

# DIABETES

## VEGETERIAN (WL) :

- ▶ **7:30 AM:** spinach juice, amala juice, bitter melon.
- ▶ **8:30-9 AM: BREAKFAST--** -2 Idly + Sambar 1/2cup, Slice brown bread.+1 slice low fat cheese+1Boiled egg (choice), Methi Paratha 2 +1 tbs green chutney, Vegetable oats, Upma, Mix veg Poha.
- ▶ **11AM: Snack**—1 Portion fruit(Avoid high energy fruits. Eg: Banana, Jack fruit, Mango, Chikku.), 1/2 cup boiled black chana, green gram sprouts 1 cup.
- ▶ **12:30-1 PM: Lunch--** Chapati 3,paneer curry ,mixed veg, 1 cup rice+ 1/2cup Dhal+ Palak sabji 1/2cup+ 1/2 cup low fat curd.
- ▶ **4PM--Snack-** tea, Dry fruits, green tea,1 cup boiled chana.
- ▶ **6:30-7:30PM: Dinner**—2 Roti / chapati, sabji 1/2 cup(vegetable any) Brocken 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

