



DIABETIC DIET CHART

MORNING: 7.00 A.M.

Methi soaked in water & after 30mts have Coffee with diluted skimmed milk(without sugar)

BREAKFAST: 9.00A.M.

1. Idlly –3 / Dosai 2 / wheat Rava Upma –1 cup with chutney without coconut

2. Tomato juice/carrot juice/cucumber juice-300ml and sprouts cooked 1 cup or papaya or cooked vegetables.

BETWEEN: 9 A.MAND 1P.M

The following liquids can be taken throughout the day.

- 3 glasses of plantain stem juice or buttermilk.
- 4- Marie biscuits
- egg white

LUNCH :

- Vegetable salad: cucumber, tomato and onion salad , with salt, pepper, vinegar. (Variety of vegetables can be added like cabbage, sprouts, paneer etc).
- Spicy hot vegetable curry without coconut and avoid root vegetables.
- Green leafy vegetable like spinach etc.
- Dry preparation of vegetable like cauliflower or ladies finger etc.
- Dhal 1 cup (preferably moong dhal)
- Rasam 1 cup.
- Toasted papad –1.
- Rice –1 ½ cups or 3 chappathis.

WHEN DINING OUT :

Chinese: Clear Veg. Soup, salads and baked/ grilled vegetable & paneer.

After lunch if you want to sleep for one or two hours, you can sleep. After that if there is any left over liquids from morning please continue throughout the day.

3.30- 4.30 pm: coffee with diluted skimmed milk (without sugar).- 250 ml/

5.30- 6.00 pm: Any of the following snacks can be taken alternatively:

a) Black or white channa or sprouted moong or rajma can be prepared as chaat or sundal and take 1 cup (30 gm raw wt.)

(OR)

b) Dhokla or paneer tikka, 3 to 4 pieces.

Six days please follow this diet and on the seventh day, have a cheating day by incorporating cereal like rice or chapatti in your diet for lunch and dinner.

BEFORE DINNER :

A bowl of clear vegetable soup can be taken without corn flour and butter (like spinach soup, mixed vegetable soup or mushroom soup etc.)

DINNER : 8.30.P.M

Same as lunch, with 2 chapathi or ½ peserettu dosai (moong dosai)

Bed Time : Skimmed milk, and half apple or guava.

GENERAL INSTRUCTION :

- Never feast or fast or stay hungry without food.
- Eat or drink in slow manner by devoting 15 to 20 minutes.
- Drink 2 to 3 liters of water daily. (8 to 12 glasses).
- Walk daily for 30 - 45 minutes.
- Be away from emotional tension and make yourself busy in activities throughout the day.
- Use only 2 tsp. of oil per day (suffola or gingerly).

FOODS TO BE AVOIDED :

- Cereals like rice, corn, rava, maida, vermicelli & noodles etc.
- Sugar, jaggery, honey, deserts, sweets etc.
- Chocolates and ice cream products.
- Bakery and pastries.
- Aerated beverages and soft drinks.
- Fruits like mango, grapes, jack fruit, chikku, banana, sweet lime etc.
- Alcohol.
- Root vegetables like potato, colacasia, tapioca, carrot, beetroot etc.
- Deep fried foods like chips & vadai etc.
- Dry fruits like dates, raisins and coconut.
- Oil seeds like cashew, pista and badam.
- Canned Fruit juices.

This prescribed diet is only a suggestion however it is recommended that the patient contacts a qualified dietitian for personal diet.