



# Diabetopedia

Your Step-by-Step Guide to Conquering Diabetes

## Diet plan for Diabetic Person *Obese Sedentary Female*

**Calculated BMI:**

>30 kg/m<sup>2</sup>

**Reference calorie intake range:** 1200-1500 kcal

### Suggested macronutrient distribution:

- Carbs:** 40-50% of total calories - 188g/day
- Proteins:** 15-20% of total calories - 94g/day
- Fat:** 20-25% of total calories - 50g/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

<b>BREAKFAST</b> OATS PONGAL – 150 G SPROUTED GRAMS- 50 G LOW FAT CURD- 100ML	Calories: ~350 kcal Carbs: ~48 g Protein: ~15 g
<b>LUNCH</b> WHOLE WHEAT CHAPATI - 2 MIXED VEGETABLE CURRY-1 CUP GRILLED FISH - 50 GMS	Calories: ~430 kcal Carbs: ~55 g Protein: ~19 g
<b>DINNER</b> BROKEN WHEAT VEGETABLE UPMA – 200 G TOMATO CHUTNEY 1 TBSP SOYA CHUNKS – 50G	Calories: ~400 kcal Carbs: ~45 Protein: ~15 g

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# SNACKS

<b>MID-MORNING</b> ( GUAVA )- 1 MEDIUM SIZE	Calories: ~68 kcal Carbs: 14 g Protein: 1.5 g
<b>EVENING SNACK</b> RAGI MALT - 150 ML	Calories: ~94 kcal Carbs ~ 17 g Protein: ~1.8 g

# MAJOR MEALS

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<b>BREAKFAST</b> SPROUTED GRAMS WITH MIXED VEG SALAD - 100 G RAGI MALT - 150 ML BOILED EGG WHITES - 2	Calories: ~230 kcal Carbs: ~32 g Protein: ~16 g
<b>LUNCH</b> BROWN RICE - 200 GMS DAL TADKA - 150 ML CHICKEN GRILLED - (50 G)	Calories: ~500 kcal Carbs: ~66 g Protein: ~23 g
<b>DINNER</b> JOWAR ROTI-1 DAL-1 CUP BOILED EGG WHITES - 2	Calories: ~300 kcal Carbs: ~37 g Protein: ~15 g

# SNACKS

<b>MID-MORNING</b> UNRIPE PAPAYA - 100 GMS	Calories: ~46 kcal Carbs: 11 g
<b>EVENING SNACK</b> HERBAL TEA- 150 ML ALMONDS -8 WALNUTS -5	Calories: ~145 kcal Carbs ~4 g Protein: ~4 g

## MAJOR MEALS

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<b>BREAKFAST</b>  CHANNA SALAD- 150G WITH RAGI MALT - 150 ML ALMONDS- 10 , WALNUTS- 5	Calories: ~450 kcal Carbs: ~55 g Protein: ~17 g
<b>LUNCH</b>  MILLET RICE- 1 CUP 1 CUP VEG CURRY ½ CUP DAL (140 ML) PANEER GRILLED-30 GMS	Calories: ~420 kcal Carbs: ~45 g Protein: ~15 g
<b>DINNER</b>  MULTIGRAIN ROTI – 2 DAL-1 CUP VEG CURRY-1 CUP	Calories: ~420 kcal Carbs: ~80 g Protein: ~15 g

## SNACKS

<b>MID-MORNING</b>  KIWI – 100 G	Calories: ~63 kcal Carbs: 15 g Protein: 1.1 g
<b>EVENING SNACK</b>  SPROUTS- 100 GMS	Calories: ~100 kcal Carbs ~17 g Protein: ~7 g

# MAJOR MEALS

<b>BREAKFAST</b>  BROKEN WHEATVEG UPMA- 200 G ~ TOMATOCHUTNEY 1TBSP EGG WHITE – 1	Calories: ~300 kcal Carbs: ~37 g Protein: ~10 g
<b>LUNCH</b>  BROWN RICE - 200 GMS RASAM -1 CUP CHANA CURRY- 1 CUP	Calories: ~440 kcal Carbs: ~85 g Protein: ~16 g
<b>DINNER</b>  JOWAR ROTI 2 DAL- ½ CUP GRILLED PANEER – 50 G	Calories: ~430 kcal Carbs: ~48 g Protein: ~19 g

