






24 H DIET MENU

Breakfast	II breakfast	Lunch	Snack	Dinner
<i>570 kcal/ 30 P/13 F/ 85 C</i>	<i>265 kcal/15 P/ 7 F/ 36 C</i>	<i>535 kcal/28 P/22 F/54 C</i>	<i>85 kcal/0,7 P/0,7 F/20 C</i>	<i>530 kcal/31 P/18 F/57 C</i>
<p>‘Chocolate night oats with fruits and nuts’</p> <p>-40 g of oats -1 pot of unsweetened vanilla protein yogurt -0,5 of a glass of 1.5 % milk -1 tablespoon of unsweetened cacao powder -75 g of blueberries -60 g of banana -15 g of hazelnuts -1 cup of a green tea</p> 	<p>‘Sandwich with ham and vegetables’</p> <p>-2 slices of whole wheat bread -1 teaspoon of tub margarine -2 slices of lean turkey/chicken ham -a few leaves of lettuce -0,5 of cucumber -a handful of radishes - 1 bottle of water</p> 	<p>‘Vegan bolognese’</p> <p>-50 g of spaghetti pasta -10 g of olive oil -70 g of smoked tofu -180 g of tomato souce -30 g of onion -a handful of cherry tomato -40 g of light mozzarella -handful of fresh parsley -seasonings -0,5 of bottle of water</p> 	<p>-1 apple -1 cup of a black tea</p> 	<p>‘Wrap with scramble eggs, cheese and vegetables’</p> <p>-1 lavash -2 eggs -0,5 of bell pepper -20 g of onion -1 slice of light-yellow cheese (<3% of fat) -1 teaspoon of olive oil -a handful of arugulas -seasonings -1 cup of herbal tea</p> 

RECOMMENDATION

The daily menu should be based on the Mediterranean diet pattern, which was associated with a lower risk of type 2 diabetes [1].

1. The patient should drink 8-9 glasses of water/ day. Some of them can be substituted with tea, milk, ayran or sugar-free drinks [2].
2. The diet should be rich in whole wheat products e.g. brown bread, rice, pasta, oats etc. Some of them after cooking can be refrigerated to produce resistant starch (lower GI).
3. The highly processed food intake should be reduced to a minimum e.g maximum 2 portions of sweets/ salty snacks per week.
4. Red meat should be cut down and replaced with lain meat, eggs, high-protein, low-fat dairy products e.g: <1.5% of fat milk, <10% of fat cheeses, yogurt, ayran, chicken, turkey, fish. They should take place in the diet at least 3 times per day, one of them can be replaced with a portion of lentils, chickpeas, beans.
5. Fish consumption, especially fatty ones should be taken into account in the weekly menu, to provide appropriate omega-3 fatty acids intake e.g. 1 portion of salmon, 1 portion of
6. The patient should eat at least 3 portions of vegetables and 2 portions of fruit per day e.g.: 1 tomato, 1 cucumber, a handful of lettuce; 1 apple, 1 pear.
7. The meals should be eaten regularly, and the gaps shouldn't be longer than 4 h.
8. The fat from animal products should be replaced with plant' sources e.g. butter→ avocodo/ tub margarine, lard→ olive oil, dried beef→ nuts, etc [3].
9. The meals should be boiled, baked and sauté instead of deep fried.
10. Vitamin D should be supplemented: 2,000 IU/day [4].

REFERENCES

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