

**STANDARD DIET 1000 KCAL
BODY WEIGHT LOSS
(VERY LOW CALORIC 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 (snack or/and late-night snack). Don't forget to eat more than 3 hours
- ❖ Increase consumption of rich-fiber foods 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, meaning choose wisely! – Choose foods like whole wheat bread, whole wheat pasta, brown rice, wild rice, oat bran
- ❖ Increase consumption of foods rich in vitamins, antioxidants and phytochemicals (choose a variety of colourful fruits and vegetables)
- ❖ Limit consumption of *processed products*, *sugar* and products which contain *sugar* and *added sugars* such as biscuits, crackers, cake, donuts, cereal bar and breakfast cereals, chocolate and beverages with chocolate
- ❖ Read carefully food labels and avoid consumption of foods which indicated as follows in the list of ingredients: glucose syrup, fructose-glucose syrup, corn syrup, invert sugar, dextrose, barley malt syrup
- ❖ Limit consumption of sweets. Choose “natural sweets” such as honey, raisins and fullyripe fruits
- ❖ Limit consumption of salt (sodium). Reduce consumption of foods which 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 your physical activity daily, for better regulation of blood glucose levels

MEALS		MENU 1 TIME WEEKLY
W H I T E M E A T	BREAKFAST	Rusks or whole wheat bread (1 oz.) + 1 oz. Cheese, low- fat + Tangerines (2 small)
	SNACK	Pear with skin (1 medium)
	LUNCH	Seasonal salad ⁽²⁾ or vegetable soup + chicken, without its fat crust, cooked (4 oz.) + 1 potato, baked (3 oz.)
	SNACK	Apple, with its skin (1 small)
	DINNER	Seasonal salad ⁽²⁾ + barley rusk (1 oz.) + feta, or any other medium- fat cheese (1 oz.)
	LATE-NIGHT SNACK	Whole-wheat bread (1 slice, 1 oz.) + low fat cheese (1 oz.)

MEALS		MENU 1 TIME WEEKLY
R E D M E A T	BREAKFAST	Fresh milk ⁽¹⁾ 2-3.49% fat (1 cup)+ oat flakes or cereals(1 oz.)
	SNACK	Apple with skin (1 cup)
	LUNCH	Seasonal salad ⁽²⁾ or vegetable soup + burger, or any other medium- fat type of meat (2 oz.)+ brown rice, cooked (1/3 cup) or wild rice, cooked (1/2 cup)
	SNACK	Pear with skin (1 medium)
	DINNER	Seasonal salad ⁽²⁾ + barley rusk (1 oz.) + 1 oz. feta, or any other medium- fat cheese
	LATE-NIGHT SNACK	Whole wheat Bread (1 slice, 1 oz.) + low fat cheese (1 oz.)

MEALS		MENU 2 TIMES WEEKLY
F I S H	BREAKFAST	Yogurt, low- fat (2-3.49%) (8 oz.) + oat flakes (1 oz.) + cinnamon
	SNACK	Cherries, fresh (1/2 cup, 3oz.)
	LUNCH	Seasonal salad ⁽²⁾ or vegetable soup + fish, grilled/cooked (4 oz.) + 1 potato, boiled (3 oz.)
	SNACK	Tangerines (2 small)
	DINNER	Seasonal salad ⁽²⁾ or vegetable soup + 1 oz. of low- fat cheese (<14% fat) + rusks (1 oz.)
	LATE-NIGHT SNACK	Whole-wheat bread (1 slice, 1 oz.) + low fat cheese (1 oz.)

MEALS		MENU 1 TIME WEEKLY
G R E E K - O L I V E O	BREAKFAST	Fresh orange juice (1 cup)+ 1 sl. Whole what bread (1 oz.) + 1 egg, boiled (large, 2.5 oz)
	SNACK	Apple, with its skin (1 small)
	LUNCH	Fresh beans, cooked in olive oil, or other starchy vegetable (8oz.) + 3oz. Low fat cheese
	SNACK	Yogurt, low- fat (2-3.49%) (8 oz.) + 1tsp honey
	DINNER	Rusks or 1 sl. Whole wheat bread (1 oz.)+ 1 oz. low- fat cheese + 1 oz. Turkey, or any other low fat sausage(salted or smoked)

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	LATE-NIGHT SNACK	Rusks (1 oz.) + low fat cheese (1 oz.)

L E G U M E S	MEALS	MENU ¹ TIME WEEKLY
	BREAKFAST	Fresh milk ⁽¹⁾ 2-3.49% fat (1 cup) + oat flakes or cereals(1 oz.)
	SNACK	Fruit salad (1/2 medium orange, ½ apple, without skin)
	LUNCH	Seasonal salad ⁽²⁾ + Lentils, soup, with tomato sauce (5 oz.)+ 2 oz. low fat cheese
	SNACK	Tangerines (2 small)
	DINNER	Seasonal salad ⁽²⁾ or vegetable soup + fish, grilled/cooked or tuna (3 oz.)

S T A R C H	MEALS	MENU ¹ TIME WEEKLY
	BREAKFAST	Yogurt, low- fat (2-3.49%) (8 oz.) + oat flakes (1 oz.) + cinnamon
	SNACK	Pear with skin (1 medium)
	LUNCH	Seasonal salad ⁽²⁾ + brown rice, cooked (3.5 oz) or wild rice, cooked (1 cup) + 2 oz. low- fat cheese (e.g.: Rice-salad)
	SNACK	Tangerines (2 small)
	DINNER	Seasonal salad ⁽²⁾ or vegetable soup + beef steak, without visible fat, or any other low- fat type of meat (3 oz.)
	LATE-NIGHT SNACK	Whole wheat bread (1 slice, 1 oz.) + low fat cheese (1 oz.)

Nutritional Facts:	
Energy (Kcal)	1000
Proteins	2.2 oz. (24%)
Carbohydrate s	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 better 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 ½ - 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.