

Diabetic Diet Chart

Patient name:	Contact number:
Age:	Date of birth:
Sex:	Email:
Address:	
Physician's name:	
Food to avoid or limit	Food to eat
<ul style="list-style-type: none"> • High-carb foods and drinks: <ul style="list-style-type: none"> • Sugary foods, such as candy, cookies, cake, ice cream, sweetened cereals, and canned fruits with added sugar • Drinks with added sugars, such as juice, regular soda, and regular sports or energy drinks • White rice, tortillas, breads and pasta - especially those made with white flour • Starchy vegetables, such as white potatoes, corn, and peas • Fried foods and other foods high in saturated trans fats. • Foods high in sodium (salt). • Alcohol. 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. 	<ul style="list-style-type: none"> • Fruits and vegetables • Whole grains (whole wheat, brown rice, barley, quinoa, and oats) • Proteins (lean meats, chicken, turkey, fish, eggs, nuts, beans, lentils, and tofu) • Nonfat or low-fat dairy (milk, yogurt, and cheese)

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

Sunday	Date:			
Breakfast	Snack	Lunch	Snack	Dinner
Time:	Time:	Time:	Time:	Time:
Comments:				

Monday	Date:			
Breakfast	Snack	Lunch	Snack	Dinner
Time:	Time:	Time:	Time:	Time:
Comments:				

Tuesday	Date:			
Breakfast	Snack	Lunch	Snack	Dinner
Time:	Time:	Time:	Time:	Time:
Comments:				

Wednesday	Date:			
Breakfast	Snack	Lunch	Snack	Dinner
Time:	Time:	Time:	Time:	Time:
Comments:				

Thursday	Date:			
Breakfast	Snack	Lunch	Snack	Dinner
Time:	Time:	Time:	Time:	Time:
Comments:				

Friday	Date:			
Breakfast	Snack	Lunch	Snack	Dinner
Time:	Time:	Time:	Time:	Time:
Comments:				

Saturday	Date:			
Breakfast	Snack	Lunch	Snack	Dinner
Time:	Time:	Time:	Time:	Time:
Comments:				