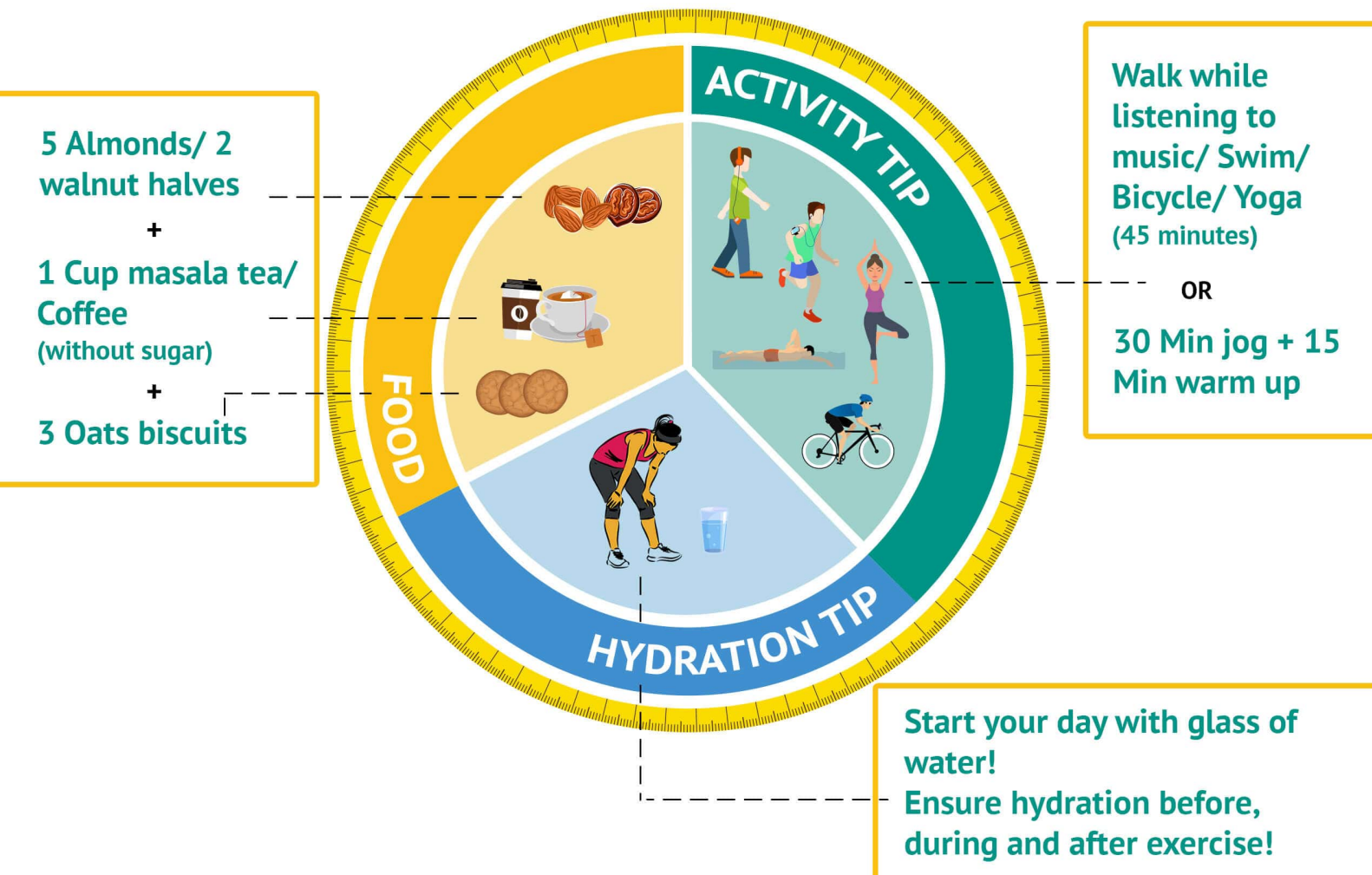


# Meal plan

“A Diabetic Meal Plan is essentially a balanced diet with right proportion of carbohydrates, fats, proteins.

This is the introductory basic BeatO meal plan which will need further modifications in presence of co-morbidities.

