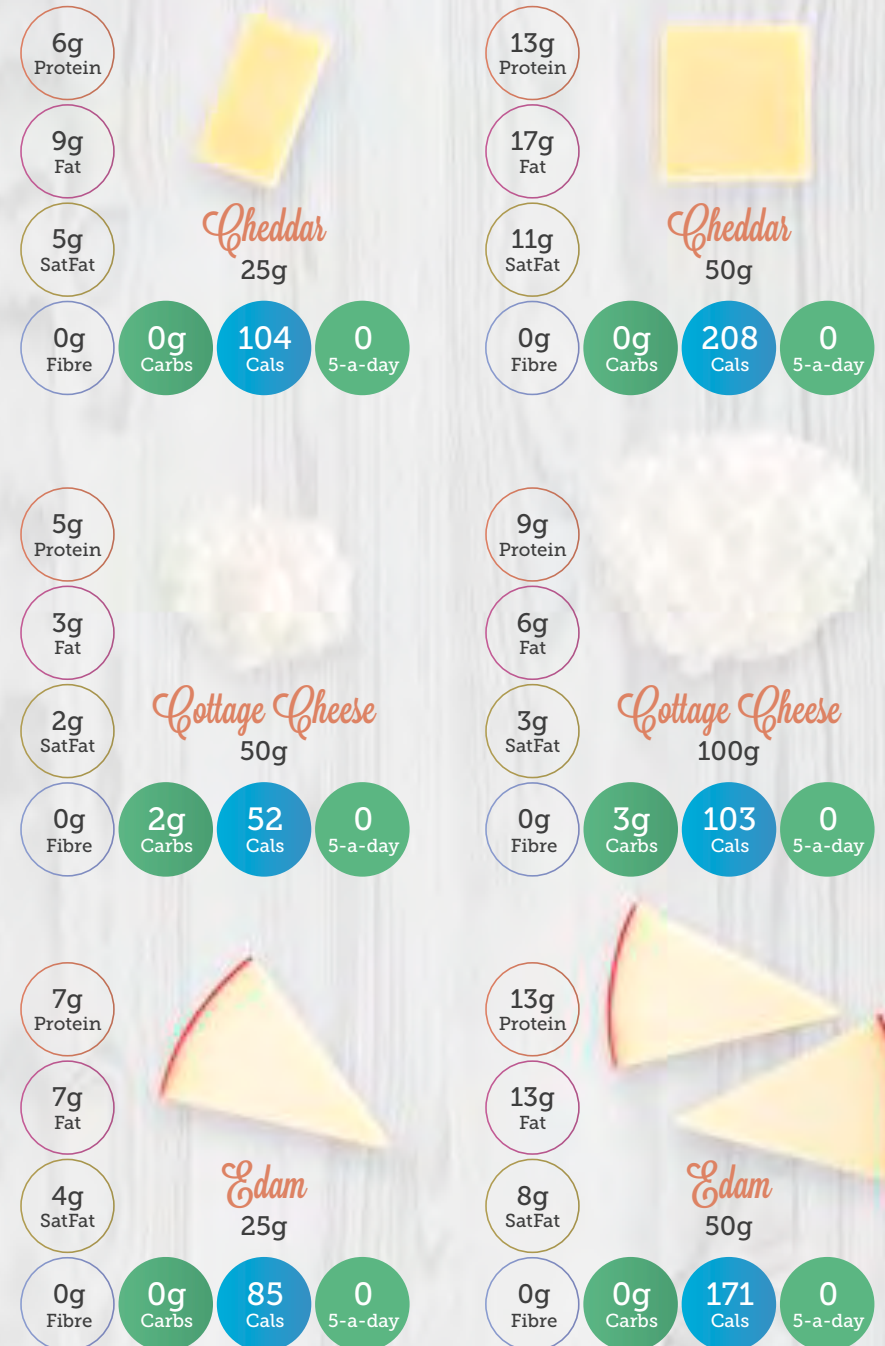
4g  
Fibre

57g  
Carbs

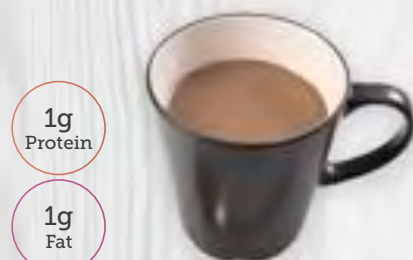
270  
Cals

0  
5-a-day





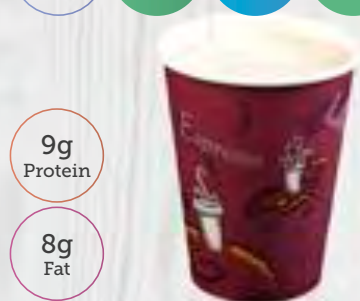


1g  
Protein1g  
Fat1g  
SatFat

*Cup of Coffee (whole milk)*  
260ml

0g  
Fibre1g  
Carbs18  
Cals0  
5-a-day1g  
Protein1g  
Fat1g  
SatFat

*Cup of Tea (whole milk)*  
260ml

0g  
Fibre1g  
Carbs21  
Cals0  
5-a-day9g  
Protein8g  
Fat5g  
SatFat

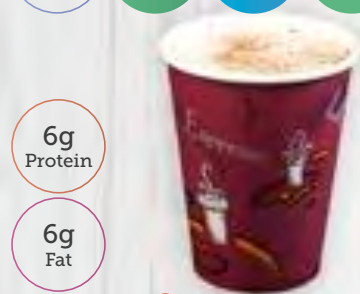
*Latte (whole)*

355ml, 12 fl oz, medium

0g  
Fibre15g  
Carbs172  
Cals0  
5-a-day10g  
Protein0g  
Fat0g  
SatFat

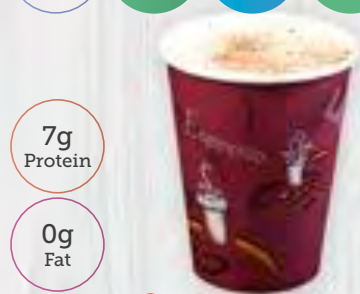
*Latte (skimmed)*

355ml, 12 fl oz, medium

0g  
Fibre15g  
Carbs102  
Cals0  
5-a-day6g  
Protein6g  
Fat3g  
SatFat

*Cappuccino (whole)*

355ml, 12 fl oz, medium

0g  
Fibre10g  
Carbs116  
Cals0  
5-a-day7g  
Protein0g  
Fat0g  
SatFat

*Cappuccino (skimmed)*

355ml, 12 fl oz, medium

0g  
Fibre11g  
Carbs70  
Cals0  
5-a-day8g  
Protein6g  
Fat2g  
SatFat

*Egg*

60g, 1 egg, boiled

0g  
Fibre0g  
Carbs86  
Cals0  
5-a-day10g  
Protein2g  
Fat1g  
SatFat

*Quorn Chicken Pieces*

75g

5g  
Fibre1g  
Carbs72  
Cals0  
5-a-day9g  
Protein7g  
Fat1g  
SatFat

*Tofu*

40g, fried

1g  
Fibre1g  
Carbs104  
Cals0  
5-a-day17g  
