



AROGYA

MEAL PLANNING FOR

DIABETES

MEAL TYPE	FOOD/ITEM	QUANTITY	kcal
Breakfast	• Tea/Coffee (No sugar)	1 cup	35
	Egg (1/4 piece omelette) sandwich with 2 tbsp butter OR	1 nos	140
	• Poha/Upma	½ cup	135
	Tea/Coffee (No sugar) OR	1 cup	35
• Tea/Coffee (No sugar)	1 cup	35	
	Bread with 2 tbsp jam	1 nos	125
Mid Morning	• Any 2 fruits: Musk melon/ water melon/safed jamun OR	200 gm	36
	• Orange juice	400 gm	36
Lunch	• Chapati	1 nos	80
	Any 1 vegetable		
	• Vegetable with gravy	½ cup	85
	• Dry vegetable OR	½ cup	75
	• Boiled egg OR	1 nos	90
	• Fried egg/Omelette	½ piece	80
	• Dal (medium bowl)	½ bowl	65
• Cucumber salad OR	150 gm	19.5	
• Tomato chutney	2 tbsp	20	
Evening	• Tea/Coffee (No Sugar)	1 cup	35
	• Besan poha OR	1 Small bowl	110
	• Batata vada/Sandwich (2 tbsp butter)		100
Dinner	• Chapati	2 nos	160
	• Any 1 vegetable		
	Doodhi/beans/ghosla/parwal	100 gm	18
• Tomato chutney	2 tbsp	20	
Bed Time	• Milk	1 Cup	35

MEAL TYPE	FOOD ITEM	QUANTITY	kcal
Breakfast	• Tea/Coffee (No sugar)	1 cup	35
	Egg (1/4 piece omelette) sandwich with 2 tbsp butter OR	1 nos	140
	• Poha/Upma	1/2 cup	135
	Tea/Coffee (No sugar) OR	1 cup	35
• Tea/Coffee (No sugar)	1 cup	35	
	Bread with 2 tbsp jam	1 nos	125
Mid Morning	• Any 2 fruits: Musk melon/ water melon/safed jamun OR	200 gm	36
	• Orange juice	400 gm	36
Lunch	• Chapati	2 nos	160
	Any 1 vegetable		
	• Vegetable with gravy	1/2 cup	85
	• Dry vegetable OR	1/2 cup	75
	• Boiled egg OR	1 nos	90
	• Fried egg/Omelette	1/2 piece	80
	• Dal (medium bowl)	1 bowl	130
• Cucumber salad OR	150 gm	19.5	
• Tomato chutney	2 tbsp	20	
Evening	• Tea/Coffee (No Sugar)	1 cup	35
	• Besan poha OR	1 piece	220
	• Tea/Coffee (No Sugar)	1 cup	35
	• Batata vada/Sandwich (2 tbsp butter)	2 nos	200
Dinner	• Chapati	1 nos	80
	• Any 1 vegetable		
	Doodhi/beans/ghosla/parwal	100 gm	18
• Tomato chutney	1 tbsp	10	
Bed Time	• Milk	1 Cup	35

MEAL TYPE	FOOD ITEM	QUANTITY	kcal
Breakfast	<ul style="list-style-type: none"> <li>• Tea/Coffee (No Sugar)</li> <li>• 4 Almonds + 1 Walnut</li> <li>• Any One (Thepla/Multi Grain bread/ Poha/Upma/Sprouts/Oats)</li> </ul>	<p>1 cup</p> <p>2 nos 1 katori</p>	<p>40</p> <p>40</p> <p>140</p>
Mid Morning	<ul style="list-style-type: none"> <li>• Fruit (Any One) Watermelon - 2 Slice/Apple - 1 Medium/Pear - 1 Medium/Papaya - 2 Slice/Orange - 1 Medium Size/ Guava - 1 Medium Size/ Pineapple- 2 Slices</li> </ul>	100 gms	50
Lunch	<ul style="list-style-type: none"> <li>• Roti/Bhakarī (No oil for Shortening make dough with Milk)</li> <li>• Dal (Any One : Tur (Arhar)/ Moong/ Urad)</li> <li>• Vegetables Salad</li> <li>• Green Vegetables (Any One : Lauki/ Cabbage/Cauliflower/Turai/Tindi// Bhindi)</li> <li>• Cord</li> </ul>	<p>2 nos</p> <p>1 bowl</p> <p>1 bowl</p> <p>1 bowl</p> <p>½ cup</p>	<p>140</p> <p>100</p> <p>20</p> <p>60</p> <p>50</p>
Tea	<ul style="list-style-type: none"> <li>• Tea/Coffee (No Sugar)</li> <li>• Any One: Biscuit Dhokla Khakhra Bhel Roasted Chana</li> </ul>	<p>1 cup</p> <p>5 nos 4 nos 2 nos 1 bowl 35 gms</p>	<p>40</p> <p>140</p>
Evening	<ul style="list-style-type: none"> <li>• Fruit (Any One) Watermelon - 2 Slice/Apple - 1 Medium/Pear - 1 Medium/Papaya - 2 Slice/Orange - 1 Medium Size/ Guava - 1 Medium Size/ Pineapple- 2 Slices</li> </ul>	100 gms	50
Dinner	<ul style="list-style-type: none"> <li>• Roti/Bhakarī (No oil for Shortening make dough with Milk)</li> <li>• Any One : Veg.Khichdi/ Kadhi</li> <li>• Dal (Any One : Tur (Arhar)/ Moong/ Urad)</li> <li>• Puljes/Uhal</li> <li>• Vegetables Salad</li> </ul>	<p>1 nos</p> <p>1½ katori</p> <p>1½ katori</p> <p>1 bowl</p> <p>1 bowl</p>	<p>70</p> <p>150</p> <p>20</p>
Bed Time	<ul style="list-style-type: none"> <li>• Skim Milk</li> </ul>	150 ml	140

