Suggested menu

Snacks may or may not be required depending on medication, blood glucose control and weight. The type and quantity of snack provided should be decided on an individual basis.

Some individuals with type 1 diabetes will count how much carbohydrate they eat at each meal and snack, e.g. grams of carbohydrate, portions or exchanges). These individuals will need specific servings of carbohydrate containing foods. Their requirements must be determined on an individual basis.

**Breakfast**
- fresh fruit/canned fruit/fruit juice in moderation
- wholegrain cereal and low fat milk
- wholemeal or wholegrain toast with margarine and yeast-based spread/thin spread of jam or honey
- tea/coffee
  - optional hot breakfast: baked beans/grilled tomato/mushrooms/poached or boiled egg

**Morning tea**
- fresh fruit or wholemeal or wholegrain sandwich with low fat filling or wholemeal scone/muffin with margarine and spread or a low fat yoghurt or milk based drink
- water/tea/coffee/diet cordial

**Lunch**
- lean meat/chicken/fish and low fat gravy/sauce
- potato - boiled/baked in jacket or basmati rice/pasta/bean mix
- vegetables or salad
- fresh fruit/canned fruit in natural juice/stewed fruit
- low fat or diet yoghurt/low fat ice-cream/low fat custard
- water/tea/coffee/diet cordial

**Afternoon tea**
- as morning tea

**Dinner**
- soup, e.g. vegetable and bean
- lean cold meat/chicken/fish
- vegetables or salad and rice or potato salad with reduced fat dressing
- wholemeal or wholegrain bread with margarine
- fresh fruit/canned fruit in natural juice/stewed fruit
- low fat or diet yoghurt/low fat custard
- water/tea/coffee/diet cordial

**Supper**
- as morning tea

NB: Additional fluid may be necessary to meet individual needs.