Protein12g  
Fat3g  
SatFat

*Egg*

120g, 2 eggs, boiled

0g  
Fibre0g  
Carbs172  
Cals0  
5-a-day21g  
Protein4g  
Fat2g  
SatFat

*Quorn Chicken Pieces*

150g

10g  
Fibre2g  
Carbs144  
Cals0  
5-a-day19g  
Protein14g  
Fat2g  
SatFat

*Tofu*

80g, fried

1g  
Fibre2g  
Carbs209  
Cals0  
5-a-day





**13g**  
Protein

**4g**  
Fat

**1g**  
SatFat

*Smoked Salmon*  
50g

**0g**  
Fibre

**1g**  
Carbs

**93**  
Cals

**0**  
5-a-day



**25g**  
Protein

**9g**  
Fat

**2g**  
SatFat

*Smoked Salmon*  
100g

**0g**  
Fibre

**1g**  
Carbs

**186**  
Cals

**0**  
5-a-day



**20g**  
Protein

**6g**  
Fat

**1g**  
SatFat

*Salmon (tinned in brine)*  
85g, drained

**0g**  
Fibre

**0g**  
Carbs

**136**  
Cals

**0**  
5-a-day



**40g**  
Protein

**12g**  
Fat

**2g**  
SatFat

*Salmon (tinned in brine)*  
170g, drained

**0g**  
Fibre

**0g**  
Carbs

**272**  
Cals

**0**  
5-a-day



**11g**  
Protein

**5g**  
Fat

**1g**  
SatFat

*Sardines (tinned in brine)*  
50g, drained

**0g**  
Fibre

**0g**  
Carbs

**85**  
Cals

**0**  
5-a-day



**22g**  
Protein

**9g**  
Fat

**3g**  
SatFat

*Sardines (tinned in brine)*  
100g, drained

**0g**  
Fibre

**0g**  
Carbs

**170**  
Cals

**0**  
5-a-day



**13g**  
Protein

**3g**  
Fat

