

# The Big-D: defeating diabetes with the D-Diet

Eat to beat the disease – a guide  
providing you with know-how  
together with show-how

By Veronika Charvatova MSc and Jane Easton,  
Vegetarian & Vegan Foundation



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## About the Vegetarian & Vegan Foundation

The Vegetarian & Vegan Foundation (VVF) is a science-based health and nutrition charity which monitors and interprets the growing body of research linking diet and health. The VVF helps the public, health professionals and the food industry make informed choices about diet by providing accurate information and advice about healthy eating. The VVF also runs health and education campaigns, presents school talks, cookery demonstrations, produces a wide variety of materials, runs the Vegetarian Recipe Club and answers nutritional queries from the public.

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# What is diabetes?

Diabetes mellitus (the full medical name) is a health condition characterised by high levels of glucose (sugar) in the blood, which the body cannot use properly and eventually excretes in the urine, together with a lot of water. It is caused either by the pancreas not producing the hormone insulin – or not enough of it – or by the body cells' inability to react to insulin.

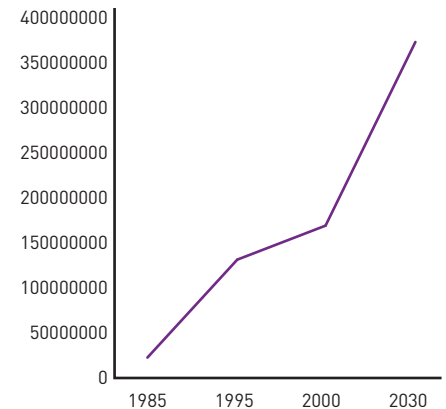
Insulin is produced by the pancreas and acts as a key that lets glucose into the body's cells. Glucose is a sugar that is a vital source of energy for all cells and thus the main fuel for the body's processes. It comes from digesting carbohydrates and it's also partially produced by the liver. Carbohydrates are the main nutrient in healthy foods such as wholegrain or rye bread, pasta, oats, brown rice, pulses (beans, peas and lentils), sweet potatoes, and in not so healthy foods such as white bread, cakes, sweets and other sugary foods.

If the body cannot use glucose as a source of energy, it uses fat instead but this inevitably disturbs the biochemical balance of the body and leads to further health complications. Typical examples of this are unhealthy diets such as the Atkins, where carbohydrates are avoided in favour of fatty foods. Symptoms of diabetes include tiredness, irritability, nausea, hunger, thirst, weight loss, blurred vision, tingling sensations in the hands and feet and

dry, itchy skin.

In 1985, an estimated 30 million people worldwide had diabetes; a decade later this figure had increased to 135 million and by 2000 an estimated 171 million people had diabetes. It is predicted that at least 366 million people will have diabetes by 2030. This rapid increase is attributed to a range of factors, including population growth, ageing, unhealthy diets that are high in saturated fat and cholesterol, obesity and lack of physical exercise.

## Number of diabetics worldwide



In the UK alone, 2.8 million people have been diagnosed with diabetes but it is estimated that up to half a million more have the disease but have not yet been diagnosed.

Just in 2008, 145,000 people were diagnosed with diabetes in the UK – that's around 400 people every day! According to the latest numbers, it is expected that by 2025 over four millions people will have it. Because of a rapid increase in the number of overweight and obese people, and because the population is ageing, most of these cases will be type 2 diabetes.

## Diagnosing diabetes

A diagnosis is arrived at after repeated blood tests which measure the amount of glucose (sugar) in the blood, specifically in the part of the blood called plasma.

You will be diagnosed with diabetes if your tests show that:

- plasma glucose after fasting for 8-12 hours is more than 7.0mmol/l (126mg/dl) and/or
- plasma glucose two hours after ingesting a special glucose drink is more than 11.1mmol/l (200mg/dl)

Another criterion is called glycosylated haemoglobin (HbA1c) which reflects the average level of blood glucose over a period of weeks. Haemoglobin molecules are one of the

main components of red blood cells and when glucose binds to haemoglobin in the bloodstream HbA1c occurs. The more glucose there is, the more HbA1c will be present. Red blood cells survive for eight to 12 weeks before renewal and so by measuring HbA1c, an average blood glucose reading can be established.

For non-diabetics, the usual reading is 3.5-5.5 per cent. For people with diabetes, an HbA1c level of 6.5 per cent is considered good control, although the closer to the non-diabetic figure, the better.

### HbA1c & Glucose Blood Levels

HbA1c (%)	Average Blood Glucose (mmol/l)	Stage of diabetes
13	18	Levels of HbA1c above 6.5% are considered diabetic
12	17	
11	15	
10	13	
9	12	
8	10	HbA1c 6 – 6.5% is considered pre-diabetes or at risk of diabetes
7	8	
6	7	
5	5	HbA1c 3.5 – 5.5% is considered normal

## Type 1 diabetes

Type 1 diabetes usually develops early in life when the immune system attacks the insulin-producing cells in the pancreas and effectively destroys them. The body is then unable to produce any insulin. Because insulin is the key which allows glucose to enter the body's cells, when it is absent the glucose goes unused and builds up in the blood.

Type 1 diabetes accounts for approximately 10 per cent of all people with diabetes but is increasing rapidly in all age groups, with a particularly steep rise amongst children under five years old.

The evidence is growing that a combination of susceptible genes and early exposure to cows' milk is responsible for this self-harming reaction of the body. A virus or other infection may also be implicated in triggering the condition.

## Type 2 diabetes

In type 2 diabetes, the body can still make some insulin but not enough, or it doesn't react to insulin properly (insulin resistance) so, again, glucose builds up in the blood. Approximately 90 per cent of all people with diabetes in the UK have type 2.

It usually develops in people over the age of 40, but South Asian and African-Caribbean people are at greater risk as they often become diabetic relatively early in life – around the age of 25. The disease is rapidly becoming more



common in children, adolescents and young people of all ethnicities as it is closely linked to the rapid increase in childhood obesity.

## Metabolic syndrome

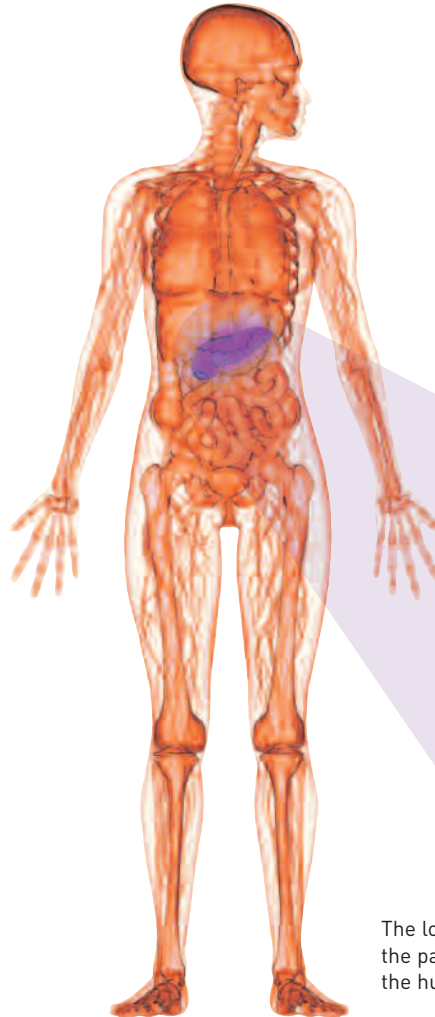
Metabolic syndrome, or Syndrome X, is characterised by central obesity (weight accumulated mostly around the waist), raised blood pressure, raised triglycerides (fats in the blood), low HDL (the 'good' cholesterol that is being cleared from the bloodstream) and impaired glucose metabolism. Impaired glucose metabolism means that the body is not using glucose properly and the level in the blood is raised but has not yet reached diabetic levels.

All these symptoms significantly increase the risk of diabetes and cardiovascular (heart) disease.

## Pre-diabetes

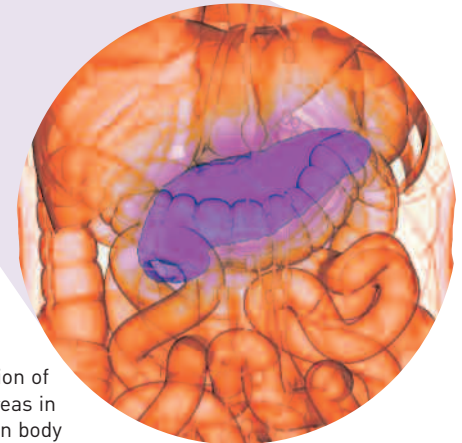
Those with impaired glucose metabolism are diagnosed with pre-diabetes – a condition associated with insulin resistance. The main cause is obesity and related risk factors include high blood pressure, low HDL cholesterol, and high triglycerides.

Pre-diabetes almost always precedes type 2 diabetes but many people don't know they have it until diabetes develops. However, both pre-diabetes and metabolic syndrome are reversible with the right approach.



## It's not all sweet

Diabetes is not usually diagnosed immediately after it starts and so by the time the diagnosis is made, many people will have already developed other health complications resulting from diabetes. Even those who are aware of their diabetic condition and have adjusted their lifestyle, are still at considerable risk of heart disease, stroke, eye problems, kidney disease, nerve damage and amputations.



The location of the pancreas in the human body

# The causes of diabetes

## All in the genes?

Not really! Our genetic make-up plays an important role and a certain set of genes can make us more or less susceptible to developing diabetes. However, even if your genes do make it more likely that you will develop the disease, it doesn't mean you will.

Several gene variants have been identified as contributing to type 1 diabetes but only a small proportion of people with those genes go on to develop the disease – less than 10 per cent. It follows that environmental factors are necessary to trigger the reaction which destroys insulin producing cells.

Lifestyle and environment also play a huge role in the development and severity of type 2 diabetes. Even individuals with susceptible genes and many of those who have already developed the disease don't have to live with it for the rest of their lives.

## Lifestyle and environmental factors

Lifestyle is incredibly important and can significantly increase or decrease the risk of

The relative(s) with the particular type of diabetes	Risk of type 1 diabetes	Risk of type 2 diabetes
Diabetic mother	2%	15%
Diabetic father	8%	15%
Both parents diabetic	Up to 30%	75%
Diabetic brother or sister	10%	10%
Diabetic non-identical twin	15%	10%
Diabetic identical twin	40%	90%

developing the disease. Even if both parents have diabetes, it doesn't necessarily mean their children will develop it too.

### Type 1 diabetes

It has been known for years that type 1 diabetes is triggered by something in the person's environment. The conventional theory is that a viral or another infection might be the culprit, making the body attack its own insulin producing cells by mistake. There is, however, a more uncomfortable theory – that cows' milk is the main trigger and it has been increasingly accepted since it was first suggested in the early 1990's.

If an individual has a certain combination of genes, making them more susceptible to type 1 diabetes, the environmental trigger is the key which opens the door to the disease. But

if the trigger is avoided, they may never develop diabetes. The theory is as follows.

A baby with a susceptible genetic make-up is exposed to cows' milk early in life, for example through infant formula. At the same time the baby's immune system might be weakened by a virus infection. When milk proteins reach the intestine, they are not fully digested and broken down into individual amino acids as they should be. (Amino acids are the building blocks of proteins.) Instead, they are only broken down into chains of amino acids and these fragments may be absorbed into the blood where the immune system recognises them as foreign intruders and attacks them.

Coincidentally, the structure of some of these dairy fragments is identical to the surface structure of the body's own insulin

producing cells ( $\beta$ -cells) in the pancreas and it cannot distinguish between the two. As a result, both pancreas  $\beta$ -cells and milk protein fragments are attacked and destroyed by the immune system and the child becomes diabetic.

The process of  $\beta$ -cell destruction can be fast and aggressive, when the disease develops within a few months or, more often, it can take as long as 10 years or more as the cells are gradually destroyed. Type 1 diabetes is irreversible as the cells cannot regenerate.

So what exactly are the milk proteins responsible for this reaction? There are three which will trigger this immune system reaction:

### 1 Bovine serum albumin (BSA)

Human milk also contains albumin but it is different in structure to cows' albumin. When a foreign body is identified in the blood stream the immune system reacts by producing antibodies to fight it, so the presence of particular antibodies is an indicator that there is something in the blood that shouldn't be. When scientists tested type 1 diabetics and healthy children for antibodies against BSA, the results were astonishing. All diabetic children had antibody levels as much as seven times higher than the healthy children. Other studies have followed and all but one have found that diabetic children have high levels of BSA antibodies in their blood.

### 2 $\beta$ -casein

The structure of human  $\beta$ -casein is similar to  $\beta$ -casein from cows' milk but about 30 per cent is different, which is assumed to be the reason why the immune system attacks it. As

with BSA, there are structural similarities between cows' milk  $\beta$ -casein and the molecules on the surface of the insulin producing cells in the pancreas. It is this close similarity that causes the immune system to react and attack both the cows'  $\beta$ -casein as well as its own pancreas cells by mistake.

