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|------------------|-----------------------------|
| Meal Type        | Lunch/Dinner                |
| <b>MEAL CODE</b> | <b>DBML (DIABETIC MEAL)</b> |
| Effective Date   | 01 June 2009                |

**ALTERNATE NAMES:**

- Low sugar
- No added sugar

**GUIDELINES :**

**PROHIBITED**

- Fried foods

**ACCEPTABLE**

- Lean meats
- Poultry (skinless)
- Fish (e.g tuna) and seafood
- Low fat dairy products
- Vegetables (potatoes, carrots, cauliflower, tomatoes, beans, peppers)
- Wholegrain pasta, breads, rice and cereals
- High fibre foods (fresh and dried fruit such as grapes, apples, pears, bananas and oranges).
- Packaged fruit, if packed in water or in their own juices
- Unsweetened fruit juice
- Commercially prepared diabetic products
- High intensity sweeteners (Acesulfame-K, Aspartame, Cyclamate, Neohesperidine, Acesulfam Aspartame salt, Saccharin, Sucralose, Stevia, Thaumatin, Neotame)

**USE :**

Diabetic passengers

**CHARACTERISTICS :**

Increased complex carbohydrates

High fibre. Low fat.

No sugar added.

600 < calories < 800 per meal up to 2400 calories per 24-hour period.

**NOTE :**

Availability of sugar substitutes depends on local legislation. Sugar may be used by diabetics, preferably in combination with other foods, in order to improve glycaemic load.