**1g**  
SatFat

*Trout*  
60g, smoked

**0g**  
Fibre

**0g**  
Carbs

**79**  
Cals

**0**  
5-a-day



**27g**  
Protein

**6g**  
Fat

**1g**  
SatFat

*Trout*  
125g, smoked

**0g**  
Fibre

**0g**  
Carbs

**164**  
Cals

**0**  
5-a-day



**12g**  
Protein

**2g**  
Fat

**0g**  
SatFat

*Scallops*  
50g, fried

**0g**  
Fibre

**0g**  
Carbs

**65**  
Cals

**0**  
5-a-day



**25g**  
Protein

**3g**  
Fat

**1g**  
SatFat


*Scallops*  
100g, fried

**0g**  
Fibre

**0g**  
Carbs

**130**  
Cals

**0**  
5-a-day



**17g**  
Protein

**1g**  
Fat

**0g**  
SatFat

*Tuna (tinned in brine)*  
70g, drained

**0g**  
Fibre

**0g**  
Carbs

**76**  
Cals

**0**  
5-a-day



**35g**  
Protein

**1g**  
Fat

**0g**  
SatFat

*Tuna (tinned in brine)*  
140g, drained

**0g**  
Fibre

**0g**  
Carbs

**153**  
Cals

**0**  
5-a-day



0g  
Protein0g  
Fat0g  
Fibre*Apple*

40g, 1/4 medium

5g  
Carbs20  
Cals1/2  
5-a-day0g  
Protein0g  
Fat1g  
Fibre*Apple*

80g, 1/2 medium

9g  
Carbs41  
Cals1  
5-a-day0g  
Protein0g  
Fat1g  
Fibre*Apricot*

30g, destoned

2g  
Carbs9  
Cals0  
5-a-day1g  
Protein0g  
Fat1g  
Fibre*Apricot*

60g, destoned

4g  
Carbs19  
Cals1/2  
5-a-day0g  
Protein0g  
Fat0g  
Fibre*Banana*

40g, 1/2 small, peeled

6g  
Carbs22  
Cals0  
5-a-day1g  
Protein0g  
Fat1g  
Fibre*Banana*

80g, small, peeled

11g  
Carbs44  
Cals1/2  
5-a-day0g  
Protein0g  
Fat2g  
Fibre*Blackberries*

40g

2g  
Carbs10  
Cals1/2  
5-a-day1g  
Protein0g  
Fat3g  
Fibre*Blackberries*

80g

4g  
Carbs20  
Cals1  
5-a-day0g  
Protein0g  
Fat1g  
Fibre*Blueberries*

40g

4g  
Carbs16  
Cals1/2  
5-a-day1g  
Protein0g  
Fat1g  
Fibre*Blueberries*

80g

7g  
Carbs32  
Cals1  
5-a-day0g  
Protein0g  
Fat1g  
Fibre*Cantaloupe*

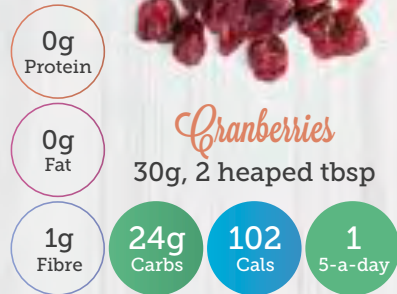
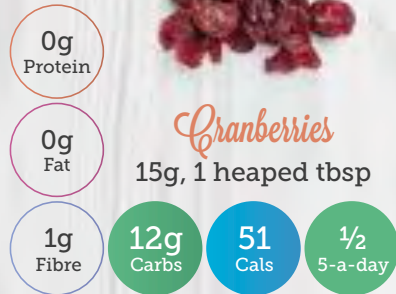
40g

2g  
Carbs8  
Cals1/2  
5-a-day1g  
Protein0g  
Fat1g  
Fibre*Cantaloupe*

80g

3g  
Carbs15  
Cals1  
5-a-day









*Basil*  
6 leaves



*Mint*  
5 leaves



*Rosemary*  
sprig



*Coriander*  
large sprig



*Parsley*  
large sprig



*Thyme*  
sprig



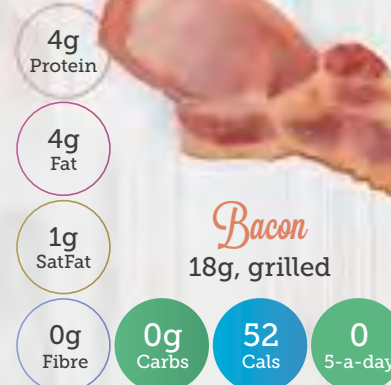
*Beef, Sirloin*  
100g, fried



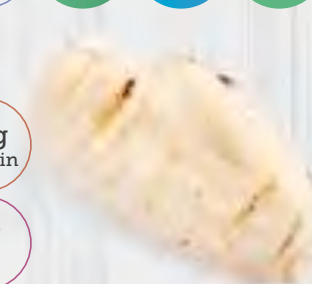
*Beef, Sirloin*  
200g, fried



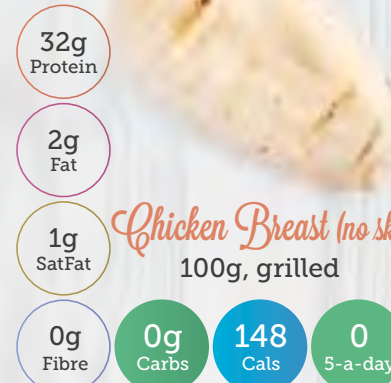
*Bacon*  
18g, grilled



*Bacon*  
36g, grilled



*Chicken Breast (no skin)*  
100g, grilled



*Chicken Breast (no skin)*  
200g, grilled





\*Coconut Milk refers to the milk substitute, not tinned coconut milk (which is much more calorific!)