### 3 Cows' insulin

Cows' insulin is present in formula milk and can trigger the formation of specific antibodies. Research shows that the immune system of babies given cows' milk formula as early as three-months old, reacts strongly against the cows' insulin and produces anti-insulin antibodies. This results in the body's immune cells attacking human insulin also.

An extensive study of children from 40 different countries confirmed a link between diet and type 1 diabetes. The study set out to examine the relationship between dietary energy from major food groups and the occurrence of the disease. Meat and dairy foods significantly increased the risk of type 1 diabetes whilst a diet based on plant foods resulted in a much reduced risk of this disease. The more meat and milk in the diet, the higher was the incidence of diabetes but the more plant-based foods that were eaten, the lower the occurrence.

In summary, an early exposure to cows' milk (via infant formula) puts susceptible children at high risk of developing type 1





diabetes. If a baby cannot be breastfed until at least six months old, a much better option is soya-based formula. It provides all the essential nutrients without triggering an immune reaction. More than 20 per cent of all US babies have been brought up on soya-based formulae for 40 years or more – that's millions and millions of children – with no adverse reactions.

## Type 2 diabetes

Type 2 diabetes is closely linked with being overweight or obese – in fact, obesity is the main risk factor, particularly abdominal obesity where the weight sits around your waist.

According to the latest statistics, almost a quarter of adults in England (24 per cent of men and 25 per cent of women) are classified as obese. In addition, 42 per cent of men and 32 per cent of women classified as overweight.

The numbers of obese children are equally startling – 17 per cent of boys and 15 per cent of girls aged two to 15. With this rapidly rising number of overweight people, the risk of diabetes is ever-increasing.

An extensive, 21-year study involving over 25,000 adults found that diabetes is less frequent among vegetarians and vegans. Those on meat-free diets had a 45 per cent lower risk of developing diabetes compared to the population as a whole. Another long-term piece of research followed the eating habits of people for 17 years. It showed that eating just one serving of meat per week significantly

increases the risk of diabetes. People following a low-meat diet had a 74 per cent increase in the risk of type 2 diabetes compared to vegetarians.

The big question is why? What makes animal products so damaging to health? The answer is simple – fat is the main culprit.

Several studies revealed that in people with insulin resistance (one of the main problems in type 2 diabetes) microscopic drops of fat accumulate in body cells and interfere with their ability to react to insulin correctly. Even though their bodies might produce enough insulin, the fat inside cells blocks the necessary reactions. Muscle cells normally store small amounts of fat as an energy reserve but, as the research shows, in insulin-resistant people, fat can build up to levels 80 per cent higher than in other, healthy people. Slim people are not exempt because it takes years for diabetes and other symptoms to develop.

But it doesn't end here. An abundance of fat in the bloodstream also turns off some of those genes that normally help the body to burn fat! A high-fat diet, therefore, not only causes the body to accumulate fat in the

muscle cells but also slows down its ability to burn that fat. The result is an inability to respond to insulin.

This paradox can be explained by our evolutionary history. When food was scarce, the bodies of our ancestors developed special mechanisms to store fat when they had the opportunity – it was vital for their survival. We live in a much different world now but our bodies are still ready to store fat at any time if we provide it for them.

The common diet in many countries, including the UK, is high in fat, animal products and sugary foods and low in complex carbohydrates (see page 14). Not only is this responsible for ever-increasing numbers of overweight or obese people but it also increases the risk of diabetes and cardiovascular disease.



# What's wrong with our diet?

Treatment of diabetes is individual as everyone has different needs, according to their condition, stage of the disease and other health complications. The classical approach to diabetes treatment is based on a combination of diet adjustments, carbohydrate counting and medication. This approach can affect people's lives quite profoundly.

Most professional health advisors are likely to prescribe a diet that limits carbohydrate and calorie intake, recommends cutting down on certain types of fat and encourages the consumption of high-fibre and low glycemic index (GI) food. It might improve the condition temporarily by inducing weight-loss but it does not bring blood glucose under long-term control, and sooner or later medication is needed.

People with type 1 diabetes are usually required to learn the approved method of carbohydrate counting because their insulin doses are based on the amount of carbohydrate eaten.

Recommendations to use food exchange lists (combining certain types of food at every meal), counting carbohydrates or restricting portion sizes have serious shortcomings. All this, combined with medication, focuses mainly on glucose management and weight-loss but does not bring about any meaningful changes

in metabolism. Whilst it might keep blood sugar under control, it does not limit animal products – the main sources of fat in the diet – and still allows the body to feast on saturated fats and cholesterol. The outcome is that the kidneys continue to work hard to cope with animal proteins, the fat drops accumulated in muscle cells stay exactly where they are and the condition gradually worsens.



# Defeat diabetes with the D-Diet

People with both types of diabetes will benefit hugely from the D-Diet although those with type 1 will always need to take insulin. However, type 1 diabetics can use the D-Diet to keep insulin doses to a minimum and markedly reduce their risk of further health complications.

Our approach is based on what you eat, not on counting how much you eat. Maybe surprisingly, what you eat actually regulates how much you eat, and we'll come to that later.

Research has shown that it is perfectly possible to reverse type 2 diabetes – decrease blood sugar levels, medication and the risk of complications – with the right diet. A number of trials have achieved significant improvements, enabling patients to lower or discontinue medication after just three weeks. Added benefits include weight loss, alleviation of diabetes-related pain (neuropathic pain) and a significant drop in heart disease risk factors such as high blood pressure and cholesterol levels.

Alongside these studies, the dietary patterns of nearly 3,000 volunteers without diabetes were analysed and their risk of diabetes established. The main indicators were repeatedly measured – blood glucose, insulin concentrations, cholesterol levels and waist circumference. The findings were clear: eating

a diet based mainly on plant foods protects against insulin resistance, whilst refined grains, high-fat dairy, sweet baked foods, sweets and sugary soft drinks increase it.

## Basic principles of the D-Diet

These are the basic principles of a diet which can prevent, treat and reverse diabetes. Anyone with diabetes switching to this new diet should be in close touch with their doctor because glucose control and insulin sensitivity can improve relatively quickly and there might be a need to adjust medication. Never take this decision by yourself – always consult a doctor.

### 1st principle: no to all animal products

By rejecting all animal products, such as meat, fish, dairy and eggs, you will avoid eating substantial amounts of fat and your cholesterol intake will be, literally, zero. Even lean white meat and fish contain surprising amounts of fat. For example, 38 per cent of calories from roast chicken and 40 per cent of calories from salmon come from fat. All fish, despite being promoted as a source of omega-3 fats, also contain cholesterol and a





significant proportion of their fat is saturated – between 15 and 30 per cent, depending upon the species.

Even low-fat varieties of dairy products inevitably contain fat and most of it is saturated. There is absolutely no need for saturated fats in our diet.

Cutting down fat intake is vital for many reasons – to help muscle cells reduce the amount of fat interfering with insulin sensitivity, to improve heart health, to reduce the risk of many degenerative diseases and to promote weight loss.

But there are other reasons to avoid animal products. Animal proteins found in meat, dairy and eggs put an additional strain on the kidneys and can eventually harm them. Plant proteins do not have the same effect. Protecting the kidneys is another key issue on the way to better health.

All foods should be of plant origin and unrefined wherever possible, which means they are naturally high in fibre and complex carbohydrates (see page 14) and low in fat, with the exception of oils, nuts and seeds. Animal products contain no fibre or healthy carbohydrates. We can get all the essential nutrients we need from plant foods.

Avoiding certain foods is ultimately easier than attempting to limit their intake. Attempting just to reduce how much you eat of a particular food is rarely successful as the cravings for those foods might never be lost. Avoiding problem foods entirely allows your

taste to adjust to the new way of eating and problem foods won't be so appealing!

## 2nd principle: low fat

Even though vegetable oils are better than animal fats as they contain essential fatty acids, less saturated fat and no cholesterol, it is still important to keep them to a minimum.

The body needs to get rid of the fats accumulated inside its cells and it can only do this when it is not being continually supplied with excessive amounts of fat. Low-fat food means that the body will get the essential quantity of fat it needs but not more.

The amount of fat per serving should not exceed three grams, or 10 per cent of calories from fat at any given meal. Diabetics should also limit their consumption of nuts and seeds. (Small amounts of vegetable oils such as flaxseed oil should be consumed though – see page 15.)

## 3rd principle: low GI

Glycemic index (GI) is a measure of the effects of carbohydrate sugars and starches on blood sugar levels. Carbohydrates that break down quickly during digestion and release glucose quickly have a high GI; those that break down more slowly, releasing glucose gradually into the bloodstream, have a low GI. It is these latter types of food that are the ones you need.

Low GI means that after eating a particular food, blood glucose won't reach overly-high levels, which is exactly what diabetics need, not only to better control their blood sugar but also



to avoid complications caused by hyperglycaemia (high levels of blood sugar). These can include eye problems, nerve damage and kidney disease.

Low GI foods also prevent episodes of hypoglycaemia where blood glucose levels become too low which can result in feeling weak, shaky, fainting or even becoming comatose!

In summary, the D-Diet contains only foods from plant sources, minimum amounts of oils and is high in foods with a low glycemic index. The D-Diet is based on the following food groups – wholegrains, pulses, vegetables, fruit, nuts and seeds. While limiting the types of food eaten, the D-Diet does not limit the amount you eat because all these foods are high in fibre and digested gradually, which makes you feel fuller sooner and for longer. The minimal amount of fat it contains naturally limits calorie intake.

## Here's why the D-Diet works

What we eat has an enormous effect on our metabolism, not least the fact that fats can accumulate in our cells and seriously damage our health by triggering a whole range of problems. This plant-based, wholesome and low-fat diet works on many levels and for both types of diabetes. Here's why.

### 1 Improves metabolism

It eliminates fat stores in your cells and thus improves cell metabolism, enabling it to work properly and remove fatty obstacles standing in the way of insulin sensitivity.

### 2 Helps hearts

When you steer away from refined (white) carbohydrates (such as white bread, white pasta, sweets, etc.) and fats and eliminate animal products from your diet, the risk of heart and circulation problems – high blood pressure, raised cholesterol and triglycerides and atherosclerosis – plummets. There is no cholesterol in plant-based foods.

### 3 Cares for kidneys

The kidneys can cope with plant protein much better than with animal protein. By switching to a vegan diet, you relieve your kidneys. High protein diets work the liver and kidneys hard to filter out nitrogen products from protein metabolism. The kidneys dilate their blood vessels to filter out this protein waste and animal protein causes greater dilation than plant protein. Plant-derived proteins are also lower in sulphur and demand less from the kidney's filtration system. Research has shown that among people with any degree of kidney damage, animal protein increases the risk of further damage, whilst a vegan diet has a protective effect.

### 4 Protects organs

Many diabetes-associated complications are caused by the damage done to the blood vessels by poor blood sugar control (high glucose levels) and by raised cholesterol levels, which can harm the walls of arteries. Diets based on starchy, high-fibre foods remove excess cholesterol and

### The glycemic index of selected foods

Classification	GI range	Examples
Low GI	55 or less	Most fruits and vegetables, pulses (beans, soya, peas, lentils, chickpeas), barley, buckwheat, hummus, pasta, nuts and seeds, sweet potatoes, dried apricots and prunes, rolled oats, all-bran cereals, wholegrain pumpernickel bread, soya yoghurt and products low in carbohydrates
Medium GI	56–69	wholewheat bread, rye bread, crisp bread, brown rice, basmati rice, corn, porridge oats, shredded wheat, pineapple, cantaloupe melon, figs, raisins, beans in tomato sauce
High GI	70 and above	potatoes, watermelon, pumpkin, white bread, French baguette, white rice, rice cakes, corn flakes, processed breakfast cereals, dates, sugary foods





enable the body to digest carbohydrates gradually, preventing blood glucose levels from rising too high and damaging blood vessels. This is extremely important for the eyes, kidneys and heart – organs which are particularly at risk from diabetes.

## 5 Sheds weight

The D-Diet also induces general weight-loss, which is a much desired effect. It does so without portion restriction and therefore brings about the positive change of losing weight without leaving you hungry. This is actually a very important issue because numerous restrictions and limitations and the lack of positive results make many diabetics depressed. Every 14 grams of fibre reduce the calorie intake by about ten per cent.

Research shows that the results in patients who follow this diet are better than any single drug can manage.

## D-Diet nutrition basics

A healthy diet which will bring about a reversal of diabetes or significant improvement in the condition should be based on the food groups in the table opposite.

