



Voedingsadvies bij diabetes type 2 voor diverse culturen



Colofon Voedingsadvies bij diabetes type 2 voor diverse culturen

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Verantwoordelijke uitgever

Diabetes Liga vzw

Ottergemsesteenweg 456 - 9000 Gent

Iedere nadruk is verboden, tenzij men een schriftelijke toelating heeft bekomen van Diabetes Liga vzw.

Contact

Diabetes Liga vzw

Ottergemsesteenweg 456 - 9000 Gent

09 220 05 20 - liga@diabetes.be

www.diabetes.be

Initiatief

Diabetes Liga vzw

Deze opdracht werd uitgevoerd in kader van een stage.

Uitwerking

Ilham Bennamari

Laurence Praet

Met dank aan de Commissie Voeding Diabetes Liga

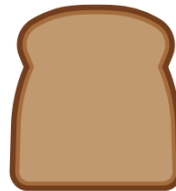
Angenot Charlotte, Boeykens Fran, Clefas Sofie, Declercq Dimitri, Deroo Emma, Doering James, Lanssens Morgan, Ruys Karen, Uytterhaeghe Valérie, Van Gils Carolien, Van Rijsselberghe Marijke, Vandenbulcke Sofie, Vanderstraeten Ria, Vermaire Dorien en Weynants Evy.



groenten en fruit



peulvruchten



volkoren brood



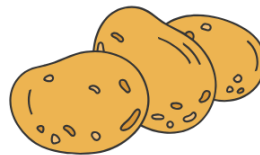
volkoren pasta



melk



yoghurt natuur



aardappelen

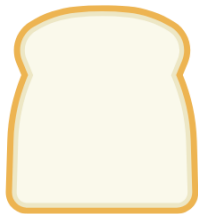


havermout



zilvervliesrijst

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wit brood



witte pasta



witte rijst



cornflakes



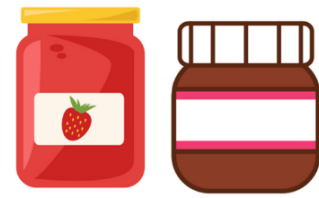
honing en suiker



snoepgoed



gedroogd fruit



confituur en chocopasta



boterkoeken



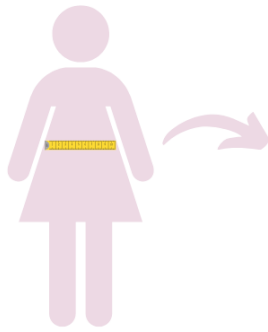
frisdrank

fruitsap

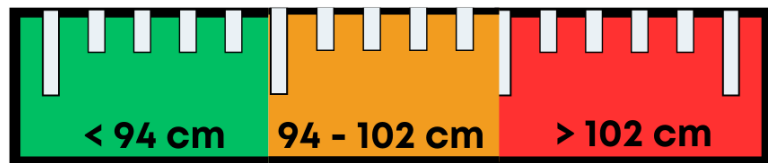
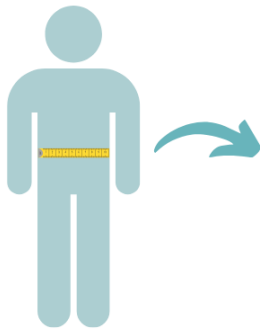


fastfood

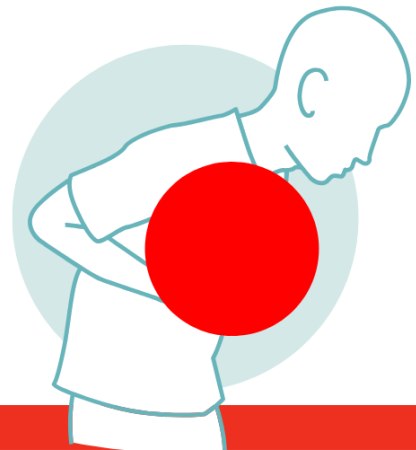
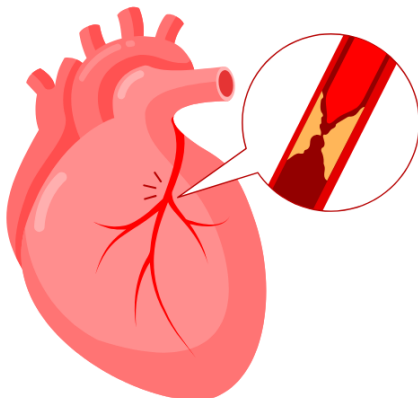
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licht intensief - elke dag



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matig intensief - > 150 min./week



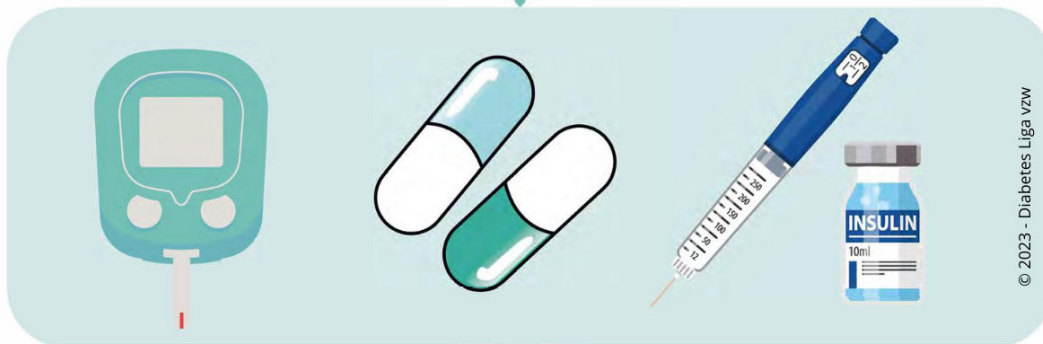
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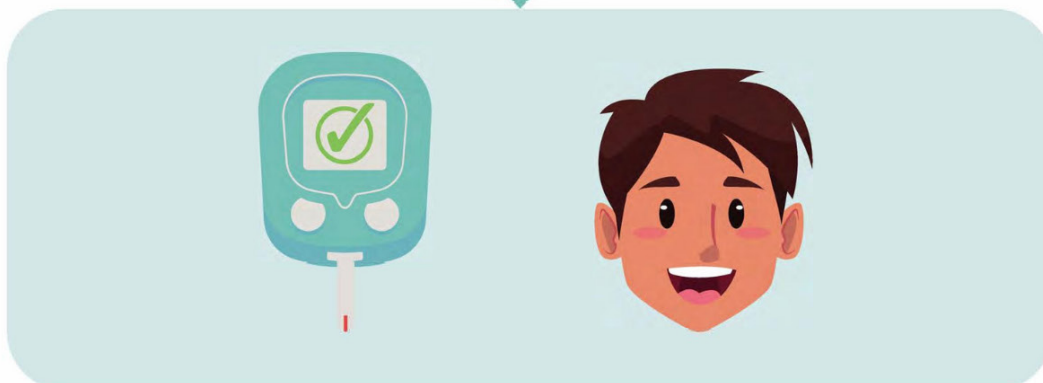
hoog intensief - > 75 min./week



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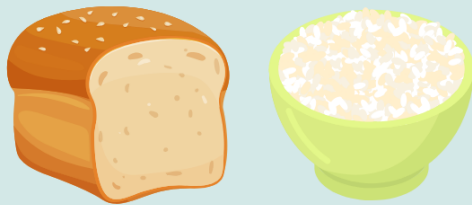
Tips gezonde voeding



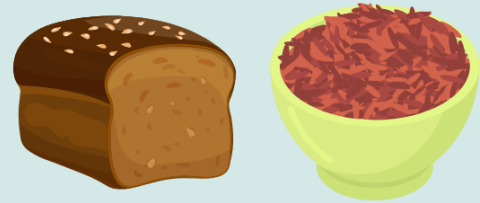
weinig groenten



meer groenten



witte variant



volkoren variant



boter



olie of vloeibare margarine



rood vlees



wit vlees, zalm, peulvruchten, ei

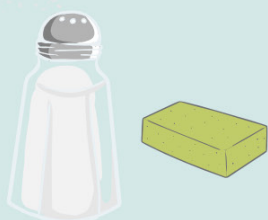


frisdrank

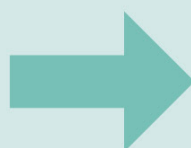


water

Tips gezonde voeding



zout en bouillonblokje



verse kruiden



ongezond tussendoortje



gezond tussendoortje



suiker

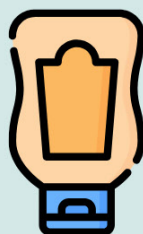


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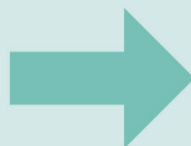


zoetstof

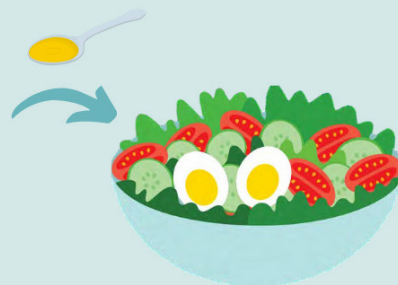
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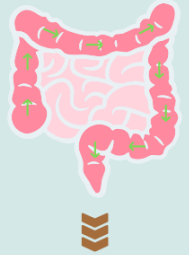
saus



vinaigrette



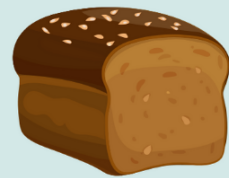
Vezels



groenten



fruit



volkoren brood



peulvruchten



volkoren pasta



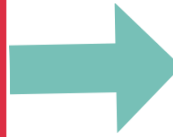
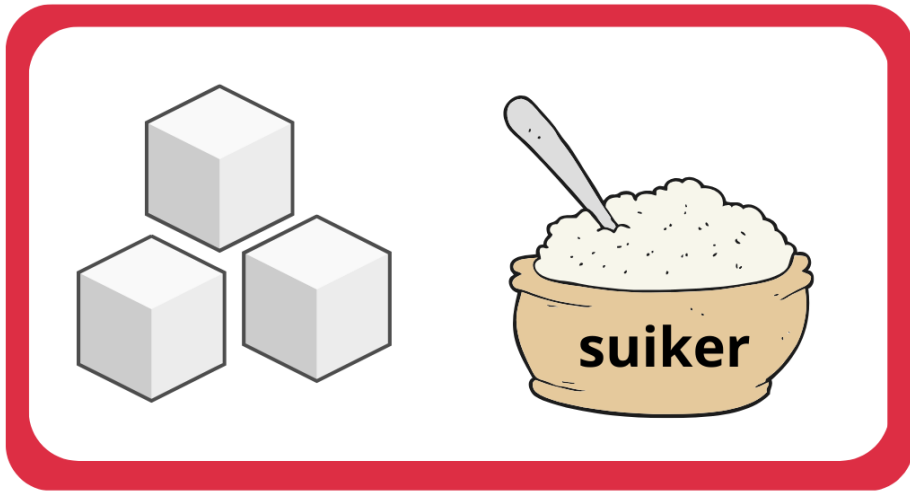
zilvervliesrijst



aardappelen

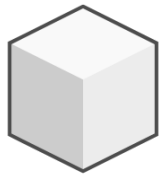


noten en zaden



koolhydraten/suiker

zoetstof





**kraantjeswater flessenwater gearomatiseerd water
zonder zoetstof**

**thee/koffie zonder
toevoegingen**

koffie met melk

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**gearomatiseerd water
met zoetstof**

thee met zoetstof

koffie met zoetstof

licht frisdrank zéro frisdrank

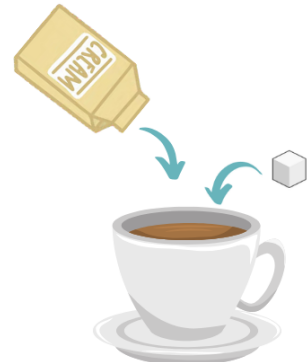
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ijskoffie



thee met suiker



koffie met room en suiker



sportdrink



frisdrank



grenadine/ siroop



fruitsap



fruitsmoothie



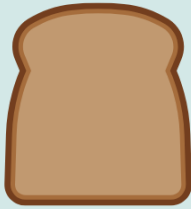
versgeperst fruitsap



milkshake



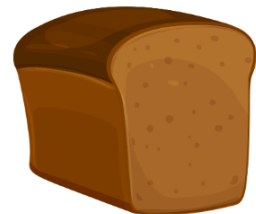
thee met honing



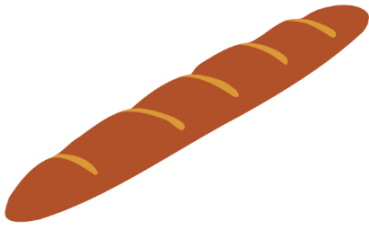
volkoren brood



volkoren wrap



roggebrood



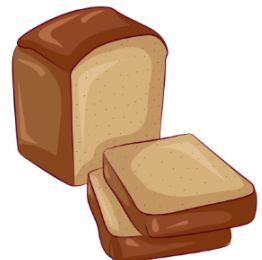
volkoren stokbrood



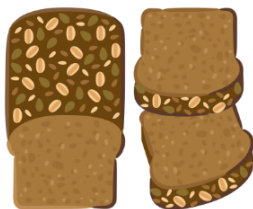
volkoren meel



volkoren pita



bruin brood



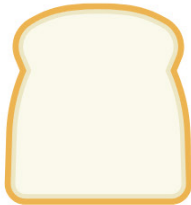
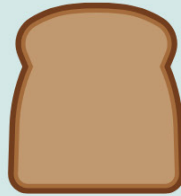
meergranen brood



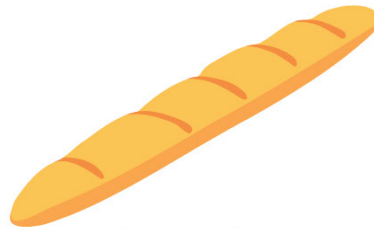
meergranen pistolet



volkoren beschuit/ cracker/
cracotte



wit brood



wit stokbrood



witte meel



börek



bazlama



baghir



msemmen



harcha



pide



boterkoek



pistolet en sandwich



witte beschuit



volkoren ontbijtgranen



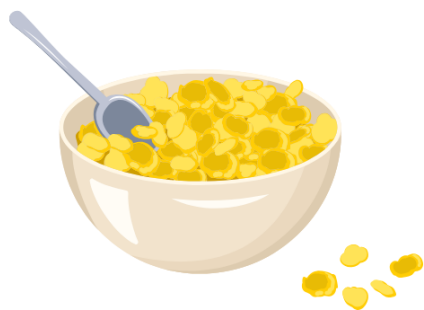
havervlokken



havermout



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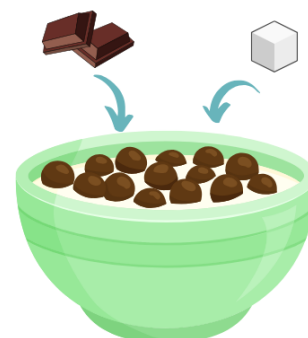
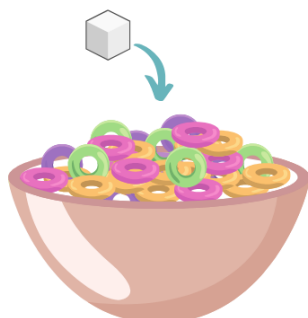


cornflakes natuur



muesli met gedroogd fruit

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gesuikerde ontbijtgranen

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volkoren rijst



volkoren pasta



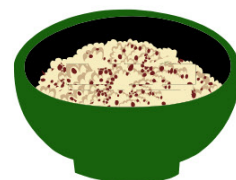
volkoren couscous



volkoren bulgur

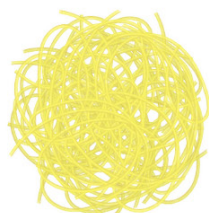


boekweit



quinoa

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vermicelli



witte pasta



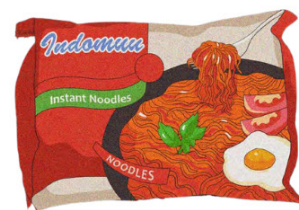
couscous



bulgur

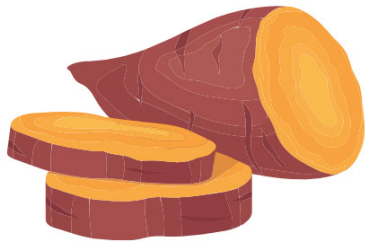


witte rijst

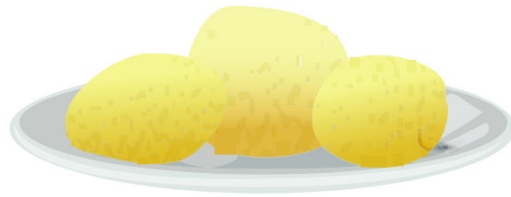


instant noodles

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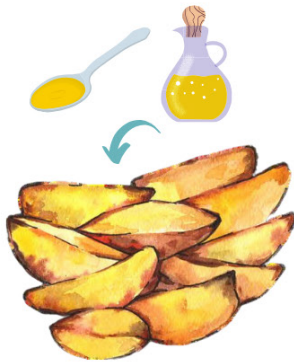


gekookte zoete
aardappelen

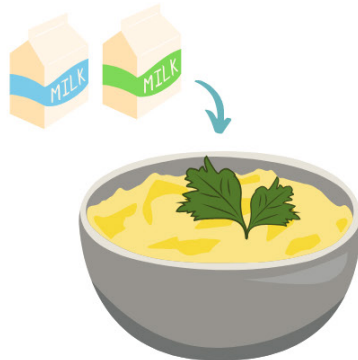


gekookte aardappelen

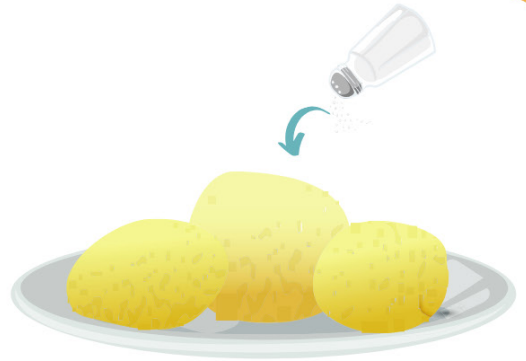
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gebakken aardappelen

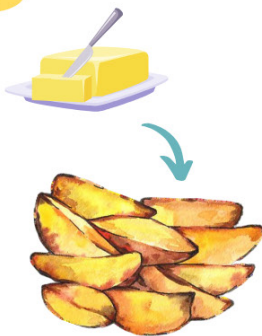


puree

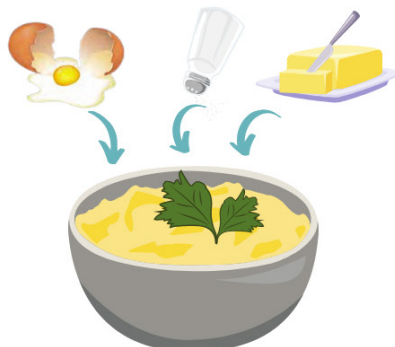


gekookte aardappelen met zout

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gebakken aardappelen



puree



frietten of kroketten



chips

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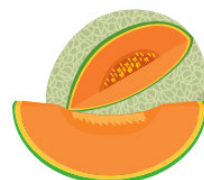
blauwe bes



appel



aardbei



galia meloen



banaan



kaki



lychee



granaatappel

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dadels



rozijnen



vijg



fruit uit blik op siroop/
sap

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smoothie



confituur (met verlaagd
suiker)



appelmoes



fruitsap



gekonfijt fruit

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verse groenten



diepvries groenten
zonder toevoegingen



< 5 g zout per liter

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augurken



spinazie met roomgroenten uit blik/ bokaal



minute soep



soep in blik

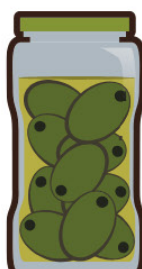
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olijven



groentechips



olijven in olie



soep met ongezonde toevoegingen

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witte bonen



kikkererwten



linzen



zwarte bonen in blik



witte bonen in blik



rode bonen

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geroosterd



vegetarische burger



bonen in tomatensaus

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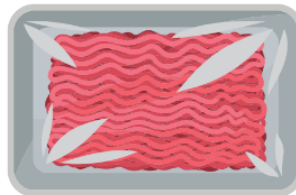


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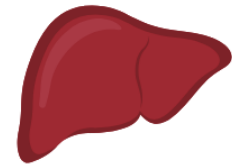
kip, kalkoen, eend, duif, fazant (onbewerkt)



gepaneerd

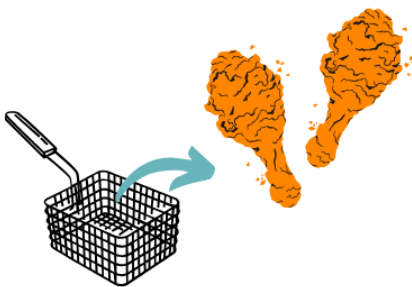


gehakt (< 15 g vet/ 100 g)



organenvlees

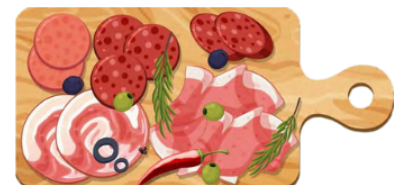
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gefrituurd



worst

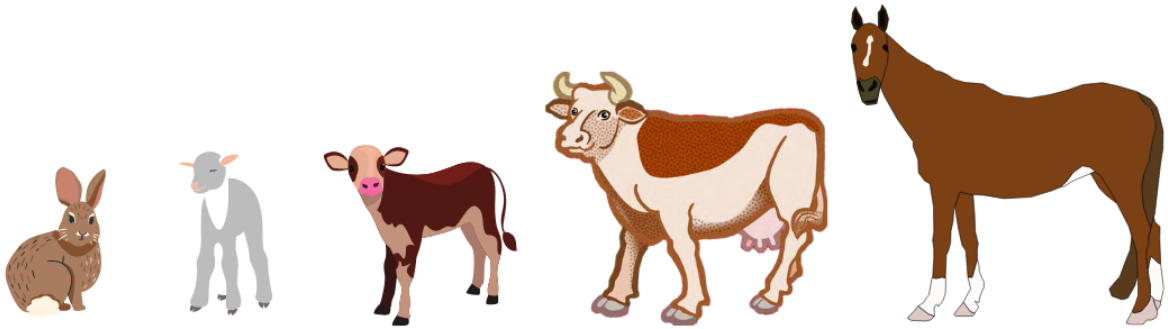


charcuterie

**max. 30 g
bewerkt
vlees/week**

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mager en halfvet

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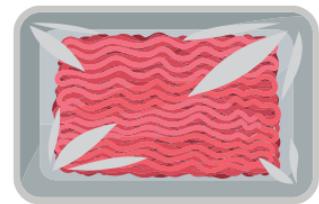
max. 300 g rood vlees/week



vers



gepaneerd



mager gehakt (< 15 g vet/ 100 g)

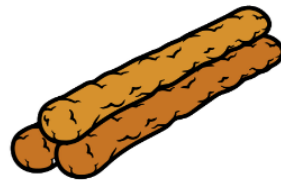
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rundersalami



worst



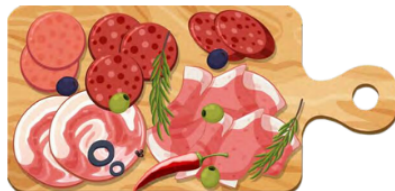
frikandel



kebab



burger



charcuterie

max. 30 g
bewerkt
vlees/week



organvlees

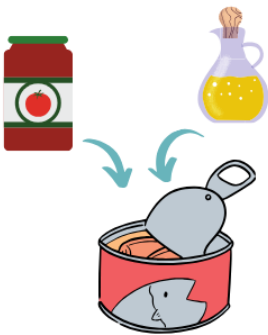
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magere of vette vis, vers of diepvries zonder toevoegingen

in eigen nat

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in olie of tomatensaus



gepaneerd



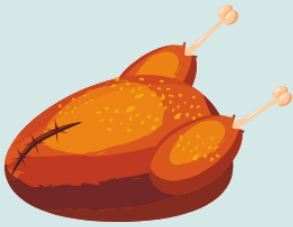
gerookt

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gefrituurd

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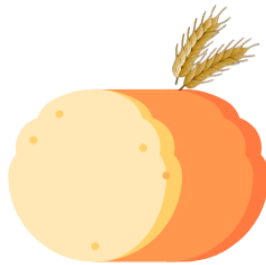
tempé



peulvruchten



tofu

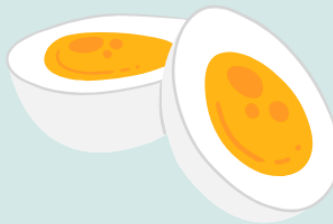


seitan



quorn (mycoproteïne)

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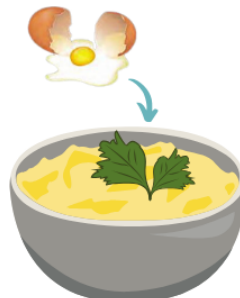


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max. 6x

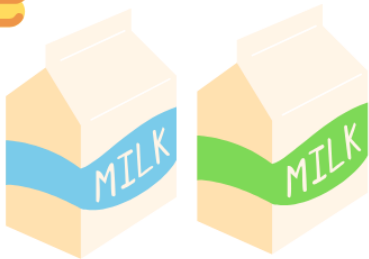


per week



inclusief alle bereidingen





melk mager of halfvol



smeer-, smelt- en verse kaas
< 12 g/ 100 g



karnemelk



yoghurt natuur
zonder suiker (< 3% vet)



soja producten
< 3 g suiker/ 100 g



magere kaas
(< 20 g vet/ 100 g)



