

Phase 4: Eating plan

Diabetes Prevention Program - Eating Plan 4

Phase 4 Eating Plan

Breakfast:

2/3 Cup of traditional oats, or 3 Tablespoons of natural muesli, or ½ Cup of Muesli flakes.

2/3 Cup of milk (reduced or low-fat cow or soy).

1-2 serves of fruit.

1-2 Cups of drink.

Lunch:

1 small can (~100 g) of seafood (e.g., tuna or salmon in water or brine), or 1 egg, or 1 slice of reduced fat (at least 25% less fat) cheese.

1-2 Cups of salad vegetables from the “Foods and beverages while following the Ketogenic Very Low Energy Diet” handout.

2 slices of bread (multi-grain, dense wholegrain or authentic sourdough).

1-2 Cups of drink from the “Foods and beverages while following the Ketogenic Very Low Energy Diet” handout.

Dinner:

90g (raw weight) of lean meat, poultry, or seafood.

1 1/3 Cups of cooked pasta or noodles, or 1 Cup of cooked long-grain rice (e.g., Basmati).

1½ Cups of cooked vegetables, or 3 Cups of salad vegetables.

2 teaspoons of oil, margarine, or vinaigrette

1/2 Cup reduced-fat natural yoghurt + 1 piece of fruit.

1-2 Cups of drink.

Snacks:

If required, fresh fruits and vegetables.

Phase 4 Eating Plan Example

Breakfast:

2/3 Cup of traditional oats.

2/3 Cup of reduced-fat cow milk.

½ Cup of mixed berries (fresh or frozen).

Phase 4: Eating plan

- 1 Cup of coffee + reduced-fat cow milk if desired.
- 1 Cup of water (with Diet/Sugar free cordial if desired).

Lunch:

- 1 small can (~100 g) of seafood (e.g., tuna or salmon in water or brine).
- 1 - 2 Cups of mixed salad vegetables (e.g., mixed lettuce, carrot, onion, tomato and cucumber).
- 2 slices of multi-grain bread.
- 1 Cup of black coffee + reduced-fat cow milk if desired.
- 1 Cup of water (with Diet/Sugar free cordial if desired).

Dinner:

- 90g (raw weight) of lean meat, poultry, or seafood.
- 1 1/3 Cups of cooked pasta or noodles.
- 1 - 2 Cups of steamed vegetables (e.g., carrots, broccoli, cauliflower, snow peas, etc.) + vegetable seasoning.
- 2 teaspoons of oil, margarine, or vinaigrette
- 1/2 Cup reduced-fat natural yoghurt + 1 piece of fruit.
- 1 - 2 Cups of water (with Diet/Sugar free cordial if desired).

Snacks:

If required, fresh fruits and vegetables