One to two litres of water per day (at least eight glasses) should also be consumed as part of a healthy, balanced diet. Tea, especially

herbal teas, can be counted as water.

Wholegrains are rich in complex carbohydrates (see below) and therefore have a low GI. Pulses are high in protein and all types have a low GI. Virtually all vegetables have a low GI and contain many essential vitamins and minerals as well as cancer-fighting antioxidants.

It is a common misconception that because fruits are sweet, they should be avoided by diabetics. In fact, nearly all fruits have a low GI, with the exception of watermelons and pineapples. Moreover, they are full of antioxidants and contain a wealth of vitamins and minerals.

**\* Important note on grapefruit: grapefruit or grapefruit juice can influence the effects of some medications. For example it can increase the blood concentration of some blood pressure and cholesterol lowering drugs, antihistamines and some psychiatric medications. If you are on any kind of medication, it is necessary to consult how grapefruit might affect you with your doctor.**

## Complex carbohydrates

Complex carbohydrates, also known as starchy carbohydrates or polysaccharides, are natural compounds found in many foods. All carbohydrates, simple or complex, are made up

## D-Diet nutrition basics

A healthy diet which will bring about a reversal of diabetes or significant improvement in the condition should be based on the following food groups each day.

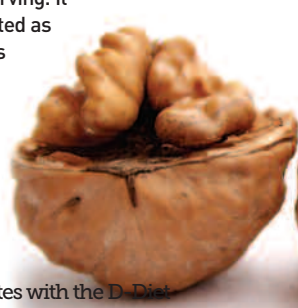
No. of servings	Foods	Healthy portion size	To provide
<b>At least 5</b>	<b>Fruit and vegetables</b> Eaten preferably whole or in smoothies (juices have higher GI because they don't contain fibre) Fresh fruit Dried fruit Green or root vegetables Salad vegetables	 1 medium piece 1-1½ tablespoons 3 tablespoons 1 cereal bowl	 Folate, (folic acid) Calcium, Vitamin A, Vitamin C, Fibre, Iron, Antioxidants
<b>3 or 4</b>	<b>Wholegrains</b> Wholegrain pasta, brown rice, oats, rye bread, grains such as wheat, spelt, barley, millet, quinoa, etc Cooked brown rice Breakfast cereal Cooked wholemeal pasta Wholemeal or rye bread	 3 heaped tablespoons 25g or 1 regular sized cereal bowl 1 cup as side dish or 2 cups as main dish 2 slices	 Energy, Fibre, B Vitamins, Calcium, Iron, Protein
<b>2 or 3</b>	<b>Pulses</b> Beans, lentils, soya, peas, chickpeas, tofu and low-fat soya and bean products (burgers, sausages, mock meat, yoghurts etc.)	 1½ cup (cooked)	 Protein, Energy, Fibre, Iron, Calcium, Other Minerals
<b>1</b>	<b>Nuts or seeds</b>	 1 tablespoon	 Protein, Energy, Fibre, Iron, Calcium, Other Minerals, Vitamin E
<b>Small amounts</b>	<b>Margarine and vegetable oils</b> Flaxseed, hempseed or rapeseed oil, used cold; olive oil or rapeseed oil for cooking	 1 teaspoon per portion	 Vitamin A & D (fortified margarine) Energy, Vitamin E (vegetable oils), Essential Omega-3 and Omega-6 fats (flaxseed, soya, walnut, hemp)
<b>At least 1</b>	<b>B12 supplement or fortified foods such as</b> fortified soya milk, fortified breakfast cereal, yeast extract (eg Marmite)		 Vitamin B12
<b>1-2 litres of water per day (eight glasses) should also be consumed as part of a healthy, balanced diet. Tea, especially herbal teas, count as water. If you are on medication, consult your doctor on how grapefruit might affect you.</b>			

of sugar molecules. If three or more of these molecules are bound together, it is considered a complex carbohydrate. Complex carbohydrates are healthier than simple carbohydrates, which contain just one or two sugar molecules, because it takes the body longer to break them down. This slow digestion releases sugar into the bloodstream slowly, providing the body with a continual supply of energy rather than a short burst. Vegetables, pulses and wholegrains are high in complex carbohydrates.

## Alpha – omega

To ensure sufficient intake of essential omega-3 fats, natural sources such as flaxseed (linseed), hempseed, walnuts or rapeseed oil should be made part of a daily diet. The body only needs small amounts so the low-fat rule applies even to these 'good' fats.

- **Flaxseed (linseed), hempseed:** 1 tbsp of milled (ground) seeds, sprinkled on breakfast cereal or added to smoothies, or 1 tsp of oil added to any meal when serving. It should not be heated as this will destroy its properties
- **Walnuts** – 5-8 halves
- **Rapeseed oil** – 1 tbsp for cooking



## Vitamin B12

A vegan diet based on the above principles is the healthiest possible but there is a need for added vitamin B12, either in a supplement (available in health food shops and chemists) or from fortified foods such as soya milk and margarines. This requirement is not vegan-specific as B12 supplementation is recommended for all people above the age of 50, including meat eaters. B12 requirements may be higher in diabetics because the commonly taken drug, Metformin can reduce absorption of this vital vitamin (Diabetes UK, 2008).

That well-planned, plant-based diets work successfully has been confirmed time and again by scientific research. As the latest review on nutrition and health makes clear – a vegetarian diet, is nutritionally suitable for adults and children and promotes better health. The same review also states that vegetarians have lower

body weight, lower cholesterol (including the bad stuff – LDL), lower blood pressure, fewer deaths from heart disease, fewer strokes and reduced levels of type 2 diabetes and certain cancers.



## Why you should try the D-Diet

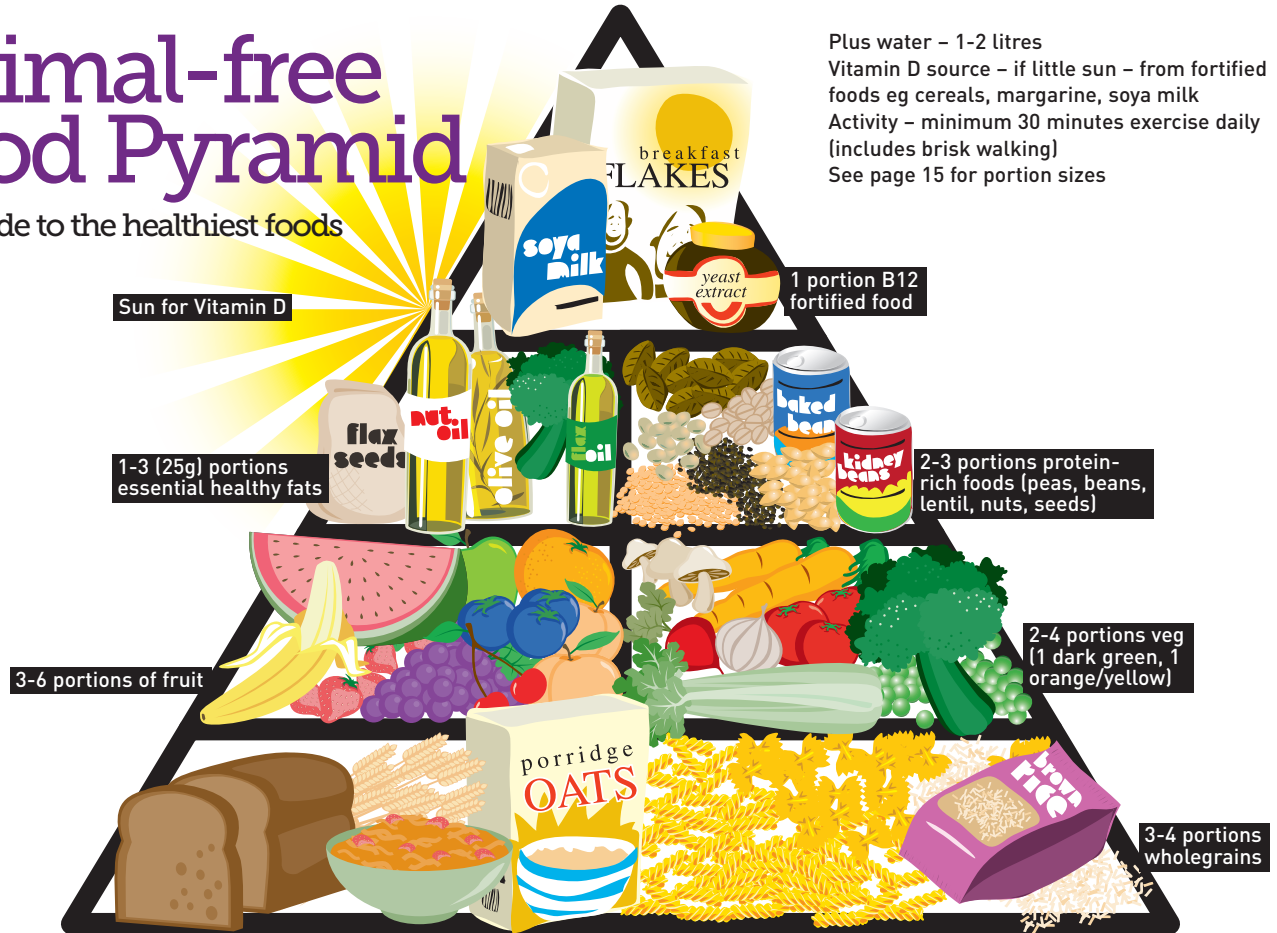
What we eat has an enormous effect on our bodies and if we choose the right diet, it can literally save our lives. Scientific research and clinical studies show that lifestyle is the single most important factor in the development of diabetes – and it's never too late to try this new approach.

Give the D-Diet four weeks and follow the rules completely. Yes, it might be challenging at first but soon you'll realise that it is not that difficult and the positive changes will motivate you to carry on. Encourage your family or your partner to try it with you, they will also benefit from a healthy diet and it will be easier for you to stick to it.

The current mainstream approach can never reverse diabetes, it can only slow it down and delay the complications. The approach described in this guide can not only reverse diabetes or minimise the medication needed, it can also prevent all the debilitating complications that may come with it as well as lower your risk of numerous other diseases, including cancer. It will help you lose weight without starving yourself. And all that without any side effects! It's got to be worth trying!

# Animal-free Food Pyramid

Daily guide to the healthiest foods



# Show-how!

## ... or easy ways to cook, shop and snack on the D-Diet

by Jane Easton

### Squeeze the Fat!

Learn to cook with no, or very tiny amounts of oil. This can be achieved by:

- Using non-stick pans and frying pans/woks
- Using the 'poach' method instead of fat to cook onions, garlic and spices – the basic or 'foundation' ingredients of many meals. Do this by adding a little stock to the foundation ingredients – about 100ml/generous 3 fl oz – and simmering them until the onions are tender. Then add the rest of your ingredients to this mixture.
- Using 1-2 squirts of oil spray
- Using 1-2 tsp oil per dish maximum – per dish, not portion

### Dressing Down

Or, how to dress salads the low-fat way! See pages 24 and 41 for brands of salad dressing AND easy home-made options.

### Pillars of Salt?

Whatever your dietary needs and necessities, it's always good to eat less salt. The good news is that our taste buds change every three weeks or so. In other words, what may have tasted strange will eventually taste good!

Case in point – switching to Natex, a reduced salt yeast extract tasted very odd after years of salty Marmite and similar, but I soon became used to the new flavour. However, when I used the salty variety again it tasted awful! My new tastebuds now enjoy a less salty taste. Meridian's No Added Salt yeast extract is also a good product.

We have recommended low-salt stock cubes and other products wherever possible – see Product Guide, page 20. Many of these can be found in large, good supermarkets – otherwise try a health food shop.

### Beans, Beans, Beans...

Eat shed-loads of them! Pulses – peas, beans and lentils – are miracle foods for so many reasons. Mixing them with your meals increases their low-glycemic qualities, makes them more filling and adds more protein and iron – as well as being low in fat. Result!

Try them:

- In soups, especially those that are mainly vegetable-based – just add a handful of cooked pulses per portion
- In salads – most beans work well, including cooked peas and whole lentils (green, brown or Puy)
- In dips – hummus (made from chickpeas) is the obvious one, but there are plenty of other simple dips that can be whipped up in minutes from a can of beans and a few herbs and spices



## Scintillating Cinnamon

Apart from being a great source of iron, calcium, manganese and fibre, cinnamon can help treat diabetes type 2. Seasoning a high carbohydrate food with cinnamon can help lessen its impact on your blood sugar levels. Cinnamon slows the speed at which the stomach empties after meals, reducing the rise in blood sugar.

Cinnamon may also help diabetics (type 2) respond to insulin, and so assist in normalising their blood sugar levels. Cinnamon both stimulates insulin receptors and stops an enzyme that inactivates them, significantly increasing the cells' ability to use glucose.

