

# Diabetic Diet Chart

<b>Patient name:</b>	<b>Contact number:</b>
<b>Age:</b>	<b>Date of birth:</b>
<b>Sex:</b>	<b>Email:</b>
<b>Address:</b>	
<b>Physician's name:</b>	
<b>Food to avoid or limit</b>	<b>Food to eat</b>
<ul style="list-style-type: none"> <li>• <b>High-carb foods and drinks:</b> <ul style="list-style-type: none"> <li>• Sugary foods, such as candy, cookies, cake, ice cream, sweetened cereals, and canned fruits with added sugar</li> <li>• Drinks with added sugars, such as juice, regular soda, and regular sports or energy drinks</li> <li>• White rice, tortillas, breads and pasta - especially those made with white flour</li> <li>• Starchy vegetables, such as white potatoes, corn, and peas</li> </ul> </li> <li>• <b>Fried foods</b> and other foods high in saturated trans fats.</li> <li>• <b>Foods high in sodium</b> (salt).</li> <li>• <b>Alcohol.</b> If you do drink, you should drink moderately. This means no more than one standard drink a day if you're a woman or two standard drinks a day if you're a man.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Fruits and vegetables</b></li> <li>• <b>Whole grains</b> (whole wheat, brown rice, barley, quinoa, and oats)</li> <li>• <b>Proteins</b> (lean meats, chicken, turkey, fish, eggs, nuts, beans, lentils, and tofu)</li> <li>• <b>Nonfat or low-fat dairy</b> (milk, yogurt, and cheese)</li> </ul>

MedlinePlus. (2019). *Diabetic diet*. National Library of Medicine. <https://medlineplus.gov/diabeticdiet.html>

<b>Sunday</b>	<b>Date:</b>			
<b>Breakfast</b>	<b>Snack</b>	<b>Lunch</b>	<b>Snack</b>	<b>Dinner</b>
<b>Time:</b>	<b>Time:</b>	<b>Time:</b>	<b>Time:</b>	<b>Time:</b>
<b>Comments:</b>				

<b>Monday</b>	<b>Date:</b>			
<b>Breakfast</b>	<b>Snack</b>	<b>Lunch</b>	<b>Snack</b>	<b>Dinner</b>
<b>Time:</b>	<b>Time:</b>	<b>Time:</b>	<b>Time:</b>	<b>Time:</b>
<b>Comments:</b>				

<b>Tuesday</b>	<b>Date:</b>			
<b>Breakfast</b>	<b>Snack</b>	<b>Lunch</b>	<b>Snack</b>	<b>Dinner</b>
<b>Time:</b>	<b>Time:</b>	<b>Time:</b>	<b>Time:</b>	<b>Time:</b>
<b>Comments:</b>				

<b>Wednesday</b>	<b>Date:</b>			
<b>Breakfast</b>	<b>Snack</b>	<b>Lunch</b>	<b>Snack</b>	<b>Dinner</b>
<b>Time:</b>	<b>Time:</b>	<b>Time:</b>	<b>Time:</b>	<b>Time:</b>
<b>Comments:</b>				

<b>Thursday</b>	<b>Date:</b>			
<b>Breakfast</b>	<b>Snack</b>	<b>Lunch</b>	<b>Snack</b>	<b>Dinner</b>
<b>Time:</b>	<b>Time:</b>	<b>Time:</b>	<b>Time:</b>	<b>Time:</b>
<b>Comments:</b>				

<b>Friday</b>	<b>Date:</b>			
<b>Breakfast</b>	<b>Snack</b>	<b>Lunch</b>	<b>Snack</b>	<b>Dinner</b>
<b>Time:</b>	<b>Time:</b>	<b>Time:</b>	<b>Time:</b>	<b>Time:</b>
<b>Comments:</b>				

<b>Saturday</b>	<b>Date:</b>			
<b>Breakfast</b>	<b>Snack</b>	<b>Lunch</b>	<b>Snack</b>	<b>Dinner</b>
<b>Time:</b>	<b>Time:</b>	<b>Time:</b>	<b>Time:</b>	<b>Time:</b>
<b>Comments:</b>				