

- ✓ Poach or bake fish rather than fry. Fish in batter is high in fat.
- ✓ Ready prepared meals - choose healthy options, e.g. Lean Cuisine, Weight Watchers, supermarket own brands.

Oily Fish - REMEMBER... Oily fish e.g. herring, mackerel, sardines, fresh tuna, pilchards, trout or salmon are healthy and should be included twice weekly.

Useful websites and resources

British Dietetic Association

<https://www.bda.uk.com/>

Diabetes UK

<https://www.diabetes.org.uk/>

NHS Website

<https://www.nhs.uk/conditions/type-2-diabetes/>

Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email asp-tr.patient.advice@nhs.net. If you remain concerned, the team can also advise upon how to make a formal complaint.

Author: Paediatric Diabetes Team Department: Paediatric Diabetes
Version: 2 Published: Nov 2023 Review: Nov 2025

We can provide interpreters for a variety of languages, information in larger print or other formats (e.g. audio) - please call us on 01932 723553.



You can use Text Relay to turn telephone communications into text. Use the Relay UK app on your phone, tablet or PC. You can also use Relay UK via Minicom or Uniphone.

اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔
जे बुवातुं उरामे सी लेड वै जं विरधा कवरे इस नंबर से डोन कवे: 01932 723553
اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براؤزر میں اس فون نمبر 01932 723553 پر رابطہ کریں
Se precisa de uma tradução por favor contacte: 01932 723553

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553
यदि आपको अनुवाद की जरूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553
Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

Ashford Hospital London Road, Ashford, Middlesex, TW15 3AA Tel: 01784 884488
St. Peter's Hospital Guildford Road, Chertsey, Surrey, KT16 0PZ Tel: 01932 872000

Website: www.ashfordstpeters.nhs.uk