

# Diabetic Diet



If you have diabetes, you'll know just how important it is to maintain normal blood sugar levels and achieve a healthy weight with a diet low in saturated fat, salt and sugar. We at Wiltshire Farm Foods appreciate this, which is why we've made selecting from our menu easier than ever.

The good news is that sugar does not need to be totally excluded from your diet if you have diabetes. All the main meals in our main brochure are suitable for people with diabetes. If you like a sweet treat, you'll find a range of hot and cold desserts here with less sugar than our standard range that will really hit the spot. These desserts contain a small amount of added sugar (no more than one teaspoon or 6g per 100g). This is consistent with Diabetes UK guidelines that people with diabetes can eat some sugar as part of a healthy balanced diet. Where necessary we also use a touch of an approved artificial sweetener in our custards and sweet sauces to improve flavour.

<b>Chicken, Turkey &amp; Duck</b>	<b>Fish</b>
ALL of our chicken, turkey and duck meals are suitable for people with diabetes	ALL of our fish meals are suitable for people with diabetes
<b>Beef</b>	<b>Vegetarian</b>
ALL of our beef meals are suitable for people with diabetes	ALL of our vegetarian meals are suitable for people with diabetes
<b>Pork</b>	<b>Hearty Meals</b>
ALL of our pork meals are suitable for people with diabetes	ALL of our Hearty Meals are suitable for people with diabetes
<b>Lamb</b>	<b>Select</b>
ALL of our lamb and mutton meals are suitable for people with diabetes	ALL of our Select meals and side orders are suitable for people with diabetes

## Did you know?

All the main meals in our main brochure are suitable for people with diabetes. However, if you are watching your weight, the dishes in the lower fat and reducing sections of this guide may be the most suitable for you.



### Mini Meals

ALL of our Mini Meals are suitable for people with diabetes

### Breakfast

- 095 **NEW** Sausage, Beans & Omelette **205g**  
D LF R MS GF V
- 096 **NEW** Omelette & Beans **180g**  
D LF R MS GF V
- 575 All Day Breakfast **305g**  
D

### Hot Desserts

- 931 Rice Pudding\* **160g**  
D LF MS GF V
- 951 Apricot & Sultana Pudding & Custard\* **135g**  
D V
- 903 Cherry Pie & Custard\* **140g**  
D MS V
- 942 Baked Fruit Bread Pudding & Custard\* **160g**  
D V
- 923 Date & Ginger Sponge & Custard\* **135g**  
D MS V
- 900 Apple Pie & Custard\* **150g**  
D MS V
- 956 Apricot Pudding & Custard\* **155g**  
D MS V

### Hot Desserts continued

- 941 Mixed Fruit & Custard\* **140g**  
D LF R MS GF V
- 902 Rhubarb Pie & Custard\* **150g**  
D MS V
- 922 Banana Pudding & Custard\* **140g**  
D MS V
- 920 Date Sponge & Custard\* **135g**  
D LF MS V
- 905 Sultana Pie & Custard\* **160g**  
D MS V
- 933 Rice Pudding with Apple\* **140g**  
D LF MS GF V
- 921 Carrot Cake & Custard\* **135g**  
D V

### Cold Desserts

- 421 Vanilla Flavour Ice Cream\* **50g**  
D LF MS GF V
- 419 Fruit Cocktail\* **140g**  
D LF R MS GF V VG
- 499 Strawberry Mousse\* **65g**  
D LF MS GF
- 497 Chocolate Mousse\* **65g**  
D LF R MS GF
- 480 Apricot & Peach Dessert\* **75g**  
D LF MS GF

956 Apricot Pudding & Custard

