

Information for people with diabetes

DIET FOR DIABETIC PATIENTS FROM INDONESIAN PENINSULA (India, Bangladesh and Pakistan)

OPTION 1 – DIET WITH 2 SERVINGS OF CHAPATIS

BREAKFAST

Choose one of the menus that we indicate.

1  + 1 glass of milk with tea or coffee + 1 chapati

2  + 1 glass of milk with tea or coffee + 4 fingers of baguette bread

MORNING SNACK

 1 piece of fruit


It is important that you follow the measurements indicated with a measuring cup.


 = 2 servings


LUNCH


It is compulsory that you choose one of the combinations that we propose with the measures that we indicate.


Choose one of the 5 options


1  2 scoops of rice


2  1 scoop of rice + 1 scoop of dal

3  2 chapatis

4  1 small potato + 1 chapati

5  1 chapati + 1 scoop of dal

+ Optional 

+ Fruit 1 piece of fruit 

EVENING SNACK

Choose one of the menus that we suggest for you.

1  1 glass of milk with tea or coffee + 1 biscuit

2  2 plain non-fat yoghurts + 1 biscuit






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DINNER

It is compulsory that you choose one of the combinations that we propose with the measures that we indicate.

Choose one of the 5 options


<p>1</p>  <p>2 scoops of rice</p>	<p>2</p>  <p>1 scoop of rice + 1 scoop of dal</p>	
<p>3</p>  <p>2 chapatis</p>	<p>4</p>  <p>1 small potato + 1 chapati</p>	<p>5</p>  <p>1 chapati + 1 scoop of dal</p>

+ Optional



+ Fruit

1 piece of fruit



SUPPER

Before going to bed.



1 glass of milk

FOODS THAT YOU CAN EAT FREELY

Vegetables, meat, fish, eggs*, cheese* following the recommendations of your professional.



*For people with obesity or dyslipidemia, eat in small quantities.

FOODS YOU CANNOT EAT

Natural or bottled juices, chocolate, honey, cakes, sweets, jams, sugary drinks.



EQUIVALENCES OF THE MAIN FARINACEOUS FOODS = ONE MEASURING CUP



100 g of boiled potato or legume 80 g of cooked rice 240 g of cooked peas or broad beans	40 g of bread 30 g of flour or toasted bread or cereals	30 g of raw pasta and rice 40 g of raw legume
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