DIABETES: NON-VEGETARIAN

- o 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:

Avoid skipping meals Choose more high-fibre foods (e.g. veggies and SIMPLE brown rice) Eat slowly, chew WEIGHT your food well: Use healthier oils you'll feel full sooner, (e.g. olive, canola, and and eat less! other plant-based oils). or non-stick sprays Use smaller plates to control portions TIPS Choose options with less sugar or no added sugar Weigh yourself regularly, Trying to manage your weight track your weight so you have better control of Cook with healthier diabetes? Try these out. methods (e.g. stir-fry Balance your calories: instead of deep-fry) less active? Eat fewer calories! Good Habits Healthier Choices Visit bit.ly/hhcaloriecalc to find out your daily recommended calorie intake

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.

