

Diet name	DIET WITH RESTRICTION OF EASILY DIGESTIBLE CARBOHYDRATES (6)
Application	<p>For individuals:</p> <ul style="list-style-type: none"> • with diabetes, • With insulin resistance, • With impaired glucose tolerance, • With hypertriglyceridemia.
Dietary recommendations	<ul style="list-style-type: none"> • A diet with a restriction of easily digestible carbohydrates is a modification of the basic diet. This modification involves a limited supply of glucose, fructose and sucrose, and foods with a low glycemic index are recommended, • The energy and nutritional value of the diet is adjusted to the patient's body weight and physiological state, based on current nutrition standards for the Polish population and guidelines of scientific societies, • The diet should be properly balanced and varied in terms of the proportion of food groups: cereal products, dairy products, vegetables and fruits, potatoes, meat products and fish, pulses and fats, • Meals should be served at the same time. The number of meals should be the same each day - 4-6 per day as recommended by the doctor and/or nutritionist. Breaks between meals should be no more than 3-4h, • Eliminate eating between meals, • The diet should be varied, diversified in terms of taste, color, texture and digestibility of food and thermal processing, • The amount of carbohydrates consumed should be controlled, • Limit consumption of products containing simple sugars, including added sugars, • the main source of carbohydrates in the diet should be whole grain cereal products, at least 2 servings a day of whole grain cereal products should be given, • Choose products with a low glycemic index (GI<55), • carbohydrate products should not be eaten alone, protein and fat products should be included in every meal, • plan to add vegetables or fruits to each meal (a minimum of 400 grams per day), with a predominance of vegetables - at least 3 servings of high-fiber vegetables should be served, at least some vegetables and fruits should be served raw, the use of frozen products is allowed. It is recommended to choose fruits that are less ripe due to their lower sugar content, • Milk and dairy products, including fermented beverages or plant-based products replacing dairy products should be consumed in at least 2 meals per day, • Each day, serve at least 1 serving from the group of meat, eggs, pulses and/or processed pulses, other plant-based substitutes for animal protein, • Legume seeds and/or their preparations should be included at least 3 times in the decadal menu, • Fish and/or fish products (mainly from marine fish) should be included at least 3 times in the decadal menu, • Animal fats (e.g., lard) should be limited in favor of vegetable fat,

	<ul style="list-style-type: none"> • At least 1 meal per day should contain products rich in unsaturated fatty acids, • It is advisable to limit heavy and bloating foods, • Include water/beverage with limited sugars in each meal, • In addition to the drinks included in the menu, the patient should have constant access to drinking water - water dispensers in each ward are recommended. <p>When selecting products, pay attention to their:</p> <ul style="list-style-type: none"> • Quality, • shelf life, • seasonality. <p>Culinary techniques used:</p> <ul style="list-style-type: none"> • Traditional cooking or steaming, • Braising without frying first, • Baking without the addition of fat, such as in aluminum foil, in baking sleeves, parchment paper, heatproof dishes and in convection ovens, • Grilling without adding fat, on a grill pan or electric grill, • fried foods should be limited to 3 times in the decadal menu, light frying in a small amount of vegetable oil without coating is allowed. <p>Practical tips for making meals:</p> <ul style="list-style-type: none"> • soups, sauces and dishes should be made from natural ingredients, without the use of food concentrates, excluding concentrates made from natural ingredients, • Limit the whitening of soups and sauces with cream and its vegetable substitutes such as coconut milk, • Do not add roux to dishes, • Pasta, groats, rice, vegetables should be cooked "al dente" - overcooked products significantly increase sugar levels, • it is permissible to use sweeteners (in accordance with current regulations) for prepared foods and beverages, • Sugar added to beverages and foods should be limited, • Minimize the addition of salt in favor of herbs and natural spices. 		
Energy value	Energy (En)	K: 2000 - 2200 kcal	M: 2201-2400 kcal
Nutritional value	Protein	Reference values: 10-20% En	25-50 g/1000 kcal
	Total fat	Reference values: 20-30% En	22-33 g/1000 kcal
	of which saturated fatty acids	Reference values: as little as possible, but no more than 10% En	< 11 g/1000 kcal
	Total carbohydrates	Reference values: 45-65% En	113-163 g/1000 kcal
	of which simple sugars	Reference values: as little as possible, but no more than <10% En	< 25 g/1000 kcal
	fructose	≤ 50 g/day	

