

The Indian Diabetic Food Guide

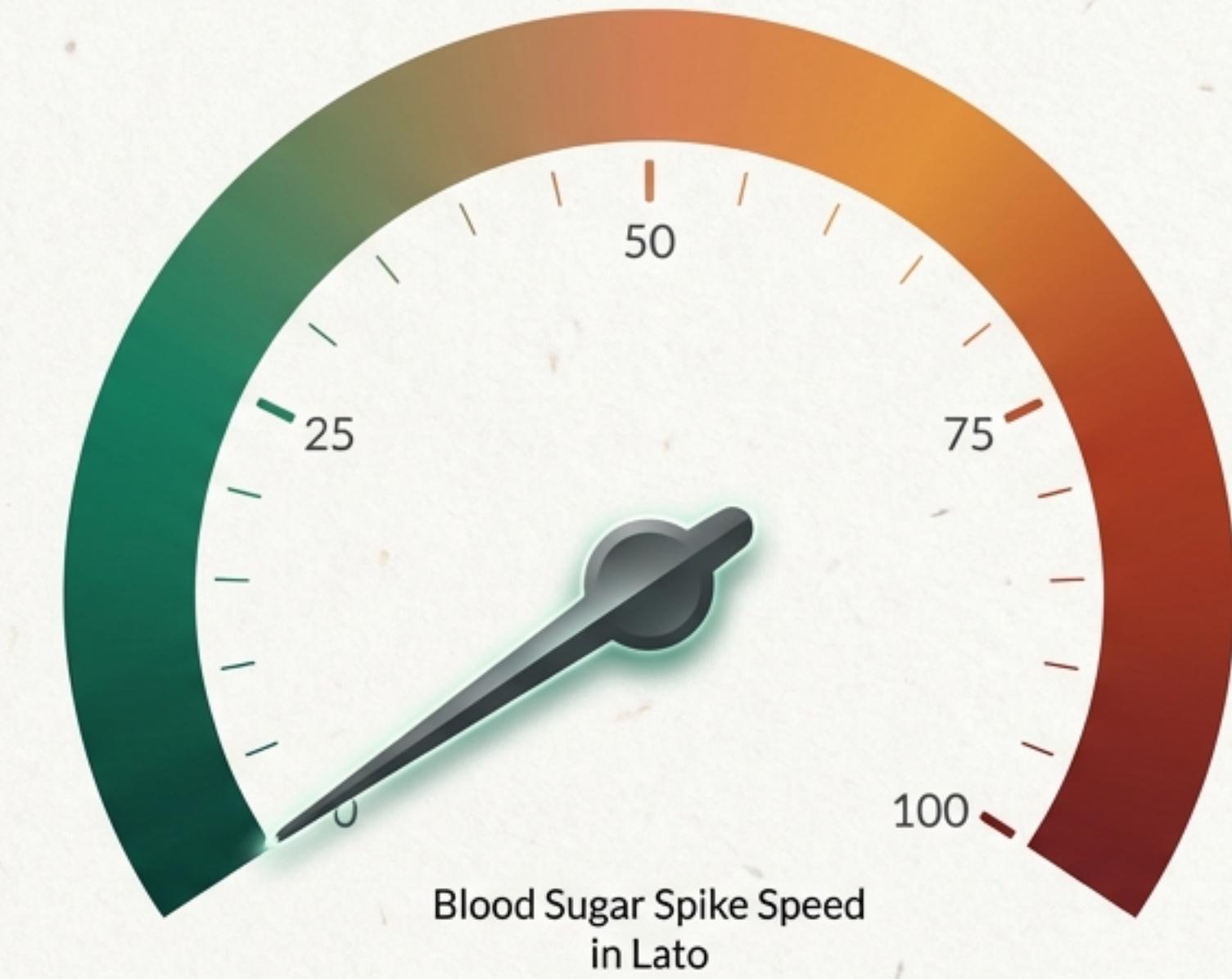
Master Your Blood Sugar Without Giving Up Culture



The Speed of Sugar

The Glycemic Index (GI) isn't just a number—it's a measure of speed. It ranks foods from 0 to 100 based on how quickly they spike your blood sugar compared to pure glucose (100).

