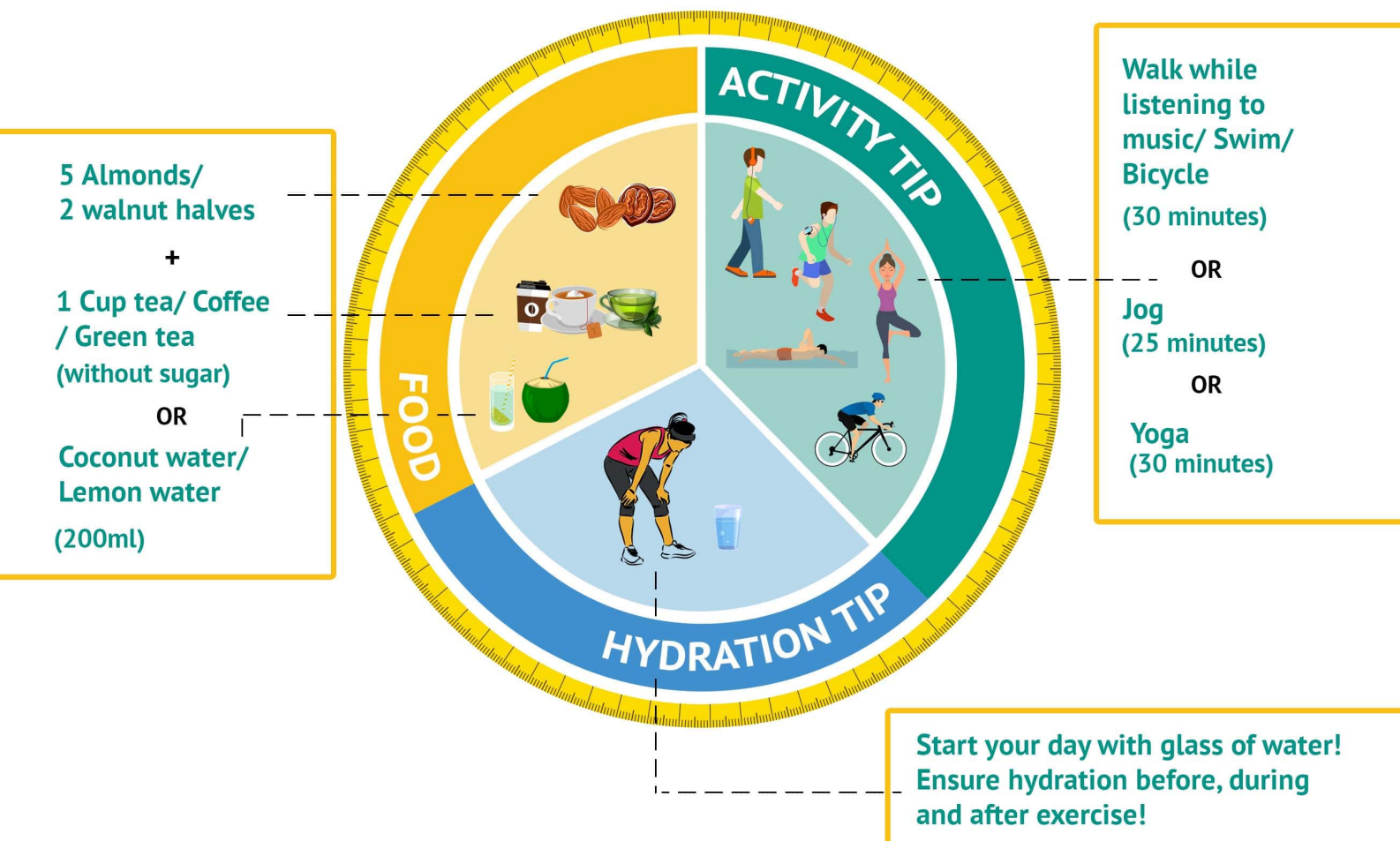


Meal plan

“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

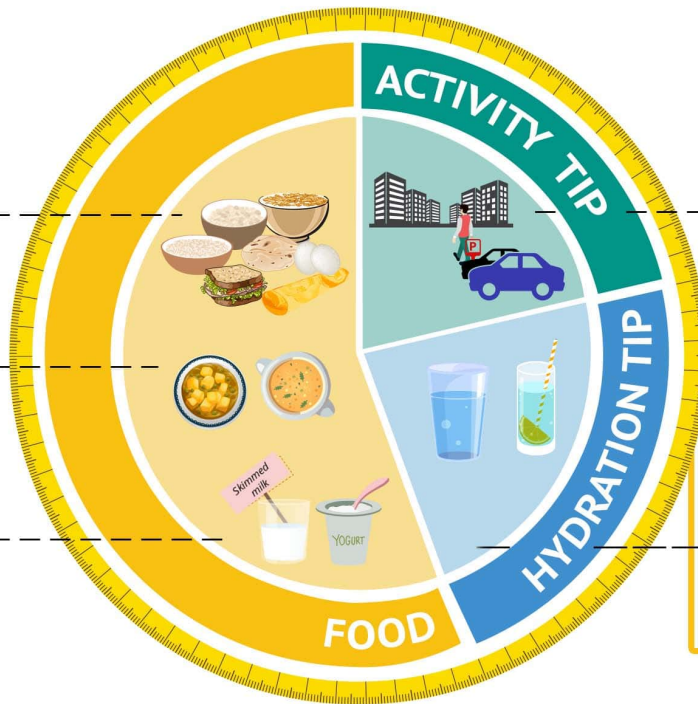
½ Katori wheat flakes/ Oats/ Dalia/
1 Chapati/ 1 Brown bread/ 1 Dosa/ 2 Small idlis

+

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

+

150 ml skimmed milk
OR curd



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

½ corn on cob

+

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

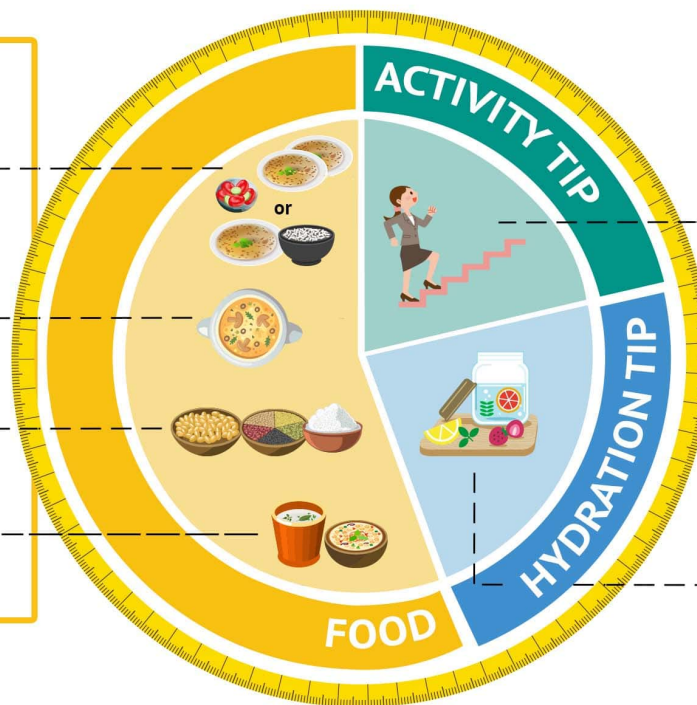


Avoid prolonged periods of inactivity. Take a quick 10min walk in between your work! Walk to your colleague or stroll when talking on phone.

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/ Paneer (30g)
+
1 Glass buttermilk/ 100g
curd

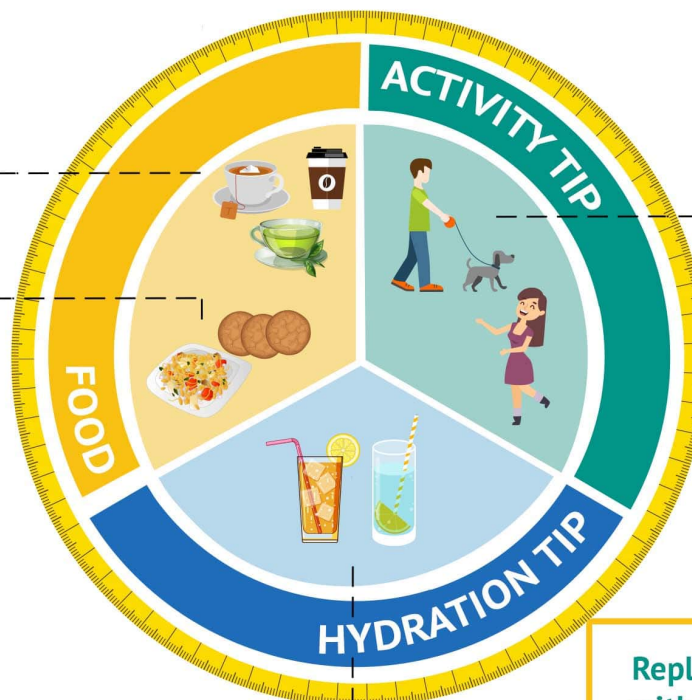


Take 15 minutes
stroll post lunch or
walk a few flight of
stairs.

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)
+
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

Dinner 8pm - 9:30pm

1 Katori salad +
2 Multigrain chapati **OR**
1 katori cooked rice,
preferably brown rice
+
1 Katori seasonal
vegetable*
+
1 Katori cooked lentils/
Paneer (30g)
+
Curd (100gms) or Thin
Buttermilk

**Note: Total allowance of
cooking oil - 2 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):
Chickpea/ kidney beans/ soya bean/ whole green gram/ moth beans.



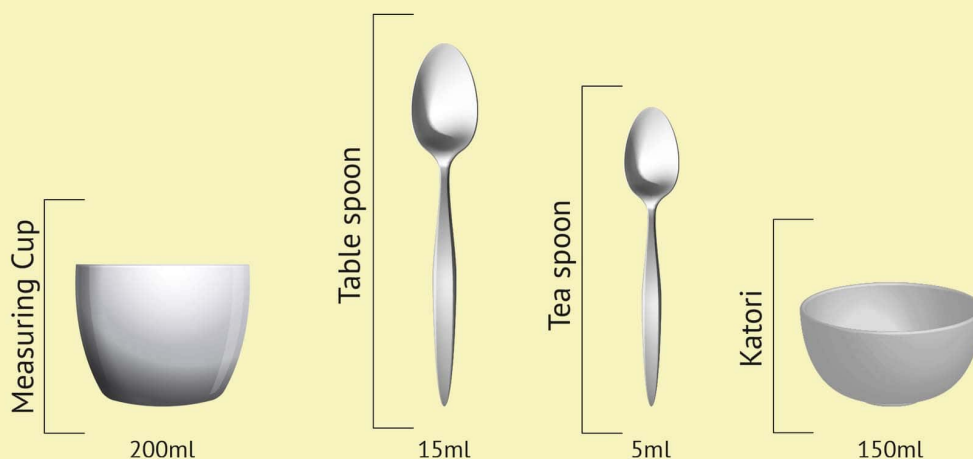
**Be a fidgeter get up
and walk around TV
commercials. Move
more, sit less!**

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

**Remember to take
minimum 7 hours
sleep!**

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

A look at household measures!

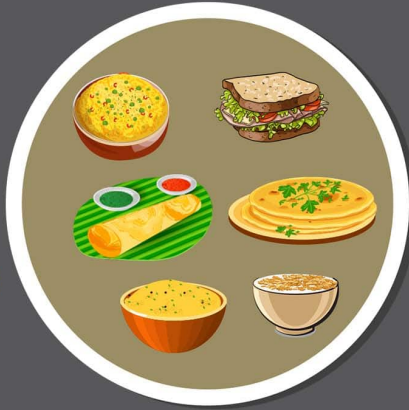


YOUR HEALTHY PLATE

BREAKFAST PLATE

Breakfast should comprise of carbohydrate and protein foods:

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



+



Tofu, Soya, Paneer, Sprouts
(Protein foods)







+



Milk, Buttermilk (Lassi)

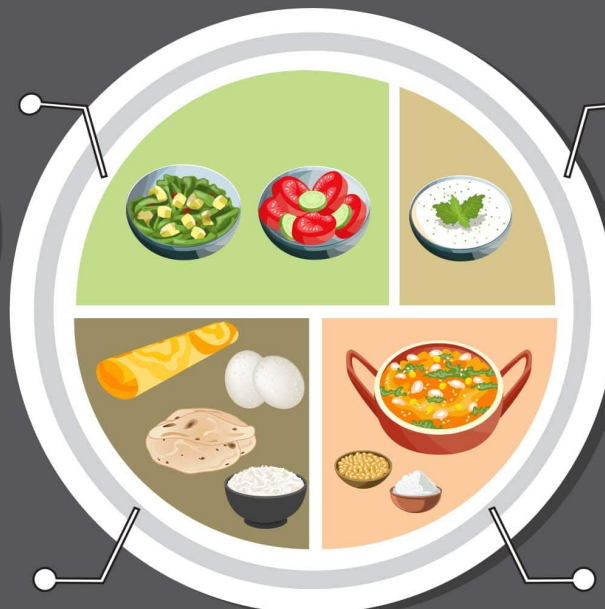
MID MORNING SNACK

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

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 & use non - stick cookware.

- If planning to consume sweets, replace yogurt with dessert sweetened with artificial sweetener and keep the portion sizes small.

- Prefer low fat or skimmed milk instead of full cream milk.



- Choose fresh fruits over juices. —————



- Eat a variety of foods. Make your diet as colorful as possible.

- Nuts are good source of MUFA, PUFA and vegetable protein. Incorporation of small portion of nuts in the diet can improve nutrition quality.

- 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, yoghurt.

- 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.

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, SWEET POTATO (SHAKARKANDI), COLOCASIA (ARBI)

FRUITS

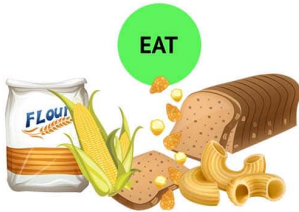


APPLE, PEAR, PAPAYA, ORANGE, SWEET LIME, MELONS (SMALL SLICE), BERRIES, JAMUN, PEACH, KIWI, GAUVA, POMEGRANATE, ETC.



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

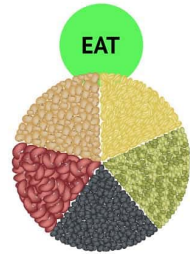


SKIMMED MILK, LOW FAT PANEER, LOW FAT CURD



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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