



Diabetopedia

Your Step-by-Step Guide to Conquering Diabetes

Diet plan for Diabetic Person *Normal Weight Sedentary Male*

Calculated BMI: 18.5-24.9 kg/m²
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

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



SNACKS

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



MAJOR MEALS

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

SNACKS

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

MAJOR MEALS

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

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SNACKS

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



MAJOR MEALS

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 SPROUTS- 150 GMS	Calories: ~120 kcal Carbs ~20 g Protein: ~9 g



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MAJOR MEALS

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

SNACKS

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

MAJOR MEALS

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

SNACKS

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

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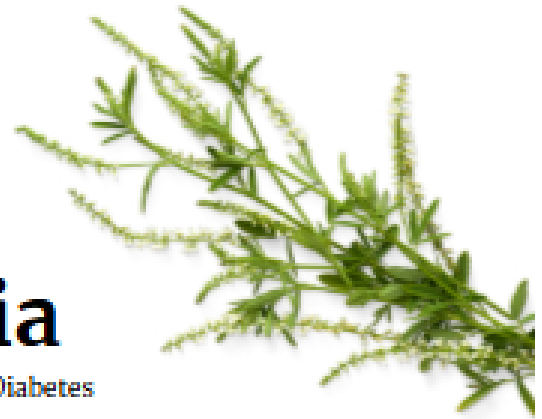


MAJOR MEALS

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-SMALL SIZE MIXED SEEDS - 50 GMS	Calories: ~350 kcal Carbs: 30g Protein: ~12 g
EVENING SNACK HERBAL TEA • 150 ML ALMONDS-4 WALNUTS-5	Calories: ~140 kcal Carbs ~4.5 g Protein: ~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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