-  **Control:** Low GI foods create slow, manageable rises rather than dangerous spikes.
-  **Energy:** Avoid the 'sugar crash' and sustain energy levels all day.
-  **Longevity:** Low GI diets can reduce HbA1c by 0.5–1% and reduce stress on the pancreas.



Your Navigation System

Green (Go)

Low GI (55 or less)

Effect: Slow, gradual rise.
The safe zone.



Amber (Yield)

Medium GI (56-69)

Effect: Moderate rise.
Proceed with portion control.



Red (Stop)

High GI (70 or more)

Effect: Rapid spike.
Limit or avoid.

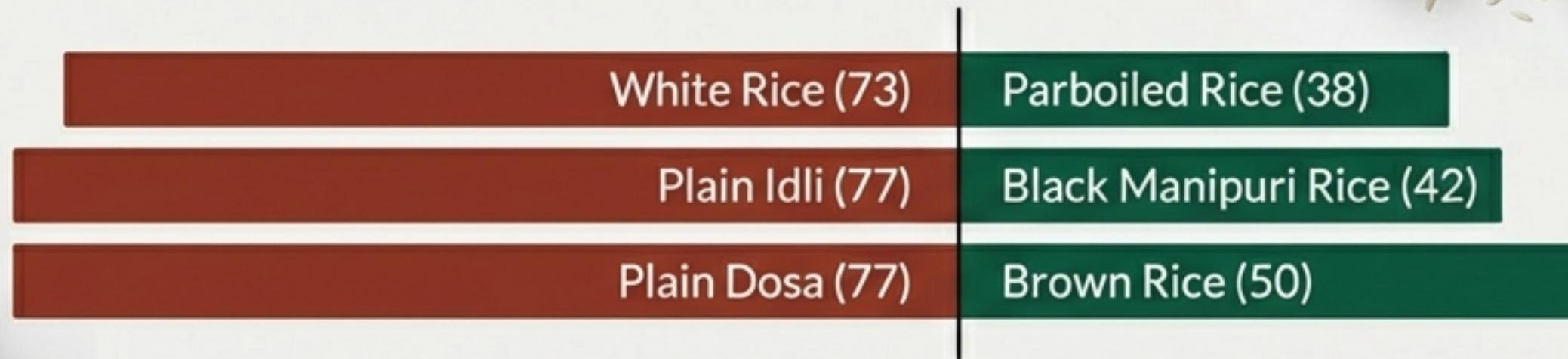


Remember: GI is just one tool. Portion size (Glycemic Load) always matters!

