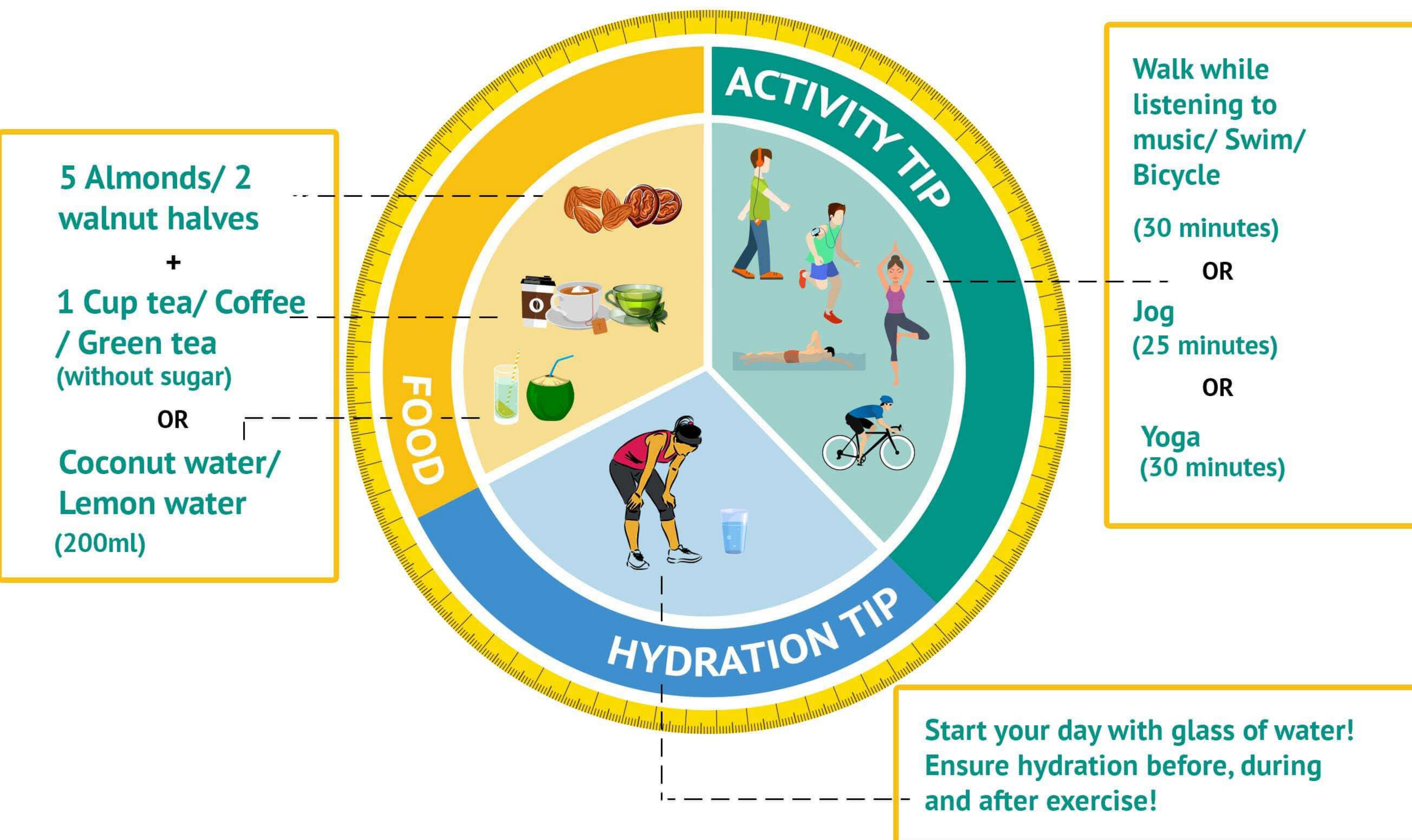


Meal plan

“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 wheat flakes/ Oats/ Dalia/ 1 Chapati/ 1 Brown bread/ 1 Dosa/ 2 Small idlis

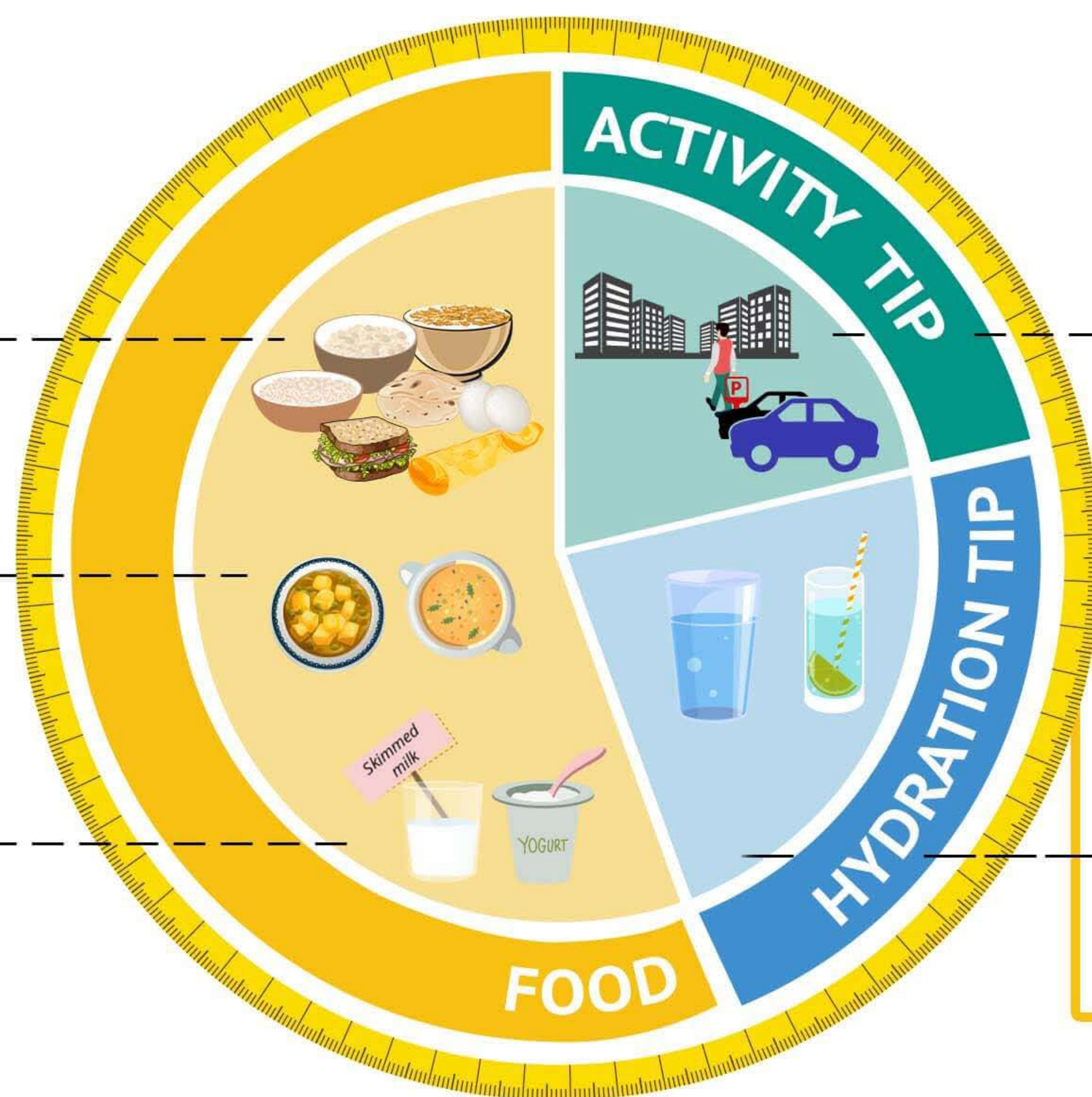
+

Paneer preparation (30g) /1 Small katori dal or sprouts

+

150 ml skimmed milk OR curd

Note - 1 Egg (scrambled/poached/boiled) can be substituted for dal or paneer



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

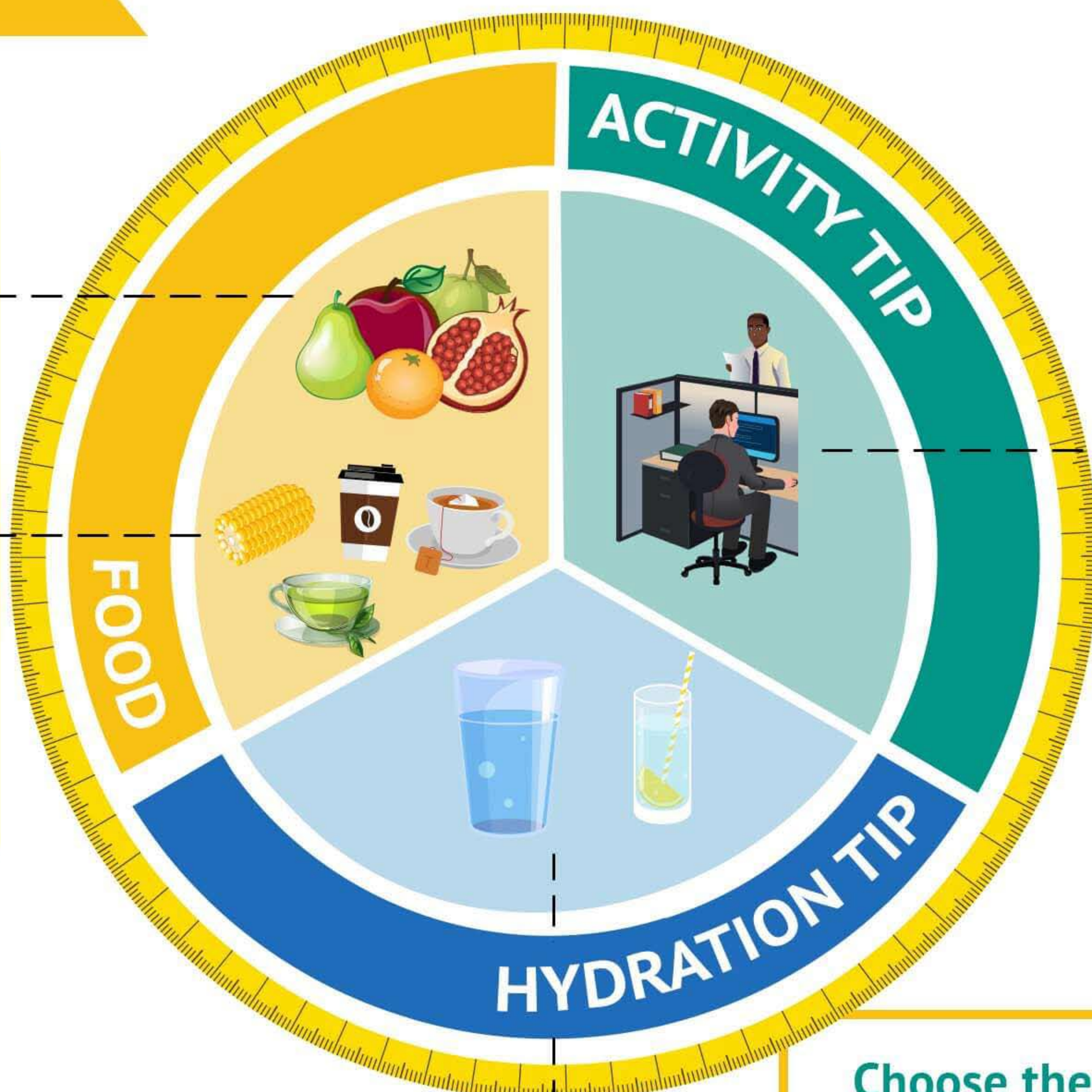
Seasonal fruit (100g from the list)

OR

1/2 corn on cob

+

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



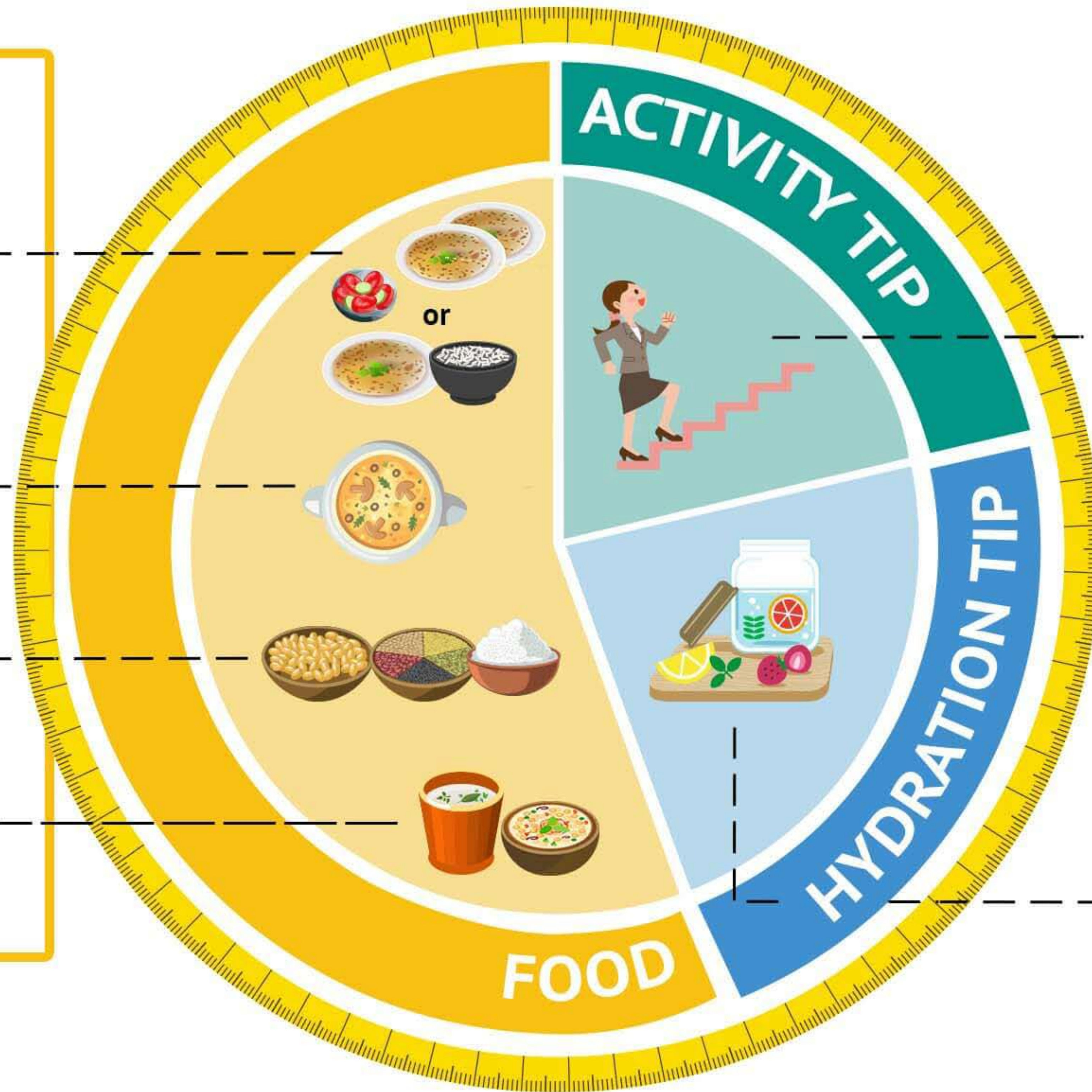
Avoid prolonged periods of inactivity. Take a quick 10min walk in between your work! Walk to your colleague or stroll when talking on phone.

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/ 100g
curd



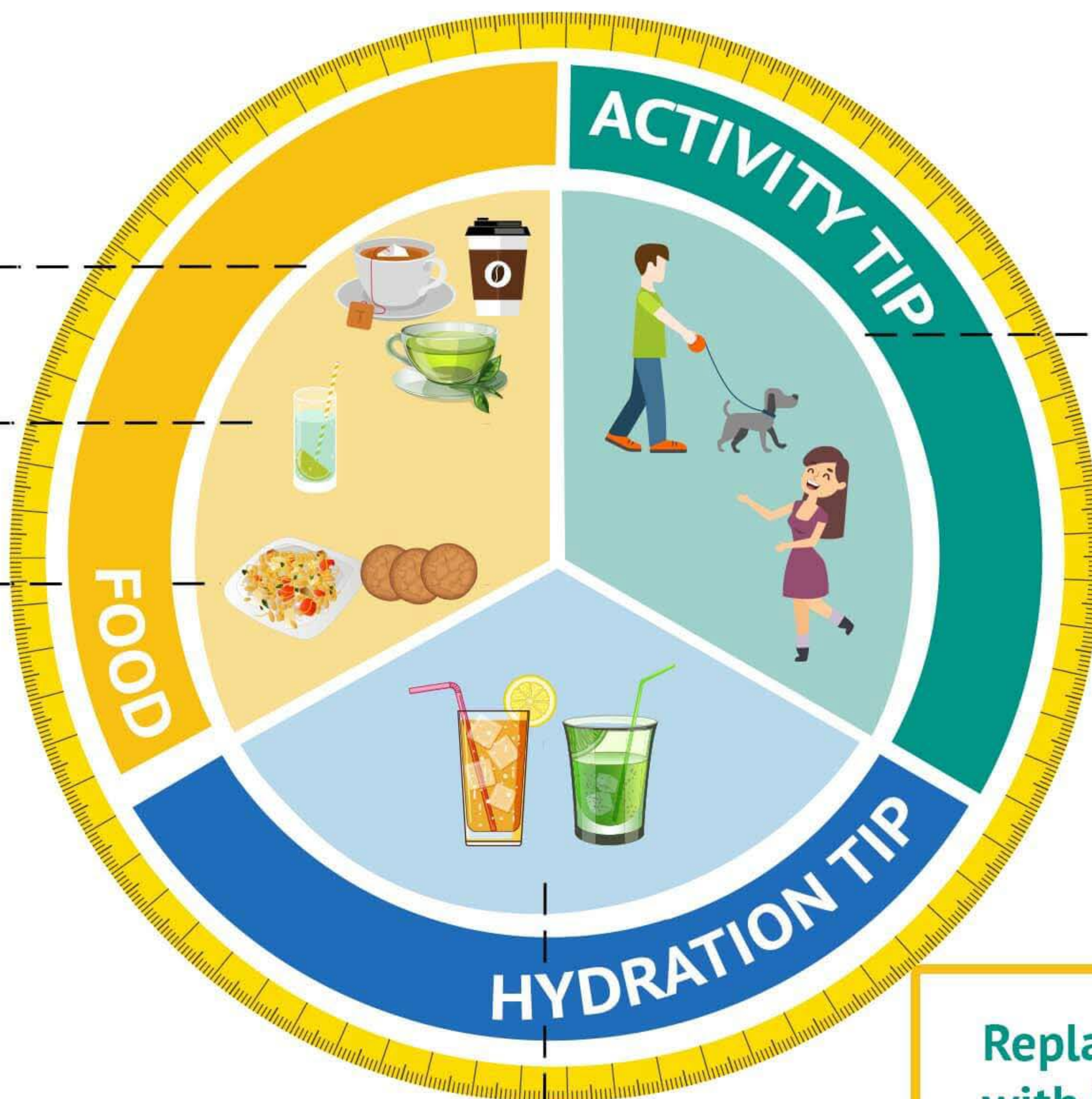
Take 15 minutes
stroll post lunch or
walk a few flight of
stairs.

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)
OR
Lemon water
+
3 oats biscuit/ 1 katori
bhel*



Avoid sedentary get
together! Opt for
dance or zumba!
Alternatively walk
your pet.

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

*Other snacking options: 1 square dhokla or roasted
chana (1 small katori, 25g)/ 3 Cup unsalted, no fat
popcorn/ 1 Katori pohe/ 1 katori fruit chaat/ 1 roasted
khakra/ 2 Steamed chicken momos

Dinner

8pm - 9:30pm

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

+
1 Katori seasonal
vegetable*

+
100g Lean chicken/
120g Fish/ 80g Meat

+
Curd (100g) or Thin
Buttermilk



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

Stay hydrated before
you go to bed. Finish
your day with glass
of water!

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

*Other options of Green leafy/Seasonal vegetables:

Pumpkin Subzi, Cabbage Poriyal, Palak Dal Subzi,
Sarsoon Ka Saag, Methi Aloo (ocasionally), Capsicum Masala Curry.

Options for pulses (1 katori)/ Non-veg:

Chickpea/ kidney beans/ soya bean/ whole green gram/ moth beans.

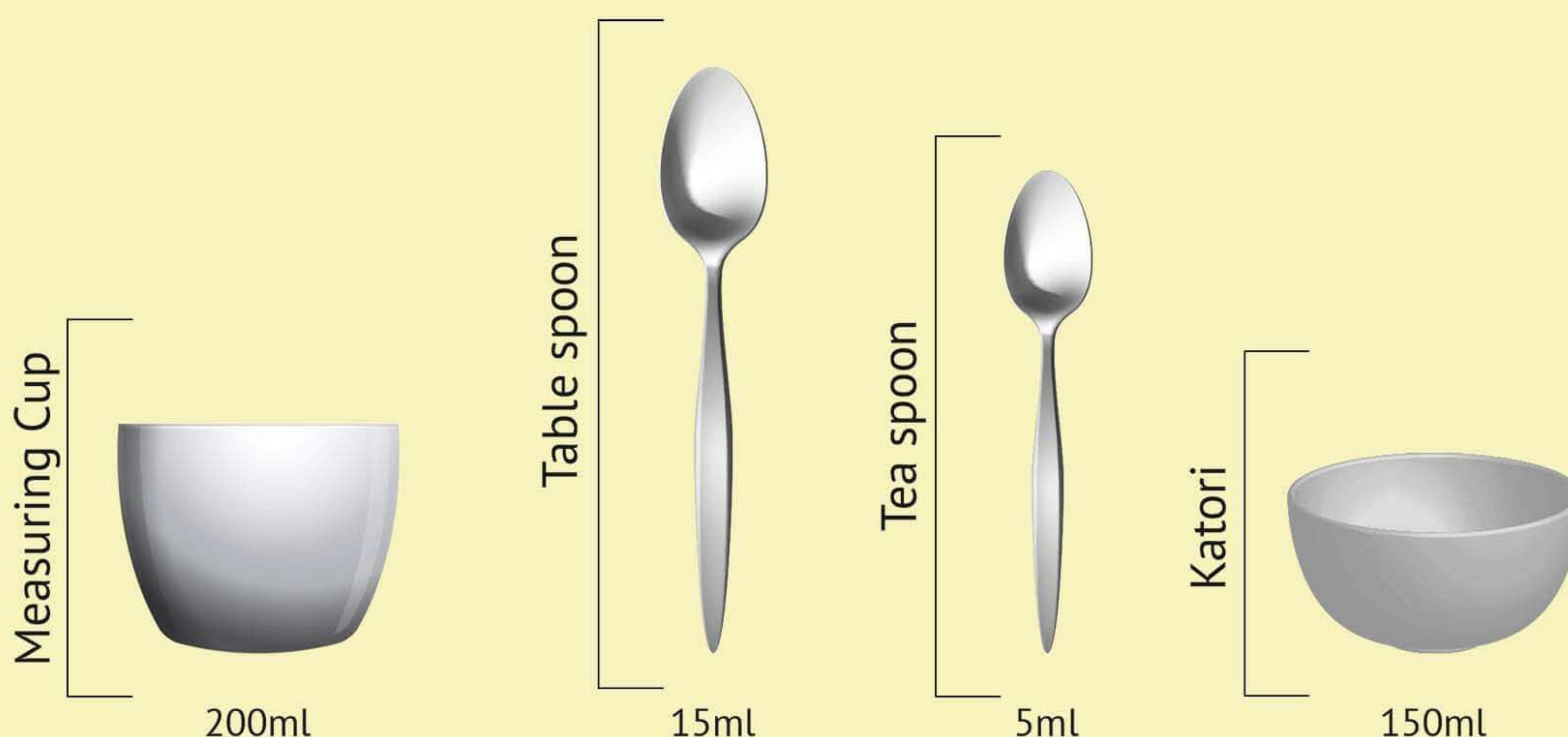
Tandoori fish (120g)/ Grilled chicken (100g)/ Mutton tikka (80g)/ Egg curry (1 pcs)

Remember to take
minimum 7 hours
sleep!



For further queries: ✉ contact@beatoapp.com | ☎ +91-7863023286

A look at household measures!

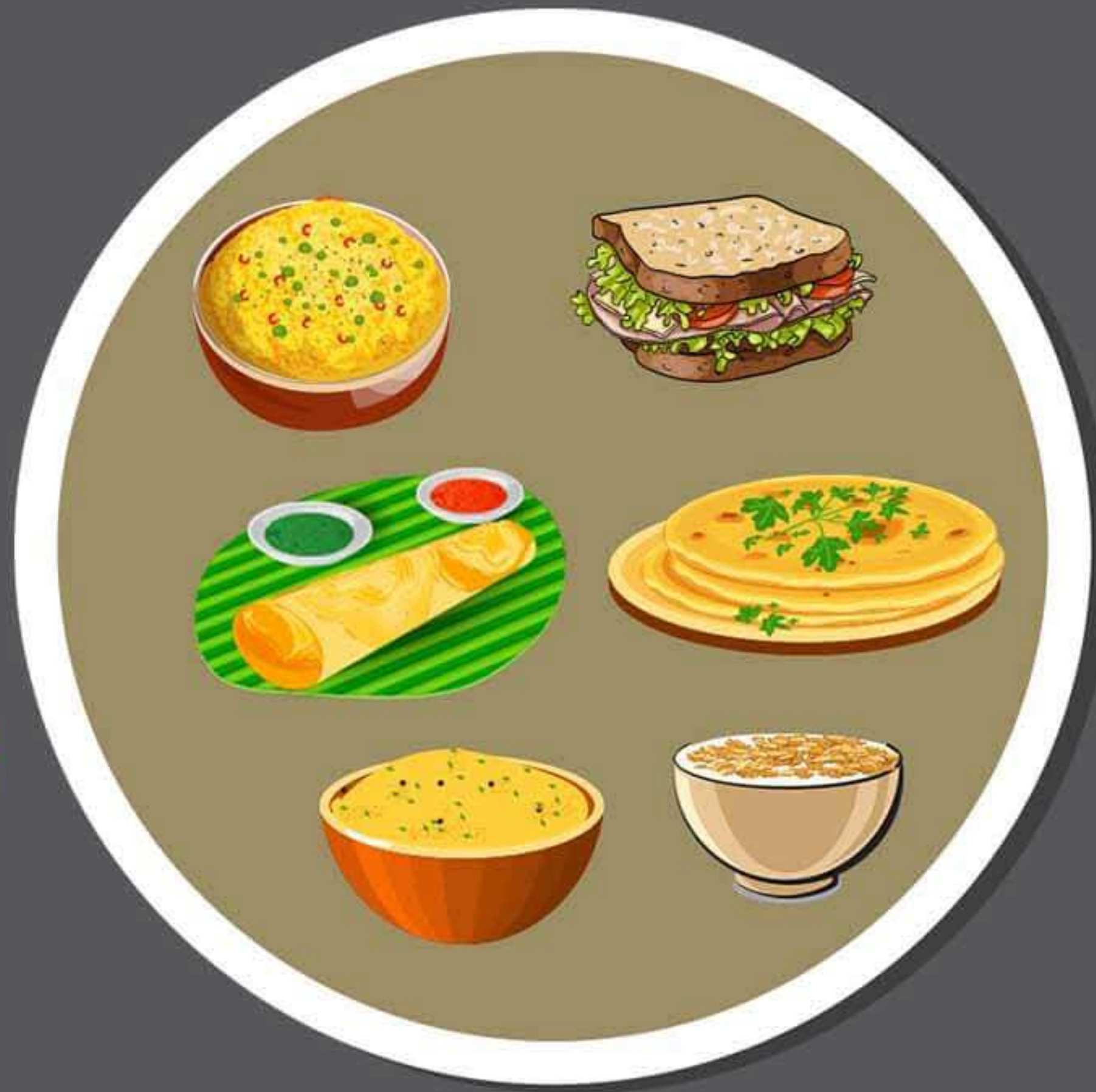


YOUR HEALTHY PLATE

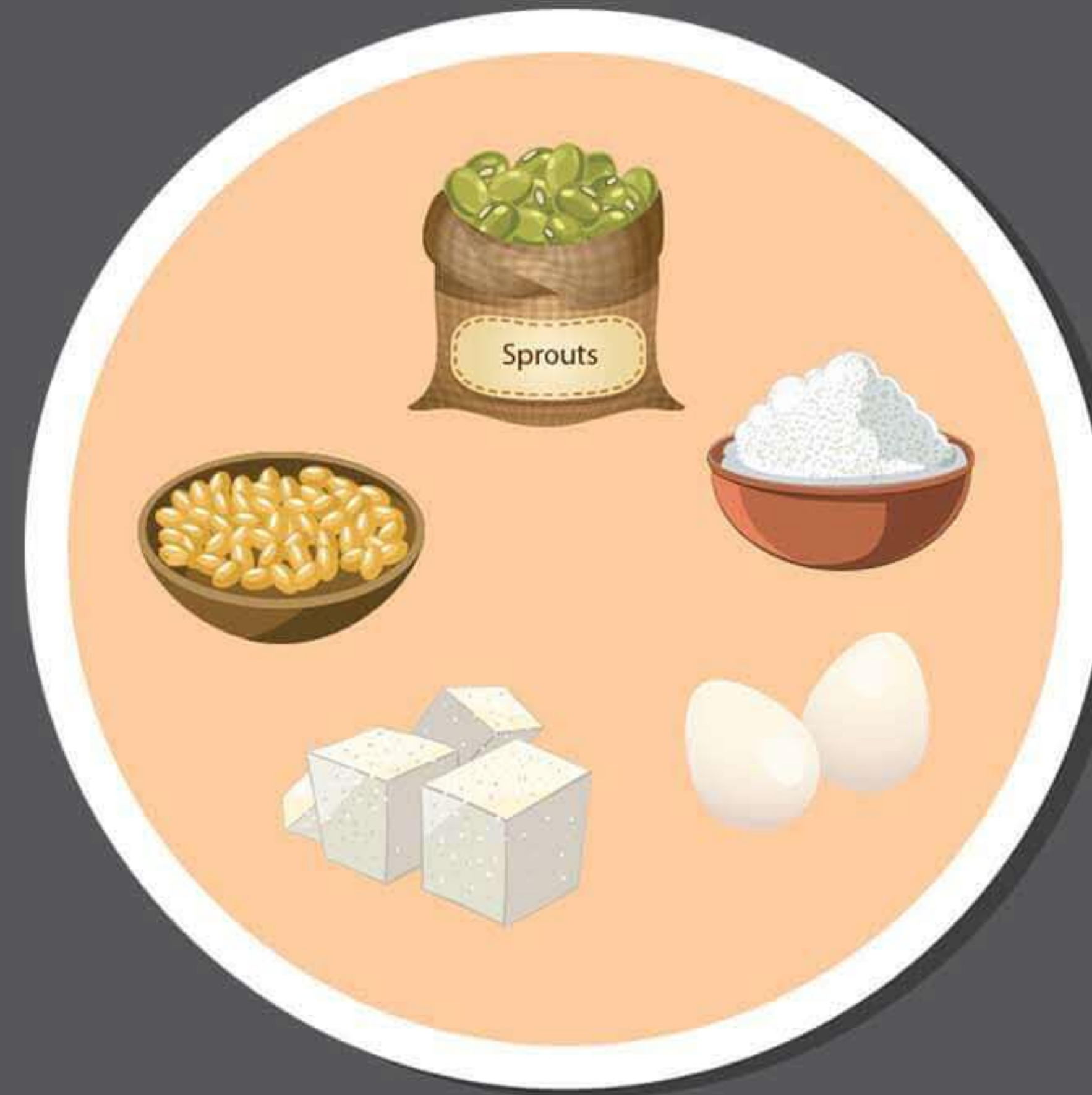
BREAKFAST PLATE

Breakfast should comprise of carbohydrate and protein foods:

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



+



+

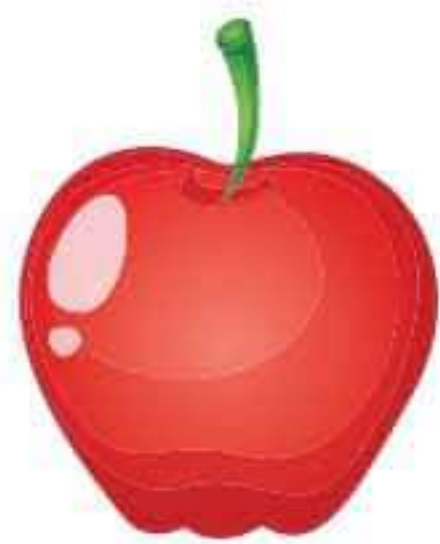







Milk, Buttermilk
(Lassi)

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

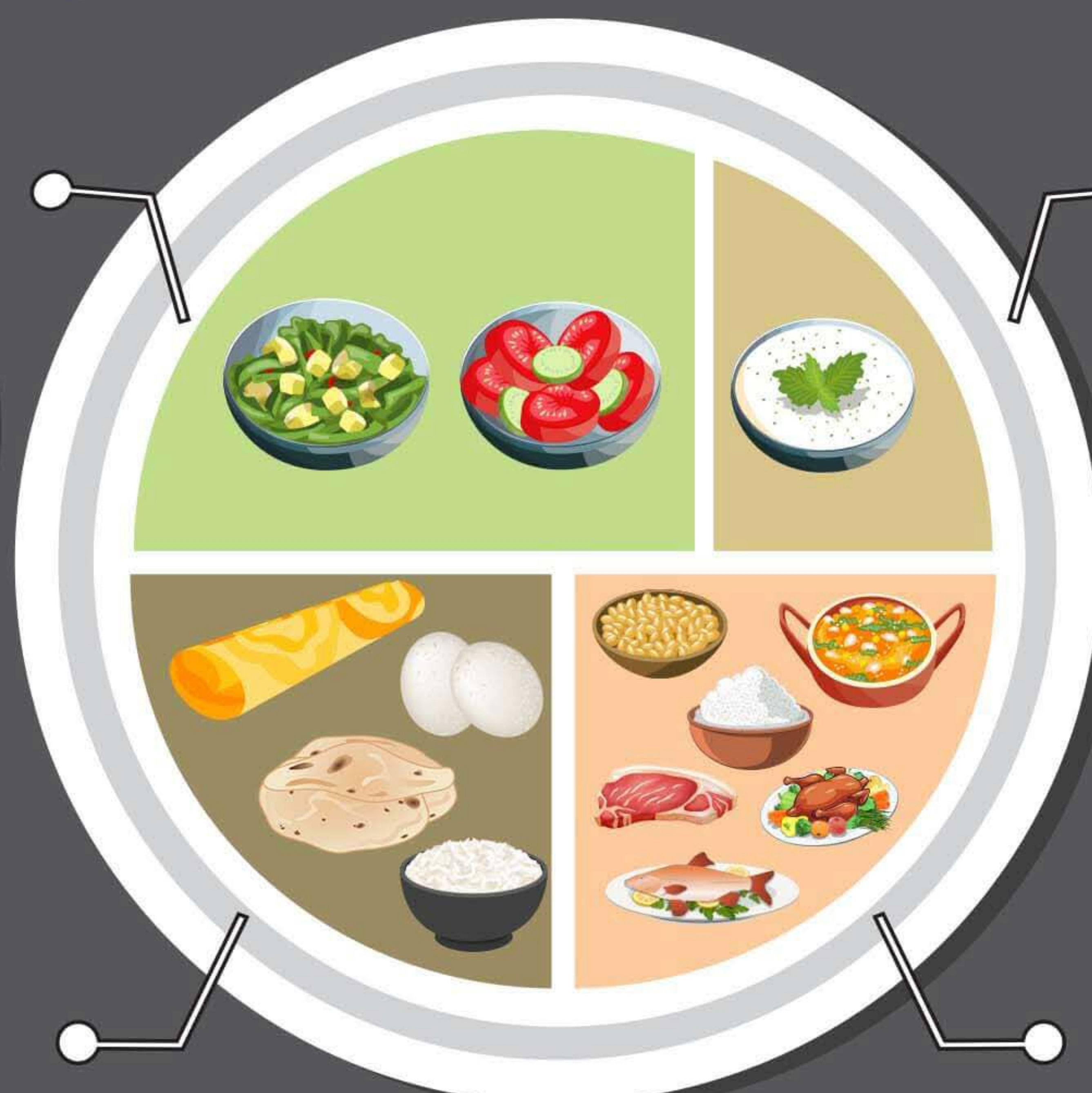
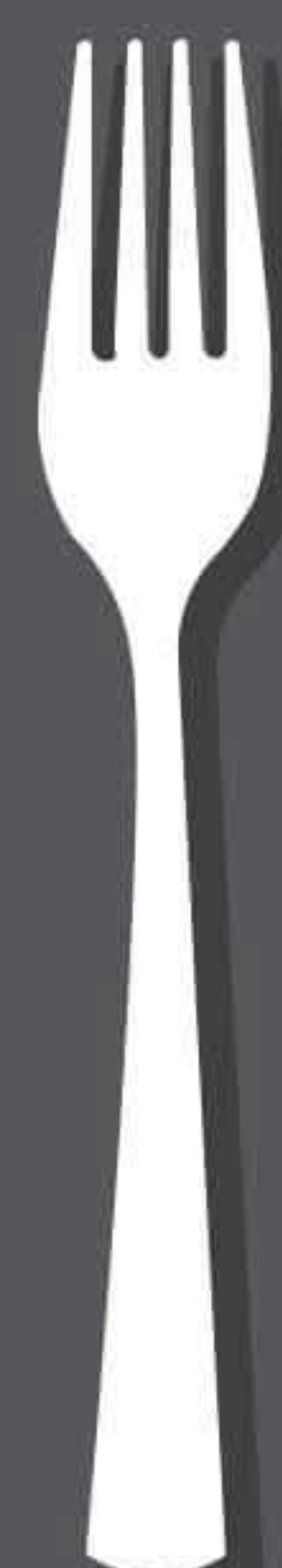
MID MORNING SNACK

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

Soyabean/
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

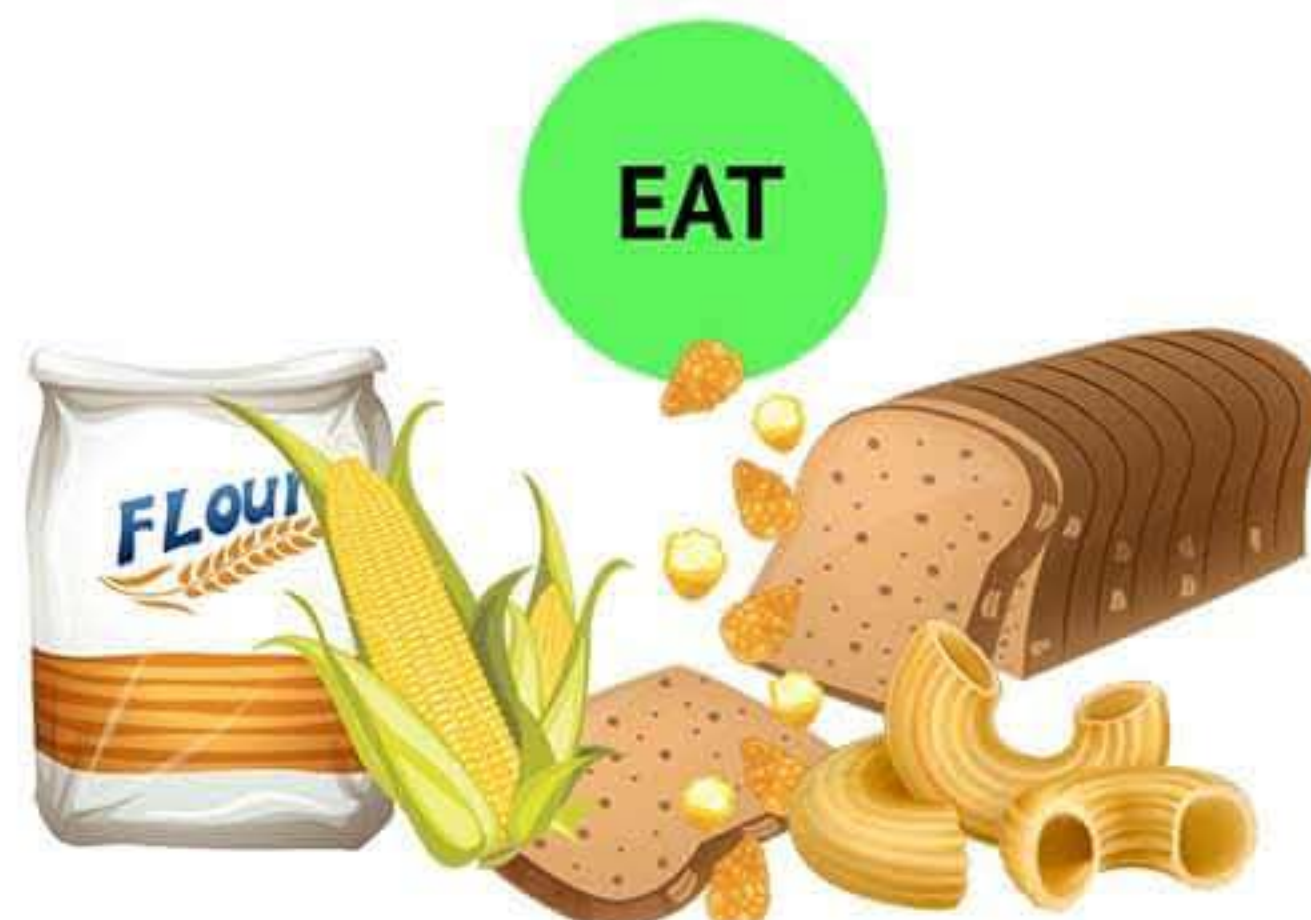


APPLE, PEAR, PAPAYA, ORANGE, SWEET LIME, MELONS (SMALL SLICE), BERRIES, JAMUN, PEACH, KIWI, GAUVA, POMEGRANATE, ETC.



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

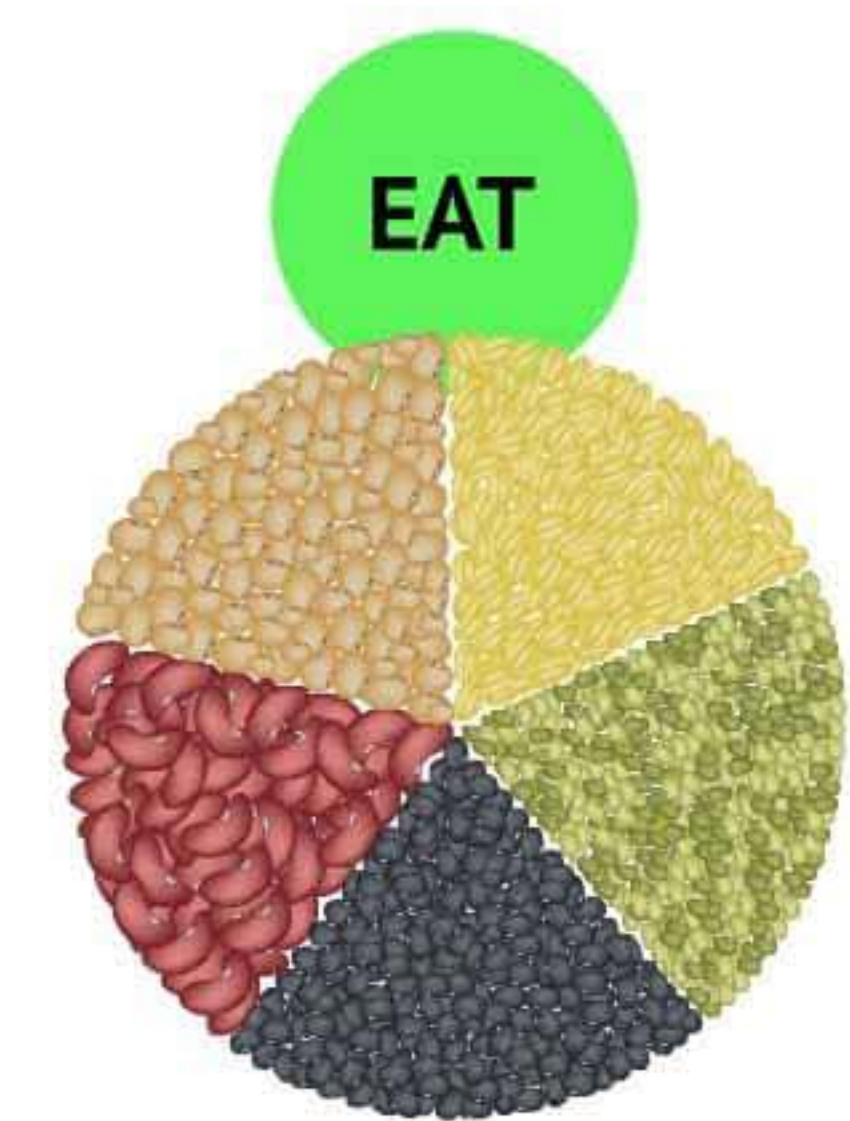


SKIMMED MILK, LOW FAT PANEER, LOW FAT CURD



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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