Studies in humans are currently underway with a recent report from the US Agricultural Research Service showing that less than half a teaspoon per day of cinnamon lowers blood sugar levels in people with type 2 diabetes. Even the lowest amount of cinnamon, 1 gram per day (approximately ¼ to ½ teaspoon), produced an approximately 20 per cent drop in blood sugar. Triglycerides and cholesterol were also lowered. When daily cinnamon was stopped, blood sugar levels began to increase.

So... sprinkle ground cinnamon on to your breakfast cereal each morning (instead of sugar!) and on to fruits, desserts, etc.

## A note on hummus

The ready-made (or even reduced-fat) brands tend to be high in fat. The good news is that you can make your own very quickly! Just blend a tin of rinsed and drained chickpeas with a teaspoon of tahini, a squeeze of lemon juice, salt and pepper – plus enough liquid to achieve your preferred consistency.

### Pimp Your Hummus!

Try adding one or more of these to the basic recipe to ring the changes:

- **Oil-free roasted red pepper pieces (blend in)**

- **Sundried tomatoes (eg Merchant Gourmet Slow Roast variety, which are oil-free)**
- **Fresh coriander**

For the purists amongst you, hummus is even nicer when made with freshly-cooked chickpeas – ie non-tinned! Soak overnight, then boil or pressure cook until tender. Drain in cold water and allow to cool before making the hummus – a cup of cooked chickpeas is about the equivalent of a drained tin. And if you make a large batch of chickpeas, the surplus can be frozen for another time – use sealable sandwich bags or airtight plastic containers.





# Product Guide

Nearly all the ingredients in the recipes are available from Waitrose and/or large branches of Sainsbury's, Tesco, Asda and Morrisons. But if you have an independent health food shop near you, use it – they are a treasure trove, especially the ones that sell real food (as opposed to supplements!). Or try mail order – Goodness Direct is a fantastic online wholefood company that delivers ([www.goodnessdirect.co.uk](http://www.goodnessdirect.co.uk)).

## Know Your Labels

Although we have done most of the work for you regarding products, it's good to understand how nutritional labelling works if you want to try other items. It isn't as complicated as you might think – just read our instructions below and take reading glasses to the shops if you are of a certain age!

## Per Cent or Per Portion?

When writing fat levels on a product, manufacturers often give two measurements: per cent and per portion. The percentage should be no more than 10 per cent, while 3g of fat should be the maximum per portion – this is what we have based our recipes on.

## Products suitable for the D-Diet

### Alpro Soya Low Fat Desserts

These come in several flavours: Vanilla, Chocolate, Dark Chocolate or Caramel.

### Agave Syrup

A natural sweetener that is low GI compared to sugar and other syrups – but use sparingly, nonetheless. Available in most large supermarkets (not Asda at time of writing).

### Breakfast Cereal – see Oats also

Weetabix or supermarket own-brands are good. However, some Kellogg or supermarket breakfast cereals such as branflakes are fortified with an animal-derived Vitamin D3 so are not suitable for vegans. As ever, check the label.

- **Nature's Path** – mostly vegan
- **Mesa Sunrise Flakes** – a healthy breakfast cereal – available in most large supermarkets (not Asda at time of writing)
- **Dorset Cereal Muesli** – or any other good quality muesli that is whey/honey/sugar-free. (Avoid **Alpen** and similar, which tend to add these unhealthy extras!)

# How to read food labels

Looking at food labels on manufactured foods and drinks can help when choosing a healthier diet. This guide will help you to make sense of the label and to find out which nutrition values to look for.

The nutrition information on the label provides useful data but they are not always easy to understand. Below is the kind of food label you will find on a packet and a guide on how to read it.

## Energy

kJ (kilojoules)/kcal (kilocalories)

- If you are watching your weight you may find it useful to look at the calorie value.
- Kilocalories are the same as calories.

## Carbohydrate

- Includes both sugar and starches; the figure for sugars includes both added sugar and natural sugar (eg fruit sugar).
- Aim for foods with the least amount of sugar (1 teaspoon = 4g sugar).

## Fat

- There are 3 main types of fat: saturates, polyunsaturates and monounsaturates. The label shows the total amount of fat and may provide information on the different types.
- Try to choose foods that contain the least amount of saturated fats (1 'butter pat' = 7g of fat).

## Sodium

Tells you how much salt is in the food – try to have no more than 6g salt (2.4g sodium) a day.

NUTRITION INFORMATION		
	per SERVING	per 100g
ENERGY	1462 kJ	975 kJ
	351 kcal	234 kcal
PROTEIN	100g	7.0g
CARBOHYDRATE	28.2g	18.8g
of which sugars	3.0g	2.0g
of which starch	25.2g	16.8g
FATS	23.3g	14.9g
of which saturates	7.6g	5.1g
of which monounsaturates	10.9g	7.3g
of which polyunsaturates	2.7g	1.8g
FIBRE	1.6g	1.1g
SODIUM	0.6g	0.4g
PER SERVING	351 CAL	23.3g FAT

GUIDELINE DAILY AMOUNTS		
EACH DAY	WOMEN	MEN
CALORIES	2000	2500
FAT	70g	95g

## Guideline Daily Amounts (GDAs)

Often given as a guide to the amount of calories and fat adults should be eating each day. This allows you to compare how much is in a serving of the food with the total for your daily diet.

Judging if a food is a healthy choice or not depends on how it is cooked it and how often you eat it, as well as the nutrition it contains. For a quick check use the following guide:

'Per serving' for a complete meal or 'Per 100g' for a snack item such as biscuits or crisps

## 'A little' – this amount or less

3g fat  
1g saturated fats  
2g sugars  
0.1g sodium  
0.5g fibre

## 'A lot' – this amount or more

20g fat  
5g saturated fats  
10g sugars  
0.5g sodium  
3g fibre

MAFF – Food Safety Directorate, 1998

## Cooking Sauces and Pastes

These make handy store-cupboard or freezer back-ups. They can jazz up simple dishes in the twist of a lid.

## Curry Sauces

Many are suitable, but avoid those laden with cream, yoghurt and other dairy – or high amounts of coconut. Read labels carefully. The following are suitable:

- **Lloyd Grossman: Balti; Bhuna; Dhansak; Dopiazza; Jalfrezi** sauces
- **Patak: Jalfrezi; Balti** sauces

## Curry Pastes

A couple of tablespoons cooked in with onions and other vegetables then mixed with passata (sieved tomatoes) will make a good alternative to curry sauce.

- **Patak: Balti; Bhuna; Biriyani; Jalfrezi; Mild; Korma; Rogan Josh; Tikka and Tikka Masala;** (all mild-medium). Also hot-very hot!: **Kashmiri Masala; Madras; Extra Hot; Vindaloo**

## Chinese Sauces

Most of these are fine – but some dairy/egg gets slipped in occasionally so read carefully! Watch the sugar content also – if it is near the top of the list, that means there is a lot of it.

## Thai Sauces

Most bottles or sachets contain fish sauce or egg or else are very high in fat. Instead, use

**Thai Taste Green Curry Paste** or any paste that is fish/shrimp-free.

## Couscous

Aim for the wholewheat version if you can get it:

- **Merchant Gourmet – Sainsbury's**
- **Merchant Gourmet Wholewheat Giant Couscous – Sainsbury's**
- **Ainsley Harriot Tomato Tango Couscous**
- **Belazu Barley Couscous** (wheat-free but not gluten-free)
- **Sungrown Spicy Couscous**
- **Tesco Mediterranean Couscous** (not Roasted Vegetable or Wild Mushroom Couscous)

## Crispbread and Crostini

- **Crispbread** – Ryvita is available in any supermarket – and **Ryvita Minis** are also a great snack attack stand-by! **Sweet Chilli** and **Salt & Vinegar Minis** are suitable, but avoid the **Cream & Chive** variety
- **Crostini** – use a wholemeal variety such as **Pogen Wholegrain Krispbread**, available from Tesco, Sainsbury's, Ocado.



## Falafel

A Middle-Eastern mildly spiced chickpea fritter – delicious.

- **Cauldron** brand is widely available in supermarkets. However, they are a whopping 11 per cent fat overall – so eat very sparingly. One falafel sliced up in a snack will be plenty. **Redwood** brand is nicer (in our opinion!) and a much healthier 4.2 per cent fat – available from Holland & Barrett and independent health food shops

## Flaxseeds (see Linseeds)

## Gravy Granules

Most vegetarian brands are suitable – don't overuse as they tend to be quite high in salt.

- **Asda Vegetarian Gravy**
- **Bisto Best Roast Vegetable**
- **Bisto Favourite** (red tub)
- **Bisto Vegetable** (green tub)
- **Sainsbury's Vegetarian Gravy**
- **Tesco Vegetarian Gravy**

## Linseeds

The same as flaxseeds, these tiny little seeds provide an excellent source of essential Omega-3 fats. Available from large supermarkets in the following varieties:

- Packets of whole seeds – by far the cheapest way to buy them. Grind up fine in a coffee or spice grinder a little at a time. (They have to be ground to release the

omega-3 fat.) Store the mixture in a cool dark place in an airtight container. Store the remaining whole seeds in the same way. You need 1 tbsp per day – sprinkle on breakfast cereal or add to soups and stews in the bowl (don't cook)

- Packets of ground flaxseed – available from large Tesco's and health food shops

## Mayonnaise – see Salad Dressing also

Even healthier vegan mayo is too high in fat for a diabetic regime. Try our easy home-made Soyonnaise recipe on page 39 instead.

## Meat alternatives

- **Mince** – the nicest is the frozen variety – (also called 'meat-free mince'): **Linda McCartney**; Asda; Tesco; Morrisons are all suitable. (Avoid **Quorn** – it is over 15 per cent fat, as well as containing egg and dairy. Compare this with **Linda McCartney Vegemince** at only 0.2 per cent fat!)
- **Redwood Cheatin' Slices** – a great alternative for sandwiches – they aren't very low-fat but you only need one-two slices per sandwich
- **Real Eat Chicken-style pieces** – great in stir-fries or other savoury dishes. Lightly toast in a little oil spray and add to stews, casseroles. Supermarket equivalents tend to add egg or be high in fat – so hunt for this brand in Holland & Barrett or other health food shops

## Milk alternatives

Use any plant milks, eg **soya**, **rice** or **almond**. Avoid cows' milk, even skimmed, as it is particularly unhealthy for anyone with diabetes.

## Miso

**Dark miso** is great in soups, gravies and other things that require a fairly strong, 'meaty' flavour. **Clearspring** brown rice miso is available from Sainsbury's and good health food shops.

**Sweet white miso** – delicious to make a vegan 'cheesy' sauce or a light stock in soups – available from Sainsbury's or health food shops, sold in jars or pouches.

## Nut butters

These aren't exactly low-fat but can be eaten in small amounts. The obvious use is on bread – or to make delicious sauces. **Satay**, or **peanut sauce** is increasingly popular. **Cashew butter** is sublime but at present usually only available in health food shops, along with almond and other varieties. **Meridian** is one good brand.

## Oats

Buy jumbo oats if possible as they are lower in GI than the usual porridge variety – and avoid the instant **Ready Brek** variety completely.



Aim for half a cup per person and soak overnight in cold water – the oats cook quicker and are more digestible.

- **Asda Extra Jumbo Oats**
- **Jordan's jumbo oats range**
- **Sainsbury's Whole Organic Oats (Taste the Difference range)**
- **Suma Jumbo Oats**
- **Waitrose Jumbo Oats**

For the gluten intolerant amongst you, replace with gluten-free porridge oats – or try other grains to make porridge: quinoa flakes, millet flakes and buckwheat flakes are available from good health food shops.

## Pasta

Go for wholemeal; it will taste different compared to white pasta but you will soon get used to it and find the white stuff a bit bland after a while! If you aren't convinced, try half and half wholemeal to white – put the wholemeal in for a minute or two first then add the white (check packet instructions). Wholegrain spaghetti, fusilli etc are available in all large supermarkets.

## Pasta Sauces

Many sold in jars and fresh tubs are good – low or reduced fat and dairy/egg/meat-free. But do check the ingredients to ensure that no milk,



sugar, mascarpone, cream, Parmesan etc have been added! See also page 42 for easy sauces.

#### Jars:

- **Asda:** Tomato & Garlic Pasta Sauce; Tomato & Mushroom plus others – check labels
- **Loyd Grossman** Tomato & Basil; Tomato Chargrilled Vegetable Pasta Sauce; Tomato & Mushroom, etc. – check labels.
- **Meridian** – all range
- **Tesco** Tomato & Olive; Onion & Garlic; Chunky Vegetable Pasta Sauce – and others. Check the labels

#### Fresh:

Most simple tomato or tomato and basil sauces are suitable – just check the small print!

