

STANDARD DIET 1500 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}
“WHITE” MEAT	BREAKFAST	Apple (1 small) & Pear (1 medium) with skin + 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)
	SNACK	Banana (1 medium, 4oz.)

	LUNCH	Seasonal salad ⁽²⁾ or vegetable soup + chicken, without its fat crust, cooked (5 oz.) + potato baked (1 small, 3 oz)
	SNACK	Yogurt, low- fat (0-1.99%) (8 oz.) + 1 tbs linseed, grinded + apple, with its skin (1 small)
	DINNER	Seasonal salad ⁽²⁾ + barley rusk (1 oz.) + feta, or any other medium-fat cheese (2 oz.)
	LATE-NIGHT SNACK	Whole wheat bread (1 slice, 1 oz.) + 1 egg, whole, cooked

MEALS		MENU ^{1 TIME WEEKLY}
"RED"MEAT	BREAKFAST	Fresh milk ⁽¹⁾ 0-3.49% fat (1 cup)+ oat flakes or cereals(1 oz.)+ ½ banana (2 oz.)
	SNACK	Peaqr with skin (1 medium)
	LUNCH	Seasonal salad ⁽²⁾ or vegetable soup + beef steak, without visible fat, or any other low- fat type of meat (5 oz.)+ barley rusks (2 oz.)
	SNACK	Figs, fresh (2 small, 2.5 oz.) + Yogurt, low- fat (0- 1.99%) (4 oz.)
	DINNER	Lentils and tuna Salad: Seasonal salad ⁽²⁾ (e.g. carrot) + lentils, boiled (3.5oz.)+ tuna, conserved (2.5 oz.)
	LATE-NIGHT SNACK	Whole wheat bread (1 slice, 1 oz.) + tahini, whole wheat (1 teaspoon)

MEALS		MENU ^{2 TIMES WEEKLY}
FISH	BREAKFAST	Yogurt, low- fat (2-3.49%) (8 oz.) + oat flakes (1 oz.) + apple, with its skin (1 small) + 1 tbs linseed, grinded
	SNACK	Tangerines (2 small)+ whole wheat rusks (1 oz.)
	LUNCH	Seasonal salad ⁽²⁾ or vegetable soup + fish, grilled/cooked (6 oz.) + 1 potato, boiled (1 medium, 5 oz.)
	SNACK	Cherries, fresh (3 oz.) + Yogurt, low- fat (0- 1.99%) (4 oz.)
	DINNER	Seasonal salad ⁽²⁾ + potato, boiled (3 oz.) + 2 oz. feta cheese, or any other medium- fat cheese
	LATE-NIGHT SNACK	Whole wheat bread (1 slice, 1 oz.) + tahini, whole wheat (2 teaspoons)

MEALS		MENU ¹ TIME WEEKLY
GREEK- OLIVE OIL	BREAKFAST	Apple with skin (1 medium) + omelette with vegetables (1 whole egg, 2 oz. + 2 egg whites, 2 oz. Low fat cheese
	SNACK	Apple, with its skin (1 small) + Tangerines (2 small)+ Yogurt, low-fat (0- 1.99%) (4 oz.)
	LUNCH	Fresh beans, cooked in olive oil, or other starchy vegetable (10oz.) + 3oz. Low fat cheese + 1sl. Whole wheat bread
	SNACK	Fresh grapefruit juice, white (1 cup)
	DINNER	Yogurt, low- fat (0-1.99% (8 oz.) + 1 tbs linseed, grinded + whole wheat rusks (1oz.)
	LATE-NIGHT SNACK	Whole wheat bread (1 slice, 1 oz.) + low fat cheese (1 oz.)

MEALS		MENU ¹ TIME WEEKLY
LEGUMES	BREAKFAST	Fresh milk ⁽¹⁾ 0- 1.99% fat (1 cup) + 1 slice, Whole wheat bread (1oz.) + ½ tbs tachini + ½ tsp honey
	SNACK	Pear with skin (1 medium)
	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	Apple with skin (1 small) + Pear with skin (1 medium) + Fresh milk ⁽¹⁾ 0- 1.99% fat (1/2 cup) (π.χ. milkshake)
	DINNER	Seasonal salad ⁽²⁾ or vegetable soup + fish, grilled/cooked (4 oz.)
	LATE-NIGHT SNACK	Whole wheat bread (1 slice, 1 oz.) + low fat cheese (1 oz.)

MEALS		MENU ¹ TIME WEEKLY
STARCH	BREAKFAST	Yogurt, low- fat (2-3.49%) (8 oz.) + oat flakes (1 oz.) + apple, with its skin (1 small) + 1 tbs linseed, grinded+ cinnamon
	SNACK	Orange (1 medium)
	LUNCH	Seasonal salad ⁽²⁾ + spaghetti or rice, boiled (1 cup) + prawns, cooked (2 oz.)

	SNACK	1 pear (3 oz.) + 0.5 low fat cheese
	DINNER	Seasonal salad ⁽²⁾ + chicken, without skin (4oz.)
	LATE-NIGHT SNACK	Rusks (1 oz.) + 1 oz. feta or parmesan

Nutritional Facts:	
Energy (Kcal)	1500
Proteins	3.2 oz. (24%)
Carbohydrates	5.6 oz. (42%)
Fats	2.1 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 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 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.