***DietPlan for cardiovascular disease***

***Age 40***

***Gender female***

T2DM

Total caloric requirements =1500 kcal

Carbs= 187.5g or 750kcal

Proteins = 93.75g or 375kcal

Fats= 41.6g or 375kcal

**Prebreakfast**

.1 oz or 7 almonds

.Or 3 walnuts

**Breakfast**

.2 slices of brwon bread

.1 cup skimmed milk or half cuplow fat yoghurt without adding brwon or white sugar

.2 egg whites boiled or in omelette with 1 serving of vegetables( half onion half bell pepper half 🍅)

**Mid monrning**

1 seasonal fruit

.Peach

.Apricot

.Guvaua

. medium Apple

.Half cup pineapple

.Half cup berries

.Half cup melon

.Half cup water melon

.Half cup mango

.2 dates

.1 medium orange

.Half cup cantaloupe

.1 cup porridge ( wheat or oatmeal)

**Lunch**

.3 oz chicken with removed visible day

.Whole wheat chapati (1 cup flour)

.1 bowl salad of steamed vegetables with 1 tbsp of olive oil

**Mid evening**

.Lemon ginger tea

.Chana chat half bowl with added yoghurt (low fat)

**Dinner**

.Half chapati

.1 bowl of legumes with 1 serving of vegetables or meat

E.g daal palak

Daal kaddu

Daal gosht

Rida aslam

DHND 01