

Acute Training Solutions

Nutrition & Hydration - Meal plans

Meal Plan Example : Diabetes type 2- overweight, no insulin needed

The aim of treatment is to improve blood glucose regulation and to prevent the disease from advancing and requiring more advanced treatment, like insulin. For this reason regular meals and snacks are encouraged, especially in respect of carbohydrate foods. It's important that diabetics follow a suitable diet because:

- What you eat affects your blood glucose levels
- Being a healthy weight helps control your blood sugar levels
- Diet affects the amounts and type of fats in blood, keeping these to a desired level reduces risk of heart disease

A diet for type 2 diabetes is simply based on the healthy eating guidelines which we all should be following. A word of caution though, so called 'diabetic products' such as special chocolates, cakes, biscuits, etc are not recommended. Eating a range of low fat, low sugar, high fibre 'ordinary' foods is far better. Some diabetic products contain the sweetener sorbitol which can cause wind, stomach upsets and diarrhoea. However 'low sugar'/'sugar-free' products, like diet soft drinks, are fine, and can be enjoyed. The following meal plan is an example plan of a healthy diet which is suitable for a type 2 diabetic. It is aimed at weight control as the condition is often associated with being overweight, don't forget to vary your food choices and to drink plenty of water through the day. Remember to check with your doctor or diabetes specialist nurse before commencing this plan.

Breakfast	<ul style="list-style-type: none"> • High fibre cereal (30g porridge, 30g no added sugar muesli, 2 x Shredded Wheat, 2 x Weetabix, etc) + 200ml skimmed milk + sweetener (optional) or 1-2 slices granary bread with olive oil-based spread • 200ml of fruit juice • Mug of tea/coffee
Mid-morning	<ul style="list-style-type: none"> • Item of fruit • Drink of water
Lunch	<ul style="list-style-type: none"> • Sandwich: 2 slices granary bread + olive oil-based spread + slice deli chicken/ham or tuna in low fat natural yoghurt or smoked salmon or tuna or chopped chicken with basmati rice • Mixed salad • Low fat / low sugar yoghurt • Drink of water
Mid-afternoon	<ul style="list-style-type: none"> • Item of fruit • Mug of tea or coffee
Evening meal	<ul style="list-style-type: none"> • 100g chicken breast or 120g white fish or 100g lean meat and (dry weight) 40g basmati rice or 40g wholewheat pasta or medium jacket potato or small sweet potato and loads of veg or large salad
Evening	<ul style="list-style-type: none"> • Item of fruit • Drink of water

Meal Plan Example for Type 2 Diabetes – insulin treated

The aim of treatment is to improve blood glucose regulation and to prevent the onset of hypoglycaemia, or low blood sugar levels. For this reason regular meals and snacks are encouraged, especially in respect of carbohydrate foods. Diabetics should aim for slow-released low glycaemic carbs as the basis of each meal and snack. It's important that diabetics follow a suitable diet because:

- What you eat affects your blood glucose levels
- Being a healthy weight helps control your blood sugar levels
- Diet affects the amounts and type of fats in blood, keeping these to a desired level reduces risk of heart disease

Some contain the sweetener sorbitol which can cause wind, stomach upsets and diarrhoea. However 'low sugar'/'sugar-free' products, like diet soft drinks, are fine, and can be enjoyed.

The following meal plan is an example plan of a healthy diet which is suitable for a type 2 diabetic treated with insulin or sulfonyleurea drugs. It is aimed at weight control as the condition is often associated with being overweight. Remember to check with your doctor or diabetes specialist nurse before commencing this plan.

Breakfast	<ul style="list-style-type: none"> • High fibre cereal (30g porridge, 30g no added sugar muesli, 2 x Shredded Wheat, 2 x Weetabix, etc) + 200ml skimmed milk + sweetener (optional) or 1-2 slices granary bread with olive oil-based spread • 200ml of fruit juice • Mug of tea/coffee
Mid-morning	<ul style="list-style-type: none"> • 1-2 oatcakes or digestive biscuits • Item of fruit • Drink
Lunch	<ul style="list-style-type: none"> • 2 slices granary bread or 2-4 oatcakes or 2-4 rye crispbread and slice deli chicken/ham or tuna in low fat natural yoghurt or smoked salmon or low fat cheese and mixed salad • Low fat / low sugar yoghurt • Drink of water
Mid-afternoon	<ul style="list-style-type: none"> • Banana • Mug of tea or coffee
Evening meal	<ul style="list-style-type: none"> • Chicken breast or white fish or lean meat and basmati rice or wholewheat pasta or medium jacket potato or small sweet potato and lots of veg or large salad
Evening	<ul style="list-style-type: none"> • Item fruit • Drink of water

As with all the meal plans this is merely a guide and you are encouraged to eat a variety of different meats / fish / alternatives, complex carbohydrates, fruit and vegetables every day and drink plenty of water.

