

DIABETIC DIET

Timing	Menu	Household measures
7 a.m.	Tea	1 cup
9 a.m.	Oats porridge	2 Bowl
11 a.m.	Fruit	1 no
	Roasted chana	½ Bowl
1 p.m.	Roti+rice OR	1no. + 1 Bowl
	Plain paratha + Pulao	1 no. + 1 Bowl
	Dal	1k
	Non veg	2 pcs
	Buttermilk / curd	1 glass / 1 Bowl
	Veges	1 Bowl
	Salad	1 Bowl
5 p.m.	Tea	1 cup
	Marie biscuit/ toasted bread/ sandwich/ bhel/ roasted chivda	2 no/ 1 no./ 1 no./ 1 Bowl
8:30 p.m		
	Roti+rice OR	1no. + 1 Bowl
	Plain paratha + Pulao	1 no. + 1 Bowl
	Non veg (grilled/ steamed / boiled)	2 pcs
	Buttermilk / curd	1 glass / 1 Bowl
	Salad	1 Bowl
	Vegetables	1 Bowl
10 p.m.	Milk	1 cup

1. One can have 2-3 fruits in a day at the following timings i.e. mid-morning, mid-evening or bed time.
2. Avoid fruit juices and sugarcane juice.

GENERAL GUIDELINES

- The primary goal of diabetics is to regulate the blood sugar levels in the body.
- The person consume equal amount of carbohydrates as per the insulin dosages for the breakdown of glucose in the body
- Individuals should include all food groups in the diet to make it nutritious and healthy such as whole cereals and grains, whole pulses and dal, nuts and oilseeds, Milk and milk products, green leafy and other vegetables and fruits.
- Eat the meals on time and avoid skipping the meals, as it lead to overconsumption of food later and even it may lead to hypoglycaemia.
- Spaces out the meals like proper breakfast, lunch, evening snack, dinner and a bed time snack
- Drink plenty of water (8-10 glasses per day) Unless restricted of liquid intake is advised by Doctor.
- Oil consumption should be restricted to ½ kg/ month/ person i.e., 3-4 teaspoon per day.

FOOD ITEMS TO BE AVOIDED

- Sugar, honey, jaggery, sweet items (confectionary, barfis, chocolate, ice cream, puddings etc.)
- Fried foods (Wada, bhajiya, wafers, samosa, farsan etc.).
- Thickening agents like corn floor and maida in soups.
- Soft drinks (cola, Pepsi, limca, thums up etc.) and alcohol.
- Reused oils and hydrogenated fats (dalda, Vanaspati).

CAN BE TAKEN AS MUCH ONE WANTS

- Green salads (capsicum, lettuce leaves, cabbage, tomato, cucumber etc.), clear vegetable soups, very thin buttermilk, jaljeera and lime water without sugar in between or along with the meals

FOOD ITEMS TO BE RESTRICTED

- Refined and processed food items, maida preparations like pizza, roomali roti, burgers, white bread, biscuits etc.
- Oily and thick gravies prepared of coconut, cashew nut, ground nuts etc., and oily pickles
- High Calorie Vegetables like Potato, Sweet potato, Yam, Khamelu, Colocasia, Tapioca, Carrot, Beetroot, and Green Peas