

STANDARD DIET 1000 KCAL (VERY LOW CALORIES DIET - VLCD) FOR PEOPLE WITH DIABETES MELLITUS

Diet Tips for Optimal Blood Glucose Level

- ❖ You should consume 3 main meals (breakfast, lunch, dinner) and 2-3 snacks per day
- ❖ Increase the consumption of foods that are rich in fiber, i.e. fruits (it's better to consume whole fresh fruits instead of juice), vegetables, whole-grain cereals, legumes
- ❖ Every time you choose to eat a carbohydrate source make it count, so make sure to choose wisely! – Choose foods like whole wheat bread, whole wheat pasta, brown rice, wild rice, oat bran
- ❖ Increase your consumption of foods that are rich in vitamins, antioxidants and phytochemicals (choose a variety of colorful fruits and vegetables)
- ❖ Limit your consumption of *processed products*, *sugar* and products which contain *sugar* and *added sugars* such as biscuits, crackers, cake, donuts, cereal bars and breakfast cereals, chocolate and beverages containing chocolate
- ❖ Read food labels carefully and avoid consumption of foods which contain ingredients such as the following: glucose syrup, fructose-glucose syrup, corn syrup, invert sugar, dextrose, barley malt syrup
- ❖ Limit your consumption of sweets. Choose “natural sweets” such as honey, raisins and fully ripe fruits
- ❖ Limit your consumption of salt (sodium). Reduce consumption of foods which are preserved with salt (e.g. salted meat products) and processed products with high salt content (choose products which contain less than 1g salt/100g of product)
- ❖ Increase the time you devote to daily physical activity, for better regulation of blood glucose levels



	MEALS	MENU 1 TIME WEEKLY
"WHITE" MEAT	BREAKFAST	Rusks or whole wheat bread, (1 oz.) + 1 oz. low fat cheese + Tangerines, fresh (2 small)
	SNACK	Pear with skin (1 medium-sized fruit)
	LUNCH	Seasonal salad ⁽¹⁾ or vegetable soup + chicken, without skin (5 oz.) + potato, baked (1 small, 3 oz.)
	SNACK	Apple with skin (1 small)
	DINNER	Seasonal salad ⁽¹⁾ + rusks (1 oz.) + 1 oz. low fat cheese
	Late-night snack	Whole wheat bread (1 slice, 1 oz.) + 1 oz. low fat cheese

	MEALS	MENU 1 TIME WEEKLY
"RED" MEAT	BREAKFAST	Milk fresh, 0-3.49% fat ⁽¹⁾ (1 cup) + breakfast cereals (1 oz.)
	SNACK	Apple with skin (1 small)
	LUNCH	Seasonal salad or vegetable soup + meatballs roasted (or other type of meat, low fat or medium fat) (2 oz.) + brown rice, cooked (1/3 cup) or wild rice, cooked (1/2 cup)
	SNACK	Pear with skin (1 medium)
	DINNER	Seasonal salad ⁽¹⁾ or other vegetable soup + 1 oz. cheese (low fat) + rusks or bread, whole wheat (1 oz.)
	Late-night snack	Whole wheat bread (1 slice, 1 oz.) + 1 oz. Low-fat cheese

	MEALS	MENU 2 TIMES WEEKLY
FISH	BREAKFAST	Yoghurt low fat (2-3.49%) (7-8 oz.) + oat flakes (1/3 cup, 1 oz.) + cinnamon
	SNACK	Cherries, fresh (1/2 cup, 2.5 oz.)
	LUNCH	Seasonal salad ⁽²⁾ or vegetable soup + fish roasted (4 oz.) + potato, boiled (1 small 3 oz.)
	SNACK	Tangerines, fresh (2 small pieces)
	DINNER	Seasonal salad ⁽²⁾ or vegetable soup + 1 oz. cheese (low-fat, <14% fat or <25% fat in dry matter) + rusk (1 oz.)
	Late-night snack	Whole wheat bread (1 slice, 1 oz.) + 1 oz. Low fat cheese

	MEALS	MENU 1 TIME WEEKLY
VEGETABLE DISH	BREAKFAST	Pear with skin (1 medium) + whole wheat bread, 1 regular slice (1 oz.) + egg, whole, cooked (1 large, 2 oz.)
	SNACK	Apple with skin (1 small)
	LUNCH	Green beans in tomato sauce (or other vegetable dish) (8-9 oz. approximately) + 2 oz. cheese (low fat)
	SNACK	Yoghurt low fat (2-3.49%) (7-8oz.) + 1 teaspoon honey
	DINNER	Rusks (1 oz.) (or whole wheat bread, 1 slice regular 1 oz.) + 1 oz. cheese (low fat or medium fat) + ham, (or other type of cured meat products, low fat)(1 oz.)
	Late-night snack	Rusk (1 oz.) + 1 oz. Cheese low-fat

MEALS		MENU 1 TIME WEEKLY
LEGUMES	BREAKFAST	Milk fresh, 0-3.49% fat ⁽¹⁾ (1 cup) + breakfast cereals (1 oz.)
	SNACK	Fruit salad (1/2 medium orange, 1/2 apple with skin) + cinnamon
	LUNCH	Seasonal salad ⁽²⁾ + Lentil soup with tomato sauce (5-6oz.) + 2 oz. Cheese, low-fat
	SNACK	Tangerines, fresh (2 small pieces)
	DINNER	Seasonal salad ⁽²⁾ or vegetable soup + fish roasted or tuna (3 oz.)

MEALS		MENU 1 TIME WEEKLY
PASTA DISH	BREAKFAST	Yoghurt low fat (2-3.49%) (7-8 oz.) + oat flakes (1/3 cup, 1 oz.) + cinnamon
	SNACK	Pear with skin (1 medium)
	LUNCH	Seasonal salad ⁽²⁾ + brown rice, cooked (2/3 cup, 3-4 oz.) or wild rice, cooked (1 cup) + 2 oz. Cheese, low-fat (e.g. salad with rice)
	SNACK	Tangerines, fresh (2 small pieces)
	DINNER	Seasonal salad ⁽²⁾ + beef steak, roasted (or other meat, low fat) (3 oz.)
	Late-night snack	Whole wheat bread (1 slice, 1 oz.) + 1 oz. Cheese, low-fat

Nutritional Facts:	
Energy (Kcal)	1000
Proteins	2.2 oz. (24%)
Carbohydrates	3.8 oz. (41.5%)
Fats	1.4 oz. (36%)

TIP:

⁽¹⁾ **Fresh milk** has to be; skimmed or semi- skimmed or low- fat. Semi- skimmed or low-fat should be preferred!

⁽²⁾ **Seasonal salad** (from non-starchy vegetables) may be raw or boiled. As for the total amount of olive oil (for lunch and dinner), it should be equal to 2 tablespoons (1 tablespoon= 3 teaspoons)

In meals such as meat, rice, sauces and purees try to add vegetables, so that the daily consumption of vegetables is increased (e.g. carrot puree, tomato sauce, broccoli bites)

Quantities are based on cooked food, normally prepared with 1/2 - 1 tbs olive oil per food serving.

Feel free to consult the unit "Food Groups" in order to make changes and to develop your own diet based on your own nutritional preferences.

Meat, fish and legumes belong in the group of proteins

Rice, potatoes and bread belong in the group of carbohydrates

Olive oil and nuts belong in the group of fat.

The Food Group of "**Free Foodstuff**" consists of products that include less than 20kcal/ portion or less than 5g of carbohydrates/ portion. You may consume up to 3 portions of "Free Foodstuff" daily. In case of hypertension problems, you have to be extremely careful with food that are high in salt.