MEAL TYPE	FOOD/ITEM	QUANTITY	kcal
Breakfast	<ul style="list-style-type: none"> <li>Tea/Coffee (No Sugar)</li> <li>4 Almonds + 1 Walnut</li> <li>Any One (Thepla/Multi Grain bread)/ Poha/Upma/Sprouts/Oats</li> </ul>	1 cup  2 nos 1 katori	40  60 140
Mid Morning	<ul style="list-style-type: none"> <li>Fruit (Any One) Watermelon - 2 Slice/Apple - 1 Medium/Pear - 1 Medium/Papaya - 2 Slice/Orange - 1 Medium Size/ Guava - 1 Medium Size/ Pineapple - 2 Slices</li> </ul>	100 gms	50
Lunch	<ul style="list-style-type: none"> <li>Roti/Bhakarri (No oil for Shortening make dough with Milk)</li> <li>Dal (Any One : Tur (Arhar)/ Moong/ Urad)</li> <li>Vegetables Salad</li> <li>Green Vegetables (Any One : Lauki/ Cabbage/Cauliflower/Turai/Tindi// Bhindi)</li> <li>Curd</li> </ul>	2 nos  1 bowl  1 bowl 1 bowl  ½ cup	140  100  20 60  50
Tea	<ul style="list-style-type: none"> <li>Tea/Coffee (No Sugar)</li> <li>Any One: Biscuit Dhokla Khakhra Bhel Rosted Chana</li> </ul>	1 cup  5 nos 4 nos 2 nos 1 bowl 35 gms	40  140
Evening	<ul style="list-style-type: none"> <li>Fruit (Any One) Watermelon - 2 Slice/Apple - 1 Medium/Pear - 1 Medium/Papaya - 2 Slice/Orange - 1 Medium Size/ Guava - 1 Medium Size/ Pineapple - 2 Slices</li> </ul>	100 gms	50
Dinner	<ul style="list-style-type: none"> <li>Roti/Bhakarri (No oil for Shortening make dough with Milk)</li> <li>Any One : Veg./Knicchi/ Kadhi</li> <li>Dal (Any One : Tur (Arhar)/ Moong/ Urad)</li> <li>Pulses/Usal</li> <li>Green Veg or Fish/Chicken</li> <li>Vegetables Salad</li> <li>Butter Milk</li> </ul>	2 nos  1½ bowl 1 bowl 1 Katori  1 bowl 1 katori 1 bowl 1 glass	140  100  60 20 35
Bed Time	<ul style="list-style-type: none"> <li>Skim Milk</li> </ul>	150 ml	140

MEAL TYPE	FOOD ITEM	QUANTITY	kcal
Breakfast	<ul style="list-style-type: none"> <li>• Tea/Coffee (No Sugar)</li> <li>• 4 Almonds + 2 Walnut</li> <li>• Any One (Thepla/Multi Grain bread/ Poha/Upma/Sprouts/Oats)</li> </ul>	<p>1 cup</p> <p>3 nos 1 ½ katori</p>	<p>40</p> <p>80</p> <p>210</p>
Mid Morning	<ul style="list-style-type: none"> <li>• Fruit (Any One) Watermelon - 2 Slice/Apple - 1 Medium/Pear - 1 Medium/Papaya - 2 Slice/Orange - 1 Medium Size/ Guava - 1 Medium Size/ Pineapple- 2 Slices</li> </ul>	100 gms	50
Lunch	<ul style="list-style-type: none"> <li>• Roti/Bhakarai (20 gm atta No oil for Shortening make dough with Milk)</li> <li>• Dal (Any One : Tur (Arhar)/ Moong/ Urad)</li> <li>• Vegetables Salad</li> <li>• Green Vegetables (Any One : Lauki/ Cabbage/Cauliflower/Turai/Tindi// Bhindi/Palak/French Beans)</li> <li>• Rice</li> </ul>	<p>3 nos</p> <p>½ katori</p> <p>1 bowl</p> <p>1 bowl</p> <p>½ katori</p>	<p>210</p> <p>50</p> <p>20</p> <p>60</p> <p>85</p>
Tea	<ul style="list-style-type: none"> <li>• Tea/Coffee (No Sugar)</li> <li>• Any One: Biscuit Dhokla Khakhra Bhel Roasted Chana</li> </ul>	<p>1 cup</p> <p>5 nos</p> <p>4 nos</p> <p>2 nos</p> <p>1 bowl</p> <p>35 gms</p>	<p>40</p> <p>140</p>
Evening	<ul style="list-style-type: none"> <li>• Fruit (Any One) Watermelon - 2 Slice/Apple - 1 Medium/Pear - 1 Medium/Papaya - 2 Slice/Orange - 1 Medium Size/ Guava - 1 Medium Size/ Pineapple- 2 Slices</li> </ul>	100 gms	50
Dinner	<ul style="list-style-type: none"> <li>• Roti/Bhakarai (20 gm atta No oil for Shortening make dough with Milk)</li> <li>• Any One : Veg.Khichdi/Kadhi</li> <li>• Dal (Any One : Tur (Arhar)/ Moong/ Urad)</li> <li>• Pulses/Usal</li> <li>• Green Vegetables (Any One : Lauki/ Cabbage/Cauliflower/Turai/Tindi// Bhindi/Palak/French Beans)</li> <li>• Vegetables Salad</li> <li>• Butter Milk</li> </ul>	<p>3 nos</p> <p>1 ½ bowl</p> <p>1 Katori</p> <p>1 Katori</p> <p>1 Katori</p> <p>1 katori</p> <p>1 glass</p>	<p>210</p> <p>100</p> <p>60</p> <p>20</p> <p>35</p>
Bed Time	<ul style="list-style-type: none"> <li>• Skim Milk</li> </ul>	150 ml	140

MEAL TYPE	FOOD ITEM	QUANTITY	kcal
Breakfast	<ul style="list-style-type: none"> <li>Tea/Coffee (No Sugar)</li> <li>4 Almonds + 2 Walnut</li> <li>Any One (Thepla/Multi Grain bread)/ Poha/Upma/Sprouts/Oats</li> </ul>	1 cup  3 nos 1 ½ katori	40  80 210
Mid Morning	<ul style="list-style-type: none"> <li>Fruit (Any One): Watermelon - 2 Slice/Apple - 1 Medium/Pear - 1 Medium/Papaya - 2 Slice/Orange - 1 Medium Size/ Guava - 1 Medium Size/ Pineapple - 2 Slices</li> </ul>	100 gms	50
Lunch	<ul style="list-style-type: none"> <li>Roti/Bhakar (20 gms each)</li> <li>Dal (Any One : Tur (Arhar)/ Moong/ Urad)</li> <li>Vegetables Salad</li> <li>Green Vegetables (Any One : Lauki/ Cabbage/Cauliflower/Turai/Tindi/ Bhindi)</li> <li>Curd</li> <li>Rice</li> </ul>	3 nos 1 bowl  1 bowl 1 bowl  1 cup 1 katori	210 100  20 60  100 85
Tea	<ul style="list-style-type: none"> <li>Tea/Coffee (No Sugar)</li> <li>Any One: Khakhra Bhel Rosted Chana</li> </ul>	1 cup  2 nos 1 ½ bowl 40 gms	40  140
Evening	<ul style="list-style-type: none"> <li>Fruit (Any One): Watermelon - 2 Slice/Apple - 1 Medium/Pear - 1 Medium/Papaya - 2 Slice/Orange - 1 Medium Size/ Guava - 1 Medium Size/ Pineapple - 2 Slices</li> </ul>	100 gms	50
Dinner	<ul style="list-style-type: none"> <li>Roti/Bhakar (make dough with Milk)</li> <li>Any One : Veg.Khichdi/ Kadhi</li> <li>Dal (Any One : Tur (Arhar)/ Moong/ Urad)</li> <li>Pulses/Usal</li> <li>Green Veg or Fish/Chicken</li> <li>Vegetables Salad</li> <li>Butter Milk</li> <li>Rice</li> </ul>	3 nos 1 katori 1 bowl 1 bowl  1 bowl 1 katori 1 bowl 1 glass ½ Katori	210  100  60 60 20 35 40
Bed Time	<ul style="list-style-type: none"> <li>Skim Milk</li> </ul>	150 ml	140

