

LCD seasonal guide

S U M M E R



This guide

As we approach the summer months you may be concerned about sticking to your NHS Low Calorie Diet (LCD) programme with many summer activities revolving around tempting food such as holidays, BBQs and trips for ice-cream.

However, it is important to remember to stay focused on your goal of diabetes remission for your long-term health.

This guide offers some helpful tips and ideas to help you enjoy summer and stay on track with your LCP plan, whether you are at home or on a holiday.

Tips

- It is especially important to stay hydrated in the summer when we require more fluid than usual. Drink plenty of low-calorie soft drinks; you may want to try sparkling water with ice to stay refreshed. Zero calorie drink ideas:

1. Diet lemonade with ice, basil and lemon slices
2. Diet tonic water with ice, mint and cucumber slices.
3. Diet ginger beer with ice, thyme and orange slices.

! You can easily grow your own herbs, so you always have them available. You don't need a big garden; they can grow well on a windowsill.

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Phase 1

It is important to plan ahead and ensure you have the total diet replacement (TDR) products you need when going to a social event or away on holiday. Although it can be tempting to deviate from the programme, remember you are only in this phase for 12 weeks

- Add ice and use cold water to make up your shakes to make them more refreshing.
- Once you have made up your shake with water, pour it into lolly moulds and freeze for a fun way to have your TDR on a hot day.
- Pour your made-up shake into an ice cube tray and freeze. Once fully frozen blitz the cubes in a blender to make an programme friendly ice-cream alternative.
- Choose more refreshing fruit or tropical flavours when choosing your TDR smoothie flavours. Maybe try the creamy coconut flavour with added ice and topped with mint.
- Grilled vegetable skewers could be an option at a summer BBQ if you are playing a joker.
- Chop up TDR bars into cubes if attending parties and have them as an alternative to party food nibbles.

Tips (cont.)

- Keep motivation by reminding yourself of your goals and your reasons for wanting to do the programme. Try visualising some summer-specific motivations, such as coping better in the heat or feeling more confident in summer clothing.
- Ask for support from family and friends, make them aware of your current stage in the programme and how they can best help you, e.g. by not encouraging you to drink, having a healthy option that is suitable for you etc.

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Phase 2

When you are decreasing the number of TDR you have per day, it is important to consider the other meals you are having.

When on holiday, this can be challenging, have your 1-2 TDR shakes that you can easily bring with you and then choose healthy options from the dinner menu/buffet. Choose salads, grilled vegetables, lean sources of protein such as chicken/turkey/fish/beans and pulses, and wholegrain carbohydrates, e.g. quinoa, wholewheat pitta/wraps/bread.

Remember to consider your portion sizes and what proportion of your plate should be from each food group. Don't go back for second helpings.

- Don't arrive hungry – Have a TDR product before attending any summer parties, so you don't feel hungry during the event, making it harder to stick to your plan.
- You could choose to have a light snack/joker meal, heavily concentrated around vegetables at the event.

Tips (cont.)

- Plan events with your friends and family that have less of a focus on food and drink. Go for an evening walk with a friend, get involved in a friendly rounders match, take the kids to the park, do a spot of gardening or cycle to the shops as an eco-friendly activity.
- Plan other activities during gatherings – try to incorporate physical activity in social gatherings. Not all social situations need to be focused on food solely. For example, a round of cricket or a friendly game of rounders at a garden party,

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Phase 3

You now have more choice over what to eat, but this can come with more temptation. Choose salads, grilled vegetables, lean sources of protein such as chicken/turkey/fish/beans and pulses, and wholegrain carbohydrates, e.g. quinoa, wholewheat pitta/wraps/bread.

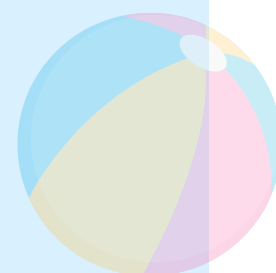
When on an all-inclusive holiday remember to enjoy food in moderation, as you don't need to overindulge to appreciate a meal.

At BBQs with family and friends, choose healthier options such as grilled chicken or turkey burgers/sausages. You could wrap a burger in lettuce instead of having a bread roll and opt for a side salad instead of the hotdog bun. Try grilled chicken and vegetable kebabs.

- Be aware of your serving sizes. Focusing on protein and vegetables is also a good idea as they will keep you full. Try not to overdo it at social gatherings, e.g. celebrations or family barbeques, especially if people keep asking you to try different dishes!
- Try to avoid drinks high in sugars, such as cocktails. Water is always the best option. If drinking at gatherings or parties, make sure you have some water between cocktails. This will keep you hydrated and stop you from mindless snacking!

