

DAIRY/one serve

One serving =

- Small packet (125 ml) low fat milk.
- Small packet (125 ml) low fat Laban drink.
- Small container (150 gm) low fat yoghurt.



SNACK

- One cup low salt popcorn (homemade)
- ¼ cup of raw nuts .

WATER

- Drink water frequently.

For safety eat cooked food within 2-3 hours from preparation

Go for homemade choices.

Choose your healthy balanced meal



Patient and Family Education

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Choose your healthy balanced meal

GRAINS/ 2 serves

Whole grain or high fiber

One serving =

- One slice toast bread (brown)
- ¼ brown khubos
- 1/3 cup cooked or boiled rice or macaroni or noodles
- ½ cup of cooked or boiled lentils, corn or oat
- One small boiled or baked potato
- One piece bran biscuit or 1 ½ shaboora

VEGETABLE /2 serves

One serving =

- One cup raw
- ½ cup cooked
- Cucumber, carrots, tomato, lettuce, broccoli, squash and okra.



PROTEIN/ one serve

30 gram (two finger size) skinless chicken or slice turkey

- Two tablespoon low fat cheese or labnah
- One tablespoon peanut butter
- One boiled egg



FRUIT/one serves

One serving =

- ½ cup fruit salad
- One medium size fruit (apple, pear)
- 2 small size fruit (orange, tangerine)
- 2-4 dried fruits
- 125 ml natural fruit juices.