



Diabetopedia

Your Step-by-Step Guide to Conquering Diabetes

Diet plan for Diabetic Person *Normal Weight Sedentary Female*

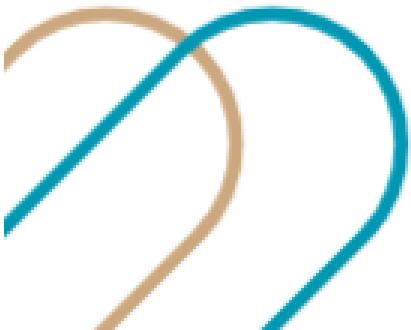
Calculated BMI:

18.5-24.9 kg/m²

Reference calorie intake range: 1600-1800 kcal

Suggested macronutrient distribution:

- Carbs:** 40-50% of total calories - 225g/day
- Proteins:** 15-20% of total calories - 113g/day
- Fat:** 20-25% of total calories - 60g/day
- Fibre:** 30g/day



Created and designed by [Snigdha Jasthi](#)



REFERENCE CUP SIZE



REFERENCE SPOON SIZE



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



MAJOR MEALS

BREAKFAST OATS UPMA- 200 GMS WITH ADDED VEGETABLES BOILED EGG WHITE - 1	Calories: ~300 kcal Carbs: ~50g Protein: ~13 g
LUNCH MILLET RICE- 1 CUP (250 ML) 1 CUP VEG CURRY (250 ML) ½ CUP DAL (140 ML) PANEER GRILLED-30 GMS	Calories: ~550 kcal Carbs: ~88 g Protein: ~23 g
DINNER MULTIGRAIN ROTI - 2 DAL-1 CUP VEG CURRY-1 CUP	Calories: ~420 kcal Carbs: ~80g Protein: ~15 g

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SNACKS

MID-MORNING (GUAVA)-1 MEDIUM SIZE ALMONDS: ~5 WALNUTS: ~5	Calories: ~220 kcal Carbs: 26.5 g Protein: 4.8 g
EVENING SNACK SPROUTS-150 GMS	Calories: ~110 kcal Carbs ~18 g Protein: ~10 g

MAJOR MEALS

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BREAKFAST BROKEN WHEAT VEG UPMA – 250 G TOMATO CHUTNEY 1 TBSP EGG WHITE – 2	Calories: ~300 kcal Carbs: ~52g Protein: ~15.4 g
LUNCH BROWN RICE - 200 GMS RASAM -1 CUP CHANA CURRY- 1 CUP	Calories: ~520 kcal Carbs: ~89 g Protein: ~19 g
DINNER JOWAR ROTI-2 DAL-1 CUP BOILED EGG WHITES – 2	Calories: ~510 kcal Carbs: ~88g Protein: ~25 g

SNACKS

MID-MORNING UNRIPE PAPAYA – 100 GMS ALMONDS: ~ 5 WALNUTS: ~5	Calories: ~143 kcal Carbs: 12.5 g Protein: 3 g
EVENING SNACK ROASTED MAKHANA- 50 G	Calories: ~190 kcal Carbs ~38 g Protein: ~6 g

MAJOR MEALS

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BREAKFAST RAGI PORRIDGE 250 ML ALMONDS- 10 , WALNUTS- 5 BOILED EGG WHITES - 2	Calories: ~410 kcal Carbs: ~36 g Protein: ~17 g
LUNCH WHOLE WHEAT CHAPATI - 3 DAL -1 CUP GRILLED FISH - 80 GMS	Calories: ~560 kcal Carbs: ~80 g Protein: ~44 g
DINNER VEGETABLE PULAO – 200 GMS CHICKEN / FISH – 50 GM SAMBAR – 1 CUP	Calories: ~510 kcal Carbs: ~60 g Protein: ~28 g

SNACKS

MID-MORNING KIWI – 100 G	Calories: ~61 kcal Carbs: 15 g Protein: 1.1 g
EVENING SNACK SPROUTS-150 GMS	Calories: ~110 kcal Carbs ~18 g Protein: ~10 g

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

SNACKS

MID-MORNING 1 MEDIUM SIZE APPLE	Calories: ~85 kcal Carbs: 23 g
EVENING SNACK HERBAL TEA- 150 ML ALMONDS- 4 WALNUTS- 4	Calories: ~90 kcal Carbs ~3 g Protein: ~2.5 g

MAJOR MEALS



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

SNACKS

MID-MORNING APPLE- MEDIUM SIZE	Calories: ~60 kcal Carbs: 14 g Protein: ~0.2 g
EVENING SNACK HERBAL TEA 150 ML ALMONDS-4 WALNUTS-5	Calories: ~140 kcal Carbs ~4.5 g Protein: ~3.3 g

MAJOR MEALS

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BREAKFAST	Calories: ~450 kcal Carbs: ~40 g Protein: ~30 g
LUNCH	Calories: ~520 kcal Carbs: ~70.5 g Protein: ~25.5 g
DINNER	Calories: ~482 kcal Carbs: ~80 g Protein: ~13.5 g

SNACKS

MID-MORNING	Calories: ~60 kcal Carbs: 11 g Protein: ~1.3 g
EVENING SNACK	Calories: ~180 kcal Carbs ~28 g Protein: ~10 g

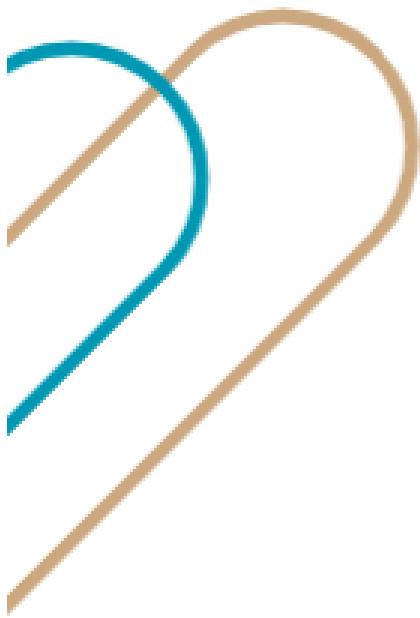
MAJOR MEALS



BREAKFAST RAGI IDLY – 3 MEDIUM SIZE SAMBAR 1 CUP TOMATO CHUTNEY 1 TBSP EGG WHITES – 2	Calories: ~410 kcal Carbs: ~57 g Protein: ~19 g
LUNCH MOONG DAL KICHADI - 1CUP CABBAGE – 150 G DAL – 150 ML GRILLED CHICKEN – 50G	Calories: ~500 kcal Carbs: ~57g Protein: ~26 g
DINNER MULTIGRAIN ROTI – 2 LEAFY VEGETABLE CURRY- 150 G DAL – 1 CUP	Calories: ~445 kcal Carbs: ~60 g Protein: ~20 g

SNACKS

MID-MORNING SPROUTS- 150 GMS	Calories: ~110 kcal Carbs:18 g Protein: ~10 g
EVENING SNACK ALMONDS-4 WALNTUS-3 PUMPKIN SEEDS - 1TSP, FLAX SEEDS- 1 TSP SUNFLOWER SEEDS- 1 TSP CHIA SEEDS- 1 TSP	Calories: ~150 kcal Carbs ~5.5 g Protein: ~5 g



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Disclaimer

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