

Prediabetes Diet Chart

Name: _____ Date: _____

Gender: Male Female Other: _____

Age: _____ Contact number: _____

Breakfast (300 – 400 calories)

- 1 cup oatmeal with 1/4 cup berries and 1 tablespoon chopped nuts
- 2 eggs with 2 slices whole-wheat toast and avocado
- 1 cup Greek yogurt with 1/2 cup fruit and 1 tablespoon granola

Comments:

Lunch (400 – 500 calories)

- Salad with grilled chicken or fish, mixed greens, vegetables, and a light vinaigrette dressing
- Whole-wheat sandwich with lean protein, vegetables, and a light spread
- Lentil soup with whole-grain bread

Comments:

Dinner (500 – 600 calories)

- Grilled salmon with roasted vegetables and quinoa
- Chicken stir-fry with brown rice and vegetables
- Lentil curry with whole-wheat bread

Comments:

Snacks (100 – 200 calories each)

- Fruits and vegetables
- Nuts and seeds
- Plain yogurt
- Hard-boiled eggs
- Cottage cheese

Comments:

Tips

- Choose whole grains over refined grains whenever possible.
- Focus on lean protein sources, such as chicken, fish, beans, and lentils.
- Choose healthy fats, such as avocados, nuts, and seeds.
- Limit sugary drinks, such as soda, juice, and sweetened coffee drinks.
- Drink plenty of water throughout the day.