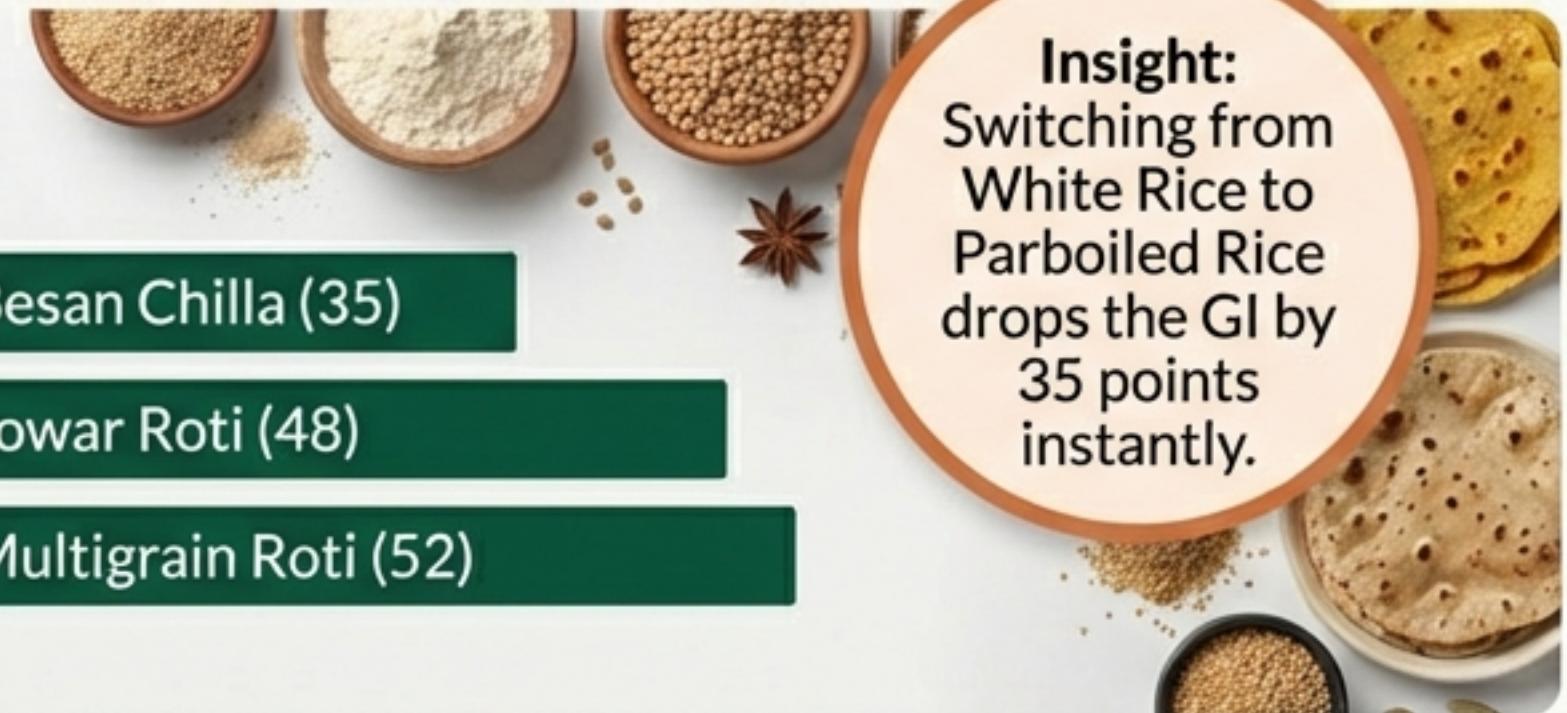
The Grain Truth: Rice & Roti



The Rice Spectrum



The Bread Basket



Insight:
Switching from
White Rice to
Parboiled Rice
drops the GI by
35 points
instantly.

The Protein Powerhouse

Your Safety Net for Blood Sugar



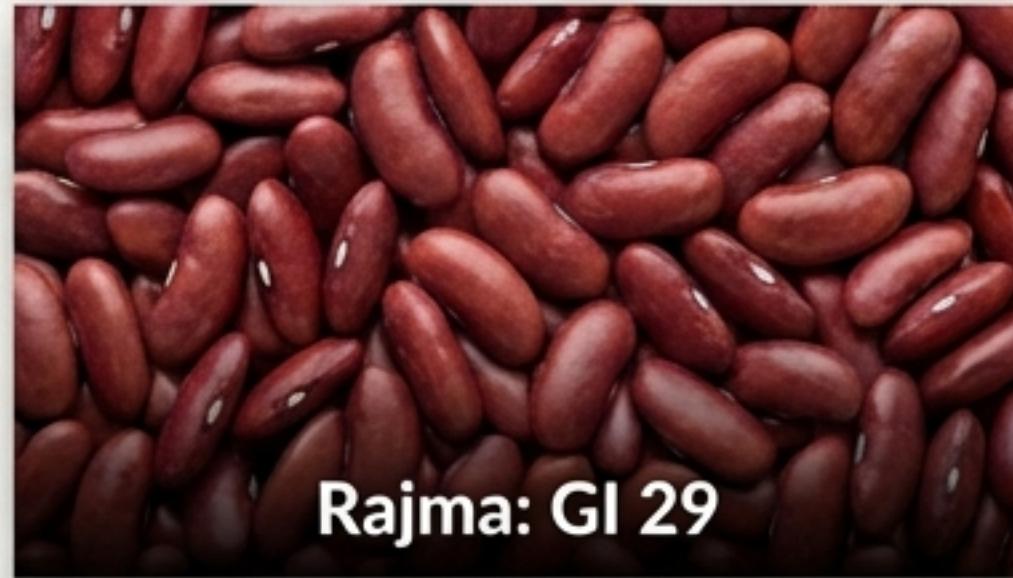
Soybeans: GI 15 (Superstar)



Sprouted Moong: GI 25



Chana Dal: GI 28



Rajma: GI 29



Masoor Dal: GI 30



Urad Dal: GI 32

Dals and pulses define the 'Slow Carb' advantage—providing sustained energy without the spike.

