



# Diabetopedia

Your Step-by-Step Guide to Conquering Diabetes

## Diet plan for Diabetic Person *Normal Weight Mildly Active Female*

**Calculated BMI:** 18.5-24.9 kg/m<sup>2</sup>  
**Reference calorie intake range:** 1800-2000 kcal

### Suggested macronutrient distribution:

- **Carbs:** 40-50% of total calories - 250g/day
- **Proteins:** 15-20% of total calories - 125g/day
- **Fat:** 20-25% of total calories - 60g/day
- **Fibre:** 30g/day



## REFERENCE CUP SIZE



## REFERENCE SPOON SIZE



**For accurate measurements the measuring cups and a Digital kitchen measuring scale can be used .**



## MAJOR MEALS

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| <b>BREAKFAST</b><br><br>BROKEN WHEAT VEG UPMA – 1 CUP<br>TOMATO CHUTNEY - 1 TBSP<br>EGG WHITES – 2 , ALMONDS- 6<br>WALNUTS- 6 | <b>Calories:</b><br>~450 kcal<br><b>Carbs:</b> ~50 g<br><b>Protein:</b> ~18 g |
| <b>LUNCH</b><br><br>MOONG DAL KICHADI - 1CUP LEAFY<br>VEGETABLE DAL – 1 CUP CUP<br>GRILLED CHICKEN – 80G                      | <b>Calories:</b><br>~520 kcal<br><b>Carbs:</b> ~55 g<br><b>Protein:</b> ~42 g |
| <b>DINNER</b><br><br>WHOLE WHEAT CHAPATHI - 3<br>MIXED VEGETABLE CURRY- 1 CUP<br>BOILED EGG WHITES - 2                        | <b>Calories:</b><br>~450 kcal<br><b>Carbs:</b> ~65 g<br><b>Protein:</b> ~21 g |



## SNACKS

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| <b>MID-MORNING</b><br><br>GUAVA – 1 MEDIUM SIZE<br>FLAX SEED POWDER - 2 TBSP | <b>Calories:</b><br>~230 kcal<br><b>Carbs</b><br>~30 g<br><b>Protein:</b><br>~8 g |
| <b>EVENING SNACK</b><br><br>MAKHANA<br>– 50 G                                | <b>Calories:</b><br>~180 kcal<br><b>Carbs:</b><br>30 g<br><b>Protein:</b><br>6 g  |

## MAJOR MEALS

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| <b>BREAKFAST</b><br>OATS UPMA- 1 CUP WITH ADDED<br>VEGETABLES<br>BOILED EGG WHITE – 2<br>ALMONDS - 5 WALNUTS - 5 | <b>Calories:</b><br>~450 kcal<br><b>Carbs:</b> ~45 g<br><b>Protein:</b> ~19 g |
| <b>LUNCH</b><br>BROWN RICE –<br>(COOKED)- 1CUP<br>RASAM -1CUP<br>CHANA CURRY-1 CUP                               | <b>Calories:</b><br>~516 kcal<br><b>Carbs:</b> ~90 g<br><b>Protein:</b> ~19 g |
| <b>DINNER</b><br>JOWAR ROTI 2<br>DAL -1 CUP<br>BOILED EGG WHITES – 2   | <b>Calories:</b><br>~420 kcal<br><b>Carbs:</b> ~70 g<br><b>Protein:</b> ~21 g |

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## SNACKS

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| <b>MID-MORNING</b><br><br>100G ORANGE +<br>30G MIXED SEEDS               | <b>Calories:</b><br>~220 kcal<br><b>Carbs</b><br>~18 g<br><b>Protein:</b><br>~7 g |
| <b>EVENING SNACK</b><br><br>CHANNA<br>SALAD WITH<br>VEGETABLE<br>150 GMS | <b>Calories:</b><br>~200 kcal<br><b>Carbs:</b><br>30 g<br><b>Protein:</b><br>10 g |

