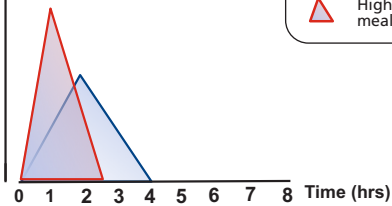
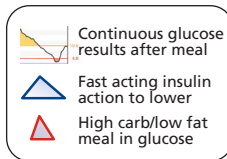
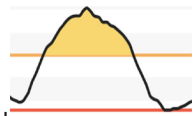




# Mealtime Insulin Guide

## High carbohydrate meal with low fat



## Meal is almost all carbohydrate

**Breakfasts:**

- Cereal with light milk
- Toast and jam or honey
- Fruit bread

**Meals:**

- Jacket potato & beans
- Super noodles
- Waffles & hoops

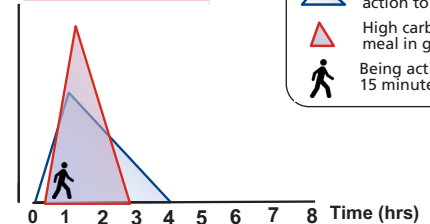
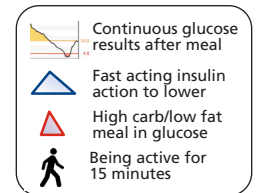
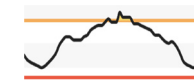
**Snacks:**

- Cereal bars
- Biscuits
- Rice crackers

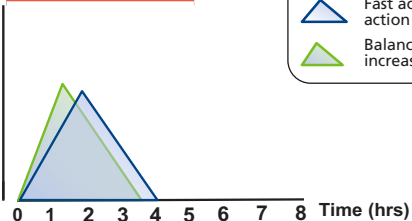
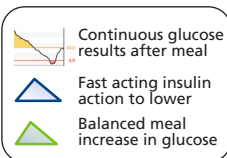
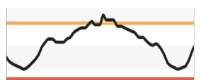
## How to keep the glucose in target?

1. Count carbs accurately
2. Choose wholefood carbohydrate
3. Add some vegetables
4. Normal bolus 20 minutes before eating
5. Do 15 minutes activity after eating

## High carbohydrate meal with low fat



## Balanced meal



## Meal is balanced

**Breakfasts:**

- Porridge with semi or full milk & nuts
- Egg or fish on toast with mushrooms
- Cheese on toast with tomatoes

**Meals:**

- Meat/fish/beans with potatoes & veg
- Jacket potato with cheese & salad
- Rice with curry and salad

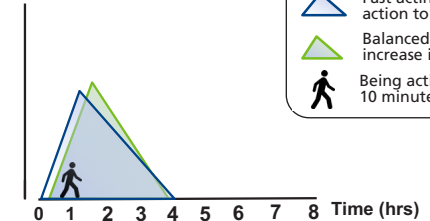
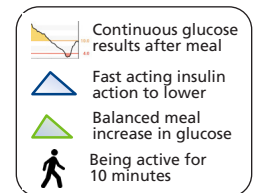
**Snacks:**

- Whole fruit with nuts
- Nut butter on toast
- Whole yoghurt with nuts

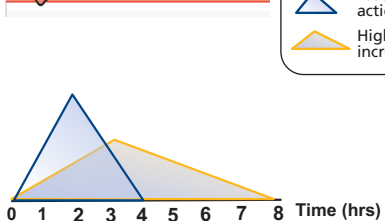
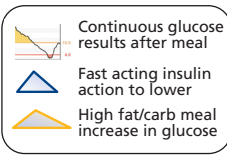
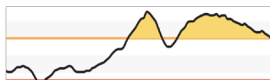
## How to keep the glucose in target?

1. Count carbs accurately
2. Choose wholefood carbohydrate
3. Add more vegetables
4. Normal bolus 15 minutes before eating
5. Do 10 minutes activity after eating

## Balanced meal



## High fat meal with carbohydrate



## Meal is very high in fat with carbs

**Breakfasts:**

- Full English breakfast
- Pancakes with maple syrup
- Thick slices of cheese on toast

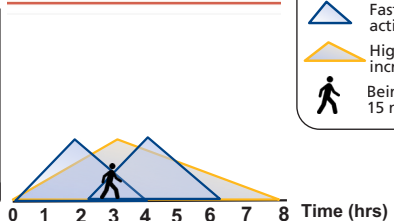
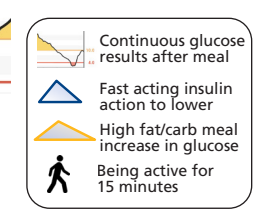
**Meals:**