The Produce Edit



Proceed with Caution

Roots & Tubers: Potato (78 - High), Pumpkin (75 - High), Yam/Suran (65 - Medium).

Limit Fruits: Watermelon (76), Lychee (79), Ripe Mango (56).



Smart Snacking & Sips

Avoid



Avoid: Samosa (GI 66), Bhujia (GI 74), Jalebi (GI 95).

The Savory Swap

Choose



Choose: Dhokla (GI 45), Makhana (GI 35), Roasted Chana (GI 28).

Avoid



Avoid: Sugarcane Juice (GI 70), Mango Shake (GI 75).

The Beverage Check

Choose



Choose: Buttermilk/Chaas (GI 25), Coconut Water (GI 35), Unsweetened Lassi (GI 28).

The Mathematics of Swapping



Potato (78) →



Sweet Potato (54) = **-24 Points**



Potato (78) →



Cauliflower (10) = **-68 Points**



Watermelon (76) →



Guava (12) = **-64 Points**



Bhujia (74) →



Roasted Chana (28) = **-46 Points**



Jalebi (95) →



Dates with Nuts (45) = **-50 Points**

Food Alchemy: 5 Golden Rules

1. Add **Protein**: Never eat carbs alone.
(e.g., Rice + Dal + Veg).
2. Add **Healthy Fats**: Ghee, nuts, or mustard oil slow gastric emptying.
3. **Fiber First**: Eat salad/raita before carbs to create a fiber barrier.
4. **Add Acid**: Squeeze lemon or add vinegar to lower meal GI by up to 30%.
5. **Cool Your Carbs**: (See next page).



The ‘Cooling’ Hack



The Science

Cooling cooked rice or potatoes changes their structure into '**Resistant Starch**', which digests slower and lowers GI.

Actionable Tips

- **Refrigerate** rice overnight before eating.
- Use day-old rice for Pulao.
- Cold potato salad beats hot baked potatoes.
- **Note:** Reheating is okay; the structure remains changed!

Breakfast of Champions

South Indian (GI ~45)



2 Ragi Dosa + Sambar +
Coconut Chutney + 1 Boiled Egg.

North Indian (GI ~42)



2 Besan Chilla with veggies +
Plain Curd + Mint Chutney.

The Quick Fix (GI ~40)



Vegetable Oats Upma +
Buttermilk + Handful of Almonds.

The Lunch & Dinner Edit



The Balanced Thali (GI ~48):

1 cup Parboiled Rice + 1 cup Dal + 1 cup Non-starchy Sabzi + Salad + Raita.

The Roti Meal (GI ~45):

2 Jowar/Bajra Rotis + Paneer Bhurji + Mixed Veg Sabzi.

Light Dinner (GI ~40):

Moong Dal Khichdi + Kadhi + Steamed Vegetables.

The Cheat Sheet

 BEST (GI Under 40)	 LIMIT (GI Above 55)
<ul style="list-style-type: none">Grains: Parboiled Rice, Oats 	<ul style="list-style-type: none">Grains: White Rice, Maida 
<ul style="list-style-type: none">Rotis: Besan Chilla, Oats Roti 	<ul style="list-style-type: none">Rotis: Naan, White Bread 
<ul style="list-style-type: none">Pulses: All (Chana, Rajma, Moong) 	<ul style="list-style-type: none">Veg: Potato, Pumpkin 
<ul style="list-style-type: none">Veg: Gourds, Leafy Greens, Cauliflower 	<ul style="list-style-type: none">Fruit: Watermelon, Lychee 
<ul style="list-style-type: none">Fruit: Guava, Jamun, Apple 	<ul style="list-style-type: none">Snacks: Samosa, Sweets, Bhujia 

7 Habits for Success

1

Don't eliminate carbs,
just choose better ones.



2

Combine wisely:
Protein + Fat + Fiber
with every meal.



3

Eat slowly: Chewing
well aids digestion.



4

Time your fruits: Eat
between meals, not
immediately after.



4

Time your fruits:
Eat between meals, not
immediately after.



5

Stay hydrated: Water
helps regulate blood sugar.



6

Monitor yourself:
Track how specific foods
affect YOUR body.



7

Be consistent: Small,
sustained changes
beat dramatic diets.





Your Partner in Diabetes Management.

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and guides at health.gheware.com.**

This guide is for educational purposes. Always work with
your doctor and dietitian for personalized advice.