2g Protein

6g Fat

0g SatFat

*Almonds*  
10g, 1 tbsp

1g Fibre

1g Carbs

61 Cals

0 5-a-day

4g Protein

11g Fat

1g SatFat

*Almonds*  
20g, 2 tbsp

1g Fibre

1g Carbs

122 Cals

0 5-a-day

1g Protein

6g Fat

0g SatFat

*Hazelnuts*  
10g, 1 tbsp

1g Fibre

1g Carbs

65 Cals

0 5-a-day

3g Protein

13g Fat

1g SatFat

*Hazelnuts*  
20g, 2 tbsp

1g Fibre

1g Carbs

130 Cals

0 5-a-day

1g Protein

7g Fat

2g SatFat

*Brazil Nuts*  
10g, 1 tbsp

1g Fibre

0g Carbs

68 Cals

0 5-a-day

3g Protein

14g Fat

3g SatFat

*Brazil Nuts*  
20g, 2 tbsp

1g Fibre

1g Carbs

137 Cals

0 5-a-day

3g Protein

5g Fat

1g SatFat

*Peanuts*  
10g, 1 tbsp

1g Fibre

1g Carbs

56 Cals

0 5-a-day

5g Protein

9g Fat

2g SatFat

*Peanuts*  
20g, 2 tbsp

1g Fibre

3g Carbs

113 Cals

0 5-a-day

2g Protein

5g Fat

1g SatFat

*Cashews*  
10g, 1 tbsp

0g Fibre

2g Carbs

57 Cals

0 5-a-day

4g Protein

10g Fat

2g SatFat

*Cashews*  
20g, 2 tbsp

1g Fibre

4g Carbs

115 Cals

0 5-a-day

1g Protein

7g Fat

1g SatFat

*Pecans*  
10g, 1 tbsp

1g Fibre

1g Carbs

69 Cals

0 5-a-day

2g Protein

14g Fat

1g SatFat

*Pecans*  
20g, 2 tbsp

1g Fibre

1g Carbs

138 Cals

0 5-a-day





6g Protein

1g Fat

*Couscous (cooked)*  
80g

2g Fibre

30g Carbs

142 Cals

0 5-a-day



12g Protein

2g Fat


*Couscous (cooked)*  
160g

4g Fibre

60g Carbs

285 Cals

0 5-a-day



2g Protein

0g Fat

*Pearl Barley (cooked)*  
80g

3g Fibre

22g Carbs

96 Cals

0 5-a-day



4g Protein

1g Fat


*Pearl Barley (cooked)*  
160g

6g Fibre

44g Carbs

192 Cals

0 5-a-day



4g Protein

2g Fat


*Quinoa (cooked)*  
80g

2g Fibre

15g Carbs

92 Cals

0 5-a-day



7g Protein

3g Fat

*Quinoa (cooked)*  
160g

5g Fibre

30g Carbs

184 Cals

0 5-a-day



6g Protein

1g Fat

*Egg Noodles (cooked)*  
100g

3g Fibre

36g Carbs

166 Cals

0 5-a-day



12g Protein

2g Fat

*Egg Noodles (cooked)*  
200g

6g Fibre

71g Carbs

332 Cals

0 5-a-day



5g Protein

0g Fat

*Pasta (cooked)*  
100g

3g Fibre

33g Carbs

146 Cals

0 5-a-day



10g Protein

1g Fat

*Pasta (cooked)*  
200g

5g Fibre

66g Carbs

292 Cals

0 5-a-day



5g Protein

1g Fat

*Pasta Wholewheat (cooked)*  
100g

4g Fibre

28g Carbs

134 Cals

0 5-a-day



10g Protein

2g Fat

*Pasta Wholewheat (cooked)*  
200g


8g Fibre

55g Carbs

268 Cals


0 5-a-day





**Olive Oil**  
4g, 1 tsp

0g Protein
4g Fat
1g SatFat
0g Fibre
0g Carbs
36 Cals
0 5-a-day



**Olive Oil**  
12g, 1 tbsp

0g Protein
12g Fat
2g SatFat
0g Fibre
0g Carbs
108 Cals
0 5-a-day



**Red Wine Vinegar**  
5ml, 1 tsp

0g Protein
0g Fat
0g Fibre
0g Carbs
1 Cals
0 5-a-day




**Red Wine Vinegar**  
15ml, 1 tbsp

0g Protein
0g Fat
0g Fibre
0g Carbs
3 Cals
0 5-a-day



**Peanut Butter (crunchy)**  
5g, 1 tsp

1g Protein
2g Fat
0g SatFat
0g Fibre
1g Carbs
30 Cals
0 5-a-day



**Peanut Butter (crunchy)**  
15g, 1 tbsp

4g Protein
7g Fat
1g SatFat
1g Fibre
2g Carbs
91 Cals
0 5-a-day




**Rice Wine Vinegar**  
5ml, 1 tsp

0g Protein
0g Fat
0g Fibre
0g Carbs
1 Cals
0 5-a-day




**Rice Wine Vinegar**  
15ml, 1 tbsp