MEAL TYPE	FOOD/ITEM	QUANTITY	kcal
<b>Breakfast</b>	<ul style="list-style-type: none"> <li>• Tea/Coffee (No Sugar)</li> <li>• 4 Almonds + 2 Walnut</li> <li>• Any One (Thepla/Multi Grain bread/ Poha/Upma/Sprouts/Oats)</li> </ul>	1 cup  3 nos 1 ½ katori	40  80 210
<b>Mid Morning</b>	<ul style="list-style-type: none"> <li>• Fruit (Any One) Watermelon - 2 Slice/Apple - 1 Medium/Pear - 1 Medium/Papaya - 2 Slice/Orange - 1 Medium Size/ Guava - 1 Medium Size/ Pineapple- 2 Slices</li> </ul>	100 gms	50
<b>Lunch</b>	<ul style="list-style-type: none"> <li>• Roti/Bhakarri (20 gms each)</li> <li>• Dal (Any One : Tur (Arhar)/ Moong/ Urad)</li> <li>• Pulses (Moong/Moth/Chana/Chola)</li> <li>• Vegetables Salad</li> <li>• Green Vegetables (Any One : Lauki/ Cabbage/Cauliflower/Turai/Tindi// Bhindi)</li> <li>• Curd</li> </ul>	3 nos 1 katori  1 katori 1 bowl 1 katori  100 gms	210 100  100 20 60  100
<b>Tea</b>	<ul style="list-style-type: none"> <li>• Tea/Coffee (No Sugar)</li> <li>• Any One: Biscuit Dhokla/Khaman Khakhra Bhel Sandwich</li> </ul>	1 cup  2 nos 40 gram 2 nos 1 ½ bowl 2 slices	40  55  140
<b>Evening</b>	<ul style="list-style-type: none"> <li>• Fruit (Any One) Watermelon - 2 Slice/Apple - 1 Medium/Pear - 1 Medium/Papaya - 2 Slice/Orange - 1 Medium Size/ Guava - 1 Medium Size/ Pineapple- 2 Slices</li> </ul>	100 gms	50
<b>Dinner</b>	<ul style="list-style-type: none"> <li>• Roti/Bhakarri (20 gms each)</li> <li>• Any One : Veg.Khichdi/Kadhi</li> <li>• Dal (Any One : Tur (Arhar)/ Moong/ Urad)</li> <li>• Green Veg</li> <li>• Any One : Shekhani (with artificial sweetner) Puranpoli</li> </ul>	3 nos 1 katori 1 katori  1 katori  1 katori 1 nos	210 85 100  60  150
<b>Bed Time</b>	<ul style="list-style-type: none"> <li>• Skim Milk</li> </ul>	150 ml	140



MEAL TYPE	FOOD/ITEM	QUANTITY	kcal
Breakfast	• Tea/Coffee (No Sugar)	1 cup	40
	• 4 Almonds + 2 Walnut • Any One (Thepla/Multi Grain bread/ Poha/Upma/Sprouts/Oats)	3 nos 1 ½ katori	80 210
Mid Morning	• Fruit (Any One) Watermelon - 2 Slice/Apple - 1 Medium/Pear - 1 Medium/Papaya - 2 Slice/Orange - 1 Medium Size/ Guava - 1 Medium Size/ Pineapple- 2 Slices	100 gms	50
Lunch	• Roti/Bhakarī (20 gms each)	4 nos	280
	• Pulses (Moong/Muth/Chana/Chola)	1 katori	100
	• Vegetables Salad	1 bowl	20
	• Green Vegetables (Any One : Lauki/ Cabbage/Cauliflower/Turai/Tindi// Bhindi/Palak/French Beans)	1 katori	60
	• Shrikhand/Puranpoli	1 katori/1	150
	• Rice • Buttermilk	1 katori 1 glass	85 35
Tea	• Tea/Coffee (No Sugar)	1 cup	40
	• Biscuit	2 nos	55
	• Any One : Khakhra Bhel Roasted Chana	2 nos 1 ½ bowl 35 gm	
	• Sandwich	1 slices	140
Evening	• Fruit (Any One) Watermelon - 2 Slice/Apple - 1 Medium/Pear - 1 Medium/Papaya - 2 Slice/Orange - 1 Medium Size/ Guava - 1 Medium Size/ Pineapple - 2 Slices	100 gms	50
Dinner	• Roti/Bhakarī (20 gms each)	3 nos	210
	• Green Vegetables (Any One : Lauki/ Cabbage/Cauliflower/Turai/Tindi// Bhindi/Palak/French Beans)	1 katori	60
	• Any One : Veg.Khichdi/ Kadhi	1 ½ bowl 1 kator	100
	• Any One 1Dal : Tur (Arhar)/ Moong/ Urad) Pulses/Usal	1 katori	100
	• Vegetables Salad	1katori	20
	• Any One : Shrikhand /Gujar halwa	1katori	150
	• Buttermilk	1 glass	35
Bed Time	• Skim Milk	150 ml	140

# EXCHANGE LIST

Food Group	Allowed	Restricted or Avoid
Cereals or starches	Wheat, wheat fada, bryana, las, makai atta; mix type flour in wheat flour in ratio of 1:4 for mix preparation. Rice, suji, poha, maida, can be taken by adding sprouted kothai, vegetables like cabbage, peas, carrot, tomato, cucumber, onion, etc to increase fibre and decrease calorie intake of preparation.	Maida based product like bread, dosa, khari, puff, biscuits, nam, noodles, etc. For diabetic if blood sugar is in control then can take half tablespoon rice mix with vegetables 2/week. Sabudana, sevaya can be prepared in some ways.
Legumes, nuts and oilseeds	Almonds, Soya, Rajma, chana, moong, muth, all dals, if possible sprout kothai before using.	Overweight person should avoid groundnut, Castews, oil walnut, coconut.
Vegetables	Green leafy vegetables, all vegetables other than potatoes, shakpriya. (can have in boiled, juice, steamed, raw form).	Potatoes, Sweet potatoes, potato wafers, fried chips. For diabetic if blood sugar is in control then can take small portion of potato in vegetables 2/week.
Fruits	Watermelon - 7 slice, Apple - 1 Medium, Pear - 1 Medium, Papaya - 2 Slices, Orange - 1 Medium seg, Guava - 1 Medium size, Pineapple - 2 slices (Monitor portion size of fruits)	Sweetphal, banana, chikoo, mango, grapes, guava fruit or amia muramba, canned fruits. For diabetic if blood sugar is in control then can take 50 to 80gm above restricted fruits 2/week.
Beverages	Coffee, tea, lemon juice, coconut water, fruit juice without sugar.	Sugar syrup based sherbets and milk shakes, cold drink, hard drink.
Milk and milk product	Skim milk, skim milk curd, home made paneer, buttermilk.	Ghee, butter, Cheese, whole milk with fat, ice cream, shrikhand, kheer, pudding, milk based sweets.
Egg	Egg white in boiled or poached form.	Egg yolk, oily preparation of egg.
Non vegetarian food item	Fish, chicken without fatty portion (grilled or roast or steamed).	Organ meat like liver, kidney, brain.

\* Fat consumption: 55gm (1144 ggm maximum of oil) / butter / ghee per day

\* Consume 8to 10 glasses of water per day

\* Small size frequent meals are preferred.

\* Do regular exercise for 30 minutes.

\* If you feel hungry you can take small salad or juice (Not fruit juice)

\* Tea, coffee without sugar.

\* You can add essential oil in curries.

\* Mytiline (kudgul) is beneficial to control cholesterol and hunger if taken before meal (20 minutes).

#### Other note:

Avoid or restrict the quantity of soy, gaffar, bhujia, fried foods, maida foods, pure, ice cream, chocolate, coldch (ice, inside food), fast food (Biscuits, burger, hot-meat, egg-roll)

# GLYCEMIC (GI) OF COMMON FOODS

	Name of the foods	Glycemic Index
Oats/Pulses	Soya beans	15 + 1
	Fava	18 + 2
	Lentil	26 + 3
	Chick peas	28 + 5
	Arhar	32 + 5
	Mung Dal	38 + 1
Vegetables	Broccoli/Cabbage/Bell peppers/Tomato/Onion	10 + 2
	Cauliflower/Green beans	15 + 1
	Lady's finger	20 + 2
	Carrots	36 + 4
	Potato (boiled)	38 + 4
Fruits	Apple/Plum	36 + 2
	Orange/Peach	43 + 1
	Banana/Mango	51 + 5
	Pineapple	59 + 5
	Watermelon	76 + 4
	Sweet corn	52 + 1
Cereals	Wheat roti	62 + 1
	Rice	63 + 1
	Pohe/roti	65 + 5
	Brown polished rice	68 + 4
	Maida	72 + 4
	White boiled rice	73 + 4
	Whole Wheat bread	74 + 2
	Rice porridge/congee	78 + 5
	Cornflakes	81 + 3
	Milk	37 + 4
	Chocolate	40 + 1
Miscellaneous	Ice cream	53 + 1
	Boiled Chicken/Tawa fish	15 + 4
	Soft drinks/soda	59 + 1
	Honey	61 + 1
	French fries (potato)	63 + 2

\*Glycemic index (GI) is measured on a scale of 0 (Glucose) to 100 (white bread) based on a person's glycemic response.

†GI is affected by a number of factors such as food and food preparation.

‡GI is not just a number but a range given with a standard deviation (SD).

§GI is not a measure of overall health and does not indicate fatness.



# AROGYA

MEAL PLANNING FOR

DIABETES

MEAL TYPE	FOOD/ITEM	QUANTITY	kcal
Breakfast	• Tea/Coffee (No Sugar)	1 cup	35
	• Idli with 1 cup sambhar OR 1 Masala dosa with ¼ cup sambhar/ 2 Idlis with ½ cup sambhar/ flake cereal flakes with 1 cup milk/ 1 cup Semolina porridge/ 1 cup Wheat porridge/ ½ cup Upma + 1 vada	1 nos  ½ katori 1 cup	121  135 35
Mid Morning	• Any 1 fruits:		
	Musk melon /	100 gm	17
	Water melon / Orange juice	100 gm 200 gm	16 18
Lunch	• Any 1 Rice	½ cup	85
	Idli	1 nos	75
	• Any 1 Chicken/Prawn /Mutton curry	¼ cup	80/73/86
	Fried egg/Omelette	½ piece	80
	• Any 1 vegetable Ash gourd Bottle gourd/Beans Thaalu (Colocasia stem)	200gm 100 gm 100 gm	20 12/16 18
Evening	• Tea/Coffee (No Sugar)	1 cup	35
	Vegetable puff OR	½ piece	50
	• Masala vada	1 nos	75
Dinner	• Rice	½ cup	85
	• Sambhar	½ cup	55
	• Fried fish	1 nos	45
Bed Time	• Milk	1 Cup	35

MEAL TYPE	FOOD ITEM	QUANTITY	kcal
Breakfast	• Tea/Coffee (No Sugar)	1 cup	35
	• Idli with 1 cup sambhar OR 1 Masala dosa with ¼ cup sambhar/ 2 Idlis with ½ cup sambhar/ Rice cereal flakes with 1 cup milk/ 1 cup Semolina porridge/ 1 cup Wheat porridge/ ½ cup Upma + 1 vada	1 nos  ½ katori 1 cup	121  135 35
Mid Morning	• Musk melon / Water melon	200 gm	33
	OR Orange juice	400 gm	36
Lunch	• Any 1 Rice	1 cup	170
	Idli	2 nos	150
	• Any 1 Chicken/Prawn /Mutton curry	¼ cup	80/73/86
	Fried egg/Omelette	½ piece	60
• Any 1 vegetable Ash gourd	400gm	40	
Bottle gourd/Beans	200 gm	24/32	
Thaalu (Colocasia stem)	200 gm	36	
Evening	• Tea/Coffee (No Sugar)	1 cup	35
	Vegetable puff OR	1 nos	100
	• Masala vada	1 nos	150
Dinner	• Rice	½ cup	85
	• Sambhar	½ cup	55
	• Fried fish	1 nos	45
Bed Time	• Milk	1 Cup	35

MEAL TYPE	FOOD ITEM	QUANTITY	kcal
Breakfast	<ul style="list-style-type: none"> <li>• Tea/Coffee (No Sugar)</li> <li>• 4 Almonds</li> <li>• Idlies + coconut Chutney</li> <li>or</li> <li>Dose + 1 bowl sambhar/ Toast (wheat)/ Veg. Upma</li> </ul>	1 cup  2 nos  2 nos 2nos 1 katori	40 40 140 or 100
Mid Morning	<ul style="list-style-type: none"> <li>• Fruit (Any One) : Watermelon - 2 Slice/ Apple - 1 Medium/Pear - 1 Medium/ Papaya - 2 Slice/Orange - 1 Medium Size/ Guava - 1 Medium Size/ Pineapple - 2 Slices.</li> <li>• Coconut Water</li> </ul>	100 gms        100 ml	50        50
Lunch	<ul style="list-style-type: none"> <li>• Brown Rice (cooked)</li> <li>• Any One : Dal/Rasam/Sambar</li> <li>• Green Vegetables (Any One : Lauki/ Cabbage/Cauliflower/Torai/Tindi// Bhindi/Palak/French Beans)</li> <li>• Vegetables Salad</li> <li>• Curd</li> </ul>	1 katori 1 katori 1 katori   1 katori 1 katori	150 100 60   20 100
Evening	<ul style="list-style-type: none"> <li>• Tea/Coffee (No Sugar)</li> <li>• Any One : Boiled mixed pulses Upma Toast Biscuit</li> </ul>	1 cup      1 katori 1 katori 1 small 4 nos	40      100
Dinner	<ul style="list-style-type: none"> <li>• Brown Rice (cooked)</li> <li>• Any One : Dal/Rasam/Sambar</li> <li>• Vegetables Salad</li> </ul>	1 katori 1 katori 1 katori	100 100 20
Bed Time	<ul style="list-style-type: none"> <li>• Skim Milk</li> </ul>	150 ml	140

MEAL TYPE	FOOD/ITEM	QUANTITY	kcal
Breakfast	<ul style="list-style-type: none"> <li>• Tea/Coffee (No Sugar)</li> <li>• 4 Almonds + 1Walnut</li> <li>• Idlies + coconut Chutney</li> <li>• Any One : Dose + 1bowl sambhar/ 2 Toast (wheat)/ Veg. Upma</li> </ul>	1 cup  2 nos 2 small 1 katori	40 60 140 100
Mid Morning	<ul style="list-style-type: none"> <li>• Fruit (Any One) : Watermelon - 2 Slice/ Apple - 1 Medium/Pear - 1 Medium/ Papaya - 2 Slice/Orange - 1 Medium Size/ Guava - 1 Medium Size/ Pineapple - 2 Slices</li> <li>• Chas or Coconut Water</li> </ul>	100 gms  1 glass 100 ml	50
Lunch	<ul style="list-style-type: none"> <li>• Brown Rice (cooked)</li> <li>• Any One : Dal/Rasam/Sambar</li> <li>• Green Vegetables (Any One : Lauki/ Cabbage/Cauliflower/Turai/Tindli// Bhindi/Palak/French Beans)</li> <li>• Coconut Chutney</li> <li>• Vegetables Salad</li> <li>• Curd</li> </ul>	1½ katori 1 katori 1 katori  1 tbsp 1 katori ½ katori	150 100 60  20 50
Evening	<ul style="list-style-type: none"> <li>• Tea/Coffee (No Sugar)</li> <li>• Any One : Boiled mixed pulses Upma Toast Biscuit</li> </ul>	1 cup  1 katori 1 katori 2 small 4 nos	40  100
Dinner	<ul style="list-style-type: none"> <li>• Brown Rice (cooked)</li> <li>• Any One : Dal/Rasam/Sambar</li> <li>• Green Vegetables (Any One : Lauki/ Cabbage/Cauliflower/Turai/Tindli// Bhindi/Palak/French Beans) or Chicken</li> <li>• Butter milk</li> </ul>	1½ katori 1 katori 1 katori  ½ katori	150 100 60  30
Bed Time	<ul style="list-style-type: none"> <li>• Skim Milk</li> </ul>	150 ml	140



MEAL TYPE	FOOD ITEM	QUANTITY	kcal
Breakfast	<ul style="list-style-type: none"> <li>• Tea/Coffee (No Sugar)</li> <li>• 4 Almonds + 2 Walnut</li> <li>• Idlies + sambhar + coconut Chutney</li> <li>or Dose + 1 bowl sambhar/ Toast (wheat)/ Veg. Upma</li> </ul>	1 cup  3 nos 3 nos 2nos 1 katori	40 80 210    100
Mid Morning	<ul style="list-style-type: none"> <li>• Fruit (Any One) : Watermelon - 2 Slice/ Apple - 1 Medium/Pear - 1 Medium/ Papaya - 2 Slice/Orange - 1 Medium Size/ Guava - 1 Medium Size/ Pineapple - 2 Slices</li> <li>• Chas or Coconut Water</li> </ul>	100 gms      1 glass 100 ml	50       50
Lunch	<ul style="list-style-type: none"> <li>• Brown Rice (cooked)</li> <li>• Any One : Dal/Rasam/Sambar</li> <li>• Green Vegetables Any One Lauki/ Cabbage/Cauliflower/ Tural/Tindi/Bhindi/ Palak/French Beans/ Avial (cooked)</li> <li>• Vegetable Salad</li> <li>• Curd</li> </ul>	2 katori 1 big katori 1 katori      1cup 1 katori 1 katori	200 120 60      20 100
Evening	<ul style="list-style-type: none"> <li>• Tea/Coffee (No Sugar)</li> <li>• Any One : Boiled mixed pulses Upma/ Poha/ Biscuit</li> </ul>	1 cup       1½ katori      4 nos	40       140      40
Dinner	<ul style="list-style-type: none"> <li>• Brown Rice (cooked)</li> <li>• Any One : Dal/Rasam/Sambar</li> <li>• Green Vegetables Any One Lauki/ Cabbage/Cauliflower/ Tural/Tindi/Bhindi/ Palak/French Beans/ Avial (cooked)</li> <li>• Vegetables Salad</li> <li>• Butter milk</li> </ul>	1 katori 1 katori 1 katori      1 katori 1 glass	100 100 60      20 30
Bed Time	<ul style="list-style-type: none"> <li>• Skim Milk</li> </ul>	150 ml	140