## MAJOR MEALS

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| <b>BREAKFAST</b><br>MOONGDAL DOSA -2 MEDIUM SIZED<br>TOMATO CHUTNEY 1 TBSP<br>PANEER GRILLED - 50 G<br>ALMONDS- 5 AND WALNUTS- 3 | <b>Calories:</b><br>~410 kcal<br><b>Carbs:</b> ~35 g<br><b>Protein:</b> ~22 g |
| <b>LUNCH</b><br>WHOLE WHEAT PHULKA - 3 MEDIUM<br>SIZE<br>DAL - 1 CUP<br>GRILLED FISH - 80 GMS                                    | <b>Calories:</b><br>~560 kcal<br><b>Carbs:</b> ~79 g<br><b>Protein:</b> ~38 g |
| <b>DINNER</b><br>BROKEN WHEAT VEG UPMA -<br>1CUP<br>SAMBAR – 1 CUP<br>TOMATO CHUTNEY 1 TBSP<br>SOYA CHUNKS - 50G                 | <b>Calories:</b><br>~520 kcal<br><b>Carbs:</b> ~75 g<br><b>Protein:</b> ~30 g |

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## SNACKS

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| <b>MID-MORNING</b><br>CHANNA<br>SALAD WITH<br>VEGETABLES<br>150 GMS  | <b>Calories:</b><br>~200 kcal<br><b>Carbs:</b><br>30 g<br><b>Protein:</b><br>10 g    |
| <b>EVENING SNACK</b><br>1 MEDIUM SIZE ( GUAVA ) 150 ML<br>BUTTERMILK | <b>Calories:</b><br>~135 kcal<br><b>Carbs:</b><br>~24 g<br><b>Protein:</b><br>~4.5 g |





## MAJOR MEALS

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| <b>BREAKFAST</b><br>SPROUTED GRAMS WITH MIXED<br>SEEDS- 50 G<br>RAGI MALT – 250 ML<br>BOILED EGG WHITES – 2 | <b>Calories:</b><br>~550 kcal<br><b>Carbs:</b> ~65 g<br><b>Protein:</b> ~30 g |
| <b>LUNCH</b><br>MULTIGRAIN ROTI – 2<br>SOYA CURRY – 1 CUP<br>DAL – 1 CUP                                    | <b>Calories:</b><br>~570 kcal<br><b>Carbs:</b> ~80 g<br><b>Protein:</b> ~36 g |
| <b>DINNER</b><br>BROWN RICE – 1 CUP<br>GREEN LEAFY DAL THADKA – 1 CUP<br>CHICKEN GRILLED – (50 G)           | <b>Calories:</b><br>~480 kcal<br><b>Carbs:</b> ~75 g<br><b>Protein:</b> ~32 g |

## SNACKS

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|--|---|
| <b>MID-MORNING</b><br><br>1 MEDIUM<br>SIZE APPLE | <b>Calories:</b><br>~85 kcal<br><b>Carbs:</b><br>23 g                             |
| <b>EVENING SNACK</b><br><br>SPROUTS- 150 GMS     | <b>Calories:</b><br>~120 kcal<br><b>Carbs</b><br>~20 g<br><b>Protein:</b><br>~9 g |



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## MAJOR MEALS

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| <b>BREAKFAST</b><br>RAGI IDLY – 3MEDIUM SIZE<br>SAMBAR 1 CUP<br>TOMATO CHUTNEY 1TBSP<br>EGG WHITES – 2<br>ALMONDS- 6 + WALNUTS 5 | <b>Calories:</b><br>~530 kcal<br><b>Carbs:</b> ~72 g<br><b>Protein:</b> ~22 g |
| <b>LUNCH</b><br>MILLET RICE - 1 ½ CUP<br>LEAFY VEGETABLE<br>CURRY - 1 CUP<br>DAL - ½ CUP<br>(140 ML)<br>PANEER GRILLED-40 GMS    | <b>Calories:</b><br>~540 kcal<br><b>Carbs:</b> ~75 g<br><b>Protein:</b> ~2 g  |
| <b>DINNER</b><br>WHOLE WHEAT CHAPATHI - 2<br>MIXED VEGETABLE<br>CURRY- 1 CUP<br>BOILED EGG<br>WHITE- 2                           | <b>Calories:</b><br>~400 kcal<br><b>Carbs:</b> ~53 g<br><b>Protein:</b> ~18 g |

## SNACKS

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|--|---|
| <b>MID-MORNING</b><br>GREEN TEA – 1 CUP<br>MIXED SEEDS- 50 GMS                   | <b>Calories:</b><br>~252 kcal<br><b>Carbs:</b><br>13 g<br><b>Protein :</b> 8 g    |
| <b>EVENING SNACK</b><br>FLAX SEED POWDER – 2 TBSP<br>WITH OATS PORRIDGE - 150 ML | <b>Calories:</b><br>~160 kcal<br><b>Carbs</b><br>~15 g<br><b>Protein:</b><br>~7 g |