## Early morning 6am - 8am



## Breakfast 8am - 9:30am

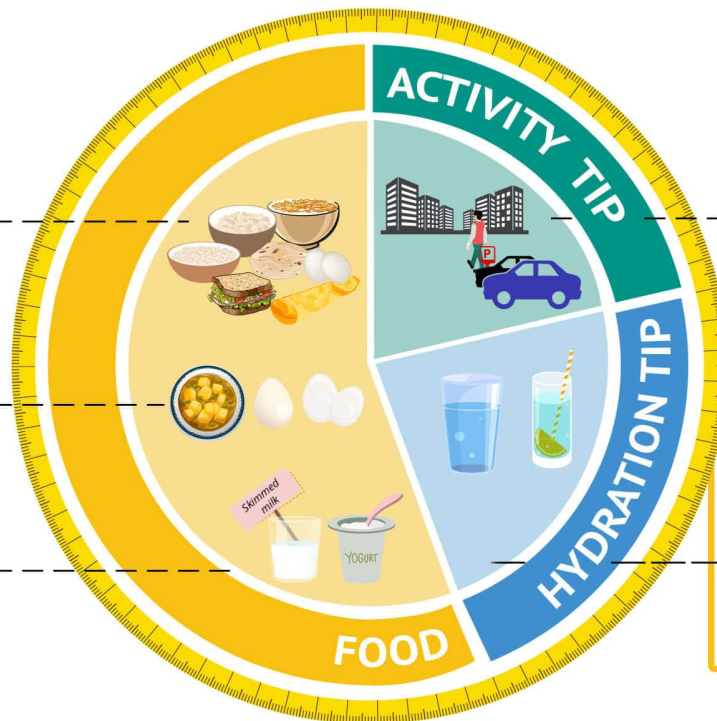
½ Katori sugar free  
muesli/ Oats/ Wheat  
flakes/ 1 Chapati/  
1 Brown bread/ 1 Dosa/  
2 Small idlis

+

Paneer preperation (30g)  
/2 egg whites or 1 egg  
(boiled poached,  
scrambled)

+

150 ml skimmed milk  
OR curd



Park your car a  
little distance  
away & walk to  
your work  
place.

Feeling dizzy/confused?  
Check your hydration!  
Dehydration mimics  
symptoms of  
hypoglycemia.

## Mid Morning Snack 11am - 12am

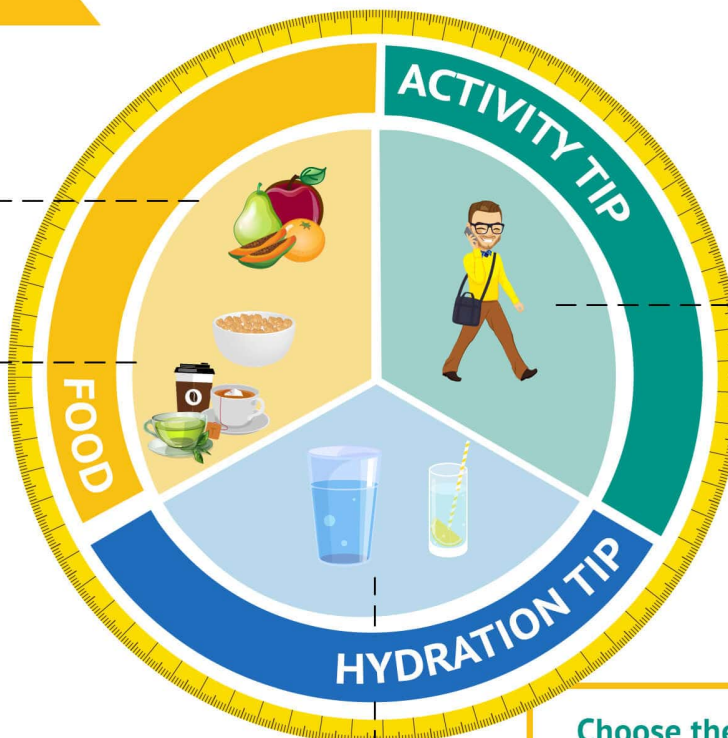
Seasonal fruit (100g  
from the list)

OR

1 Katori roasted chana

+

1 Cup tea/ Green tea/  
Coffee  
(Without sugar)



Shorten periods of  
inactivity with  
15min walk in  
between your work  
or stroll when  
talking on phone.

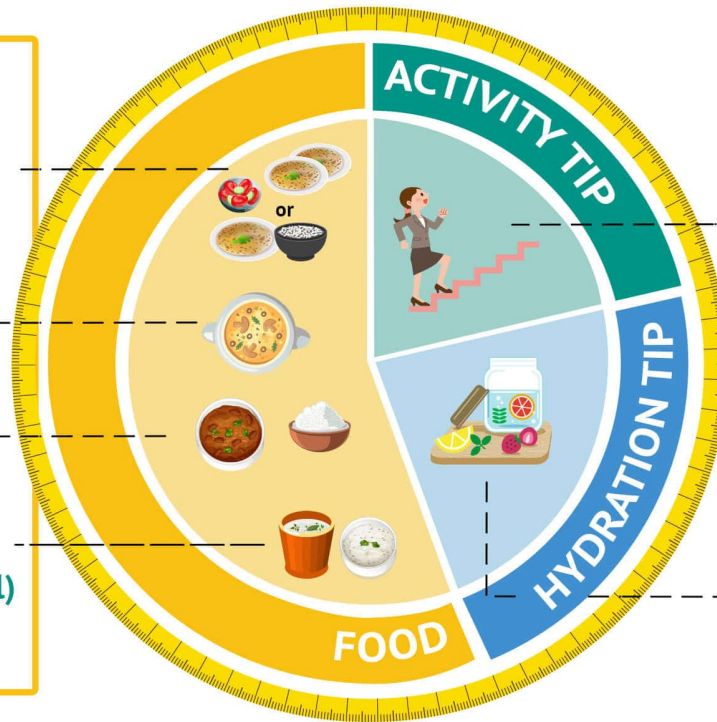
Choose the right drink! When  
walking for extended period sip  
on coconut or lemon water  
instead of aerated beverages!



## Lunch

1pm - 2:30pm

1 Katori salad +  
2 Multigrain chapati OR  
1 multigrain chapati +  
½ katori rice  
+  
1 Katori Seasonal  
vegetable\*  
+  
1 Katori cooked whole  
pulses or lentils/  
Paneer (30g)  
+  
1 Glass buttermilk (200ml)  
/100g curd



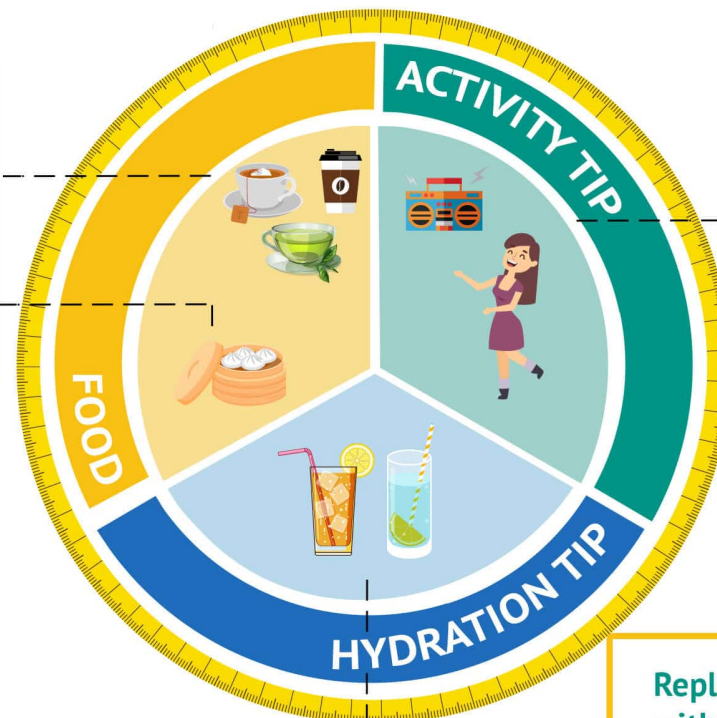
Take 15 minutes  
stroll post lunch or  
walk a few flight of  
stairs.

Rethink your drink!  
Infuse water with  
sliced oranges or  
strawberries with  
basil leaves.  
Refrigerate &  
enjoy drink!  
(American Diabetes  
Association)

## Evening

4pm - 5pm

Tea/Coffee/Green tea  
(1 cup without sugar)  
+  
Steamed chicken  
momos (2 pcs)\*



Think outside gym!  
Dance to your  
favorite music!

Replace sweetened beverage  
with lime juice, coconut  
water, jaljeera, iced tea,  
soups, etc.