MEAL TYPE	FOOD ITEM	QUANTITY	kcal
Breakfast	<ul style="list-style-type: none"> <li>Tea/Coffee (No Sugar)</li> <li>4 Almonds + 1 Walnut</li> <li>Idlies + sambhar + coconut Chutney or Dosa + 1 bowl sambhar/ Toast (wheat)/ Veg. Upma</li> <li>Milk</li> </ul>	1 cup  3 nos 3 nos 1 nos ½ katori 1 glass	40 60 210  50 140
Mid Morning	<ul style="list-style-type: none"> <li>Fruit (Any One) : Watermelon - 2 Slice/ Apple - 1 Medium/Pear - 1 Medium/ Papaya - 2 Slice/Orange - 1 Medium Size/ Guava - 1 Medium Size/ Pineapple - 2 Slices</li> <li>Chas or Coconut Water</li> </ul>	100 gms  1 glass 100 ml	50  50
Lunch	<ul style="list-style-type: none"> <li>Brown Rice (cooked)</li> <li>Any One : Dal/Rasam/Sambar</li> <li>Veg curry (Green Vegetables (Any One : Lauki/Cabbage/ Cauliflower/Turai/Tindi/ Bhindi/Palak/French Beans/ Avial (cooked)</li> <li>Vegetable Salad</li> <li>Butter Milk</li> </ul>	2 katori 1 big katori 1 katori  1 cup 1 katori 1 glass	200 120 60  20 30
Evening	<ul style="list-style-type: none"> <li>Lime water/ Tea/Coffee (No Sugar)</li> <li>Any One : Boiled mixed pulses/ Upma/ Poha</li> </ul>	1 cup  1½ katori	40  140
Dinner	<ul style="list-style-type: none"> <li>Brown Rice (cooked)</li> <li>Any One : Dal/Rasam/Sambar</li> <li>Green Vegetables (Any One : Lauki/ Cabbage/ Cauliflower/ Turai/ Tindi/ Bhindi/ Palak/ French Beans) or Chicken</li> <li>Rava Dosa/Uttapam/ Dosa + Rasam/Sambhar</li> <li>Butter milk</li> </ul>	2 katori 1 katori 1 katori  2 nos 1 glass	200 100 60  120 30
Bed Time	<ul style="list-style-type: none"> <li>Skim Milk</li> </ul>	150 ml	140

MEAL TYPE	FOOD ITEM	QUANTITY	kcal
Breakfast	• Tea/Coffee (No Sugar)	1 cup	40
	• 5 Almonds + 2 Walnut		80
	• Idlies + sambhar / Dose	3 nos	210
	• Veg. Upma + Chutney	1 ½ katori	150
	• Milk	1 glass	140
Mid Morning	• Fruit (Any One) : Watermelon - 2 Slices/ Apple - 1 Medium/Pear - 1 Medium/ Papaya - 2 Slice/Orange - 1 Medium Size/ Guava - 1 Medium Size/ Pineapple - 2 Slices	100 gms	50
	• Chas or Coconut Water	1 glass 100 ml	
Lunch	• Brown Rice (cooked) or Roti 3 nos	2 katori	200
	• Any One : Dal/Fasam/Sambar or Chicken/Fish	1 katori	100
	• Veg curry or Vegetables (Green leafy, Other Veg.)	1 katori	60
Evening	• Coconut water	1 cup	40
	• Tea/Coffee (No Sugar)		160
	• Any One : Boiled mixed pulses/ Upma/Puffed Rice with 15 gms peanuts	1 bowl	
	• Fruit (Any One) Watermelon - 2 Slice/Apple - 1 Medium/Pear - 1 Medium/Papaya - 2 Slice/Orange - 1 Medium Size/ Guava - 1 Medium Size/ Pineapple - 2 Slices	100 gms	50
Dinner	• Roti (60 gms atta)/ Brown Rice (cooked)	3 nos 2 katori	200
	• Green Vegetables (Green leafy, Other Veg.)	1 katori	60
	• Dal or Kadhi or Dal Palak	1 katori	150
	• Salad, Kootu, Poriyal	1 ½ katori	40
	• Butter milk	1 katori	30
	• Dessert : (Artificial Sweetner Kheer / Rice, Vermicelli, Almonds) Or Opputtu	1 glass	140
		1 nos	
Bed Time	• Skim Milk	150 ml	140

MEAL TYPE	FOOD ITEM	QUANTITY	kcal
Breakfast	<ul style="list-style-type: none"> <li>Tea/Coffee (No Sugar)</li> <li>5 Almonds + 2 Walnut</li> <li>Idlies + Coconut Chutney or Any One : Dosa + 1 bowl Sambhar / Toast</li> <li>Veg. Upma</li> <li>Milk</li> </ul>	1 cup 3 nos 3 nos 4 nos 2 katori 1 glass	40 80 210 200 140
Mid Morning	<ul style="list-style-type: none"> <li>Fruit (Any One) : Watermelon - 2 Slice/ Apple - 1 Medium/Pear - 1 Medium/ Papaya - 2 Slice/Orange - 1 Medium Size/ Guava - 1 Medium Size/ Pineapple - 2 Slices</li> <li>Chas or Coconut Water</li> </ul>	100 gms  1 glass 100 ml	50
Lunch	<ul style="list-style-type: none"> <li>Brown Rice (cooked) or Roti 3 nos</li> <li>Any One : Dal/Rasam/Sambar</li> <li>Green Vegetables Any One: Lauki/ Cabbage/Cauliflower/ Tural/Tindi/Bhindi/ Palak/French Beans/ Avial (cooked)</li> <li>Kheer ( Rice, Vermicelli, Almonds) (Artificial Sweetner) Or Opputtu</li> <li>Vegetable Salad, Kootu, Poriyal</li> <li>Card</li> </ul>	2 katori 1 big katori 1 katori  1½ katori  1 katori 1 katori	200 120 60  210  40 100
Evening	<ul style="list-style-type: none"> <li>Tea/Coffee (No Sugar)</li> <li>Any One : Boiled mixed pulses/ Upma/ Poha/ Biscuit</li> </ul>	1 cup  1½ katori  4 nos	40 140
Dinner	<ul style="list-style-type: none"> <li>Roti (60 gms atta)/ Brown Rice (cooked)</li> <li>Any One : Dal/Rasam/Sambar</li> <li>Green Vegetables Any One: Lauki/ Cabbage/Cauliflower/ Tural/Tindi/Bhindi/ Palak/French Beans/ Avial (cooked)</li> <li>Salad, Kootu, Poriyal</li> <li>Butter milk</li> </ul>	3 nos 2 katori 1 katori 1 katori  1 katori 1 glass	200 100 60  40 30
Bed Time	<ul style="list-style-type: none"> <li>Skim Milk</li> </ul>	150 ml	140

