|  |  |  |  |
| --- | --- | --- | --- |
| **Type of meal** | **Time** | **meals** | **quantity** |
| Breakfast | 6:00am | Tom brown  Wheat bread  Salmon  Salad without dressing | 3 soup ladles  1 slice  3 match boxes  2 soup ladles |
| Mid-morning snack | 10:30am | Watermelon | 1 wedge |
| Lunch | 12:30pm | Boiled rice  Kontomire stew  Palm oil  Smoked Fish | 3 stew ladle  2 soup ladles  1 desert spoon  3 match box |
| Mid-afternoon Snack | 4:00pm | Orange | 1 medium size |
| super | 6:00pm | Boiled Plantain(Apentu)  Garden egg stew  Palm oil  Smoked fish(Salmon) | 2 Fingers  1 soup ladles  1 desert spoon  3 match boxes |
| Bed time Snack | 7:30pm | Local Banana | 2 fingers |

**DIET PLAN FOR 24 HOUR RECALL**

Gestational Diebeties

|  |  |  |  |
| --- | --- | --- | --- |
| **Type of meal** | **Time** | **meals** | **quantity** |
| Breakfast | 6:30am | Oblayoo  Wheat bread  sugar  ideal milk  Vegetables Salad without dressing with  tuna | 2 soup ladles  2 slice  2 desert spoons  4 Desert spoons  1 soup ladle  2 match boxes |
| Mid-morning snack | 10:30am | Pear | One and half medium size |
| Lunch | 12:30pm | Vegetable stew  Boiled yam  Salmon | 3 stew ladle  2.5 sardine tin size  3 match box |
| Afternoon Snack | 4:00pm | Apple | 1 medium size |
| super | 6:00pm | Boiled Rice  Tomato stew  Cooking oil  Salmon | 4 rounded stew ladle  4 stew ladles  1 desert spoon  3 match boxes |
| Bed time Snack | 7:30pm | Orange | 1 medium size |

**DIET PLAN FOR 24 HOUR RECALL**

Cardio Vascular Disease

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| --- | --- | --- | --- |
| Breakfast | 6:30am | Rice porridge  Wheat bread  sugar  ideal milk  Vegetables Salad without dressing with cream  tuna | 4 soup ladles  3 slice  2 desert spoons  4 Desert spoons  1 soup ladle  3 match boxes |
| Mid-morning snack | 10:30am | Pear | One and half medium size |
| Lunch | 12:30pm | cabbage stew  Boiled yam  Somked tuna | 4 soup ladle  2.5 sardine tin size  4 match box |
| Afternoon Snack | 4:00pm | Apple | 1 medium size |
| super | 6:00pm | Fufu  Kontomire soup  Salmon | 2.5 sardine tin size  3 soupladles  1 desert spoon  3 match boxes |
| Bed time Snack | 7:30pm | Orange | 1 medium size |

**DIET PLAN FOR 24 HOUR RECALL**

HIVAIDS