

Prediabetes Diet Plan

Patient Information

Name:

Date of Birth:

Other Relevant Information:

Breakfast

- Whole-grain oats or quinoa porridge
Portion size: _____
- Greek yogurt with berries
Portion size: _____
- 1 serving of nuts (almonds, walnuts)
Portion size: _____
- Beverage (Green tea or black coffee)
Without added sugar

Mid-Morning Snack

- Apple slices with a tablespoon of almond butter
Portion size: _____
- Beverage (Herbal tea or water)
Without added sugar

Health Notes:

- Adjust portion sizes based on patient's calorie needs.
- Monitor any adverse reactions or preferences related to suggested foods.

HealthNotes:

- Consider patient preferences and allergies when recommending snacks.
- Encourage regular hydration.

Lunch

- Grilled chicken or tofu salad with a variety of colorful vegetables
Portion size: _____
- Quinoa or brown rice as a side
Portion size: _____
- Olive oil and lemon vinaigrette dressing

Afternoon Snack

- Carrot and cucumber sticks with hummus
Portion size: _____
- A handful of mixed berries
Portion size: _____
- Beverage (Unsweetened herbal tea or water)
Without added sugar

<p>Healthcare Notes:</p> <ul style="list-style-type: none"> • Modify protein sources based on dietary preferences and restrictions. • Discuss cooking methods to optimize nutritional value. 	<p>Healthcare Notes:</p> <ul style="list-style-type: none"> • Evaluate the impact of snacks on blood sugar levels. • Assess the need for additional snacks based on activity levels.
<p>Dinner</p>	<p>Evening Snack (if needed)</p>
<ul style="list-style-type: none"> • Baked or grilled fish (salmon, trout) or lean protein (chicken, turkey) Portion size: _____ • Steamed or roasted non-starchy vegetables (broccoli, cauliflower, Brussels sprouts) Portion size: _____ • Sweet potato or cauliflower mash Portion size: _____ 	<ul style="list-style-type: none"> • Low-fat, plain yogurt with a sprinkle of cinnamon Portion size: _____ • A small handful of nuts (almonds, walnuts) Portion size: _____
<p>Healthcare Notes:</p> <ul style="list-style-type: none"> • Discuss cooking methods and seasoning options. • Monitor any changes in blood sugar levels related to dinner choices. 	<p>Healthcare Notes:</p> <ul style="list-style-type: none"> • Evaluate the necessity of an evening snack based on patient lifestyle. • Adjust portion sizes to meet individual needs and preferences.

<p>General Guidelines</p>	<p>Recommendations and Goals</p>
<p>Carbohydrates:</p> <ul style="list-style-type: none"> • Emphasize whole grains over refined grains. • Limit sugary foods, including sweets and sugary beverages. <p>Protein:</p> <ul style="list-style-type: none"> • Include lean protein sources. <p>Fats:</p> <ul style="list-style-type: none"> • Opt for healthy fats from olive oil, avocados, and nuts. <p>Vegetables:</p> <ul style="list-style-type: none"> • Aim for a variety of colorful, non-starchy vegetables. 	<ul style="list-style-type: none"> • Physical activity recommendations. • Blood sugar monitoring guidelines. • Follow-up appointments and adjustments to the diet plan.

Fruits:

- Choose whole fruits and monitor portion sizes.

Beverages:

- Stay hydrated with water, herbal teas, or black coffee.

Portion Control:

- Monitor portion sizes to avoid overeating.

Regular Meals:

- Encourage consistent meal timing.

Additional notes: