

Diet Chart – 1200 K. Cal

Diet which can be taken in a day

Food Items	K. Cal	QTY	Household Measures*
Milk (without Cream)	148	250 ml.	1 glass
Curd	50	100 gm	3/4 th Cup
Bread (brown)	120	50 gm	2 slices
Wheat flour or cooked rice	400	125 gm	5 chapati/Dosa# or 2 ½ cups
Dry/fish curry/chicken (1 Piece) and egg (1 boiled)	180	50 gm	1 cups
Vegetables (seasonals)	75	250 gm	½ Cup cooked & 1 cup uncooked
Vegetables (Roots/tubes)	46	50	1/4 th Cup
Fruits (seasonal)	60	100 gm	1 Serving
Oil	135	15 ml.	3 Teaspoon

Nutrients	Measures
Energy	1214 k. Cal
Protein	46 gms.
Carbohydrate	192 gms.
Fats	27 gms.
Sodium	426 gms.
Potassium	1705 gms.

Food to be preferably avoided	
1. Fried Foods	Puri/ Samosa/ Paratha/ Pakoda/ Fried food etc
2. Sweets	Jaggery/ Sugar/ Cake/ Chocolate/ Jam/ Honey/ Sweets etc
3. Cold Drinks	All Sweet drinks/ Sugarcane juice/ Alcohol/ Tinned juices, etc.

#Medium size

*Compiled from nutrition value of Indian foods– National Institute of Nutrition, ICMR Hyderabad

The Content is not intended to be a substitute for professional medical advice. Always seek the advice of your doctor or other qualified healthcare provider with any questions you may have regarding a medical condition or medical treatment.

Foods to be taken in limited quantity

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| 1. Dry Fruits | : Groundnuts/ Almonds/Dates/Dry grapes/Cashewnuts. |
| 2. Fruits | : Grapes/Mango/Banana/Chikoo/Custard apple. |
| 3. Vegetables | : Potato/Tapioca/Sweet potatoes. |
| 4. Milk cream/Ghee/ Egg yolk/Red meat/Ragi | |

Daily meal pattern for people with diabetes on Insulin

Please refer page 1 for quantity of food items and you can get it in your meal, according to your life style and insulin pattern

Insulin: Time between insulin and food

Breakfast: Tea/Milk | Roti/Brown bread |Vegetables | Salads

Insulin:

Lunch: Salads| Vegetables | Rice/Roti | Dal/Fish curry | Curd | Fruits (1)

Insulin:

Dinner: Salads| Vegetables | Rice/Roti | Dal/Fish curry | Curd

Insulin:

Bed Time: 1 Glass Milk or 1 Fruit

Special instruction: Walk at least 30–45 mins daily. Drink at least 10–12 glasses of water daily

Include:

Raw vegetables (Salad) like Onion/Carrot/Cucumber/Tomato/Cabbage/Beetroot/Capsicum etc.

Fruits allowed any one: 1 Sweet lime/ 1 Orange/ 1 Apple/ 2–3 Slice Papaya/2 Slice Pineapple/ 2 Slice Watermelon 1 Guava ½ Pomegranate/ 1 Pear per day

Important Tips:

1.In the prescribed list of foods items, try to have most of whole cereals e.g. whole wheat and brown rice & whole pulses.

2.Have fruits with edible skin and seed

3.Add variety of vegetables in each of your main meal. Always include salad in your lunch and dinner

4.Avoid foods made in factory (Processed foods like biscuits)

5.Eat in a small plate. Avoid second serving