

Type 2 Diabetes Diet Plan

PATIENT INFORMATION

Name: _____ Date of birth: _____ dd / mm / yyyy

Health goals: _____

Medications:

Other relevant information:

MEAL PLANNING BASICS

Timing: Aim for consistent meal and snack times to regulate blood sugar levels. Spread meals evenly throughout the day to prevent extreme blood sugar fluctuations.

Carbohydrate management: Work with healthcare providers to determine daily carbohydrate goals. Choose complex carbohydrates over refined ones for better blood sugar control.

Protein intake: Opt for lean protein sources like poultry, fish, tofu, legumes, and low-fat dairy.

Fats: Prioritize healthy fats such as avocados, olive oil, and nuts. Limit saturated and trans fats to support heart health.

BREAKFAST OPTIONS

Breakfast options

- ☐ Oatmeal delight: Oatmeal topped with fresh berries, a sprinkle of nuts, and a dash of cinnamon.
- ☐ Parfait perfection: Greek yogurt parfait layered with mixed fruits and a small portion of granola.
- ☐ Avocado toast supreme: Whole-wheat toast topped with sliced avocado and a serving of scrambled eggs.
- ☐ Green smoothie boost: Nutrient-packed smoothie with a mix of fruits, vegetables, and plain yogurt.

LUNCH CHOICES

Lunch choices

- ☐ Grilled protein salad: Grilled chicken or fish salad with a colorful array of non-starchy vegetables.
- ☐ Wholesome sandwich: Whole-wheat sandwich with lean protein (turkey, chicken) and a side salad.
- ☐ Leftover delight: Use balanced leftovers from a previous dinner for a quick and convenient lunch.
- ☐ Egg and fruit combo: Hard-boiled eggs paired with a variety of fresh fruits.

DINNER VARIETIES

Dinner varieties

- ☐ Omega-3 rich dinner: Baked or grilled salmon with a side of roasted vegetables.
- ☐ Stir-fry sensation: Chicken stir-fry with a medley of colorful vegetables served over brown rice.
- ☐ Lentil power soup: Hearty lentil soup loaded with vegetables.
- ☐ Whole-wheat pasta night: Whole-wheat pasta with meatballs made from lean ground meat.

SNACK OPTIONS (1-2 SNACKS PER DAY)

Snack options

- ☐ Fresh and crunchy: Fresh fruits and vegetables (e.g., apple slices, carrot sticks).
- ☐ Nutty delight: Handful of nuts and seeds (almonds, walnuts, chia seeds).
- ☐ Protein packed: Plain Greek yogurt (unsweetened) with a sprinkle of berries.
- ☐ Eggcellent snack: Hard-boiled eggs for a protein boost.

GENERAL GUIDELINES

Portion control with the plate method: Fill half the plate with non-starchy vegetables, a quarter with lean protein, and a quarter with complex carbohydrates.

Hydration habits: Stay well-hydrated with water or low-calorie drinks throughout the day.

Mindful reading of labels: Pay attention to food labels, focusing on fiber content and avoiding added sugars.

Regular monitoring: Monitor blood sugar levels regularly and make adjustments as needed.

Individualized approach: Work closely with healthcare providers and dietitians for a personalized plan that aligns with individual health needs and goals.

ADDITIONAL NOTES

Specify below: