

# DIABETES : NON-VEGETARIAN

- **7:30AM:** Spinach juice/ Amala juice/Bitter melon/ Water with soaked Methi seeds/ Cumin seeds water.
- **8:30-9AM:**BREAKFAST-- -4/6 Idly + Sambar 1 cup, Slice brown bread.+1 slice low fat cottage cheese+1Boiled egg, Methi Paratha 2/3 +1 tbs green chutney,vegetable oats, Upma, Mix veg Daliya,
- **11AM:** Snack—1/2 Portion fruit(Avoid high energy fruits. Eg: Banana, Jack fruit, Mango, Chikku.).1 cup boiled black chana, green gram sprouts 1 cup.
- **12:30-1PM:** Lunch-- Chapati 3/4, Chicken curry, Fish curry+ 1cup Dal+ sabji 1cup+ 1 cup low fat curd.
- **4PM**--Snack- tea, Dry fruits, green tea,1 cup boiled chana.
- **6:30-7:30PM:** Dinner—2/3 Roti / chapati, sabji 1 cup(vegetable any) Broken wheat upma, Wheat dose.
- **9-10PM:** Milk(if hungry)

## ***DON'TS:***

TRANS-FATS  
PROCESSED SUGARS  
SUGARY DRINKS  
WHITE FLOUR

## ***DO'S***

FRUITS & VEGETABLES  
WHOLE GRAINS  
SMALL, FREQUENT MEALS

## ***FOOD ITEMS YOU CAN EASILY CONSUME:***

CEREALS: BROWN RICE, OAT MEAL, BROCKEN WHEAT, RAGI, QUINOA.

PULSES: CHICKPEAS, KIDNEY BEANS, MOONG DAL, MASOOR DAL, SOYBEANS.

VEGETABLES: ALL GOURDS-BITTER GOURD, SNAKE GOURD, RIDGE GOURD, BOTTLE GOURD, IVY GOURD, LADIES FINGER, TINDA, GREEN LEAFY VEGETABLES.

FRUITS: CUSTARD APPLE, PEARS, GRAPE AND WATERMELON, ORANGES AND APPLE.

MILK AND MILK PRODUCTS: SKIM MILK, PANEER, COTTAGE CHEESE, YOGHURT.

MEAT, FISH AND EGG: LEAN MEAT, CHICKEN BREST, TUNA, SALMON, TILAPIA, SWORD FISH , COD.

OIL: 1.5 TBSP/ DAY( OLIVE OIL, MUSTARD OIL, RICE BRAN OIL, CANOLA OIL

SUGAR: 1 TSP/ DAY.

