

**STANDARD DIET 1200 KCAL
BODY WEIGHT LOSS
(LOW CALORIC DIET - LCD) 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
" W H I T E " M E A T	BREAKFAST	Fresh orange juice (1 cup)+ 1 sl. Whole what bread (1oz.) + 1 oz. cheese (low or medium fat)
	SNACK	Banana (1/2 medium, 2oz.) + almonds, fresh (0.3 oz.)
	LUNCH	Seasonal salad ⁽²⁾ or vegetable soup + chicken, without its fat crust, cooked (5 oz.) + rice, cooked (1/2 cup)
	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	Rusks (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	Banana (1/2 medium, 2oz.) + almonds, fresh (0.3 oz.)
	LUNCH	Seasonal salad ⁽²⁾ or vegetable soup + beef silverside, or any other low or medium-fat type of meat (oz.)+ rice, cooked (1/3 cup)
	SNACK	Figs, fresh (2 small, 2.5 oz.)
	DINNER	Seasonal salad ⁽²⁾ + 1 potato, boiled (3 oz.) + 1 oz. feta, or any other medium- fat cheese
	LATE-NIGHT SNACK	Whole-wheat bread (1 oz.) + tahini, whole-wheat (2 teaspoons, 10g)

MEALS		MENU 2 TIMES WEEKLY
F I S H	BREAKFAST	Yogurt, low- fat (2-3.49%) (8 oz.) + oat flakes (1 oz.) + apple, with its skin (1 small) + cinnamon
	SNACK	Cherries, fresh (1/2 cup, 3oz.)
	LUNCH	Seasonal salad ⁽²⁾ or vegetable soup + fish, grilled/cooked (4 oz.) + 1 potato, boiled (1 medium, 5 oz.)
	SNACK	Tangerines (2 small)
	DINNER	Yogurt, low- fat (2-3.49%) (8 oz.) + almonds, or any other type of nuts, fresh (0.3 oz.)+ 1 whole grain rusk (0.5 oz.)
	LATE-NIGHT SNACK	Whole wheat bread (1 slice, 1 oz.) + tahini, whole wheat (2 teaspoons, 10g)

MEALS		MENU 1 TIME WEEKLY
G R E E K - O L I V E O	BREAKFAST	Apple with skin (1 medium)+ 1 sl. Whole what bread (1oz.) + 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 (10oz.) + 3oz. Low fat cheese
	SNACK	Yogurt, low- fat (2-3.49%) (8 oz.) + Pear with skin (1 medium)
	DINNER	Rusks (0.5 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	Whole-wheat bread (1 slice, 1 oz.) + tahini, whole wheat (1 teaspoon)

MEALS		MENU ¹ TIME WEEKLY
L E G U M E S	BREAKFAST	Whole wheat bread (1 slice, 1 oz.) + tahini, whole wheat (2 teaspoons, 10g) + honey (1 tbs, 20g)
	SNACK	Apple, with its skin (1 small)
	LUNCH	Seasonal salad ⁽²⁾ + chickpeas, boiled (1 cup, 5.5 oz.) + 1 oz. feta cheese, or any other medium- fat cheese (e.g. chickpeas salad)
	SNACK	Fresh grapefruit juice, white (2/3 cup) + almonds, or any other type of nuts, fresh (0.3 oz.)
	DINNER	Seasonal salad ⁽²⁾ or vegetable soup + fish, grilled/cooked or tuna (3 oz.)
	LATE-NIGHT SNACK	Milk 0-3.49% fat (1 cup) or low fat, yoghurt (2-3.49%) (7-8 oz.) + cinammon

MEALS		MENU ¹ TIME WEEKLY
S T A R C H	BREAKFAST	Yogurt, low- fat (2-3.49%) (8 oz.) + 1 tbs linseed, grinded +apple, with its skin (1 small) + cinnamon
	SNACK	Pear with skin (1 medium)
	LUNCH	Seasonal salad ⁽²⁾ + spaghetti, boiled (1 cup) + 1 oz. grinded parmesan or feta cheese
	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.) + Rusks (0.5 oz.)
	LATE-NIGHT SNACK	Whole wheat bread (1 slice, 1 oz.) + 1oz. feta or any other medium-fat cheese

Nutritional Facts:	
Energy (Kcal)	1200
Proteins	2.5 oz. (23%)
Carbohydrate	4.6 oz. (43%)
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Fats	1.7 oz. (35%)

TIPS:

⁽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 $\frac{1}{2}$ - 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.