


 Name : Narender Nath Age : _____

 Dietary Recomm : Diabetic diet

ADVISED DIET REGIME

 Early Morning : Tea 1 Cup (Without Sugar) (or)

 7:00 AM Coffee Cup 1 Cup (Without Sugar) (or)

 Plain Milk 1 Cup (Without Sugar) (or)

 Breakfast (Small) Idli 3 Nos. (Avoid Coconut and Groundnut Chutney) (or)

 8:00 AM Dosa 2 Nos. (Prepared without Oil) (or)

 Wheat Upma/Vermicelli 1 1/2 Cup (or)

 Phulkas 2 Nos. with vegetables 1 Cup (or)

 Brown Bread 3 Slices (without Jam, Butter Cheese) (or)

 Poorridge 1 Cup (or)

 Oats Cornflakes 4 TBSP in 150 ml milk

 Mid Morning : Tea 1 Cup (Without Sugar) (or)

 11:00 AM Coffee 1 Cup (Without Sugar) (or)

 Plain Milk 1 Cup (Without Sugar) (or)

 Lime Water 1 Cup (or)

 Vegetable Soup 1 Cup (or)

 Tender Coconut Water 1 Cup (or)

 Butter Milk 1 Cup (Diluted) (or)

 Nutrichoice / Digestive / Marie Biscuits 3 Nos. (or)

 Veg. Salad 1 Cup (or)

 Fruit 1 No. (or)

 Lunch / Dinner : Rice 1 Cups (or)

 1:00 PM 9:00 PM Phulkas 2 Nos + Boiled egg 1 no

 Rice 1 Cup + Phulkas 2 Nos

 with Sambar / Dhal 1 Cup, Vegetable 1 Cup

 Curd 1 Cup, Veg. Salad 1 Ad Lib.

Tea Time

4:00pm

: Tea 1 Cup (Without Sugar) (or)
 Coffee 1 Cup (Without Sugar) (or)
 Plain Milk 1 Cup (Without Sugar)
 with Sprouts 1 Cup
 Marie Biscuits 3 Nos. (or)
 Sandwich 1 Nos. (or)
 Any non fried snack

Bed Time

10:30pm

: Plain Milk 1 Cup (or)
 Butter Milk 1 Cup

Foods Diabetics should

~~Avoid~~

Sugar, Jaggery
 Sweets
 Honey
 Jams, Marmalades
 Cakes & Pastries
 Butter, Ghee & Dalda
 Sweetened Juices & Soft drinks
 Fried food shuffs
 Brain, Liver, Kidney
 Banana, Sapota
 Seethaphal, Grapes
 Pineapple, Jack fruit & Mango

Use in moderate Amounts

Cereals
 Pluses
 Fats / Oils
 Roots & Tubers
 Milk Products
 Meat Products
 Eggs
 Nuts & Oil seeds

Use Freely

Vegetables
 Green Leafy Vegetables
 Thin buttermilk
 Clear Vegetable Soup
 Lime Water
 Spices
 High fiber foods

Fruits to be Eaten : (Only when Blood Sugar levels are under control)

Apple
 Orange
 Sweet Lime
 Guava
 Pear

One average sized Fruit

Pomegranate
 Water Melon
 Arbuja

100 gm
 200 gm Jamun
 200 gm Ber

Papaya 100 gm
 10-15 Nos
 10-15 Nos

CR No fruit juice

Vaghal
 Dietician