

Patient Name: John Doe
Date: 15/11/2024
Prepared by: Clinical Nutritionist

Objective:

To provide a structured, balanced, and sustainable diet plan tailored to Mr. Doe’s conditions, aiming to:

- Maintain optimal glycemic control (target HbA1c <7%).
- Support cardiovascular health and weight management.
- Prevent further complications such as diabetic neuropathy and retinopathy.

General Dietary Guidelines:

1. **Carbohydrate Management:**
 - Focus on complex carbohydrates with a low glycemic index (GI).
 - Spread carbohydrate intake evenly across meals to prevent blood sugar spikes.
2. **Protein Intake:**
 - Include lean protein in every meal to support satiety and muscle health.
3. **Fat Control:**
 - Limit saturated and trans fats.
 - Emphasize heart-healthy fats like omega-3 fatty acids from fish and nuts.
4. **Salt Restriction:**
 - Keep sodium intake below 1500 mg/day to manage hypertension.
5. **Hydration:**
 - Drink 2–2.5 liters of water daily.
 - Limit caffeinated beverages and avoid sugary drinks.

Daily Meal Plan

Breakfast (7:00 AM)

- 1 small bowl of steel-cut oatmeal (low GI) topped with:
 - 1 tablespoon chia seeds.
 - ½ cup fresh blueberries.
- 1 boiled egg or scrambled egg whites (2–3).
- 1 cup unsweetened almond milk or black coffee (optional).

Nutrition Notes:

- Provides slow-releasing carbohydrates and protein to stabilize morning blood sugar levels.

Mid-Morning Snack (10:00 AM)

- 1 small handful of unsalted almonds (10–12 nuts).
- 1 medium-sized apple (low GI).

Nutrition Notes:

- Healthy fats and fiber-rich snack to curb hunger.

Lunch (1:00 PM)

- Grilled chicken breast (150 g) or baked salmon.
- 1 cup steamed non-starchy vegetables (broccoli, spinach, zucchini).
- ½ cup quinoa or brown rice.
- 1 small bowl of mixed greens with olive oil and lemon dressing.

Nutrition Notes:

- Balanced meal with lean protein, fiber, and healthy fats.

Afternoon Snack (4:00 PM)

- 1 slice whole-grain bread or rice cake topped with 1 tablespoon almond butter.
- 1 cup green tea or herbal tea (unsweetened).

Nutrition Notes:

- Low-GI carbohydrate and healthy fat to maintain energy levels.

Dinner (7:00 PM)

- 1 cup lentil soup or chickpea salad.
- 1 grilled turkey patty or tofu stir-fry.
- 1 cup sautéed non-starchy vegetables (e.g., asparagus, kale).
- ½ small avocado (optional).

Nutrition Notes:

- Light yet filling meal to prevent nighttime blood sugar spikes.

Evening Snack (9:30 PM)

- 1 cup low-fat Greek yogurt (unsweetened) topped with:
 - 1 tablespoon ground flaxseed.

Nutrition Notes:

- Protein and fiber to stabilize blood sugar overnight.

Additional Recommendations:

1. **Avoid:** Sugary snacks, fried foods, processed meats, and alcohol.
2. **Incorporate:** Spices like turmeric, cinnamon, and garlic for their anti-inflammatory benefits.
3. **Portion Control:** Monitor serving sizes to maintain a healthy weight.