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# Diet Plan for Diabetic Patient

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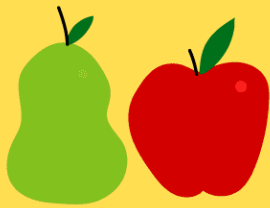
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## The Healthiest Carbs to Eat When You Have Diabetes



Low-glycemic foods



Non-starchy vegetables



Whole grains and legumes



Low-fat dairy products

verywell

# Diet Plan for Diabetic Patient.

Arka Bhattacharjee

8/7/20

Dietetics & Nutrition

## **Abstract:**

Nutrition & Physical activity are important parts of healthy lifestyle when someone has diabetes. Along with other benefits; following a healthy meal plan & being physical active can help you to keep blood glucose level or blood sugar in your target range.

Diabetes is a disorder that can't be cured. But with proper diet & physical activity anyone can survive with diabetes. In case of diet one should give proper concentration of blood glucose level which is controlled by carbohydrate consumption

So Carbohydrate consumption must be measured by any diabetic patient.

Generally a diabetic patient should consume around 1800-1850 calories a day as well as 800-900 calories from carbohydrate.

At 4 calories per gram one should consume 200-250 gm of carb.

**In this section I have tried to design a diet chart with proper calories consumption along with carbohydrate counting.**

### **Estimation of calories in each meal:**

Breakfast: 25- 30% of total calories= 450-550 calories

Lunch: 35-40% of total calories= 600-700calories

Snacks: 5% of total calories= 120-200 calories

Dinner: 25-30% of total calories= 450-550 calories

Foods can eat a diabetic patient



**Breakfast:**

Food Item	Serving Size	Carbohydrate counting	Total CHO	Calories	Total Calories
White oats	2 cup	2cup =28x2=56gm	70 gm	165 x 2 cup= 330 cal	500 calories
Milk with (low fat)	1 cup	12 gm		100 cal	
tea	1 cup	0 gm		75 cal	

**Lunch:**

Food Item	Serving Size	CHO Counting	Total CHO	Calories	Total Calories
Rice (white glutinous) OR Rice(brown)	200 gm	40gm	70-75gm	250 cal	620-650 calories
	200gm	45 gm		220 cal	
Cooked lentil	100 gm/0.5 cup	20gm		110 cal	
Vegetable(Non-starchy)	1 cup	10 gm		45 cal	
Lean meat(chicken)	100gm	0 gm		240 cal	
Citrus fruit(lemon)	1 slice			2 cal	

## Evening Snacks:

Item	Serving Size	CHO Counting	Total CHO	Calories	Total Calories
Fruits( Apple, orange, grapes)	0.5 cup	12-15 gm	30-35gm	45-50cal	160-200 calories
Mini Cookies	3-4 pieces	16-20 gm		120-150 cal	

## Dinner:

Item	Serving Size	CHO counting	Total CHO	Calories	Total Calories
Roti	2 piece	36 gm	36 gm	240cal	500-520 calories
Egg(poached)	1 large	0		70 cal	
Lentil(masoor Dal)	100 gm			110-115 cal	
Fish	1 small fillet			100-120 cal	

Source:

1. <https://www.niddk.nih.gov/health-information/diabetes/overview/diet-eating-physical-activity>
2. <https://www.nutritionix.com/>

Thank you.