# EXCHANGE LIST

Food Group	Allowed	Restricted or Avoid
Cereals or starches	Wheat, wheat fada, bryana, las, makai atta; mix type flour in wheat flour in ratio of 1:4 for mix preparation. Rice, suji, poha, maida, can be taken by adding sprouted kathi, vegetables like cabbage, peas, carrot, tomato, cucumber, onion, etc to increase fibre and decrease calorie intake of preparation.	Maida based product like bread, dosa, khari, puff, biscuits, nam, noodles, etc. For diabetic if blood sugar is in control then can take half tablespoon rice mix with vegetables 2/week. Sabudana, sevaya can be prepared in some ways.
Legumes, nuts and oilseeds	Almonds, Soya, rajma, chana, moong, muth, all dal, if possible sprout kathi before using.	Overweight person should avoid groundnut, Castews, oil walnut, coconut.
Vegetables	Green leafy vegetables, all vegetables other than potatoes, shakprya- (can have in boiled juice, steamed, rick form).	Potatoes, Sweet potatoes, potato wafers, fried chips. For diabetic if blood sugar is in control then can take small portion of potato in vegetables 2/week.
Fruits	Watermelon - 7 slice, Apple - 1 Medium, Pear - 1 Medium, Papaya - 2 Slices, Orange - 1 Medium seg, Guava - 1 Medium size, Pineapple - 2 slices (Monitor portion size of fruits)	Sweetphal, banana, chikoo, mango, grapes, guava fruit or amia muramba, canned fruits. For diabetic if blood sugar is in control then can take 50 to 80gm above restricted fruits 2/week.
Beverages	Coffee, tea, lemon juice, coconut water, fruit juice without sugar.	Sugar syrup based sherbets and milk shakes, cold drink, hard drink.
Milk and milk product	Skim milk, skim milk curd, home made paneer, buttermilk.	Ghee, butter, Cheese, whole milk with fat, ice cream, shrikhand, kheer, pudding, milk based sweets.
Egg	Egg white in boiled or poached form.	Egg yolk, oily preparation of egg.
Non vegetarian food item	Fish, chicken without fatty portion (grilled or roast or steamed).	Organ meat like liver, kidney, brain.

\* Fat consumption: 55gm (1144 ggm maximum of oil) / butter / ghee per day

\* Consume 8to 12 glasses of water per day

\* Small size frequent meals are preferred.

\* Do regular exercise for 30 minutes.

\* If you feel hungry you can take small salad or juice (Not fruit juice)

\* Tea, coffee without sugar.

\* You can add essential vitamins.

\* Mytiline (kudgal) is beneficial to control cholesterol and hunger if taken before meal (30 minutes).

#### Other note:

Avoid or restrict the quantity of soy, gaffar, bhujia, fried foods, maida foods, pure, ice cream, chocolate, cold drinks, outside foods, fast foods like pizza, burger, hot-meat, egg-roll.

# GLYCEMIC (GI) OF COMMON FOODS

	Name of the foods	Glycemic Index
Dals / Pulses	Soya beans	15 + 1
	Fava	19 + 2
	Lentil	26 + 3
	Chick peas	28 + 5
	Mung	32 + 5
	Moong Dal	38 + 1
Vegetables	Broccoli/Cabbage/Bell peppers/Tomato/Onion	10 + 2
	Cauliflower/Green beans	15 + 3
	Lady's finger	20 + 2
	Carrots	36 + 4
	Potato (boiled)	38 + 4
Fruits	Apple/Plum	36 + 3
	Orange/Peach	43 + 3
	Banana/Mango	51 + 5
	Pineapple	59 + 5
	Watermelon	76 + 4
	Sweet corn	52 + 5
Cereals	Wheat roti	62 + 3
	Rice	63 + 3
	Pohe/roti	65 + 5
	Brown polished rice	68 + 4
	Maida	72 + 4
	White boiled rice	73 + 4
	Whole Wheat bread	74 + 2
	Rice porridge/congee	78 + 5
	Cornflakes	81 + 3
	Milk	37 + 4
Miscellaneous	Chocolate	63 + 3
	Ice cream	53 + 3
	Boiled Chicken/Tawa fish	35 + 4
	Soft drinks/soda	59 + 3
	Honey	61 + 3
	French fries (potato)	63 + 3

\* Glycemic index (GI) is a measure of the extent to which carbohydrates in a food raise blood glucose levels.

GI is a tool that helps you make a choice between foods and helps you control your weight.

GI is not a magic pill and is not a substitute for a healthy diet and lifestyle.

GI is not a measure of the amount of blood glucose and does not indicate the amount of fat.



AROGYA

MEAL PLANNING FOR

DIABETES

MEAL TYPE	FOOD/ITEM	QUANTITY	kcal
Breakfast	• Tea/Coffee (No Sugar)	1 cup	35
	• Stuffed methi roti with 70 gm curd OR	1 nos	121
	• Poha/Upma	½ katori	135
	• Tea/Coffee (No Sugar)	1 cup	35
Mid Morning	• Apple OR	1 nos	40
	• Any 2 fruits: Musk melon/ water melon/safed jamun OR	200 gm	36
	• Orange juice	400 gm	36
Lunch	• Phulka Any 1 vegetable	1 nos	60
	• Vegetable with gravy	½ cup	85
	• Dry vegetable OR	½ cup	75
	• Boiled egg OR	1 nos.	90
	• Fried egg/Omelette/ Dal (medium bowl)	½ piece ½ bowl	60 65
	• Cucumber (kheera) salad	150 gm	19.5
Evening	• Tea/Coffee (No Sugar)	1 cup	35
	• Roasted chana	1 Small bowl	85
Dinner	• Phulka	2 nos	160
	• Any 1 vegetable Lauki/beans/turai/parwal	100 gm	18
	• Tomato chutney	2 tbsp	20
Bed Time	• Milk	1 Cup	35



MEAL TYPE	FOOD ITEM	QUANTITY	kcal
Breakfast	• Tea/Coffee (No Sugar)	1 cup	35
	• Stuffed methi roti with 70 gm curd OR	1 nos	121
	• Poha/Upma	½ katori	135
	• Tea/Coffee (No Sugar)	1 cup	35
Mid Morning	• Apple OR	1 nos	40
	• Any 2 fruits: Musk melon/ water melon/safed jamun OR	200 gm	36
	• Orange juice	400 gm	36
Lunch	• Phulka	1 nos	80
	• Any 1 vegetable		
	• Vegetable with gravy	1 cup	170
	• Dry vegetable OR	1 cup	160
	• Boiled egg OR	2 nos	180
	• Fried egg/Omelette/ Dal (medium bowl)	1 nos	160
	• Dal (medium bowl) Fish cutlet/ Fried fish Cucumber (kheera) salad	1 bowl 1 piece 150 gm	130 80 19.5
Evening	• Tea/Coffee (No Sugar)	1 cup	35
	• Roasted chana	½ Small bowl	42.5
Dinner	• Phulka	2 nos	160
	• Any 1 vegetable Lauki/beans/turai/parwal	100 gm	18
	• Tomato chutney	2 tbsp	20
Bed Time	• Milk	1 Cup	35

