

DIABETES : NON-VEGETARIAN

- **7:30AM:** Green tea, spinach juice, amala juice, bitter melon.
- **8:30-9AM:**BREAKFAST-- -4 Idly + Sambar 1/2 cup, Slice brown bread.+1 slice low fat cheese+1Boiled egg, Methi Paratha 2+ 1 tbs green chutney,vegetable oats, Upma, Mix veg Poha,
- **11AM:** Snack--1 Portion fruit(Avoid high energy fruits. Eg: Banana, Jack fruit, Mango, Chikku.) 1/2 cup boiled black chana, green gram sprouts 1 cup.
- **12:30-1PM:** Lunch-- Chapati 3,chicken curry, Fish curry, 1 cup rice+ 1/2 cup Dhal+ Palak sabji1/2 cup+ 1/2 cup low fat curd.
- **4PM-** snack- tea, Dry fruits, 1 cup boiled chana.
- **6:30-7:30PM:** Dinner--2 Roti / chapati, sabji1/2 cup(vegetable any) Brocken wheat upma, Wheat dose.
- **9-10PM:** Milk(if hungry)

DON'TS:

TRANS-FATS
PROCESSED SUGARS
SUGARY DRINKS
WHITE FLOUR

DO'S

FRUITS & VEGETABLES
WHOLE GRAINS
SMALL, FREQUENT MEALS

FOOD ITEMS YOU CAN EASILY CONSUME:

CEREALS: BROWN RICE, OAT MEAL, BROCKEN WHEAT, RAGI, QUINOA.

PULSES: CHICKPEAS, KIDNEY BEANS, MOONG DAL, MASOOR DAL, SOYBEANS.

VEGETABLES: ALL GOURDS-BITTER GOURD, SNAKE GOURD, RIDGE GOURD, BOTTLE GOURD, IVY GOURD, LADIES FINGER, TINDA, GREEN LEAFY VEGETABLES.

FRUITS: CUSTARD APPLE, PEARS, GRAPE AND WATERMELON, ORENGES AND APPLE.

MILK AND MILK PRODUCTS: SKIM MILK, PANEER, COTAGE CHEESE, YOGHURT.

MEAT, FISH AND EGG: LEAN MEAT, CHICKEN BREST, TUNA, SALMON, TILAPIA, SWORD FISH , COD.

OIL: 1.5 TBSP/ DAY(OLIVE OIL, MUSTARD OIL, RICE BRAN OIL, CANOLA OIL

SUGAR: 1 TSP/ DAY.

