

Diabetopedia Your Step-by-Step Guide to Conquering Diabetes

Diet plan for Diabetic Person Normal Weight Mildly Active Male

Calculated BMI: 18.5-24.5 kg/m2 Reference calorie intake range: 2000-2200 kcal

Suggested macronutrient distribution:

Carbs: 40-50% of total calories - 275g/day
 Proteins: 15-20% of total calories - 138g/day
 Fat: 20-25% of total calories - 73g/day

• Fibre: 30g/day





REFERENCE CUP SIZE



REFERENCE SPOON SIZE



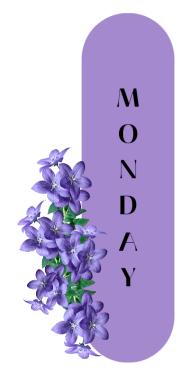
For accurate measurements the measuring cups and a Digital kitchen measuring scale can be used .



BREAKFAST Calories: ~550 kcal SPROUTED MOONG SALAD- 100 G Carbs: ~30 q PANEER GRILLED - 100 G Protein: ~28 g AVOCADO - 100 G LUNCH **Calories:** SALAD (INCLUDE MORE OF CUCUMBER, FEW SLICES OF ~610 kcal CARROT AND BEETROOT) - 50 G Carbs: ~95 g **BROWN RICE -250 G LEAFY VEGETABLE CURRY - 200 G** Protein: ~27 g **DHAL - 250 ML BOILED EGG WHITE- 2** DINNER **Calories:** ~600 kcal

MULTIGRAIN ROTI – 2 DAL-1 CUP

VEG CURRY-1 CUP



SNACKS

Carbs: ~85 g

Protein: ~20 g

MID-MORNING (GUAVA)- 1 MEDIUM SIZE ALMONDS: ~5 WALNUTS: ~5	Calories: ~220 kcal Carbs: 26.5 g Protein: 4.8 g
EVENING SNACK	Calories:
	~190 kcal
ROASTED MAKHANA- 50 G	Carbs
	~38 g
	Protein:
	~6 g

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BREAKFAST

BROKEN WHEAT VEG UPMA – 250 G WITH PANEEER GRILLED- 100 G Calories:

~460 kcal

Carbs: ~45 g

Protein: ~20 g

LUNCH

SALAD - 50 G QUINOA - 250 G LEAFY VEG DAL - 1 CUP 250 ML GRILLED CHICKEN - 50G Calories:

~600 kcal

Carbs: ~81 g

Protein: ~30 g

DINNER

JOWAR ROTI-2
DAL-1 CUP
BOILED EGG WHITES – 2

Calories:

~520 kcal

Carbs: ~88g Protein: ~25 g

MID-MORNING UNRIPE PAPAYA – 100 GMS ALMONDS: ~ 10 WALNUTS: ~8	Calories: ~170 kcal Carbs: 11 g Protein: 4.8 g
EVENING SNACK	Calories: ~260 kcal
ROASTED MAKHANA- 70 G	~260 Kcat Carbs ~41 g Protein: ~9.5 g

BREAKFAST

CHANNA SALAD- 150G WITH RAGI MALT - 150 ML ALMONDS- 10 , WALNUTS- 5 Calories:

~450 kcal Carbs: ~55 g

Protein: ~17 g

LUNCH

SALAD - 50 G
WHOLE WHEAT CHAPATHI - 3
MIXED VEGETABLE CURRY 200G
LEAFY VEG DAL - 250 ML
BOILED EGG WHITES - 2

Calories:

~600 kcal

Carbs: ~80 g

Protein: ~27 g

DINNER

BROWN RICE DOSA - 3 SAMBAR - 1 CUP TOMATO CHUTNEY- 2 TBSP **Calories:**

~500 kcal

Carbs: ~80 g

Protein: ~14 g

SNACKS

MID-MORNING

KIWI – 100 G
ALMONDS - 8
WALNUTS- 5
FLAX SEED POWDER - 1 TBSP

Calories:

~215 kcal

Carbs: 20 g

Protein:

6.2 g

EVENING SNACK

AVACADO TOAST ON MULTIGRAIN BREAD - 2 SLICES Calories: ~240 kcal

Carbs

~30 g

Protein:

~7 g



BREAKFAST	
WHOLE WHEAT PHULKA – 3	
EGG CURRY - 150 GM	
DAL - 250 MI	

Calories: ~580 kcal Carbs: ~71 g Protein: ~20 g

LUNCH

SALAD - 50 G BROWN RICE - 250 GMS GREEN LEAFY DAL THADKA - 1 CUP CHICKEN GRILLED -(50 G) Calories: ~600 kcal Carbs: ~86 g Protein: ~30 g

DINNER

MULTIGRAINROTI - 2 SOYA CURRY - 1 CUP DAL - 1 CUP Calories: ~510 kcal Carbs: ~70 g

Protein: ~28 g

MID-MORNING 1 MEDIUM SIZE APPLE ALMONDS- 5 WALNUTS- 5	Calories: ~143 kcal Carbs: 19 g Protein- 3 g
EVENING SNACK CHANNA SALAD WITH VEGETABLE 150 GMS	Calories: ~180 kcal Carbs ~28 g Protein: ~10 g



BREAKFAST SPROUTED GRAMS WITH MIXED SEEEDS- 50 G RAGI MALT – 250 ML BOILED EGG WHITES – 2	Calories: ~550 kcal Carbs: ~65 g Protein: ~30 g
LUNCH SALAD – 50 G BROWN RICEKICHADI – 250 G SPINACH DHAL – 200 ML BUTTER MILK- 150 ML BOILED EGG WHITES – 2	Calories: ~500 kcal Carbs: ~54 g Protein: ~23 g
DINNER JOWAR ROTI 2 DAL 1 CUP EGG WHITES-2 GRILLED PANEER-50 G	Calories: ~500 kcal Carbs: ~59 g Protein: ~18 g



MID-MORNING ROASTED MAKHANA- 80 G	Calories: ~300 kcal Carbs: 57 g Protein: ~10 g
EVENING SNACK HERBAL TEA- 150 ML ALMONDS-10 WALNUTS-8	Calories: ~150 kcal Carbs ~4.5 g Protein: ~3.3 g

BREAKFAST

RAGI DOSA – 3
PANEER GRILLED – 100 G
TOMATO CHUTNEY – 2 TBSP

Calories:

~540 kcal Carbs: ~47 g

Protein: ~24 g

LUNCH

WHOLE WHEAT CHAPATHI - 3
CAULIFLOWER CURRY - 1 CUP LEAFY
VEGETABLE DAL - 1 CUP
BOILED EGG WHITES - 2

Calories:

~550 kcal

Carbs: ~70.5 g

Protein: ~25.5 g

DINNER

BROKEN WHEAT VEG UPMA – 1 CUP SAMBAR – 1 CUP TOMATO CHUTNEY 1 TBSP SOYA CHUNKS - 50G Calories:

~480 kcal

Carbs: ~65 g

Protein: ~28 g

SNACKS

MID-MORNING

1 MEDIUM
SIZE ORANGE
ALMONDS-10
WALNUTS - 8
FLAX SEED POWDER- 1 TBSP

Calories:

~250 kcal

Carbs: 18 g Protein: ~7 g

EVENING SNACK

CHANNA SALAD WITH VEGETABLE 150 GMS Calories:

~190 kcal Carbs

~28 g

Protein:

~10 g

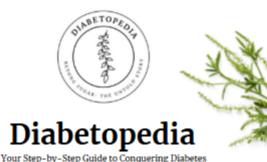


BREAKFAST OATS UPMA - 250 G BOILED EGG WHITES - 2 ALMONDS - 8 WALNUTS - 5	Calories: ~520 kcal Carbs: ~46 g Protein: ~19 g
LUNCH SALAD – 50 G VEGETABLE PULAO RICE - 1 CUP CHICKEN CURRY – 80 G DAL THAKDA - 1 CUP RAITHA – 200 ML	Calories: ~630 kcal Carbs: ~65 g Protein: ~30 g
DINNER MULTIGRAIN ROTI – 3 LEAFY VEGETABLE CURRY- 150 G DAL – 1 CUP BOILED EGG WHITE- 1	Calories: ~540 kcal Carbs: ~70 g Protein: ~22 g

MID-MORNING SPROUTS- 150 GMS	Calories: ~110 kcal Carbs:18 g Protein: ~10 g
EVENING SNACK	Calories: ~240 kcal
AVACADO TOAST ON	Carbs
MULTIGRAIN BREAD - 2	~30 g
SLICES	Protein:
	~7 g







Disclaimer

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