## Pulses

Peas, beans and lentils – all great sources of protein and iron, as well as fibre.

Beans and lentils are sold in various ways: dried (uncooked); longlife packs; tins; frozen; pouches. Try and get the salt and sugar-free varieties if you can.

Merchant Gourmet make a delicious pouch of Puy lentils and sundried tomatoes which would form the basis of many a quick and delicious meal – available in most large supermarkets.



## Quinoa

A quick-cooking wholegrain that is bursting with flavour. Widely available in larger supermarkets. See page 38 for cooking method and page 37 for a recipe.

## Roasts

- **Cauldron Vegetable Roast** – available only in large branches of Sainsbury's at present – and some health food shops
- **Granose Sunflower Seed, Lentil & Vegetable Roast Mix** – available from Holland & Barrett or independent health food shops – sold as a dry mix then hydrated and baked. It is higher in fat than the **Cauldron Roast**, so go easy on the portions, but an alternative if you can't get hold of the **Cauldron**!

## Soups

There is nothing like home-made soup and it's easy to make – see pages 29 and 30 for some recipes. However, the time-pressed or kitchen-phobic need easy alternatives – hence this list of ready-mades. Other ready-mades may or may not be suitable – read the labels carefully. The **Covent Garden Soup Company** in particular is best avoided as they have an obsession with shoving cream/butter or whatever in just about everything they sell!

## Fresh soups

All major supermarkets sell these but they aren't all suitable so check the label.

## Tinned/bottled soup

Sold in health food shops and large Waitrose stores.

- **Suma** tinned soups are all vegan and low in fat and salt
- **Essential Wholefoods** sell vegan soups in glass jars: **White Asparagus**; **Gazpacho**; **Lentil & Pumpkin**; **Pea and Lentil** – not all their range is vegan so check
- **Free & Easy** – their tinned soups are usually vegan and reduced fat and include **Split Pea** or **Red Pepper & Lentil**; **Potato & Leek**

## Salad Dressing (see also Mayonnaise)

Most ordinary dressings are high in fat. Olive, walnut and sesame oil etc are certainly healthier compared to animal fats but they are still oils and a low-fat diet needs to reduce them to a bare minimum. So with that in mind, we have provided a handful of simple dressings on page 41 – and a list of ready-made dressings below.

- **Newman's Own** Lighten Up Balsamic
- **Newman's Own** Lighten Up French
- **Tesco** Light Choices Balsamic
- **Kraft** Light Balsamic
- **Kraft** Light Italian
- **Asda** Good For You Italian-style
- **Asda** Good For You Lemon & Black Pepper

- **Asda Good For You Vinaigrette**
- **Sainsbury's Be Good To Yourself French Style**

## Stock

You can make your own or use up vegetable cooking water boosted with a bit of ready-made stock – or just add boiling water to one of those below.

- **Marigold** bouillon powder in the red (ordinary) or purple tub (low salt) is vegan – not the green tub
- **Kallo Just Bouillon** or **Organic Vegetable** cubes
- **Green Oxo**
- **Sainsbury's** and **Asda Vegetable** stock cubes (green packet)
- **Waitrose** vegetable stock in sachets and soup tubs – they also sell **Kallo** low salt vegetable stock cubes

Make up stock according to the packet instructions. Taste the dish you are cooking before adding salt as stock cubes/powder may be pretty salty already.

Read labels carefully – not all vegetable stock cubes are vegan – many add unnecessary dairy, which isn't good news for those on a diabetic diet.

## Tofu

Made from soya beans into a kind of cheese or curd, tofu is ideal for those on a diabetic or low GI/fat diet! It's a bit of a wonder food, in fact. It comes in many forms.

## Silken tofu

Usually sold in longlife cartons (tetra packs) – look out for **Mori-nu** or **Blue Dragon** brands. It's available from large branches of Sainsbury's and Asda, some Waitrose too. Fresh silken tofu is available from some health food and Oriental shops – **Taifun** is a good brand.

## Firm plain tofu

Available from most supermarkets – **Cauldron** brand. Chop lengthways into two "steaks", marinate in soya sauce... then bake at 220°C/440°F/gas mark 7 for 20 mins or fry in low-calorie spray.

## Flavoured tofu

Mainly found in health food shops: check out **Taifun's Smoked** or **Tofu Rosso** (sun-dried tomato) but use more sparingly as these types are higher in fat.

## Veg pots

These are an excellent and easy quick meal. They are all low or reduced fat and pretty tasty, although some are a little bland. Try adding a little soya sauce or hot pepper sauce for a bit more oomph!

- **Clive's Pots Organic** – all vegan, anything between 0.5 to 5.5 per cent fat. Available from good health food

shops, **Goodness Direct** online etc.

- **Innocent** – mostly vegan (two aren't so check the labels) around 3.5 per cent fat
- **Tesco** – similar to **Innocent** – mostly but not all vegan

## Wholegrains

These are foods like brown rice, millet, quinoa, barley and buckwheat. It just means that they come as nature intended – with all their nutrient-rich fibre instead of having it stripped off. This makes them a perfect food for those on a diabetic or low-GI diet.

See pages 38 and 39 for easy ways to cook quinoa and brown rice. Alternatively, try

- **Merchant Gourmet** products: **Wholesome Grains; Wholewheat Couscous** or **Red & White Quinoa** – sold in pouches in Waitrose and some branches of Sainsbury's
- **Waitrose**: frozen brown rice from larger branches

## Yoghurt

**Alpro**, **Provamel**, **Sojasun** and **Sojade** are all vegan. **Alpro** is the most common brand and is sold in large supermarkets: plain (500ml tubs) and fruit (500ml tubs or packs of four little tubs).

Use the plain variety to make yoghurt and mint dressing/dollop on curries and breakfast cereals – as you would use traditional dairy yoghurt, in fact!



# One week of diabetes defeating menus

## Monday

- BF** Jumbo oats porridge sprinkled with cinnamon, 2 tsp ground flaxseed (linseed) – see page 22. Top with half a banana
- Snack** Ryvita or equivalent crispbread (eg the variety with oats and pumpkin seeds) and 1 piece of fruit
- Lunch** Soup with a wholemeal roll and mixed salad with low-fat dressing. Make sure the soup contains lots of pulses as well as vegetables – add half a tin of beans/lentils if necessary. See pages 29 and 30 for soup suggestions
- Snack** 1 tub Alpro Vanilla Soya Dessert, 1 oatcake
- Dinner** Easy-Peasy Noodles with vegetables of your choice – eg, steamed broccoli, Brussels sprouts, celery sticks. See page 31

## Tuesday

- BF** Baked beans OR grilled tomatoes & mushrooms on wholemeal toast
- Snack** Home-made fruit smoothie with ½ tsp cinnamon (make at home and take to work) and 5 walnut halves. See page 45
- Lunch** Stuffed pitta with green salad, grated carrot and 2 tbsp reduced-fat hummus. See page 19
- Snack** Crostini or Krisprolls, 2 pieces topped with oil-free Roasted Red Peppers & oil-free Sundried Tomatoes
- Dinner** Cauldron Vegetable Roast with gravy, baked potato, steamed broccoli and carrots OR Granose Sunflower Seed, Lentil & Vegetable Roast Mix (7.7% fat). See page 24



## Wednesday

- BF** Unsweetened muesli (use a good brand such as Dorset Cereals or Rude Health that is free from added whey, honey etc) with soya milk, a sprinkling of cinnamon and 2 tsp ground flaxseed (linseed). See page 22
- Snack** Ryvita or equivalent with 1 tbsp reduced-fat hummus and 1 piece of fruit
- Lunch** Soup, green salad and brown rice salad or wholemeal bread. Make sure the soup contains lots of pulses as well as veggies – add half a tin of beans/lentils if necessary. See pages 29 and 30. Try adding a little cinnamon – it gives a lovely Middle Eastern flavour to tomato-based soups. A green salad might include: rocket, beansprouts and half a small avocado with low-fat dressing
- Snack** Raw veggie sticks – chunks of carrot, pepper, celery with a dollop of tomato salsa (fresh in a tub or from a jar)
- Dinner** Rice, Beans'n'Greens and Sweet Potato Cashew Cream Sauce – with a little cinnamon mixed in with the rice. See page 31 and 42

## Thursday

- BF** 2 Weetabix (or generic wheat biscuits)  
OR a serving of Nature's Path Mesa  
Sunrise Cereal OR a good quality  
unsweetened muesli (containing dried  
fruit and nuts). Serve with soya milk, a  
sprinkling of cinnamon, 2 tsp ground  
flaxseed (linseed) and half an apple,  
grated with skin
- Snack** Ryvita or equivalent with Blackeyed  
Bean Pate (see page 32) OR 2 tbsp  
reduced-fat hummus OR a small  
handful of dried apricots
- Lunch** Falafel salad with low-fat dressing (2  
falafels per person), lots of chopped  
tomato, cucumber, lettuce and one  
wholemeal pitta. See page 22
- Snack** Banana – not overly ripe, 1 oatcake
- Dinner** Ready-made Veg Pot plus a large  
mixed salad and quinoa. See  
pages 25 and 45. OR  
Accelerated  
Aubergine &  
Chickpea Curry.  
See page 33



## Friday

- BF** Jumbo oats porridge with a sprinkling  
of cinnamon, walnuts and half a  
banana.
- Snack** Raw veggie sticks – 2 handfuls of  
carrot, celery, cucumber OR a piece  
of fruit
- Lunch** Smoky Bean & Garlic Paté Dip, (see  
page 34). Serve with an avocado &  
rocket roll – make the roll by mashing  
up half an avocado and spreading it on  
a wholemeal bread roll filled with a  
good handful of rocket.
- Snack** 1 tbsp toasted sunflower seeds and a  
small soya yoghurt with a dash of  
cinnamon. See page 25
- Dinner** Greek-style Butterbean & Tomato  
Stew with baked sweet potatoes and  
salad, (see page 34) sprinkle a little  
cinnamon in the stew for flavour and  
health benefits!



## Saturday

- BF** Wholemeal toast with 1 tbsp peanut butter and a smear of yeast extract or marmalade OR with grilled tomatoes & mushrooms
- Snack** Banana smoothie (rice or soya milk based), with a little cinnamon sprinkled in if you wish
- Lunch** Scrambled Tofu with tomato & basil on toast, (see page 35). Serve with vegetables or salad of your choice
- Snack** 2 pieces of Ryvita with 1 tbsp reduced fat hummus OR a small handful of dried apricots, dried prunes or dried apples
- Dinner** Speedy Gonzalez Chilli, (see page 36) – try with a little cinnamon mixed in

## Sunday

- BF** Pancakes with blueberries and vegan yoghurt. See page 36
- Snack** 1 small apple with 1 tbsp seeds or nuts of your choice
- Lunch** Moroccan Quinoa Salad. See page 37
- Snack** 1 banana and a handful of berries or nuts
- Dinner** Butternut Squash with Garlic-Thyme Aduki Beans & Roasted Red Pepper Sauce. Pages 38 and 43



## Note on fruit and vegetables

If not in season, they are best bought frozen as they retain more vitamins and are cheaper than fresh produce that may have been imported from far away and/or have been on the shelves for a week. A good way to add an extra boost to your breakfast is to buy a pack of frozen berries and add a handful to your morning cereal – they thaw very quickly.

Eat more vegetables than fruit, especially the dark green leafy variety and brassicas (Brussels sprouts, broccoli, cabbage, etc).

Most fruits and vegetables have a low GI and all of them are low in fat, so feel free to snack on them at any time (the only exception would be watermelon and pumpkin). Dried fruits vary but dried apricots, dried apples and dried prunes are always low GI.

## Notes on bread

The best choice is wholemeal rye or pumpernickel bread. However, wholemeal pitta bread has only slightly higher GI and is perfect for quick lunches.

## Pasta

It might sound surprising but pasta has a low GI so feel free to enjoy your favourite pasta dishes – with a few healthy tweaks! Wholemeal pasta is best, so give it a try or cook half white with half wholemeal. We suggest easy pasta dishes on page 44. Or, to make a healthier Spaghetti Bolognese, use your usual recipe but replace oil with oil spray and swap the fatty meat with veggie mince and peas – both of which are available from good supermarkets.



# Recipes

## Lentil & Tomato Soup

Serves 4 | 30 minutes

A really easy, tasty soup that is a big favourite with everyone. You can also add some grated carrot near the end if you want extra goodies in the soup!