0g Protein
0g Fat
0g Fibre
0g Carbs
3 Cals
0 5-a-day



**Pesto**  
15g, 1 tbsp

1g Protein
6g Fat
1g SatFat
0g Fibre
1g Carbs
63 Cals
0 5-a-day



**Pesto**  
30g, 2 tbsp

2g Protein
13g Fat
2g SatFat
0g Fibre
1g Carbs
126 Cals
0 5-a-day



**Satay Sauce**  
5g, 1 tsp

0g Protein
1g Fat
0g Fibre
1g Carbs
10 Cals
0 5-a-day



**Satay Sauce**  
15g, 1 tbsp

1g Protein
2g Fat
0g Fibre
2g Carbs
29 Cals
0 5-a-day



1g  
Protein0g  
Fat

*Spinach*  
20g, handful

1g  
Fibre0g  
Carbs5  
Cals0  
5-a-day1g  
Protein0g  
Fat

*Spinach*  
40g, 2 handfuls

1g  
Fibre1g  
Carbs10  
Cals1/2  
5-a-day0g  
Protein0g  
Fat

*Spring Onion*  
20g

0g  
Fibre1g  
Carbs5  
Cals0  
5-a-day1g  
Protein0g  
Fat

*Spring Onion*  
40g

1g  
Fibre1g  
Carbs9  
Cals1/2  
5-a-day6g  
Protein3g  
Fat0g  
SatFat

*Soya Beans*  
40g

3g  
Fibre2g  
Carbs56  
Cals1/2  
5-a-day11g  
Protein6g  
Fat1g  
SatFat

*Soya Beans*  
80g

6g  
Fibre4g  
Carbs113  
Cals1  
5-a-day1g  
Protein0g  
Fat

*Sugar Snap Peas*  
40g

1g  
Fibre2g  
Carbs14  
Cals1/2  
5-a-day3g  
Protein0g  
Fat

*Sugar Snap Peas*  
80g

2g  
Fibre4g  
Carbs27  
Cals1  
5-a-day0g  
Protein0g  
Fat

*Sweet Potato*  
40g, 1/4 small, boiled

1g  
Fibre8g  
Carbs34  
Cals1/2  
5-a-day1g  
Protein0g  
Fat

*Sweet Potato*  
80g, 1/2 small, boiled

2g  
Fibre16g  
Carbs67  
Cals1  
5-a-day1g  
Protein1g  
Fat

*Sweetcorn*  
40g

1g  
Fibre6g  
Carbs31  
Cals1/2  
5-a-day2g  
Protein1g  
Fat

*Sweetcorn*  
80g

2g  
Fibre11g  
Carbs62  
Cals1  
5-a-day



# Recipes

## A

Ackee & Saltfish 51, 73  
 African Bean Stew 53, 124  
 Asparagus Frittata 90  
 Avocado & Eggs 42, 64  
 Avofennel Smoothie 41, 140

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 Beef Lo Mein 48, 101  
 Beef & Mushroom Stir-fry 89  
 Beef & Pearl Barley Stew 121  
 Berries & Jelly 134  
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## C

Carrot & Lentil Soup 46, 125  
 Cauliflower Risotto 84  
 Cauli Smoothie 45, 55  
 Celery & Nut Butter 137  
 Cheesy Breakfast Mushroom 41, 58  
 Cheesy Oatcakes 141  
 Chia Seed Breakfast Pot 44, 62  
 Chicken & Cashew Stir-fry 40, 102  
 Chicken Congee Soup 48, 71  
 Chicken Jollof Rice 105  
 Chicken, Kale & Chorizo 46, 107  
 Chicken Tagine 122  
 Chickpea Patties 94  
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## D

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 Dijon Chicken with Mash 41, 106

## E

Egg & Mackerel Salad 110  
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Egg, Salmon & Asparagus 47, 60  
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## F

Fish Pie 42, 103  
 Fragrant Crab Soup 51, 129  
 Fruity Porridge 43, 70

## G

Groundnut Soup 53, 131  
 Guacamole 45, 142

## J

Jamaican Chicken Curry 50, 79  
 Jamaican Fish Stew 50, 123  
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## K

Kale Crisps 134  
 Kale Kerfuffle Smoothie 43, 54

## L

Lamb Dhansak 76  
 Lamb & Rosemary Stew 44, 132  
 Lamb & Spinach Stew 49, 81  
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## M

