

## Diabetopedia

Your Step-by-Step Guide to Conquering Diabetes

## Diet plan for Diabetic Person Underweight Very Active Female

Calculated BMI: <18.5 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



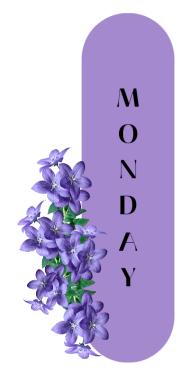
For accurate measurements the measuring cups and a Digital kitchen measuring scale can be used .



#### **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

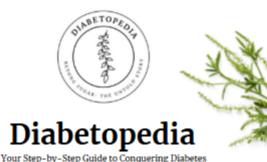


BREAKFAST  OATS UPMA - 250 G  BOILED EGG WHITES - 2  ALMONDS - 8  WALNUTS - 5	Calories: ~520 kcal Carbs: ~46 g Protein: ~19 g
LUNCH SALAD – 50 G VEGETABLE PULAO RICE - 1 CUP CHICKEN CURRY – 80 G DAL THAKDA - 1 CUP RAITHA – 200 ML	Calories: ~630 kcal Carbs: ~65 g Protein: ~30 g
DINNER  MULTIGRAIN ROTI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

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.

While efforts have been made to ensure the accuracy and relevance of the recommendations, Diabetopedia does not guarantee health outcomes or the prevention, treatment, or cure of any medical condition, including diabetes. Users are strongly advised to consult a licensed healthcare professional or registered dietitian before making any significant changes to their diet, medication, or lifestyle.

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Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.