- 2 squirts oil spray
- 1 onion, roughly chopped – use red if you can
- 1 red pepper, roughly chopped
- 2-3 cloves garlic, crushed (optional)
- 175g/6oz red lentils, washed and drained
- 2 tins tomatoes – plum or chopped
- 1.15L/2pts vegetable stock – use 4 rounded tsp of powder or follow packet instructions if using cubes
- 1 tsp dried mixed herbs or 1 tbsp fresh of your choice (eg thyme, oregano)
- 1 bay leaf
- Salt and freshly ground black pepper
- Optional: half a grated carrot per portion

**1** Heat a medium-large saucepan and add the oil spray. Add the onion and sauté for several minutes until it starts to soften. Add a little stock or juice from the tomatoes if it starts to stick.

**2** Add the red pepper and garlic and cook in for another 3 minutes.

**3** Add the lentils, tomatoes, stock and herbs and stir in well.

**4** Cook for 20 minutes or longer. If using grated carrot, add a few minutes before the end of the cooking time.

**5** Blend to get the consistency you like – completely smooth or a bit textured. Use a hand blender if you have one, much quicker.

**6** Taste and season to your liking.

## Smoky Split Pea Soup

Serves 4-6 | 1 hour, including preparation time – under half an hour if you pressure cook the soup

This is a bit like the soup my granny used to make, but of course hers wasn't vegetarian, let alone vegan! The recipe here gets its smoky taste from the smoked paprika – a wonderful spice available in larger branches of most supermarkets, including Asda, Sainsbury's and Tesco.

Recipe adapted with thanks from Appetite for Reduction by Isa Chandra Moskowitz, (Da Capo Press).

- 1 tsp olive oil
- 1 medium onion, chopped roughly
- 4 cloves garlic, crushed
- 4 tsp smoked paprika



show-how



- 2 tsp dried thyme
- 1 large carrot, chopped roughly
- 280g/10oz split peas
- 1.4l/2½ pts vegan stock
- 1 tbsp lemon juice
- Black pepper and salt to taste

1 Use a medium-large saucepan and heat the oil in it. Sauté the onion for a few minutes until translucent, about 3-4 minutes. Add a little of the stock if it starts to stick.

2 Add the garlic, paprika and thyme and stir for a few seconds to mix in.

3 Add the carrots, split peas and stock. Bring to the boil then reduce heat to a simmer.

4 Cook for about 40 minutes – 15 at high in a pressure cooker – or until the lentils are creamy. If cooking the traditional way, stir occasionally to ensure the lentils don't stick at the bottom and thin with a little water if the soup gets too thick.

5 Add the lemon juice near the end and add black pepper – and salt if necessary.

## Spicy Tomato & Two-Potato Soup

Serves 2-4 | 30 minutes

This makes a thick soupy stew, particularly if you add pulses or wholegrains. Aim for a small handful of either per person – around 2 tablespoons.

Cooked pulses that work: chickpeas, white

haricot beans, butter beans, any type of cooked whole lentils.

Cooked wholegrains: quinoa, brown rice, barley.

- 2 squirts of low-calorie oil spray
- 2 onions, chopped – preferably red onions
- 1 courgette, chopped roughly
- 3 sticks of celery, chopped roughly
- 1 large sweet potato, peeled and chopped roughly
- 1 small white potato, peeled and chopped quite small
- 4 large cloves of garlic, chopped
- 2 tins of tomatoes, whole or chopped
- 250ml/9fl oz water
- 1 tsp dried sage
- ½ tsp curry powder
- 1 tsp miso paste if you can get it – brown rice miso (Genmai, made by Clearspring) is available in large branches of Sainsbury's – see page 23
- 1 reduced or low-salt vegan stock cube (double if not using miso)
- Cooked pulses or wholegrains of your choice – a handful per serving
- Black pepper



1 Sauté the onion in oil spray until it starts to soften then add the rest of the vegetables and cook for 3-4 minutes (not the tomatoes).

2 Add the tinned tomatoes and all other ingredients except for black pepper.

3 Bring to the boil then simmer until the potatoes are soft – about 15 minutes. Add cooked pulses/wholegrains and heat them thoroughly.

4 Blend, add black pepper to taste and serve.

## Easy Peasy Noodles

Serves 4 | 20 minutes

- 300g/10oz wholemeal noodles or spaghetti
- 1 pack of bean sprouts
- 225g/8oz fresh soya beans (sold in the freezer in large supermarkets or health food shops)
- 1 red or yellow pepper
- 1 large carrot
- 1 small head pak choi
- 1-2 tsp freshly grated ginger
- Hoisin sauce, ready-made\*
- 8 spring onions
- Soya sauce and black pepper for seasoning

\*The following are animal-free and reduced fat

- Tesco Stir Fry Hoisin Sauce Pouch or Hoisin & Spring Onion
- Asda Extra Special Hoisin Cooking Sauce
- Sharwood's Hoisin and Garlic Stir Fry Sauce

1 Boil a kettle and pour it into a medium-sized saucepan. Cook the noodles or spaghetti in it, according to packet instructions.

2 Wash and prepare the vegetables: Chop the pepper into thin slices, grate the carrot and finely shred the pak choi. Chop the spring onions in 4 then slice lengthways.

3 Steam or microwave the soya beans for about 4 minutes – add the pepper strips about

a minute from the end.

4 Place the Hoisin sauce and grated ginger in a bowl or small saucepan and heat or microwave.

5 Drain the noodles/spaghetti and mix everything together in a large serving bowl.

6 Serve immediately.

## Rice, Beans 'n' Greens

Serves 2-3 | 30 minutes – everything else is prepared and cooked while the rice is simmering

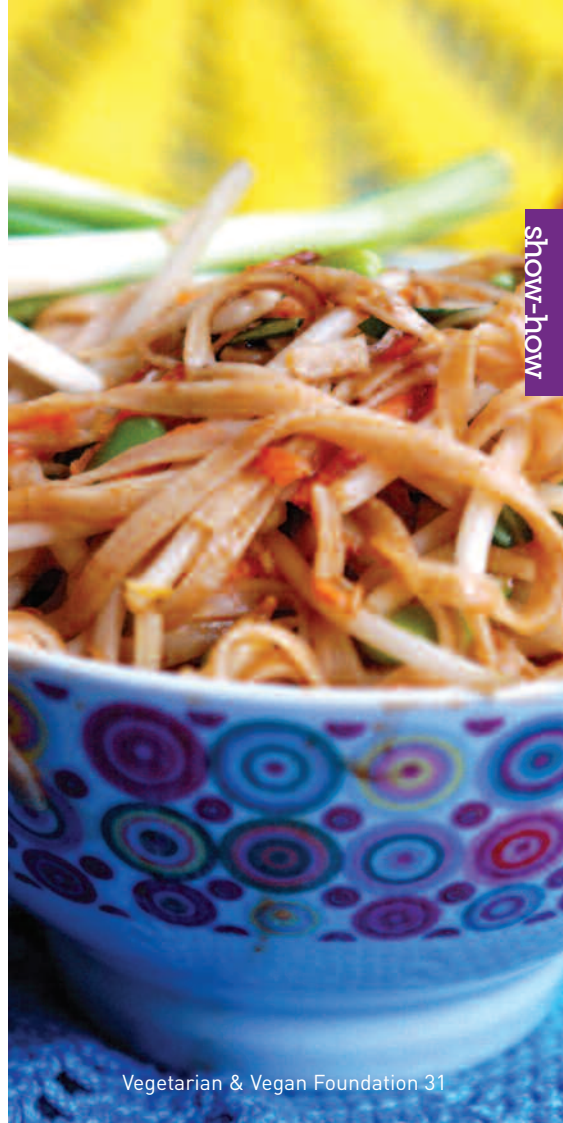
Serve with a quick and simple sauce – such as Sweet Potato, Cashew & Lime or one of the others in the Saucy section. Or cheat and use a ready-made cooking sauce – just check it's animal-free and below five per cent fat per serving!

### Rice

- 225g/8oz brown rice
- 750ml/1pt 6fl oz water
- ½ a low-salt stock cube
- 1 tsp cinnamon

### Beans

- Oil spray
- 2 large cloves garlic, crushed
- 1 tsp cumin powder
- large pinch chilli flakes
- ½ tsp salt
- 2 tins kidney or pinto beans, well rinsed and drained (buy salt-free if you can)





## Almost Instant Black-eyed Bean Paté

Serves 2-4 | 5 minutes

A fresh, tangy paté that is excellent with raw vegetable sticks, pitta, rye bread or crisp bread (Ryvita).

- 1 tin black-eyed beans, rinsed and drained
- 1-2 tbsp soya sauce
- 1-2 tsp grated ginger root, to taste
- 2 tsp lemon juice

1 Blend everything together – as smooth or as textured as you like it. You can also add herbs or spices to your taste.



### Greens

- Use curly kale, spring greens or dark green cabbage – if you are really pushed for time, try ready-chopped bags of curly kale! Aim for 3 good handfuls of shredded greens per person. If cooking from scratch, cut the large veins out of the greens and discard. Shred quite finely then wash thoroughly. Place in a steamer – and cook for 3-5 minutes. Don't let it get soggy.

1 Put the rice on to cook – wash, drain and place in a pan with the water, half a stock

cube and the cinnamon.

2 Make a sauce of your choice. Keep warm until the meal is ready to serve.

3 Prepare the bean ingredients. Heat the oil spray, sauté the garlic then add the cumin and chilli flakes. Add a teaspoon of water if it starts to stick. Add the beans and salt and mix in well. Turn off the heat and keep warm.

4 Now steam the greens – shred them fine so they cook quickly.

5 Serve everything hot with the sauce on top or on the side.



# Accelerated Aubergine & Chickpea Curry

Serves 2-4 | 25 minutes – 30 if cooking brown rice from scratch

Accelerated? Because it's fast, innit!

We include the spices at the bottom if you want a home-cooked curry, but the curry sauce makes for an easy, fast alternative. (You can also replace the sauce with 2 tbsp curry paste and half or a full tub passata – see page 22 for suitable pastes.)

- 1 large aubergine, cut into medium-small chunks – approximately 2cm/1 inch square. Don't get too worried about this – the pieces simply need to be small so they cook quickly but don't dissolve into mush
- 2 squirts oil spray
- 1 medium onion, chopped
- 3 cloves garlic, crushed OR 2 tsp ready-made garlic paste
- 1 jar of suitable Loyd Grossman or Patak curry sauce (see page 22)
- 1 tin chickpeas, rinsed and drained
- 120ml/4fl oz water
- ½ tsp salt
- 4 tbsp finely chopped fresh coriander
- ¼ tsp garam masala

## Home-made alternative

Omit the curry sauce or paste and add the following at Stage 3, cooking in gently with the onion, garlic and pepper pieces.

- 1 red pepper, chopped into medium pieces
- 2 tsp cumin seeds
- 2 tsp ground coriander
- 1 tsp turmeric
- 1 large pinch of asafetida OR fenugreek powder (or 1 clove garlic, pressed)
- 2 tsp grated ginger or ready-made ginger paste
- ¼ – ½ tsp chilli powder
- Plus a little cinnamon!

- 1 Put brown rice on to cook now. See page 39.
- 2 Chop the aubergine into medium chunks and soak in cold water. Set aside.
- 3 Heat a heavy-bottomed saucepan or deep-sided frying pan and spray it with oil spray. Cook the chopped onion in it until it turns golden brown then add the garlic.

4 Drain the aubergine, add to the pan and cook over a medium heat for a few minutes until it starts to soften – stir regularly. Reduce the heat, cover and cook until the aubergine is soft and melting – add a tablespoon or two of water if it starts to stick.

5 Add the curry sauce or home-made spices – plus cinnamon! – and stir in well. Cook in for a couple of minutes before serving.

6 Just before serving, add the fresh coriander, garam masala, and salt to taste. Serve with brown rice or wholemeal chapattis.







## Smoky Bean & Garlic Paté OR Smoky Bean & Broccoli Paté

Serves 2-4 | 5 minutes

This is a really easy paté/dip which lends itself to lots of variations. We give two suggestions – but you could also try it with red pepper (roasted, oil-free or fresh).

- 1 tin of white beans: butter or white haricot, rinsed and drained
- 1-2 tsp crushed garlic or purée (use a tube if you're in a hurry) OR half a head of broccoli, divided into florets and lightly steamed
- ½ tsp smoked paprika
- 1 tsp lemon juice
- salt and black pepper

1 Blend the beans and everything together – it's up to you how smooth or textured you make the paté.

## Greek-Style Butterbean & Tomato Stew

Serves 4 | 35 minutes

One of those lovely simple dishes they sell in restaurants in Greece. We've reduced the olive oil considerably however and altered the cooking method. Use fresh herbs if you can – and if you have time, cook in a slow cooker for that traditional oven-baked flavour.

Otherwise just simmer gently on top of the cooker. Serve with wholemeal pitta and a big green salad.

