

Diabetic patient food list -4



Calories 2000

Carbohydrates 300 gm

Protein 75 gm

Fat 65 gm

	Food Name	Amount	Crabs & Fibers	Protein	Fat	Chlorine
Break Fast (Between 8:00 am)	Tea in Skimmed Milk	100 ml	5	3	2	47
	Oats	50 gm	34	6.6	3.45	186.5
	Cucumber (peeled)	75 gm	1.65	0.45	0.15	9
	Boiled Egg	1	0.6	6	5	78
	Chia Seeds	15 gm	15 gm	2.55	4.65	72.9
Post Workout(11:00 am)	One scoop whey	30 gm	2	25	2	125
	Pomegranate	100 gm	19	1.7	1.2	83
Lunch(at 2:00 pm)	Brown Rice	100 gm	75	9.7	2.5	350
	Amul Masti Dahi	50 gm	2.2	2.05	1.55	31
	chicken	150 gm	0	46.5	5.4	234.5
	Jhinga posto	220 gm	18	5	2	85

	Food Name	Amount	Crabs & Fibers	Protein	Fat	Chlorine
Lunch(at 2:00 pm)	Canola oil/olive oil	1TBSP	0	0	15	135
Tea Time(at 5:00 pm)	Green Tea	1 cup	0	0	0	0
Dinner(Between 10:00 pm)	Doi patal	100gm	8.4	6.1	3.1	81
	Aata ruti	50 gm	36.24	7.21	0.985	183
	Dawat brown rice	50 gm	37.5	4.85	5	175
	Begun Pora	100 gm	10.55	1.55	0.7	45
	Cucumber (peeled)	100 gm	2.2	0.6	0.2	12
	Canola oil/Olive oil	1/2 TBSP			7.5	67.5