- Takeaway fish and chips
- Heavily cheesy pizza
- Pasta with creamy sauce
- Creamy curry with rice & naan bread
- Fast food burger, fries and dessert
- Sunday roast with trimmings
- Lasagna with chips and garlic bread

## How to keep the glucose in target?

1. Count carbs accurately
2. Increase meal insulin by an extra 25%
3. Pump: 50% before, 50% over 2 hours
4. Injections: 50% before, 50% 1 hour after
5. If the glucose level is high six hours after eating, next time increase meal insulin by another 25%
6. Most people need 50-100% extra
7. If possible, do 15 mins activity after meal

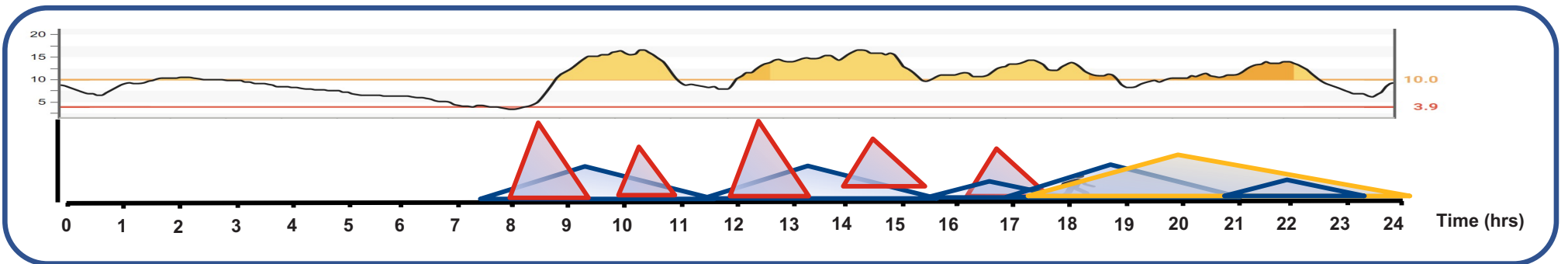
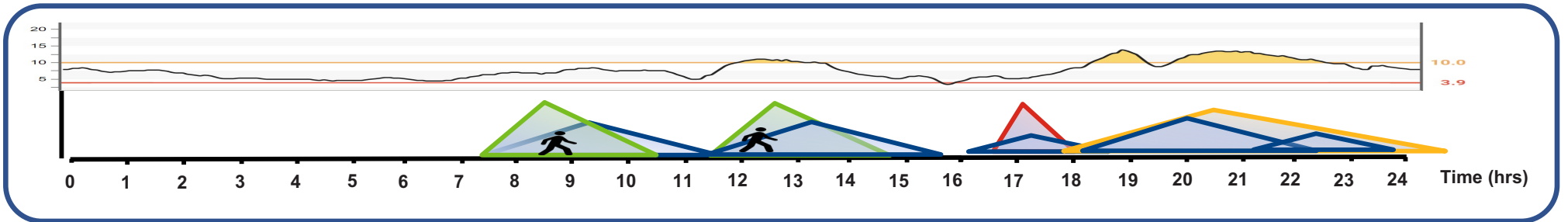
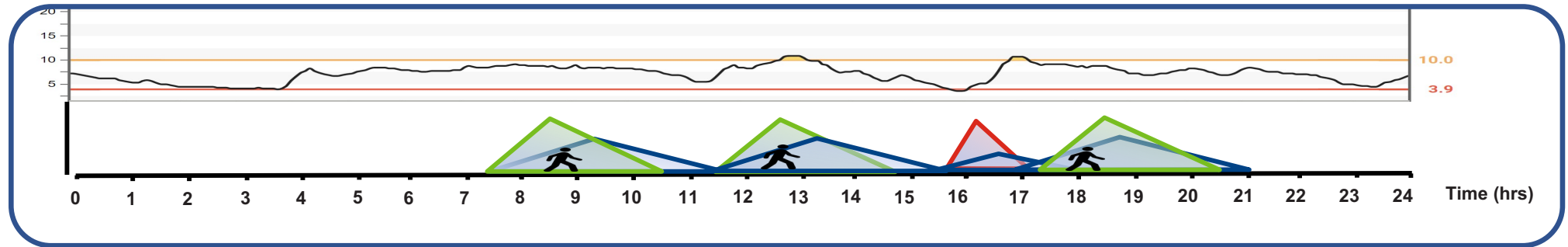
## High fat meal with carbohydrate



Click to watch a video explanation



# Which one looks like your typical day?



Continuous glucose monitoring



Fast acting insulin action to lower glucose



Being active for 10-20 minutes



High carb low fat meal increase in glucose



Balanced meal increase in glucose



High fat/carb meal increase in glucose