Meal Plan Example for Gastric, Oesophageal or Duodenal Ulcers

Ulcers can occur in a number of places in the gastro-intestinal tract, known as peptic ulcers. Most common are gastric (stomach) ulcers, oesophageal ulcers or duodenal ulcers.

Symptoms are often abdominal pain with severity relating to meal times, bloating, regurgitation or acid or food, nausea, vomiting, loss of appetite, weight loss, vomiting of blood and bad breath. With gastric ulcers, the pain will be during or right after a meal.

There is no strict diet for peptic ulcers, however following a sensible meal plan a few points will help minimise symptoms:

- Eat only small meals, but ensure they are regular; eat five or six times per day rather than three meals
- Eat slowly: do not rush food
- Drink weak tea or weak coffee between meals may help
- Avoid fried or excessively fatty foods
- Avoid pickles, spices and curries
- Avoid strong tea or coffee
- Avoid excess alcohol – alcohol will aggravate symptoms
- Drink plenty of water
- Acidic fruit may cause you issues; if it does avoid it and consume less acidic fruit instead
- If you feel there are any specific foods which may upset you, avoid them
- Don't smoke
- Avoid some anti-inflammatory drugs like NSAIDs and corticosteroids

Breakfast	<ul style="list-style-type: none"> • High fibre cereal (like 2 x Weetabix, 20g bran flakes, 30g Shreddies, 30g muesli, 30g porridge oats) + skimmed milk • Banana • Mug of weak tea/coffee
Mid-morning	<ul style="list-style-type: none"> • 2 plain biscuits • Appropriate item of fruit • Drink of water
Lunch	<ul style="list-style-type: none"> • Sandwich: 2 slices granary bread + olive oil-based spread + slice chicken/ham or tuna in low fat natural yoghurt or smoked salmon • Mixed salad • Low fat / low sugar yoghurt • Mug of weak tea/coffee
Mid-afternoon	<ul style="list-style-type: none"> • 2 x oatcakes with cottage cheese or quark • Drink of water
Evening meal	<ul style="list-style-type: none"> • Small portion chicken breast or white fish or lean meat • 30g (dry weight) Basmati rice or wholewheat pasta or 2-3 small boiled new potatoes and lots of veg or large salad
Evening	<ul style="list-style-type: none"> • Milky drink

Example Meal Plan for preventing cardiovascular disease

The following example meal plan has been designed for an individual of regular body weight who wishes to reduce their risk of heart disease. If you have some risk factors for heart disease, including incidence of it in your family, then following some of this advice would be prudent. If you need to lose weight then adjust portions sizes accordingly.

As with the other plans in this document, the one below it is merely a guide and needs to be adapted to suit an individual's own lifestyle, activity level, daily routine and nutritional requirements.

Breakfast	<ul style="list-style-type: none"> • Porridge made with oats + skimmed milk, sweetened with raisins or no added sugar muesli + skimmed milk with tbsp ground linseeds • 1-2 slices granary bread (toasted) + olive oil based spread • 200ml freshly squeezed fruit juice • Mug of green tea
Mid-morning	<ul style="list-style-type: none"> • Item of fruit • Drink of water
Lunch	<ul style="list-style-type: none"> • Sandwich: 2 slices granary bread + olive oil-based spread + smoked salmon / mackerel • Mixed salad including vegetables of different colours with extra virgin olive oil dressing • Low fat / low sugar yoghurt • Drink of water
Mid-afternoon	<ul style="list-style-type: none"> • Item of fruit • Mug of green tea
Evening meal	<ul style="list-style-type: none"> • Chicken breast or white fish or lean meat • Basmati rice or wholewheat pasta or 2-3 small boiled new potatoes or sweet potatoe Daal • Large serving of vegetables or salad • Homemade fruit salad in juice
Evening	<ul style="list-style-type: none"> • Handful of mixed nuts and seeds • Drink of water