

Diabetopedia

Your Step-by-Step Guide to Conquering Diabetes

Diet plan for Diabetic Person Overweight Mildly Active Male

Calculated BMI: 24.9-29.9 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 .



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

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



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

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



Calories: SPROUTED GRAMS WITH MIXED ~550 kcal SEEEDS-50 G RAGI MALT - 250 ML Carbs: ~65 g BOILED EGG WHITES - 2 Protein: ~30 g LUNCH Calories: ~570 kcal MULTIGRAIN ROTI - 2 SOYA CURRY - 1 CUP Carbs: ~80 g DAL-1CUP Protein: ~36 g DINNER Calories:

BREAKFAST

BROWN RICE - 1 CUP

GREEN LEAFY DAL THADKA – 1 CUP CHICKEN GRILLED – (50 G)



SNACKS

~480 kcal

Carbs: ~75 g

Protein: ~32 g

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

F R I D A Y

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

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GREEN TEA - 1 CUP MIXED SEEDS- 50 GMS Calories:

~252 kcal

Carbs:

Protein: 8 g

EVENING SNACK

FLAX SEED POWDER - 2 TBSP WITH OATS PORRIDGE - 150 ML Calories: ~160 kcal

Carbs

~15 g

Protein: ~7 g

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:7g

EVENING SNACK

ALMONDS-4
WALNTUS-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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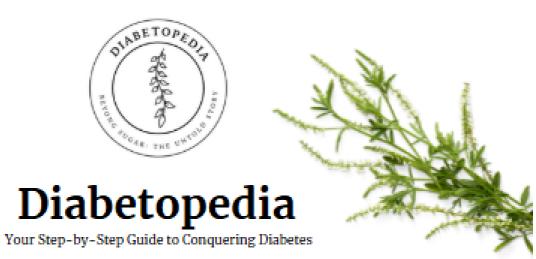
BREAKFAST RAGI/OATS PORRIDGE 250 ML WITH ALMONDS-10 AND WALNUTS - 5 BOILED EGG WHITES-2	Calories: ~410 kcal Carbs: ~36 g Protein: ~17 g
LUNCH VEGETABLE PULAO-1 CUP CHICKEN/FISH - 50 GM SAMBAR-1 CUP	Calories: ~510 kcal Carbs: ~60 g Protein: ~28 g
DINNER JOWAR ROTI 2 DAL 1 CUP EGG WHITES-2 GRILLED PANEER-50 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	Calories: ~140 kcal Carbs
HERBAL TEA • 150 ML	~4.5 g
ALMONDS-4	Protein:
WALNUTS-5	~3.3 g





Disclaimer

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