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# A kind of diet

## DIET FOR DIABETIC PEOPLE

Eating the right foods for diabetes means eating a variety of healthy foods from all food groups



### WHAT PRODUCTS SHOULD I CONSUME IF I AM DIABETIC?

- Fruits and vegetables
- Whole grains such as whole wheat, brown rice, barley, quinoa, and oats
- Protein, such as lean meats, chicken, turkey, fish, eggs, nuts, beans, lentils, and tofu
- Skim or low-fat dairy products such as milk, yogurt, and cheese

## DIET FOR VEGETARIANS

A vegetarian diet does not include any meat, poultry, or seafood. It is a meal plan made up mostly of plants.

### WHAT DOES YOUR DIET INCLUDE?

- Vegetables
- Fruit
- Whole grains
- Legumes
- Seeds
- Walnuts
- May include eggs and/or milk, if lacto-ovo vegetarian



## SOFT DIET

A bland diet includes foods that are bland, not very spicy, and low in fiber. If you are following a bland diet, you should not eat spicy, fried or raw foods. You should also not drink alcohol or drinks containing caffeine.

### FOODS I CAN EAT

- Milk and other dairy products, only low-fat or fat-free
- Cooked, canned or frozen vegetables
- Potatoes
- Canned fruits as well as applesauce, banana and melon
- Fruit juices and some vegetables
- Breads, cookies and pasta made with refined white flour
- Hot and refined cereals
- Lean, tender meats, such as poultry, white fish, and shellfish, steamed, baked, or grilled without added fat
- Creamy peanut butter
- Pudding and custard
- Graham crackers and cookies •vanilla waffle
- Ice and jelly popsicle
- Eggs
- Tofu
- Soup, especially broth
- Light tea



# **BIBLIOGRAPHY**

**Diabetic: <https://medlineplus.gov/spanish/diabeticdiet.html>**

**Vegetarian: <https://medlineplus.gov/spanish/ency/article/002465.html>**

**Soft: <https://medlineplus.gov/spanish/ency/patientinstructions/000068.htm>**