	Fiber	15g/1000 kcal
	Sodium	≤ 2000mg/day
Food groups	Recommended products	Contraindicated products
Cereal products	<ul style="list-style-type: none"> • All whole grain flours, • Whole grain bread, without added sweeteners, such as: wholemeal rye, graham, bread with added bran and grains, • Rye and mixed breads, • Medium- and coarse-grained groats: buckwheat, barley (pearl, country, Masurian), spelt, bulgur; millet groats (in moderate amounts), • Natural flakes, e.g.: oat, buckwheat, barley, wheat, rice, rye, muesli without added sugar or sugar substitutes such as glucose-fructose syrup, • Pasta, e.g.: wholemeal, buckwheat, spelt, rye, wheat from durum flour (cooked "al dente"), • brown rice, red rice, • Flour dishes primarily made from whole wheat flour, e.g.: dumplings, kopytka, noodles (in limited quantities), • Bran, e.g.: oat, wheat, rye, spelt. 	<ul style="list-style-type: none"> • white wheat bread, • Baked goods with added sugar, malt, syrups, honey, caramel, • Fine groats (semolina, corn), • white rice, • Flour dishes, for example: pancakes, dumplings, kopytka, noodles, • Products made from high-grain flour fried in a large amount of fat, for example: doughnuts, favors, pancakes, • Rice flakes, corn flakes and other sweetened breakfast cereals, e.g.: cinnamon, chocolate, honey.
Vegetables and vegetable preparations	<ul style="list-style-type: none"> • All fresh and frozen vegetables, boiled, stewed with little fat, roasted vegetables. 	<ul style="list-style-type: none"> • Vegetables cooked with a lot of fat.
Potatoes, Batats (in limited quantities)	<ul style="list-style-type: none"> • Potatoes, yams: boiled, roasted. 	<ul style="list-style-type: none"> • fried potatoes (French fries, plates).
Fruits and fruit preserves	<ul style="list-style-type: none"> • Fruit less ripe, • Fruits: fresh, frozen, cooked, baked; • Fruit mousses with no added sugar, • Low-sugar fruit preparations, such as jams (in limited quantities). 	<ul style="list-style-type: none"> • fruit in sugar syrups, • candied fruit, • high-sugar fruit preserves, • dried fruits.
Legume seeds	<ul style="list-style-type: none"> • All legume seeds, • Legume seed products with low salt content. 	<ul style="list-style-type: none"> • Legume seed products with a lot of salt.
Seeds, seeds, nuts	<ul style="list-style-type: none"> • All seeds, seeds and unsalted nuts, e.g. walnuts, hazelnuts, peanuts, pistachios, cashews, 	<ul style="list-style-type: none"> • Salted nuts, nuts in a pie crust, in caramel, in chocolate, in icing,

	<ul style="list-style-type: none"> almonds, sunflower seeds, pumpkin seeds, sesame, flaxseed, "Peanut butter" without added salt and sugar (in limited amounts). 	<ul style="list-style-type: none"> "peanut butter" salted.
Meat and meat products	<ul style="list-style-type: none"> With low fat content, such as: skinless poultry (chicken, chicken, turkey), lean beef, veal, lamb, rabbit, lean batches of pork, such as: tenderloin, loin, ham, Lean varieties of unground meats: poultry, pork, beef, Baked pates made of lean meat, Lean sausage varieties, poultry jellies. 	<ul style="list-style-type: none"> With high fat content, such as: fatty poultry (duck, goose), fatty beef and pork, mutton, Cured meats and those with a high salt content, Meats fried in large amounts of fat, Fatty cured meats, e.g.: bologna, bacon, Fatty and low-grade sausages, sausages, minced meat, mortadella, fatty pates, Offal meats (pâté, liverwurst, brawn), Raw meats such as tartare.
Fish and fish products	<ul style="list-style-type: none"> All marine and freshwater fish, canned fish (in limited quantities), Smoked fish (in limited quantities). 	<ul style="list-style-type: none"> Fish fried in large amounts of fat, raw fish.
Eggs and egg dishes	<ul style="list-style-type: none"> cooked, Sauteed eggs and scrambled eggs steamed or fried in low fat, Omelets, egg chops fried in a small amount of fat. 	<ul style="list-style-type: none"> Eggs cooked with a lot of fat, Eggs fried in lard, greaves, fatty sausage.
Milk and dairy products	<ul style="list-style-type: none"> Skim or semi-skimmed milk and cottage cheese, Natural fermented milk drinks with no added sugar, Reduced-fat rennet cheeses (in limited quantities). 	<ul style="list-style-type: none"> milk and fat cottage cheese, condensed milk, Yogurts and dairy desserts with added sugar, fatty rennet cheeses, fatty cream.
Fats	<ul style="list-style-type: none"> Vegetable oils, for example: rapeseed, sunflower, flax, corn, olive oil, Soft margarine (in limited quantities), Mayonnaise (in limited quantities). 	<ul style="list-style-type: none"> Animal fats, such as butter, pork lard, beef tallow, lard, hard margarines, clarified butter, coconut and palm fat, "coconut butter." fryer fritter.
Desserts (in limited quantities)	<ul style="list-style-type: none"> pudding (no sugar added), Jelly (no sugar added), Kisiel (no sugar added), Fruit salads (without added sugar), low-sugar yeast cakes, low-sugar sponge cakes, 	<ul style="list-style-type: none"> Sweets containing large amounts of sugar and/or fat, Cakes and cakes with confectionery masses, confectionery creams, whipped cream, Shortcrust pastries with a lot

	<ul style="list-style-type: none"> • Dark chocolate with a high content (>70%) of cocoa. 	<ul style="list-style-type: none"> of fat, • puff pastry, • chocolate-like products.
Beverages	<ul style="list-style-type: none"> • Still water, low carbonated mineral water, • Tea, e.g.: black, green, red, white, fruit, • Herbal infusions - weak infusions, • Natural coffee, cereal coffee, • buffalo, • natural cocoa (no sugar added), • vegetable juices, • Fruit juices (in limited quantities), • Compotes (without added sugar). 	<ul style="list-style-type: none"> • high-sugar beverages, • fruit nectars, • Flavored waters with added sugar, • energy drinks, • alcoholic beverages.
Spices	<ul style="list-style-type: none"> • All natural herbal and spice spices, • Prepared vegetable seasonings (in limited quantities), • Salt (in limited quantities) • Mustard, ketchup, horseradish (in limited quantities), • Soy sauce, liquid all-purpose seasoning (in limited quantities) 	<ul style="list-style-type: none"> • ready-made seasoning mixes with salt, • Broth cubes and bouillon essences, • Ready-made bases for soups and sauces, • Ready-made salad dressings and dressings.

Source: <https://www.termedia.pl/>