

Neal Plan Samples for NORMAL WEIGHT\*

Controlled or Uncontrolled Diabetes

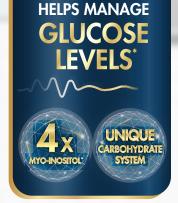
### **MEAL PLAN 5** 2200 Calories per day • Chapati, 1 pc (270 kcal) Dhal, 1 small plate (120 kcal) Fried sardine roll, 2 pcs (200 kcal) Teh tarik, 1 glass (130 kcal) 1 DSF (228 kcal) Total = 520 kcal Total = 428 kcal **Breakfast** Snack kcal **Dinner** Lunch Fried rice, 1 plate (550 kcal) Rice (preferably brown), 1 plate (200 kcal) Cabbage, stir fried, 2 tablespoon (45 kcal) Iced lemon tea. 1 glass (30 kcal) Orange, 1 medium (65 kcal) Green leafy vegetables. stir-fried, 1 cup (90 kcal) Total = 645 kcal Fried chicken, 1 drumstick (200 kcal) Plain water, 1 glass Total = 535 kcal **Meal Plan Samples for**

(Use 1-3 servings of DSF per day based on individual assessment of desired rate of weight gain and clinical targets)











#### **MEAL PLAN 1** 1200 Calories per day DSF · Guava, 1 packet, 1 DSF (228 kcal) chopped (70 kcal) • 1 banana, small size (75 kcal) Total = 70 kcal Total = 303 kcal **Breakfast** Snack Dinner kca Lunch · Rice (preferably brown), • 1 DSF (228 kcal) 2 rice scoops (200 kcal) · Popiah, non fried. Stir-fried mixed vegetables, 1 cup (50 kcal) 1 piece large (100 kcal) . Spinach soup 1 bowl (50 kcal) Apple, 1 medium (60 kcal) Ikan kembung bakar, 1 whole (150 kcal) Total = 388 kcal • Plain water, 1 glass Total = 450 kcal DSF

## **Meal Plan Samples for** RWEIGHT OR OBESE\*

(Use 1-2 servings of DSF per day to replace 250-500 kcal from meals based on individual assessment of weight loss and clinical targets)



# **Meal Plan Samples for**

(Use 1-2 servings of DSF per day to replace 250-500 kcal from meals based on individual assessment of weight loss and clinical targets)

\*Calories & CHO exch (carbohydrate exchange) counted are approximately ±5% of target

DSF = Diabetes-specific formula + Adapted from Patient Algorithm Theraphy For Metabolic Control meal plan



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