

Prediabetes Diet Chart

Patient information					
Name:		Contact number:		Date of birth:	
Gender:	Age:		Height:		Weight:
Address:			Date of consultation:		
Foods to avoid or limit			Foods to include or eat		
<ul style="list-style-type: none"> • Sugary foods: Candy, cookies, cakes, ice cream, sweetened cereals, canned fruits with added sugar • Sugary beverages: Regular soda, energy drinks, sweetened juices • Refined Carbs: White rice, white bread, white pasta, pastries • Starchy vegetables: White potatoes, corn, peas • Fried foods: Deep-fried foods, foods high in saturated and trans fats • High sodium foods: Processed snacks, canned soups, salty snacks • Alcohol: Limit to 1 standard drink per day for women and 2 for men 			<ul style="list-style-type: none"> • Nonstarchy vegetables: Leafy greens (spinach, kale), broccoli, cauliflower, peppers, cucumbers, tomatoes, and asparagus • Whole grains: Brown rice, quinoa, barley, oats, whole wheat bread, whole grain pasta • Lean proteins: Chicken, turkey, fish, tofu, beans, lentils, eggs • Healthy fats: Olive oil, avocado, nuts (almonds, walnuts), seeds (chia, flax), fatty fish (salmon, mackerel) • Fruits: Berries (blueberries, strawberries, raspberries), apples, pears, citrus fruits (oranges, grapefruit) • Dairy: Nonfat or low-fat milk, yogurt, cheese • Beverages: Water, herbal teas, black coffee (no sugar), unsweetened almond milk 		
Sample meal plan for prediabetes					
Day	Breakfast	Lunch	Snack	Dinner	Notes
1	Scrambled eggs with spinach, 1 slice whole-grain toast, 1 glass of water	Grilled chicken salad with mixed greens and avocado	1 small handful of almonds	Stir-fried tofu with mixed vegetables and brown rice	Drink lots of water

Reference: Seymour, T. (2022, October 31). Prediabetes diet. Johns Hopkins Medicine. <https://www.hopkinsmedicine.org/health/wellness-and-prevention/prediabetes-diet>

Weekly meal plan					
Day	Breakfast	Lunch	Snack	Dinner	Notes
1					
2					
3					
4					
5					
6					
7					

Additional notes**Healthcare professional information****Name:****License ID number:****Signature:****Date of consultation:**