# Information for people with diabetes



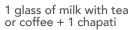
## DIET FOR DIABETIC PATIENTS FROM INDONESIAN PENINSULA (India, Bangladesh and Pakistan)

### **OPTION 1 – DIET WITH 2 SERVINGS OF CHAPATIS**

### **BREAKFAST**









### **MORNING SNACK**



1 piece of fruit

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



### **LUNCH**

that you choose one of the we propose with we indicate.

**Choose one of** the 5 options



3

2 chapatis



2

1 small potato + 1 chapati



1 scoop of rice + 1 scoop of dal



1 chapati + 1 scoop of dal

# + Optional



+ Fruit

1 piece of fruit



### **EVENING SNACK**

Choose one of the menus that we suggest for







1 glass of milk with tea or coffee + 1 biscuit









2 plain non-fat yoghurts + 1 biscuit

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

#### **DINNER**

you choose one of the combinations that we propose

with the measures that we indicate.

Choose one of the 5 options





2 scoops of rice











1 scoop of rice + 1 scoop of dal



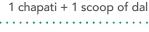
2 chapatis



1 small potato + 1 chapati







+ Optional



1 piece of fruit



#### **SUPPER**

Before going to



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, eatin 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