

## STANDARD DIET 1800 KCAL (HYPOCALORIC DIET) 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 <sup>1 TIME WEEKLY</sup>
“ W H I T E “ M E A T	<b>BREAKFAST</b>	Banana (1 medium) + 1 toast (2 slices whole wheat bread, 2 oz.) + 1 slice low/semi- fat cheese (1 oz.) + 1 slice low fat ham or other type of meat(1 oz.)
	<b>SNACK</b>	Pear with skin (1 medium)
	<b>LUNCH</b>	Seasonal salad <sup>(1)</sup> or vegetable soup + chicken, without its fat crust, cooked (6 oz.) + baked sweet potatoes (2 small, 5 oz.)
	<b>SNACK</b>	Apple with skin (1 small, 4 oz.) + low- fat yogurt (0-1.99%) (1/2 cup, 3.3 oz.) + 1tbs. Linseed, blended + whole wheat rusk (0.5 oz.)
	<b>DINNER</b>	Seasonal salad <sup>(1)</sup> + 1big rusk (1 oz.) + manouri cheese or other low fat cheese (1 oz.)
	<b>LATE-NIGHT SNACK</b>	Rusks (1 oz.) + 1 oz. feta cheese

MEALS		MENU <sup>1 TIME WEEKLY</sup>
“ R E D “ M E A T	<b>BREAKFAST</b>	Fresh milk, 0-3.49% fat <sup>(1)</sup> (1 cup) + oat flakes (2 oz.) + apple with skin (1 small)
	<b>SNACK</b>	Tangerines, fresh (2 small) + whole wheat bread sticks (1 piece, 0.5 oz.)
	<b>LUNCH</b>	Seasonal salad <sup>(1)</sup> or vegetable soup + beef steak, without visible fat, cooked (or any other food), low in calories (4 oz.)+ Barley rusks (2 oz.)
	<b>SNACK</b>	Apple with skin (1 small, 4 oz.) + low- fat yogurt (0-1.99%) (1/2 cup, 3.3 oz.) + 1tbs. Linseed, blended
	<b>DINNER</b>	Lentils and Tuna salad: Seasonal salad <sup>(2)</sup> (e.g. carrot) + 3.5 oz. Lentils, boiled + 3 oz. Tuna
	<b>LATE-NIGHT SNACK</b>	Rusks (1 oz.) + feta cheese (1 oz.)

MEALS		MENU <sup>2 TIMES WEEKLY</sup>
F I S H	<b>BREAKFAST</b>	Yogurt 2-3.49% fat (1 cup, 7oz.) + oat flakes (1/3 cup, 1 oz) + apple with skin (1 small, 4.2 oz.) + cinammon
	<b>SNACK</b>	Tangerines, fresh (2 small) + whole wheat bread sticks (1 piece, 0.5 oz.)
	<b>LUNCH</b>	Seasonal salad <sup>(1)</sup> or vegetable soup + grilled fish (7 oz.) + Baked potatoes (2 small, 4 oz.)
	<b>SNACK</b>	Milkshake: Banana (1/2 medium, 2 oz.) + Fresh milk, 0-3.49% fat <sup>(1)</sup> (1/2 cup)
	<b>DINNER</b>	Seasonal salad (1) + 1big rusk (1 oz.) + manouri cheese or other low fat cheese (2 oz.)
	<b>LATE-NIGHT SNACK</b>	Whole wheat bread (1 slice, 1 oz.) + tahini, whole wheat (2 teaspoons)

MEALS		MENU <sup>1 TIME WEEKLY</sup>
“ O I L Y G R E E K D	<b>BREAKFAST</b>	Banana (1 medium) + omelette with vegetables (e.g. 1 whole egg, 1.5 oz.. + 2 egg whites + 2 oz. Low fat cheese + tomato/mushrooms/pepper) + rusks or whole wheat bread (1 oz.)
	<b>SNACK</b>	Apple with skin (1 small, 4 oz.)+ Tangerines, fresh (2 small)
	<b>LUNCH</b>	Peas with olive and tomato sauce (or other cooked vegetables) (1 restaurant serving 12 oz.) + low fat cheese (3 oz.) + whole wheat bread (1 slice, 1 oz.)
	<b>SNACK</b>	Semi- fat cheese (1 oz.) + whole wheat bread sticks (1 piece, 0.5 oz.)
	<b>DINNER</b>	Yogurt 2-3.49% fat (10 oz.) + oat flakes (1 oz) + 1tbs. linseed, blended

I S H E S "	
	<b>LATE-NIGHT SNACK</b>

	Rusks (1 oz.) + low fat cheese (1 oz.)
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MEALS		MENU <sup>1</sup> TIME WEEKLY
L E G U M E S	<b>BREAKFAST</b>	Fresh milk 0- 1.99% fat + whole wheat bread (2 slices, normal, 2 oz.)+ ½ tbs. tachini/margarine + 1 tsp honey or homemade jar
	<b>SNACK</b>	Apple with skin (1 small) + Semi- fat cheese (1 oz.) + whole wheat bread sticks (1 piece, 0.5 oz.)
	<b>LUNCH</b>	Seasonal salad <sup>(1)</sup> + lentil soup with tomato sauce (1 serving, 10oz.) + feta cheese (1 oz.)
	<b>SNACK</b>	Banana (1 medium, 4 oz.) + low- fat yogurt (0-1.99%) (1/2 cup, 3.3 oz.)
	<b>DINNER</b>	Seasonal salad <sup>(1)</sup> or vegetable soup+ corn (1/2 cup, 2.7 oz.) + cooked fish (4 oz.)
	<b>LATE-NIGHT SNACK</b>	Rusks (1 oz.) + low fat cheese (1 oz.)

MEALS		MENU <sup>1</sup> TIME WEEKLY
P A S T A	<b>BREAKFAST</b>	Fresh milk, 0- 1.99% fat <sup>(1)</sup> (1 cup) + Banana (1 medium, 4 oz.)
	<b>SNACK</b>	Apple with skin (1 small, 4.2 oz.) + fresh almonds (0.5 oz.)
	<b>LUNCH</b>	Seasonal salad <sup>(1)</sup> + spaghetti, cooked (1 & 2/3 cup) + homemade tomato sauce + 5 tbs grinded parmesan
	<b>SNACK</b>	Pear with skin (1/2 small, 3 oz.)
	<b>DINNER</b>	Seasonal salad <sup>(1)</sup> + chicken, without its fat crust, cooked (3 oz.)
	<b>LATE-NIGHT SNACK</b>	Rusks (1 oz.) + low fat cheese (1 oz.)

Nutrition Facts:	
Energy (Kcal)	1800
Protein	105g (23.4%)
Carbohydrates	190g (42.3%)
Fat	71g (35.4%)

### Comments:

<sup>(1)</sup> **Fresh milk** should be totally/ semi- skimmed or low- fat.

<sup>(2)</sup> **Seasonal salad** may be raw or boiled. As for the total amount of olive oil (for lunch and dinner), it should be equal to 2 ½ tablespoons (1 tablespoon= 3 teaspoons)  
 Feel free to consult the unit "Food Groups" in order to make changes and to develop your own Database based on your own nutritional preferences.

Quantities are based on cooked food, normally prepared with  $\frac{1}{2}$  - 1 tbs olive oil per food serving.

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 Foods**" 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.