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# SNACKS

<b>MID-MORNING</b>  1 MEDIUM SIZE APPLE ALMONDS- 5 WALNUTS- 5	Calories: ~143 kcal Carbs: 19 g Protein- 3 g
<b>EVENING SNACK</b>  GUAVA 1 MEDIUM SIZE -	Calories: ~68 kcal Carbs ~17 g Protein: ~2.6 g

# MAJOR MEALS



<b>BREAKFAST</b> MOONG DAL DOSA -2 TOMATO CHUTNEY-1TBSP PANEER CUBES GRILLED - 4	Calories: ~350 kcal Carbs: ~38 g Protein: ~19 g
<b>LUNCH</b> SALAD – 50 VEGETABLE PULAO – 150 GMS CHICKEN / FISH – 50 GM SAMBAR – 1 CUP	Calories: ~450 kcal Carbs: ~60 g Protein: ~23 g
<b>DINNER</b> MULTIGRAIN ROTI – 2 EGG CURRY - 150 G	Calories: ~400 kcal Carbs: ~45 g Protein: ~18 g

# SNACKS

<b>MID-MORNING</b> ORANGE -100 GMS	Calories: ~48 kcal Carbs: 12 g
<b>EVENING SNACK</b> HERBAL TEA- 150 ML ALMONDS-10 WALNUTS-8	Calories: ~150 kcal Carbs ~4.5 g Protein: ~3.3 g

## MAJOR MEALS

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<p><b>BREAKFAST</b></p> <p>RAGI DOSA - 2 PANEER GRILLED - 100 G TOMATO CHUTNEY - 2 TBSP</p>	<p>Calories: ~440 kcal Carbs: ~38 g Protein: ~22 g</p>
<p><b>LUNCH</b></p> <p>WHOLE WHEAT CHAPATHI - 2 CAULIFLOWER CURRY - 1 CUP LEAFY VEGETABLE DAL - 1 CUP BOILED EGG WHITES - 2</p>	<p>Calories: ~500 kcal Carbs: ~65 g Protein: ~23 g</p>
<p><b>DINNER</b></p> <p>BROKEN WHEAT VEG UPMA - 1 CUP TOMATO CHUTNEY 1 TBSP SOYA CHUNKS - 30 G</p>	<p>Calories: ~350 kcal Carbs: ~42 g Protein: ~21 g</p>

## SNACKS

<p><b>MID-MORNING</b></p> <p>1 MEDIUM SIZE APPLE</p>	<p>Calories: ~65 kcal Carbs: 16 g</p>
<p><b>EVENING SNACK</b></p> <p>GREEN TEA - 150 ML ALMONDS - 4 WALNUTS- 4</p>	<p>Calories: ~ 82 kcal Carbs ~2.4 g Protein: ~2.2g</p>

# MAJOR MEALS

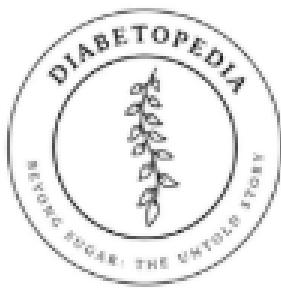
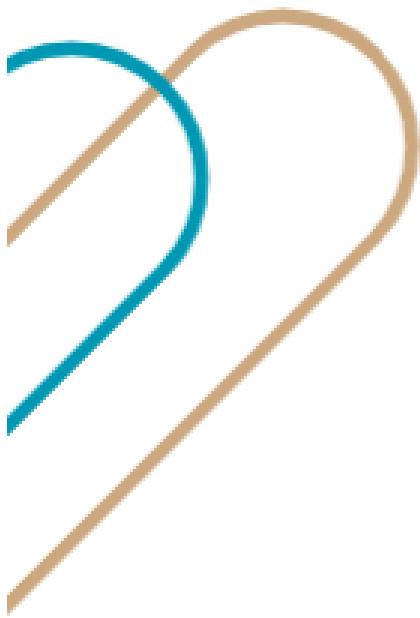
<b>BREAKFAST</b> RAGI / OATS PORRIDGE WITH NUTS - 100 ML BOILED EGG WHITE- 1	Calories: ~185 kcal Carbs: ~21 g Protein: ~7 g
<b>LUNCH</b> WHOLE WHEAT CHAPATI - 2 DAL 150 ML GRILLED FISH - 50 GMS	Calories: ~400 kcal Carbs: ~46 g Protein: ~21 g
<b>DINNER</b> MILLET DOSA - 2 SAMBAR - 150 ML TOMATO CHUTNEY - 1 TBSP	Calories: ~350 kcal Carbs: ~44 g Protein: ~7 g

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# SNACKS

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



# Diabetopedia

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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.

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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