

DIET PLAN FOR PRE-DIABETES



BREAKFAST

It's important for diabetics to avoid skipping breakfast at any cost. The ideal breakfast for a diabetic should be low on sugar content. It should sufficiently replenish energy reserves for the day ahead. Some of the best options are

- A cup of skimmed milk
- Green tea
- Cottage cheese

LUNCH

Most often people tend to overeat during the midday meal or lunch. However, this is a tendency that a diabetic needs to curb. A diabetic's afternoon meal should consist of nutritious food in small proportions with overall low sugar content. The ideal diabetic lunch can comprise of:

- 1 cup vegetable soup with 5 to 6 crackers
- A small apple is a healthy finish to this meal.

DINNER

Dinner is the last meal of the day. Hence it is equally important to have a healthy dinner. However, food intake at night is the best kept light for diabetics and non-diabetics alike.

- The perfect diabetic dinner would consist of
- A light vegetable soup.