magere fruityoghurt
met zoetstof



ayran

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melk vol



smeer-, smelt- en verse kaas
>12 g/ 100 g



kokosmelk



amandel drink



light (kook) room

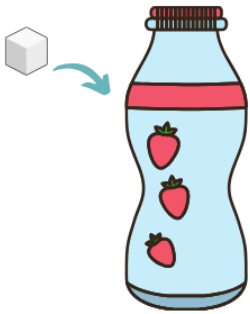


>20 g vet/ 100 g

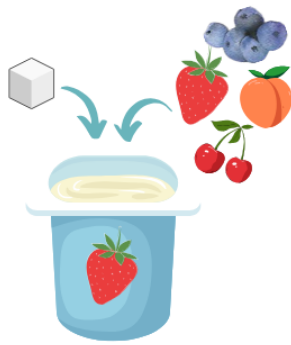


plantaardige dranken

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yoghurtdranken



yoghurt met suiker en fruit



flan



volle Griekse yoghurt
natuur



op basis van soja



sütlac



slagroom



yoghurt natuur
met > 3% vet



(kook)room



melkpoeder



pudding



chocomousse



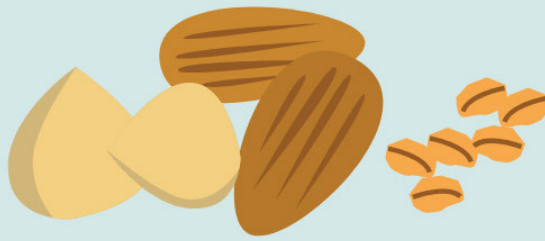
verse kaas met suiker
en fruit



gecondenseerde
melk



volle yoghurt Turkse
stijl



max. 25 g/dag



100% notenpasta natuur



1 koffielepel

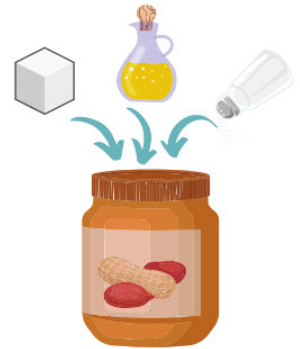
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gezouten zaden



geroosterde noten



notenpasta met toevoegingen

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omhuld met chocolade



krokante korst



gekarameliseerd

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olijfolie



notenolie



minarine/ margarine



vloeibare margarine

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ghee



boter of margarine in een wikkel



smen



palmolie

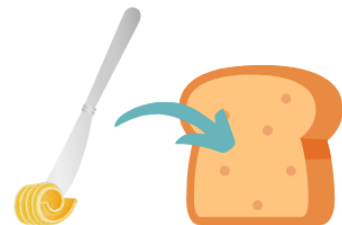


kokosolie

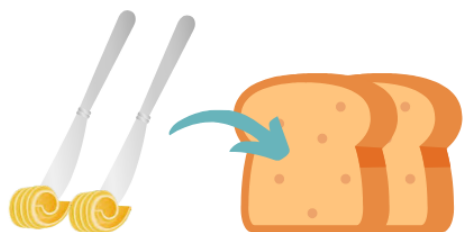
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Voedingswaarden
Vetten 75g
Verzadigd 25g
Onverzadigd 50g
Koolhydraten 0,1g
Eiwitten 0g

Voedingswaarden

Vetten	75 g
<i>Verzadigd</i>	25 g
<i>Onverzadigd</i>	50 g
Koolhydraten	0,1 g
Eiwitten	0 g

<1/3



max. 1/3 van de totale hoeveelheid vet is verzadigd!

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Voedingswaarden
Vetten 90g
Verzadigd 30g
Onverzadigd 60g
Koolhydraten 0,1g
Eiwitten 0g

Voedingswaarden

Vetten	90 g
<i>Verzadigd</i>	30 g
<i>Onverzadigd</i>	60 g
Koolhydraten	0,1 g
Eiwitten	0 g

<1/3



max. 1/3 van de totale hoeveelheid vet is verzadigd!

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Oranjebloesem water



Rozenwater



zoetstof

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oranjebloesemwater rozenwater



rietsuiker kokosbloesem suiker



gecondenseerde melk



honing



siroop



gekonfijt fruit



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honing en siropen



gebak



koeken



chocolade en -pasta



ijs



kant-en-klare producten



chips



snoep



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max.



per week



± 0KHP



yoghurt mager natuur
ongezoet



150 ml melk



halve avocado



kom soep zonder
toevoegingen



max. 25 g noten



wortelen



komkommer



tomaten

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1 KHP = 12,5 g
koolhydraten

1 KHP



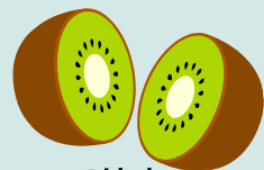
1 appel



2 mandarijnen



1 perzik



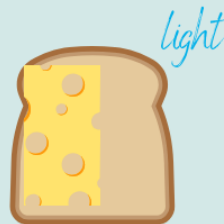
1 kiwi



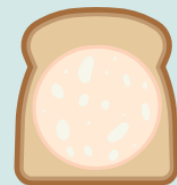
1 sinaasappel



1 peer



1 boterham met
light kaas



1 boterham met
mager broodbeleg

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