

# DIET FOR PATIENTS WITH TYPE 2 DIABETES

1 2 0 0 Kcal

Patient name: \_\_\_\_\_

## 1 2 0 0 K C A L D I E T

AMOUNT TO EAT		EXCHANGE GROUP
<b>B R E A K F A S T</b>		
DAIRY: 1 serving ●		Dairy exchange
STARCH: 1 serving ●		Starch exchange
<b>M I D - M O R N I N G S N A C K</b>		
FRUIT: 2 servings ●●		Fruit exchange
<b>L U N C H</b>		
VEGETABLE: 1 serving ●		Vegetable exchange
STARCH: 2 servings ●●		Starch exchange
PROTEIN: 2 servings ●●		Protein exchange
FRUIT: 2 servings ●●		Fruit exchange
<b>S N A C K</b>		
DAIRY: ½ serving ●		Dairy exchange
<b>D I N N E R</b>		
VEGETABLE: 1 serving ●		Vegetable exchange
STARCH: 2 servings ●●		Starch exchange
PROTEIN: 2 servings ●●		Protein exchange
FRUIT: 2 servings ●●		Fruit exchange
<b>E V E N I N G S N A C K</b>		
DAIRY: ½ serving ●		Dairy exchange

Maximum 2 tablespoons of oil throughout the day.

SAMPLE MEALS	BREAKFAST	1 glass of milk (200 cc), with coffee or sweeteners if you like ● 1 slice of baguette (20 g) ●
	MID-MORNING	2 kiwis ●●
	LUNCH	1 medium sized dish of green beans ● with one small potato (about 100 g) ●● Grilled chicken breast (100 g) with tomato salad ●● 1 medium peach ●●
	SNACK	1 yoghurt (preferably skim) ●
	DINNER	1 large dish of salad with tomato, lettuce, onion and cucumber ● Fresh baked cod (150 g) with a side of rice (80 g) ●●●● 2 mandarin oranges (200 g) ●●
	EVENING SNACK	½ glass of milk (100 cc) ●

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## FOOD GROUPS



Using the exchange groups lets you add variety to your meals and adapt the diet to your needs.

It is important to follow the serving size for each of the food groups.

The weights listed refer to foods that have already been prepared and are ready to eat. In some cases, the uncooked (raw) weight is also indicated.

Each serving of carbohydrates or proteins is equivalent to 10 grams of the nutrient.

We recommend that you follow the serving sizes assigned for each food group (vegetables, starches, fruits, dairy and protein), however, it is possible to exchange servings between food groups within the same meal.

### STARCH (GRAINS AND GRAIN PRODUCTS, LEGUMES AND TUBERS)

- = 40 g of rice (12 g uncooked)
- = 15 g of melba toast (2 pieces) or other toast
- = 50 g of sweet potatoes
- = 15 g of cereal (2 tablespoons)
- = 20 g of fibre-rich cereal (2 tablespoons)
- = 12-15 g of plain tea biscuits
- = 15 g of starch
- = 50 g of legumes (chickpeas, white beans, lentils) (20 g raw)
- = 20 g of bread (one small slice)
- = 50 g of pasta (15 g raw)
- = 50 g of potato (raw, boiled or baked)
- = 30 g of chips
- = 20 g of crisps
- = 200 g of soy
- = 30 g of chestnuts
- = 100 g of peas
- = 100 g of cooked broad beans
- = 50 g of sweet corn
- = 50 g of semolina (15 g raw)



### FRUITS

- = 150 g of apricot
- = 100 g of cherries
- = 50 g of custard apple
- = 100 g of plums
- = 200 g of strawberries
- = 100 g of fresh figs
- = 100 g of kiwi
- = 100 g of mango
- = 100 g of apple
- = 100 g of peach
- = 200 g of melon
- = 100 g of mandarin orange
- = 100 g of orange
- = 100 g of nectarine
- = 100 g of loquat
- = 100 g of pear
- = 100 of pineapple
- = 50 g of banana
- = 200 g of watermelon
- = 50 g of grapes
- = 25 g of prunes
- = 15 g of dried dates
- = 20 g of dried figs
- = 15 g of raisins
- = 80 g of sunflower seeds or pistachios
- = 100-150 g of almonds, hazelnuts, peanuts
- = 300 g of walnuts or pine nuts
- = 250 g of olives



### DAIRY

- = 200 cc of milk, preferably skim
- = 2 yoghurts, preferably fat-free
- = 250 g of fresh cheese
- = 1 non-fat flavoured yoghurt



### VEGETABLES

- = 1 serving (1 soup dish) of vegetables or mixed salad
- = 150-200 g of pumpkin, onion, beetroot or carrot



### PROTEIN

- = 50 g of veal, ox, chicken, rabbit, lamb or pork
- = 75 g of white/blue fish or seafood
- = 40 g of cold meats
- = 1 egg