- 1 tbsp extra virgin olive oil
- 2 medium onions, chopped
- 2 stalks celery, chopped
- 1 medium carrot, diced
- 3 garlic cloves, crushed
- 1 tbsp fresh oregano leaves or 1 tsp dried
- 1 tsp cinnamon (optional)
- 700g carton of passata (crushed tomatoes)
- 4 tbsp chopped fresh flat-leaf parsley
- 2 tbsp chopped fresh or 2 tsp dried dill
- 3 tsp agave syrup
- 2 tins butterbeans, rinsed and drained
- 1 tsp salt
- ½ tsp freshly ground black pepper

1 Heat the olive oil and sauté the onions until they start to soften.



## Scrambled Tofu

Serves 2 | 10-15 mins

- 1 tbsp olive or rapeseed oil
- ½ onion
- 1 garlic clove
- 1 tbsp white flour
- ½ cup soya milk
- 1 block tofu (200g or 250g) crumbled
- 3 medium vine tomatoes, finely chopped
- 1 tsp English mustard
- Salt and freshly ground black pepper

- 1 Fry the onion and garlic on a low heat until soft.
- 2 Stir in the flour, followed by the soya milk.
- 3 Add the tofu, tomatoes and mustard and stir for 5 mins.
- 4 Serve with fresh basil leaves, with brown sauce or soya sauce on the side and salt and pepper to taste.

2 Add the celery, carrot and garlic and cook in for another 4 minutes or so. Add the oregano, cinnamon (if using) and passata. Cook for at least 10 minutes.

3 Add the parsley, dill and agave syrup and cook for another 5 minutes. Add the beans, salt and pepper to taste.

4 It can be served now, but it's better eaten the next day – or cook it in a crockpot/slow cooker overnight on the lowest setting to let the flavours develop.

Ideas: It's really nice if you add fresh spinach leaves in too and toasted seeds!



## Speedy Gonzalez Chili

Serves 2 | 10-15 minutes

- 1 jar Discovery Fajita Season & Sauce or a supermarket own brand such as Tesco Mild Chilli Sauce
- Half a tin of whole lentils, rinsed and drained (use the rest to add to a soup or salad the next day or two)
- 1 pack Discovery or other wholemeal tortilla wraps – use 2 tortillas per person
- 2 tomatoes
- Baby spinach leaves and low-fat salad dressing or balsamic vinegar
- Sour Crème recipe, a batch of (see page 40)

- 1 Pre-heat the oven to 200°C/400°F/Gas Mark 6.
- 2 Make the Sour Crème and chill in the fridge.
- 3 Wrap the tortillas in foil and place in the oven.
- 4 Heat the sauce together with the drained lentils and keep warm.
- 5 Wash the spinach and spin. Wash the tomatoes and chop small.
- 6 Remove tortillas from the oven, spoon some of the lentil/fajita sauce on each one, sprinkle with the seasoning (if using the Discovery brand), add 1-2 tbsp of sour crème and roll up. Serve the salad on the side with a drizzle of low-fat dressing or balsamic vinegar.
- 7 Eat while hot.

## Pancakes

Makes 8 pancakes | 10 minutes to weigh and mix batter, 10-15 minutes to make pancakes

These are really easy to make. For an easy breakfast, mix the batter the night before – make it in a large jug, cover and refrigerate and give a quick stir before using in the morning!

This recipe can be used for sweet pancakes or with savoury fillings. Try:

- apples stewed with cinnamon
  - tofu blended with spinach, herbs, nutmeg and salt/soya sauce
  - banana and a little agave syrup
- 
- 175g/6oz fine wholemeal flour, sieved
  - 2 tbsp chickpea flour – also known as gram or besan flour. It is available in large supermarkets such as Tesco and Asda – or health food shops or ethnic grocers
  - 1 tsp baking powder
  - 175ml/6fl oz soya milk
  - 175ml/6fl oz water
  - 1 tbsp sunflower oil
  - Pinch of salt
  - Additional oil or oil spray for frying (but go very easy with it)

- 1 Pre-heat the oven to 160°C/300°F/Gas Mark 3.
- 2 Sieve all the dry ingredients, especially the gram flour, which can be very lumpy.
- 3 Blend all of the ingredients, except the oil for frying, until smooth. Alternatively, add the liquid a little at a time and whisk by hand until there are no lumps. Add more water if the mixture looks too thick – aim for crêpe-style pancakes.
- 4 Heat a small amount of oil or oil spray in a frying pan until piping hot. Mop up any excess oil with a piece of kitchen towel.
- 5 Using the ladle, pour enough of the batter mixture in to the frying pan to thinly cover the bottom. Gently swirl the batter to cover the base of the pan. Don't worry if the first pancake is a bit dodgy – the rest will be fine.
- 6 Fry on one side for about a minute. Loosen the edges with a non-scratch spatula or fish slice and flip the pancake.
- 7 Fry the flip side for another minute or until done – as the frying pan gets hotter, this will take less time.
- 8 Remove the pancake from pan and keep warm in the oven – you may want to cover the pancakes with a bit of tinfoil.
- 9 Add more oil to the pan if and when necessary.
- 10 Repeat steps 4 to 7 until all of the mixture is used up. Serve hot.

# Moroccan Quinoa Salad

Serves 2-4 | 20 minutes plus 1 hour chilling time

Genius – you can prepare the salad ingredients while the quinoa cooks – then leave the entire dish to chill and marinate while you do some chilling yourself – have a candle-lit bath for example!

- 175g/6oz dried quinoa
- 500ml/just under 1pt hot stock – made with 2 level tsp vegan bouillon powder or follow the packet instructions if using vegan stock cubes
- 2 lemons: zest from 1, juice from 1-2 (do the zesting before halving the lemons!)
- 2 tbsp olive oil
- 2 tbsp fresh orange juice
- 2 tsp ground cumin
- 1 tsp cinnamon
- 1 tsp salt
- ¼ tsp sugar
- 1 tin black beans OR chickpeas
- 1 tin sweet corn, drained (approximately 330g) – use the no-sugar, no-salt variety if possible – or the same weight frozen
- ½ small red onion, thinly sliced
- 1 carton of fresh cherry tomatoes
- 2 tbsp toasted flaked almonds
- Handful of pitted green or black olives (in brine, not oil)

Add just before serving:

- 4 tbsp finely chopped fresh mint
- 4 tbsp finely chopped fresh coriander

Serve with

- 1 tbsp plain soya yoghurt per person
- 1 hot wholemeal pitta bread per person
- Harissa paste (optional) on the side – a spicy Middle Eastern condiment.

1 Cook quinoa by dry roasting in a heavy-bottomed saucepan. Then add the hot stock and cook for 20 minutes, stirring occasionally – add a little more hot water if it starts to stick.

2 While quinoa is cooking, whisk together lemon juice and zest, olive oil, orange juice, cumin, salt and sugar in a small bowl to make the dressing.

3 Combine quinoa and all remaining ingredients, except fresh herbs, into a medium-sized bowl.

4 Drizzle with vinaigrette. Toss to combine

5 Refrigerate for at least one hour to allow flavours to combine. Add fresh herbs just prior to serving. May be served at room temperature.

6 Warm pitta bread through about 10 minutes before serving.

7 Serve salad with the pitta bread, a dollop of yoghurt on the top – and a little harissa paste if you like things a little spicy!





## Butternut Squash with Garlic-Thyme Aduki Beans

Serves 4 | 20 minutes

This not only tastes extremely good, but the orange squash and dark red beans also make it a very attractive dish.

- Approximately 450g/1lb butternut squash – one medium sized
- 2 cloves garlic, crushed
- 1 tin aduki beans, drained and rinsed OR 240g/9oz home-cooked
- 1 tbsp olive oil
- 2 tbsp fresh thyme or ½ tsp dried

- 1 Peel squash and chop into medium pieces.
- 2 Steam for 10-15 minutes or until just tender.
- 3 Heat a frying pan or wok. Add the oil and when it is hot, sauté the garlic, stirring to ensure it doesn't burn – about 1-2 minutes.
- 4 Add the cooked squash, thyme and aduki beans. Mix in gently, coating everything in the garlic and oil mix. Keep warm but don't allow it to cook any more.
- 5 Serve immediately.

## Creamy Bean & Potato Dip

Makes a small tub | 15 minutes

This can be used as a dip – or thin down a little and use as a dressing on potato salad and similar dishes.

- 1 small potato – about 100-150g, peeled and cut into small chunks
- Half a tin of cannellini beans. Keep liquid separately but rinse and drain the beans well
- 1 tbsp lemon juice
- ¼ tsp salt
- 1 small clove garlic, crushed

Options:

- a large pinch of smoked paprika
- chopped chives
- more garlic

- 1 Steam the potatoes until tender – about 10 minutes.
- 2 Meanwhile, blend the beans and lemon juice until very smooth.
- 3 Add the potato, salt and garlic and blend together with the bean mixture until smooth. Add some of the bean liquid to thin down as necessary.



## Easy Quinoa

A nutritional powerhouse and easy to cook. Make life simpler and double up on quantities – that way you can add the leftovers to a salad or other savoury dish the next day. Or freeze it.

- 90g/3oz of dry quinoa per person
- Double the water or stock to cook it in (eg if using 180g/6oz quinoa, use 350ml/12fl oz liquid)
- ½-1 tsp mixed dried herbs
- ½-1 tsp cinnamon
- Black pepper (and salt if necessary)

- 1 Wash and rinse the quinoa then dry roast it in a heavy bottomed saucepan for a minute or two, stirring constantly.
- 2 Add the liquid, herbs and cinnamon, bring to the boil and simmer for 20-25 minutes, or until tender.
- 3 Stir occasionally. If it starts to dry out, just add a little more liquid and give a good stir!



## Easy Brown Rice

Brown rice is also a wholegrain, meaning that it is low GI – far easier on your body than white. It takes longer to cook than white, so you can always double up on quantities to save time. If you can't use it the next day, freeze it in an airtight container. It will keep frozen for up to a month this way. Just make sure that it is very very hot before serving again.

- 100g/3½oz of dry long grain brown rice per person
- 2-2½ times water or stock (eg 200-250ml liquid to 100g rice)
- A large pinch of mixed dried herbs
- ½ – 1 tsp cinnamon
- Black pepper and salt if necessary

- 1 Wash and drain the rice.
- 2 Add the rice, liquid, herbs and cinnamon to a heavy bottomed saucepan and bring to the boil.
- 3 Turn to a simmer and put the lid on.
- 4 Cook for 25-30 minutes, stirring occasionally. If it starts to dry out, add a little more liquid. If the rice is still too wet, turn up the heat, stir and let the liquid burn off.

## Reduced-fat Soyannaise

Makes a large(ish) jar – just under 400g. Halve the quantities if you want less! | 5 minutes

- 1 pack firm silken tofu
- ¼ tsp salt
- 1 tbsp plain mild-tasting vegetable oil (such as rapeseed/canola)

- ½ tsp sugar
- 1 tsp Dijon mustard
- 1½ tbsp lemon juice
- 1 tsp cider vinegar

- 1 Blend the tofu thoroughly until it has lost any grainy texture and is smooth and creamy.
- 2 Add the rest of the ingredients and blend again so everything is well integrated.
- 3 Store in the fridge in an airtight container. Will keep in a jar for over a week – just check it regularly!



## Sour Crème

Makes a jar, approx 350g | 5 minutes

This works very well with chilli and mushroom stroganoff – or indeed, anything that requires sour cream in its recipe or as an accompaniment.

It will keep in an airtight container for several days – or if you won't get through it, divide it into two containers and freeze one of them. When defrosted, give it a quick whizz with a hand blender or food processor before using.

- 1 pack firm silken tofu (approximately 350g) – Mori-nu or Blue Dragon brands available in large supermarkets such as Sainsbury's and Waitrose
- 2 tbsp lemon juice
- 1 tbsp plain vegetable oil (not olive) – rapeseed oil (canola) is best because it is bland tasting
- 1 tsp cider vinegar
- 1 tsp sugar
- ½ tsp salt

1 Blend the tofu until it is completely smooth and creamy and has lost its grainy texture.

2 Add the remaining ingredients and blend again until everything is well mixed in.

3 Taste and adjust seasoning if necessary.

## Dressing Down – Lower-Fat Salad Dressings

Many commercial brands of salad dressing contain egg or dairy, neither of which are good news. However, there is a handful that do the job, although taste varies – and some brands lean heavily on sugar to compensate for lack of oil! So read the nutritional breakdown on the label carefully. See page 24 for suggested brands.

### Top Tip

Most commercial low-fat dressings use xanthan gum as a thickener (it's an oil substitute and animal-free). You may wish to add a teaspoon of it when making your own dressings – it is available in jars/tubs from many large supermarkets as well as health food shops. Life and Doves Farm are the most common brands.