Maple Yogurt & Almonds 143  
 Mexican Chicken Mole 45, 104  
 Moroccan Veg & Chickpeas 87  
 Mozzarella & Tomato 142  
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## N

Nigerian Chicken Stew 52, 130

## O

Oat Khichdi 49, 66  
 Okra & Lentil Curry 43, 78  
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## P

Palm Nut Soup 52, 133  
 Paneer Masala 75  
 Parsnip Cauliflower Soup 120  
 Pick up a Pepper Smoothie 47, 140  
 Pineapple Crispbread 137

Plantain & Beans 97  
 Pollock & Chickpeas 86  
 Prawn & Kale Stir-fry 88

## Q

Quinoa Stuffed Mushrooms 83

## R

Rainbow Tahini Salad 44, 116  
 Roasted Pumpkin Seeds 139  
 Roots & Lentil Salad 40, 117  
 Rosemary Olives 135  
 Rye Bread & Nut Butter 57

## S

Salmon Kebabs 45, 100  
 Sardines with Salad 53, 65  
 Sausage Bean Broth 127  
 Smoked Salmon & Egg 63  
 Soya Beans 139  
 Spiced Broccoli 136  
 Spicy Chickpeas 143  
 Spinach Stew & Rice 82  
 Spring Chicken Soup 42, 128  
 Squash & Nut Salad 115  
 Sweet Potato Curry 77

## T

Thai Vegan Salad 113  
 Tofu & Bean Stir-fry 47, 96  
 Tofu Scramble 56  
 Tuna & Bean Salad 41, 111  
 Tuna Lettuce Wraps 53, 141  
 Tuna & Roasted Veg 93  
 Turkey Meatballs 95  
 Turkey Mushroom Linguine 92  
 Turkey Rolls 50, 136  
 Tuscan Tomato Soup 47, 126

## V

Vanilla Berries 135  
 Veggie Breakfast 61  
 Veggie Stew 119

## W

Warm Squash Salad 43, 114

## Y

Yogurt, Nuts & Blueberries 40, 68

# Ingredients

## A

Ackee 73  
 Alfalfa Sprouts 108, 116, 191  
 Almond Butter 137, 182  
 Almond Milk 62, 172  
 Almonds 143, 174  
 Àmàlà 214  
 Anchovies 152  
 Apple 54, 55, 70, 115, 156  
 Apricots 156  
   (dried) 122, 166  
 Artichokes 191  
 Asafoetida 66  
 Asparagus 60, 90, 106, 110, 111, 191  
 Aubergine 78, 85, 87, 93, 119, 192  
 Avocado 61, 64, 94, 116, 140, 142, 192

## B

Baby Corn 142  
 Bacon 59, 169  
 Balsamic Vinegar 117, 182  
 Bamboo Shoots 89, 192  
 Banana 156  
 Basil 85, 95, 102, 107, 142, 168  
 BBQ Sauce 182  
 Beans  
   Black Eye 97, 109, 124, 194  
   Broad 194  
   Butter 116, 126, 127, 138, 195  
   Cannellini 106, 111, 126, 196  
   Green 95, 105, 201  
   Kidney 79, 201  
   Mixed 104, 204  
   Soya 115, 139, 210  
 Beansprouts 88, 89, 101, 113, 193  
 Beef  
   Rump 101  
   Sirloin 89, 97, 99, 108, 133, 169  
   Stewing 121  
   Tomato 142  
 Beetroot 87, 117, 193  
 Blackberries 157  
 Black Eye Beans 97, 109, 124, 194



**Blueberries** 62, 68, 70, 134, 135, **157**  
**Brazil Nuts** 72, **174**  
**Bread** **144–145**  
 Rye 57, 63, 65, **144**  
**Broad Beans** **194**  
**Broccoli** 102, 106, 112, 116, 128, 132, 136, **194**  
**Bulgur Wheat** 85, **179**  
**Butter** 75, 80, **183**  
 Beans 116, 126, 127, 138, **195**  
**Butternut Squash** 76, 93, 103, 114, 115, 117, 118, 119, 122, **195**

## C

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