Tips (cont.)

BBQ or picnic would be ideal for getting everyone moving and laughing together. Getting involved in other activities can provide a good distraction from tempting food and drink.



Favourite

SUMMER

Recipes



Falooda (cold Indian dessert)

Thank you Faraza for sharing your recipe!

Ingredients

- Choose a shake (vanilla, low sugar vanilla or unflavoured)
- Rose essence
- Fibre supplement (to act as jelly)
- 1 tbs basil seeds
- Food colouring (if desired)
- 55g Vermicelli (if desired)

Method

1. Prepare your fibre supplement with 50-100ml less water to form a thick consistency and set it in the fridge for 10-15 minutes.
2. Soak basil seeds in 100ml water and set them aside for 15 minutes. After 15 minutes, drain the excess water, if any, and set aside until required.
3. Boil vermicelli until soft.
4. Prepare the shake and mix the rose essence and food colouring at this stage.
5. Assemble the falooda and serve.

* Serving suggestion: In a tall clear glass, place the vermicelli in the bottom and add the soaked basil seeds on top. Pour over the shake mixture and garnish with basil/basil seeds for presentation and serve.





Favourite

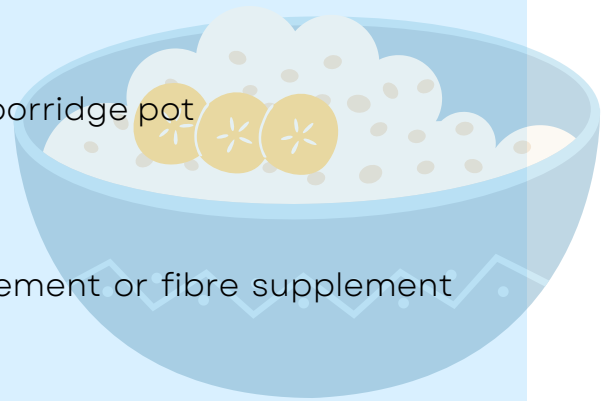
SUMMER

Recipes

Oat Kheer (Indian cold pudding)

Ingredients

- Meal replacement cinnamon porridge pot
- ½ tsp Cardomom powder
- ½ tsp Rose water
- Flaked almonds (if desired)
- Half unflavoured shake supplement or fibre supplement (if desired)



Method

1. Add the cardamom powder and rose water, prepare the porridge pot as instructed, and leave to cool slightly.
2. If desired, make up the shake/fibre supplement and stir into the mixture for a creamier and thicker texture.
3. With a hand blender, lightly blend the mixture to increase the creaminess of the mixture. The more you blend, the smoother the texture.
4. Refrigerate for 10-15 minutes or until the mixture is cold if desired, garnish with almonds and serve.

Favourite

SUMMER

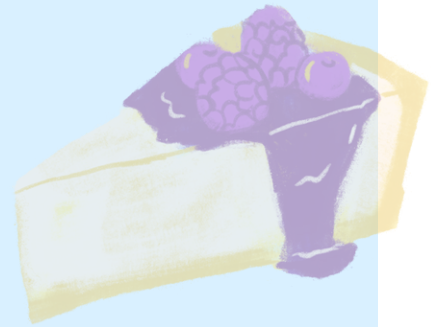
Recipes



LCD 'Cheesecake'

Ingredients

- ½ Stollen meal replacement bar
- ½ any flavour meal replacement shake
- 150ml cold water
- Gelatin gel sachet
- Nutmeg
- Cinnamon



Method

1. Chop up your bar into small pieces and crush in a ramekin or dish
2. In a separate bowl, add the cold water, shake and gelatin sachet
3. Pour the mixture into a pan and gently heat the mixture until it's nearly boiling
4. Take the mixture off the heat and allow it to cool slightly
5. Pour the mixture on top of the crushed bar
6. Place in the fridge to set
7. After the mixture has set, sprinkle with nutmeg and cinnamon and enjoy.

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Recipes



Banana Smoothie bowl

Ingredients

- Banana flavoured shake
- Half banana
- Handful frozen fruit, e.g. pineapple
- Sprinkle of chia seeds



Method

1. Put all your ingredients into a blender
2. Pulse until you reach your desired consistency
3. Pour into a bowl and top with fruit if desired

enjoy!