

Prediabetes Diet Chart

Name: _____ Date: _____

Age: _____ Gender: _____ Contact Number: _____

Breakfast (300-400 calories)	Comments
<input type="checkbox"/> 1 cup oatmeal with 1/4 cup berries and 1 tablespoon chopped nuts	
<input type="checkbox"/> 2 eggs with 2 slices whole-wheat toast and avocado	
<input type="checkbox"/> 1 cup Greek yogurt with 1/2 cup fruit and 1 tablespoon granola	

Lunch (400-500 calories)	Comments
<input type="checkbox"/> Salad with grilled chicken or fish, mixed greens, vegetables, and a light vinaigrette dressing	
<input type="checkbox"/> Whole-wheat sandwich with lean protein, vegetables, and a light spread	
<input type="checkbox"/> Lentil soup with whole-grain bread	

Dinner (500-600 calories)	Comments
<input type="checkbox"/> Grilled salmon with roasted vegetables and quinoa	
<input type="checkbox"/> Chicken stir-fry with brown rice and vegetables	
<input type="checkbox"/> Lentil curry with whole-wheat bread	

Snacks (100-200 calories each)	Comments
<ul style="list-style-type: none"><li data-bbox="233 226 553 258"><input type="checkbox"/> Fruits and vegetables<li data-bbox="233 291 480 323"><input type="checkbox"/> Nuts and seeds<li data-bbox="233 357 435 388"><input type="checkbox"/> Plain yogurt<li data-bbox="233 422 500 453"><input type="checkbox"/> Hard-boiled eggs<li data-bbox="233 487 483 518"><input type="checkbox"/> Cottage cheese	

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.