

Diabetic Lunch Menu



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Introduction

People can tend to panic if they've got a diabetic coming to visit - but you probably won't have to go out and buy a whole selection of foods. The good news is that you've probably already got what you need in the fridge or store cupboard.

As a guide, low carb foods can help manage a diabetics sugar levels - so don't choose foods that have lots of sugar. Try and have low fat foods too. These can be a better guide than the calories a food contains.

Our sample menu...

Choice #1

- Sandwich on whole grain bread with lean meats (no prepackaged meats)
- Tomatoes, onions, pickles, leafy greens
- Yogurt (greek, natural or homemade) topped with fresh fruit

Choice #2

- Grilled egg or chicken on bed of salad with wholemeal toast
- Vinegrette and/or oils for dressing
- Fresh fruit salad - melon, grapes & kiwi fruit topped with a dollop of yogurt
- Fresh juices mixed half and half with fruits & vegetables



Healthy Lunch Ideas

Here's a few suggestions as to what healthy foods you can eat for lunch...

- Wholemeal or whole wheat breads
- Weetabix or similar wholewheat crackers
- Salad with fruits or lean meats, vinegrette and/or oil dressings
- Sandwiches on grain or sprouted breads, no prepackaged meats
- Toast topped with a chopped, cooked bacon and slices of grilled tomato
- Yogurt topped with fresh fruit compote
- Wholewheat or buckwheat pancake topped with yogurt and chopped fresh fruit
- Grilled cheese on grain breads with tomato and mushrooms
- Protein shakes, tofu meat alternatives
- Legume-based soups
- Fresh fruit smoothies!



Healthy Fruit & Topping Ideas

If you want to liven up your daily porridge, yogurt or salads, simply add healthy toppings...

- Dried apricots, pears or prunes
- Fresh chopped fruits, such as apples and oranges
- Orange segments with natural or greek yoghurt
- Raisins or sultanas
- Stewed apples

Did you know that you can make tasty salad dressings from oils and vinegrettes mixed with fresh fruits like berries and pomegranates? Add some almonds or walnuts and you'll have a new favorite dressing.



Healthy Breads

Diabetic healthy breads have a lower-glycemic index and higher-fiber content compared to white and starchy breads. Here are your bread choices:

- Whole grain & oat breads
- Wholewheat breads (not regular wheat breads)
- Buckwheat breads
- Rye breads
- Flat breads
- Sprouted breads
- Spirulina breads (seaweeds)

It's imperative that you understand that all grain-based breads are carbohydrates and will digest into glucose. That's right...even whole grain breads end up as blood sugar! So limit your bread servings.



Healthy Fresh Fruit Smoothies

You can also create dairy free recipes by using soy milk - and it tastes just as good . Some of the most tasty fruits to use are strawberry and banana, though if you feel adventurous, creating your own tropical fruit smoothies using fresh fruits such as mango or kiwi could be awesome.

With the advent of superfoods such as blueberry and other fresh berries , you can create homemade smoothies that are bursting with flavour, for far less than you can buy them in the store.

Always use the best, freshest ingredients and drink immediately.



Tasty Sandwiches

You can eat sandwiches but they must be made with the healthy breads mentioned above. No prepackaged meats, only lean fresh cuts of meats. No sauces are allowed, instead use mayo or mustards (not honey mustards). Go ahead a pile on the veggies, as much as you want!

Here are some tasty sandwiches:

- Falafel Pita Burger
- Cheese and Turkey Burgers with Apples, Onions, and Peppers
- Chicken Sandwiches with Onions and Mushrooms
- Chicken Waldorf Salad Sandwiches
- Dry-Rubbed Barbecue Pork Loin
- Goey Tuna Dogs
- Grilled Burgers
- Grilled Chicken Sandwich with Sun Dried Tomatoes
- Grilled Tuna Burgers with Ginger Sauce
- Grilled Vegetable and Pesto Sandwiches
- Herbed Turkey Loaf Sandwiches
- Lentil Sandwiches with Spinach, Tomato, Red Onion, and Feta
- Meat and Cheese Subs
- Mediterranean Stuffed Whole Grain Bread
- Roasted Turkey and Cheese Sandwiches
- Roasted Vegetable and Turkey Wraps with Herb Sauce
- Torta Rustica
- Tuna Sub
- Turkey Ham and Apple Sandwich
- Vegetable Subs

