

DIABETES

VEGETERIAN (WG) :

- ▶ **7:30 AM:** spinach juice, amala juice, bitter melon.
- ▶ **8:30-9 AM: *BREAKFAST*--** -4/6 Idly + Sambar 1 cup, Slice brown bread.+1 slice low fat cheese+1Boiled egg(choice), Methi Paratha 2/3 +1 tbs green chutney, vegetable oats, Upma, Mix veg Poha.
- ▶ **11AM: *Snacks***—1/2 Portion fruit(Avoid high energy fruits. Eg: Banana, Jack fruit, Mango, Chikku.).1 cup boiled black chana, green gram sprouts 1 cup.
- ▶ **12:30-1 PM: *Lunch*--** Chapati 3/4,paneer curry ,mixed veg, 1 cup rice+ 1cup Dhal+ Palak 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.
- ▶ **9-10 PM:** 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, ORENGES AND APPLE.
- ▶ **MILK AND MILK PRODUCTS:** SKIM MILK, PANEER, COTAGE CHEESE, YOGHURT.
- ▶ **OIL:** 1.5 TBSP/ DAY(OLIVE OIL, MUSTARD OIL, RICE BRAN OIL, CANOLA OIL.
- ▶ **SUGAR:** 1 TSP/ DAY