## MAJOR MEALS

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| <b>BREAKFAST</b><br>FLAX SEED POWDER - 2 TBSP<br>ALMONDS - 8 WITH OATS PONGAL - 1<br>CUP LOW FAT CURD- 150 ML                 | <b>Calories:</b><br>~400 kcal<br><b>Carbs:</b> ~42 g<br><b>Protein:</b> ~ 20 g |
| <b>LUNCH</b><br>WHOLE WHEAT CHAPATHI - 3<br>CAULIFLOWER CURRY - 1 CUP LEAFY<br>VEGETABLE DAL - 1 CUP<br>BOILED EGG WHITES - 2 | <b>Calories:</b><br>~519kcal<br><b>Carbs:</b> ~80 g<br><b>Protein:</b> ~26 g   |
| <b>DINNER</b><br>BROWN RICE DOSA - 3<br>(MEDIUM SIZE)<br>SAMBAR-1 CUP<br>TOMATO CHUTNEY-1 TBSP                                | <b>Calories:</b><br>~490 kcal<br><b>Carbs:</b> ~92 g<br><b>Protein:</b> ~18 g  |

## SNACKS

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| <b>MID-MORNING</b><br>ORANGE-100 GMS<br>ROASTED MAKHANA - 50 GMS   | <b>Calories:</b><br>~220 kcal<br><b>Carbs:</b><br>45 g<br><b>Protein :</b> 7 g     |
| <b>EVENING SNACK</b><br>ALMONDS-4<br>WALNUTS-3<br>PUMPKIN SEEDS-1 TSP, FLAX<br>SEEDS-1 TSP<br>SUNFLOWER<br>SEEDS-1 TSP<br>CHIA SEEDS-1 TSP | <b>Calories:</b><br>~180 kcal<br><b>Carbs</b><br>~6.7 g<br><b>Protein:</b><br>~7 g |

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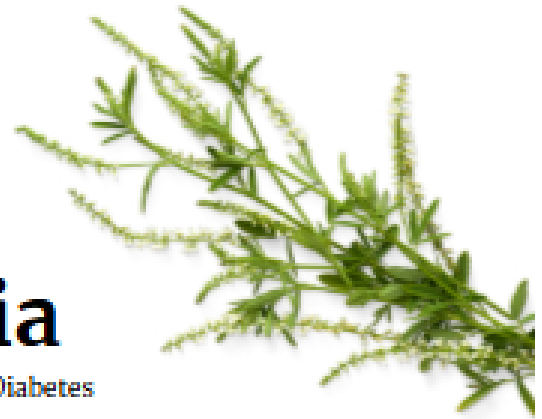


# MAJOR MEALS

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|--|---|
| <b>BREAKFAST</b><br><br>RAGI/OATS PORRIDGE 250 ML<br>WITH ALMONDS-10<br>AND WALNUTS - 5 BOILED EGG<br>WHITES-2 | <b>Calories:</b><br>~410 kcal<br><b>Carbs:</b> ~36 g<br><b>Protein:</b> ~17 g |
| <b>LUNCH</b><br><br>VEGETABLE<br>PULAO-1 CUP<br>CHICKEN/FISH - 50 GM<br>SAMBAR-1 CUP                           | <b>Calories:</b><br>~510 kcal<br><b>Carbs:</b> ~60 g<br><b>Protein:</b> ~28 g |
| <b>DINNER</b><br><br>JOWAR ROTI 2<br>DAL 1 CUP<br>EGG WHITES-2<br>GRILLED<br>PANEER-50 G                       | <b>Calories:</b><br>~500 kcal<br><b>Carbs:</b> ~59 g<br><b>Protein:</b> ~18 g |

# SNACKS

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| <b>MID-MORNING</b><br><br>APPLE-SMALL SIZE<br>MIXED SEEDS - 50 GMS           | <b>Calories:</b><br>~350 kcal<br><b>Carbs:</b> 30g<br><b>Protein:</b> ~12 g          |
| <b>EVENING SNACK</b><br><br>HERBAL TEA<br>• 150 ML<br>ALMONDS-4<br>WALNUTS-5 | <b>Calories:</b><br>~140 kcal<br><b>Carbs</b><br>~4.5 g<br><b>Protein:</b><br>~3.3 g |



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## Disclaimer

Diabetopedia is designed to provide general health and nutrition information based on user-inputted data such as weight, BMI, and lifestyle preferences. The personalized diet charts generated are intended for informational and educational purposes only and should not be considered a substitute for professional medical advice, diagnosis, or treatment.

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