\*Other snacking options: 1 Katori Sprouted moong  
salad / 3 Cup unsalted, no fat popcorn /1 Katori bhel  
/1 Katori pohe /1 Roasted khakra /Mutton tikka (2 pcs)

## Dinner 8pm - 9:30pm

1 Katori salad +  
2 Multigrain chapati  
/ 1 katori cooked rice,  
preferably brown rice

+

1 Katori cooked  
seasonal vegetable\*

+

Lean Meat (80g)/  
Lean chicken (100g)/  
Fish (120g)

+

Curd (100g)/  
Buttermilk (200ml)



Be a fidgeter get  
up and walk  
around TV  
commercials.  
Move more, sit  
less!

Stay hydrated  
with refreshing  
foods like  
cucumbers, salad  
greens, vegetables  
juices.

\*Other Lunch & Dinner Menu (Any one):

- 1 Katori Soya & Vegetable Pulao + 100g curd + Salad (1 katori)
  - 1 vegetable chicken wrap(with whole wheat flour roti) + 100g curd + salad (1katori)
  - 1 Katori Vegetable Dalia & dal kichidi + 100g curd + Salad (1 katori)
- Options for pulses (1 katori):  
Chickpea/ kidney beans/ soya bean/ whole green gram/ moth beans.

Note: Total allowance of  
cooking oil - 3 tsp per day

## Bed time 10pm - 11pm

100ml Skimmed milk

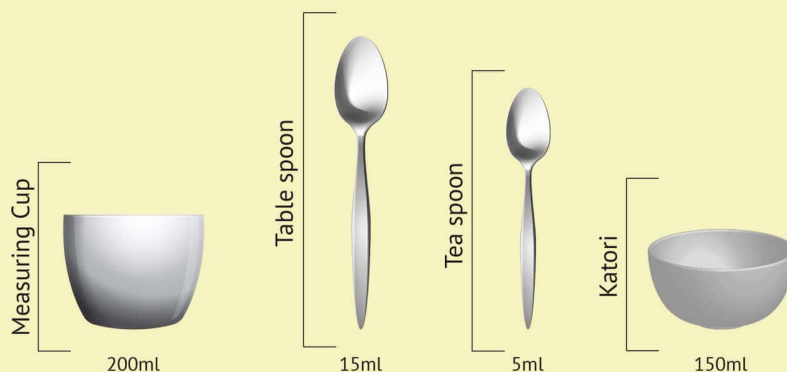


Remember to take  
minimum 7 hours  
sleep!



For further queries: ✉ [contact@beatoapp.com](mailto:contact@beatoapp.com) | ☎ +91-7863023286

## A look at household measures!



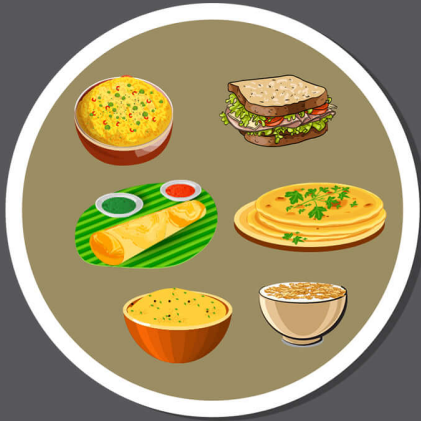


# YOUR HEALTHY PLATE

## BREAKFAST PLATE

Breakfast should comprise of carbohydrate and protein foods:

Chapati, Oats,  
Dalia, Dosa,  
Multigrain  
bread, Poha  
(Carbohydrate  
foods)



+



+









Milk, Buttermilk  
(Lassi)

Tofu, Soya, Paneer,  
Sprouts, Egg  
(Protein foods)

## MID MORNING SNACK

Each of the fruits shown below represent 15 gms of carbohydrate which counts as 1 serving of fruit:

					
1 APPLE	= 1 GUAVA	= 100g POMEGRANATE	= 100g PAPAYA	= 1 ORANGE	= 6 PCS OF WATERMELON

## LUNCH & DINNER PLATE

Vegetable/  
Salad



Curd



Dosa/ Idli/  
Chapati/ Rice

Soybean/  
Paneer/ Dal/  
Lean meat/  
Fish/ Chicken

# Further Suggestions

- Eat regular meals to keep your blood glucose and metabolism on track.
- Prefer brown rice to traditional white rice. An increase in fiber content will improve glycemic control.
- Include variety of whole grains like oats, cracked wheat, barley, millets like ragi etc in meals.
- Make your chapati nutritious by using multigrain atta.
- While consuming starchy vegetables like potatoes, peas, corn etc remember to count them as carbohydrates and cut down on rice eaten in the same meal. Consider the portions:
  - One serving (1 cup cooked or 1 cup raw veggies) of non-starchy vegetables includes green leafy vegetables, lady fingers, cabbage, cauliflower, brinjal, peppers, tomato, bottle gourd and family etc.
  - One serving (1/2 cup cooked) of starchy vegetables includes corn, peas, potato, sweet potato, yam, beetroot, beans.
- Practice oil rotation as complete dependence on just one oil does not ensure optimal intake of fatty acids. Use oil choosing one from each group:

- A: Sunflower/ Safflower/ Corn oil/ Rice Bran

- B: Mustard/ Groundnut/ Olive/ Canola



- Avoid deep frying, use saute, grilling, roasting, steaming or pressure cooking as cooking methods.
- Include proteins from lean meats, skinless poultry, sea food, egg whites, sprouted pulses, soya products, unsalted nuts & low fat dairy.



- Choose fresh fruits over juices.
- Maintain a log of meals and blood glucose levels to understand your fluctuations better.
- Carbohydrates in food is a main contributor to rise in blood glucose after eating, it is advisable to distribute carbohydrate intake throughout the day & avoid one big heavy meal.
- When eating out, prefer smaller portions to larger ones. Plan your meals in advance to avoid carbohydrate and fat overload.
- Avoid aerated and high calorie drinks and choose healthier options like soups, buttermilk, coconut water & fresh lime.
- Flaxseeds and Chia seeds are loaded with healthy fats, fiber, protein and essential minerals. Add them to smoothies, milkshakes, buttermilk, yogurt.
- Watch out for symptoms of hypoglycemia! If blood sugar drops below 70mg/dl(hypoglycemia) treat yourself with 3 teaspoons of sugar/honey or 1 cup fruit juice or regular soft drink.
- If planning to consume sweets, replace yogurt with dessert sweetened with artificial sweetener and keep the portion sizes small.

# GENERAL GUIDELINES

## VEGETABLES



**GREEN LEAFY VEGETABLES, CAULIFLOWER, LADYFINGER, BITTER GOURD (KARELA), BOTTLE GOURD (LOWKI), RIDGE GOURD (TURAI), TINDA, CAPSICUM, ONION, CARROT**



**JACK FRUIT, BEETROOT, YAM, POTATO SWEET POTATO (SHAKARKANDI), COLOCASIA (ARBI)**

## FRUITS

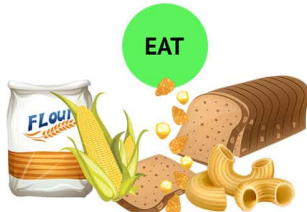


**APPLE, PEAR, PAPAYA, ORANGE, SWEET LIME, MELONS (SMALL SLICE), BERRIES, JAMUN, PEACH, KIWI, GAUVA, POMEGRANTE, ETC.**



**BANANA, MANGO, CUSTARD APPLE, GRAPES, CANNED FRUITS**

## CEREALS & GRAINS



**WHOLE WHEAT FLOUR, WHEAT FLAKES, CRACKED WHEAT, WHOLE GRAIN BREAD, WHOLE WHEAT PASTA**



**WHITE BREAD, REFINED GRAINS LIKE MAIDA, REFINED FLOUR PASTA & NOODLES**

## DAIRY PRODUCTS

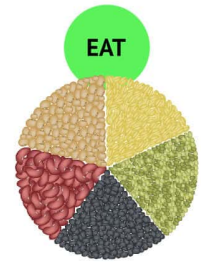


**SKIMMED MILK, LOW FAT PANEER, LOW FAT CURD**



**CHEESE, CREAM, ICE CREAM, FULL FAT CURD**

## PULSES & LEGUMES



**ALL WHOLE PULSES & LEGUMES (RAJMAH, SOYABEANS, CHANA), SPROUTS ETC. THEY ARE GOOD SOURCE OF PROTEIN & FIBER**

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Wagle, A. Arsiwala, S. Subedar, B. Sucher K. (2011). Carbohydrate counting for traditional South Asian Foods Department of Nutrition and Food Science, San Jose State University  
Salis, S. A Quick Guide to Carbohydrate Counting, Compiled by Medtronic India Pvt. Ltd.

Disclaimer: Nutritive value of foods will vary depending on method of preparation & portion sizes.



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