- Reduced Fat Soyonnaise – see page 39

## Caesar Dressing, reduced fat

Makes a good-sized jar's worth – add this to a big green salad and home-made (low-fat!) croutons, baked in the oven for a few minutes on a baking sheet coated with a little oil spray | 5 minutes

- Half a pack of silken tofu, any sort (approximately 175g/generous 6oz)
- 60ml/4 tbsp water
- 60ml/4 tbsp lemon juice
- 2 tbsp light miso – from large Sainsbury's (Sweet White Miso), health food shops or Oriental grocers
- 1 tbsp agave syrup
- 1 tbsp Dijon mustard
- 1 tsp vegetarian Worcester Sauce (eg Life or Biona, available from Tesco, Asda and Occado or health food shops)
- 1 clove garlic
- Black pepper to taste

1 Put all ingredients into a blender and puree until smooth.

2 Cover and chill until ready to serve. Store in an airtight container such as a clean glass jar with lid – will keep in the fridge for up to a week.



## Three Simple Low-fat Dressings

These take a minute or two to make and are lovely – not too sweet, either.

Remember, you can add a little xanthan gum to these if you want a thicker consistency.

## Balsamic Dressing

Makes a jar. Keeps for at least a week in the fridge – less if you add the fresh parsley

- 180ml/generous 6fl oz water
- 2-4 tbsp balsamic vinegar
- 3 tsp capers
- 2 tsp Dijon mustard
- ½-1 tsp dried basil
- Optional: 1 tbsp fresh parsley

**1** Combine the ingredients. Add 2 tbsp of the balsamic vinegar then taste before adding more – remember, the capers contain vinegar so go easy.

**2** Store in a covered container in the refrigerator.

## Singleton's French Dressing

Makes about 2 tbsp

Keeps in the fridge for at least a week, but being a tiny portion will probably get used immediately!

- 2 tbsp lemon juice – use fresh rather than bottled if you can, much nicer!
- 2 tsp white wine vinegar
- ¼ tsp salt
- ¼ tsp sugar
- ½ tsp French or Dijon mustard
- Ground black pepper to taste

**1** Put everything in a screw-top jar and shake well.

## Oriental Dressing

Really easy and lovely, particularly with noodle or rice salads

- 1 tsp good quality soya sauce (shoyu or tamari)
- ½-1 tsp brown rice vinegar – use cider vinegar if you can't get it
- ½-1 tsp fresh ginger, grated fine
- 1 tbsp chopped fresh parsley
- 125-180ml/4-6fl oz water
- Optional: 2 tsp mirin (rice wine)

**1** Mix everything together and serve.





## Saucy

Using quick home-made sauces transforms simple, wholesome ingredients in a whizz! All you need is a stick blender. Try adding one of these to:

- Rice, Beans'n'Greens
- Easy Peasy Noodles
- Easy Quinoa or Easy Brown Rice

For busy or lazy days, many supermarket ready-made sauces provide a good alternative – see pages 22 and 24.

## Tomato & Mushroom Sauce

- 500ml/18fl oz water
- 1 large onion, chopped
- 2 cloves garlic, chopped
- 400g passata (sieved tomatoes)
- 4 tbsp tomato purée
- Optional: 2 tbsp vegan red wine (Eg Harvey's or one of the Co-op's vegan range)
- 350g chestnut or field mushrooms (not the white ones, basically!)
- ½-1 pack of fresh basil, torn roughly
- Salt and black pepper

1 Place 4 tbsp of the water in a medium heavy-bottomed saucepan. Add half the onion and half the crushed garlic. Cook, stirring

frequently, until onion and garlic soften slightly, about 5 minutes.

2 Add the passata, tomato puree, red wine if using and all the remaining water except for another 4 tbsp. Season with several twists of freshly ground pepper and a little salt. Bring to a boil, reduce heat to low and simmer for about 30 minutes, stirring occasionally.

3 Meanwhile, heat a large non-stick frying pan. Add the remaining onions and garlic and cook, stirring frequently, until onions and garlic soften slightly – add the remaining 4 tbsp water and cook in for another minute or two. Add all the mushrooms and continue to cook, stirring occasionally until mushrooms are tender, about 5 minutes.

4 Add to the tomato mixture and cook the sauce over low heat for about 15 minutes longer, stirring occasionally.

5 Remove from heat and stir in the basil. Season with more freshly ground pepper, if desired, and a bit of salt if necessary.

## Sweet Potato Cashew Cream Sauce

Serves 2-4 | 15 minutes

- 1 large sweet potato, chopped into medium chunks – approximately 300-350g
- 2 tbsp cashew butter

- 3 tbsp lime juice
- 90ml/3fl oz water – use steaming water
- Pinch of nutmeg or allspice
- Salt and pepper

1 Steam the sweet potato until tender – less than 10 minutes. Keep the steaming water.

2 Blend the sweet potato with the cashew butter and lime juice until smooth – add a little of the steaming water to thin it down.

3 Taste and add seasoning. Whizz again and serve hot.

## Shiitake Mushroom Sauce

Serves 2-4 | 30 minutes

This is a quick sauce/gravy which goes well with lots of things, such as pasta with smoked tofu, vegan mince (see page 23 for brands) or Realeat chicken-style pieces from Holland & Barrett and other health food shops.

- Oil spray
- 1 medium onion, sliced
- 120g/4oz fresh shiitake mushrooms, chopped roughly (remove stalks if very tough) – available from large supermarkets
- 4 tbsp plus 1 tbsp rice flour (available from large supermarkets, eg Tesco and Sainsbury's)
- 350ml/13fl oz water or vegetable stock
- 3 tbsp good quality soya sauce, eg

- Kikoman, Essential, Clearspring or Sanchi – use tamari if you are gluten-free
- 1 tbsp sherry, any flavour (Tio Pepe, Gonzalez Byass & Harvey's are all vegan)
- 1 tbsp chopped fresh thyme or ¼ tsp dried
- 2 tsp chopped fresh sage or 1 good pinch dried

1 Use a medium saucepan and spray with two squirts of the oil spray.

2 Sauté the onions and mushrooms. Cover and cook for about 10 minutes, stirring occasionally.

3 Stir in the rice flour and cook in for another few minutes, stirring well. Add the herbs.

4 Add the soya sauce and 350ml/13fl oz water and whisk in to prevent lumps. Bring to the boil then reduce heat and simmer for another 10 minutes.

5 Blend if you prefer a smooth sauce – otherwise serve as it is.

## Roasted Red Pepper & Almond Sauce

Serves 2-4 | 5-10 minutes

- 225g/8oz roasted red peppers – in brine or water, well rinsed and drained
- 2 tbsp ground almonds or pine nuts

- 1 tsp balsamic vinegar
- 1 tsp dried basil
- 1 tsp crushed garlic (approx 1 large clove)
- ½ tsp salt
- Pinch ground allspice

1 Blend ground nuts and all other ingredients until creamy and smooth.

2 Warm sauce through gently and serve on grain/vegetables of your choice.





# Extra! Extra! – Quick Fix Meals for Busy Times

As well as the recipes included in our week's menu plan, here are a few other simple ideas to get a tasty, instant meal on the plate in around 10 minutes.

## Pasta and salad

**Serves 1 or more – just add more ingredients accordingly!**

Cook wholemeal pasta or fusilli.

Meanwhile, heat up a portion of tomato pasta sauce (jar or fresh tub) and add one of the following per person:

- **Half a tin of whole lentils or other pulses per person, eg chickpeas, kidney beans, pinto beans... you choose!**
- **Half a pack of Smoked Tofu, diced (Waitrose, Holland & Barrett and good health food shops)**
- **A few strips of Real Eat Chicken-style strips, (freezer section of Holland & Barrett & good health food shops) lightly fried in 2 squirts of oil spray**
- **Serve with a big green salad: shredded lettuce, rocket, cucumber etc**

## Tortillas with Green Salad

**Serves 2**

Heat a jar or tub of tomato salsa with half a tin of kidney or pinto beans (or other beans of your choice) and warm through two wholemeal tortillas or wholemeal pittas.

Serve with big green salad, as above. A dollop of vegan sour cream (page 40) or plain vegan yoghurt is nice also.

## Stuffed Pittas

**Serves 1**

Similar to Tortillas, but fill a large wholemeal pitta with bean paté or a smear of reduced-fat hummus and as many salad veggies as you can: green leaves, tomato, grated carrots, diced celery, beansprouts – and some low-fat salad dressing. Oh, and a tablespoon or two of cooked pulses or wholegrains!

## Couscous

**Serves 2-4**

Couscous is cracked wheat – pale yellow fine grains that cook very quickly – used widely in the Middle East and North Africa. Most of the ready-made couscous packs are vegan, but check the labelling. Either that or use wholemeal couscous. See page 22 for brands

Make couscous according to instructions (pour boiling water over it, cover and let stand for 5 minutes), then add half a tin of chickpeas and/or half a tin of whole lentils – cold or warmed up – plus any extra vegetables you can, eg grated carrot, tomato, chopped spinach, sliced red pepper. Add a squeeze of lemon juice and a dollop of plain vegan yoghurt, a couple of chopped dried apricots or figs (use scissors for speed) and a teaspoon of toasted nuts or seeds.

## Quinoa or Rice Salad

Quinoa is a small wholegrain that is high in protein and iron. Originally grown and eaten by the ancient Incas, it has been rediscovered because of its great taste and nutritional advantages. Servings depend on how much grain and other ingredients you add. Similar to the Couscous recipe above, but gluten-free and with different grains. Add whatever you like, piling up on the pulses (cooked peas, beans or lentils), lots of veggies and some low-fat dressing.

## Uber-Smoothie

Serves 1

This is thicker than the usual smoothie – but it all depends on how much soya milk you add.

Blend half a pack of silken tofu until smooth and creamy. Thin with a little soya or rice milk, according to taste. Blend again with 1 medium banana, ½ tsp cinnamon, 1 tbsp ground flax seeds (linseeds) and a handful of berries.



## Need nutritional advice?

Contact us at the VVF. Email [info@vegetarian.org.uk](mailto:info@vegetarian.org.uk) or call 0117 970 5190, 9am to 5pm, Monday to Friday.

# Hungry for more?

Read about the science behind this guide. Find out how diet influences your health and what you can do to improve it. Enjoy eating and thrive on a new diet!

## VVF's Defeating Diabetes resources:

### The Big-D: Defeating Diabetes through Diet – report: £5 (inc p&p)

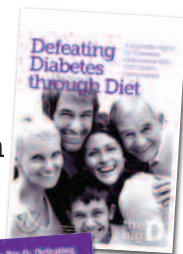
This fully referenced report looks at the causes of both types of diabetes and investigates the link between diet and this disease.

### The Big-D: Defeating Diabetes through Diet – fact sheet: £0.80 (inc p&p)

A fact sheet summarising all the basic information about diabetes and how to eat to beat it (fully referenced).

### Nutrition in a Nutshell – guide: £2 (inc p&p)

An easy to read guide teaching you nutrition basics for everyday health.



### Join VVF – £15 per year

You can join the VVF, receive magazine Viva!Life three times a year and five nutrition fact sheets in a special folder, and have access to free advice on diet and health. You will also be supporting campaigns to improve the nation's health and save animals from suffering.



## Books:

### Healthy Eating for Life: to prevent and treat diabetes £12.99

### Dr. Neal Barnard's Program for Reversing Diabetes £9.99



Order online at [www.vegetarian.org.uk/vvfshop](http://www.vegetarian.org.uk/vvfshop) or call 0117 970 5190, 9am to 5pm, Monday to Friday.

# The Big-D Pledge

The D-Diet is a groundbreaking diet for reversing or preventing diabetes. Its simple rules and science behind it are fully explained in our guide *The Big-D: Defeating Diabetes with the D-Diet*. When you pledge to follow the D-Diet for four weeks, you'll receive our D-pack containing:



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- **The Big-D: Defeating Diabetes through Diet** scientific report
- A direct line number for nutritional enquiries
- Fun, colourful wallchart which shows you where to get all the nutrients you need from a healthy, vibrant diet at a glance. Laminated so ideal to put up on your fridge or on a kitchen wall
- A feedback form – because we want to hear about your experience and progress!
- Access to our online recipe club
- One more copy of this guide – **The Big-D: Defeating Diabetes through the D-Diet**



I, \_\_\_\_\_, pledge to follow the D-Diet for the minimum of four weeks.

Title	First Name	Surname
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Please return to: The Big-D, VVF, 8 York Court, Wilder Street, Bristol BS2 8QH. Tel: 0117 970 5190

# The Big-D: defeating diabetes with the D-Diet

## A guide on how to prevent or reverse diabetes through diet

This easy-to-read guide summarises the key findings of the VVF's scientific report on diabetes and complements it with a seven-day meal plan, recipes and practical shopping tips.

Learn the secrets of the only diet that can reverse diabetes or minimise your chances of developing it.

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