MEAL TYPE	FOOD ITEM	QUANTITY	kcal
Breakfast	<ul style="list-style-type: none"> <li>• Tea/Coffee (No Sugar)</li> <li>• 4 Almonds + 1Walnut</li> <li>• Whole Wheat Toast/ Paratha (non stick) / Dalia</li> <li>• Milk</li> </ul>	1 cup  3 nos. 2 nos 1½ katori 100 ml	40 60 180 100
Mid Morning	<ul style="list-style-type: none"> <li>• Fruit (Any One) : Watermelon - 2 Slice/ Apple - 1 Medium/Pear - 1 Medium/ Papaya - 2 Slice/Orange - 1 Medium Size/ Guava- 1 Medium Size/ Pineapple - 2 Slices.</li> </ul>	100 gms	50
Lunch	<ul style="list-style-type: none"> <li>• Roti (30 gm atta)</li> <li>• Dal (Any One : Tur (Arhar)/ Moong/ Urad)</li> <li>• Rajma/Chole/Chicken/Fish</li> <li>• Vegetables Salad</li> </ul>	2 nos 1 katori  1 katori 1 katori	140 100  100 20
Evening	<ul style="list-style-type: none"> <li>• Tea/Coffee (No Sugar)</li> <li>• Mixed Namkeen (roasted)/ Mooni/ Biscuits</li> </ul>	1 cup 1 katori 3nos	40  80
Dinner	<ul style="list-style-type: none"> <li>• Roti (30 gm atta) / Bajra roti</li> <li>• Green Vegetables (Any One : Lauki/ Cabbage/Cauliflower/Turai/Tindi// Bhindi/Palak/French Beans)</li> <li>• Vegetables Salad</li> </ul>	1 nos. ½ nos 1 katori  1 katori	70 60  20
Bed Time	<ul style="list-style-type: none"> <li>• Skim Milk.</li> </ul>	150 ml	140

MEAL TYPE	FOOD/ITEM	QUANTITY	kcal
Breakfast	<ul style="list-style-type: none"> <li>• Tea/Coffee (No Sugar)</li> <li>• 4 Almonds + 1Walnut</li> <li>• Whole Wheat Toast/ Paratha (non stick) / Dalia</li> <li>• Milk</li> </ul>	1 cup  2 nos 1 nos 1 katori 100 ml	40 60 120 100
Mid Morning	<ul style="list-style-type: none"> <li>• Fruit (Any One) : Watermelon - 2 Slice/ Apple - 1 Medium/Pear - 1 Medium/ Papaya - 2 Slice/Orange - 1 Medium Size/ Guava- 1 Medium Size/ Pineapple - 2 Slices.</li> </ul>	100 gms	50
Lunch	<ul style="list-style-type: none"> <li>• Roti (30 gm multi grain atta)/ Rice</li> <li>• Dal (Any One : Tur (Arhar)/ Moong/ Urad)</li> <li>• Green Vegetables (Any One : Lauki/ Cabbage/Cauliflower/Turai/Tindi// Bhindi/Falak/French Beans) or Chicken</li> <li>• Rajma/Chole</li> <li>• Vegetables Salad</li> </ul>	2 nos 1½ katori 1 katori 1 katori 1 katori 1 katori	140 100 60 100 20
Evening	<ul style="list-style-type: none"> <li>• Tea/Coffee (No Sugar)</li> <li>• Mixed Namkeen (roasted)/ Mooni/ Biscuits</li> </ul>	1 cup 1 katori 3nos	40 80
Dinner	<ul style="list-style-type: none"> <li>• Roti (30 gm atta)/ Bajra Roti</li> <li>• Dal (Any One : Tur (Arhar)/ Moong/ Urad) or Kadhi</li> <li>• Green Vegetables (Any One : Lauki/ Cabbage/Cauliflower/Turai/Tindi// Bhindi/Falak/French Beans) or Chicken</li> <li>• Vegetables Salad</li> </ul>	2 nos 1 nos 1 katori 1 katori 1 katori	140 100 60 20
Bed Time	<ul style="list-style-type: none"> <li>• Skim Milk</li> </ul>	150 ml	140

MEAL TYPE	FOOD ITEM	QUANTITY	kcal
Breakfast	<ul style="list-style-type: none"> <li>• Tea/Coffee (No Sugar)</li> <li>• 4 Almonds + 2 Walnut</li> <li>• Whole Wheat Toast/ Paratha (non stick)/ Dalia</li> <li>• Milk</li> </ul>	1 cup  3 nos 1 nos 1 ½ katori 100 ml	40 80 180 100
Mid Morning	<ul style="list-style-type: none"> <li>• Fruit (Any One) : Watermelon - 2 Slice/ Apple - 1 Medium/Pear - 1 Medium/ Papaya - 2 Slice/Orange - 1 Medium Size/ Guava- 1 Medium Size/ Pineapple - 2 Slices</li> </ul>	100 gms	50
Lunch	<ul style="list-style-type: none"> <li>• Roti (45 gm atta)</li> <li>• Dal (Any One : Tur (Arhar)/ Moong/ Urad)</li> <li>• Green Vegetables (Any One : Lauki/ Cabbage/Cauliflower/Turai/Tindi// Bhindi/Palak/French Beans)</li> <li>• Rajma/Chole/Chicken/Fish</li> <li>• Vegetables Salad</li> </ul>	3 nos 1 katori  1 katori  1 katori 1 ½ katori	140 100 60 100 30
Evening	<ul style="list-style-type: none"> <li>• Tea/Coffee (No Sugar)</li> <li>• Mixed Namkeen (roasted// Mooni/ Biscuits)</li> </ul>	1 cup 1 katori 3nos	40 80
Dinner	<ul style="list-style-type: none"> <li>• Roti (45 gm atta)/ Bajra Roti</li> <li>• Green Vegetables (Any One : Lauki/ Cabbage/Cauliflower/Turai/Tindi// Bhindi/Palak/French Beans)</li> <li>• Curd</li> <li>• Vegetables Salad</li> </ul>	3 nos 1 nos 1 katori  1 cup 1 katori	210 60 100 20
Bed Time	<ul style="list-style-type: none"> <li>• Skim Milk</li> </ul>	150 ml	140

MEAL TYPE	FOOD ITEM	QUANTITY	kcal
<b>Breakfast</b>	<ul style="list-style-type: none"> <li>• Tea/Coffee (No Sugar)</li> <li>• 4 Almonds + 2 Walnut</li> <li>• Whole Wheat Toast/ Paratha (non stick)/ Dalia</li> <li>• Milk</li> </ul>	1 cup  3 nos 2 nos 1 ½ katori 100 ml	40 80 180 100
<b>Mid Morning</b>	<ul style="list-style-type: none"> <li>• Fruit (Any One) : Watermelon - 2 Slice/ Apple - 1 Medium/Pear - 1 Medium/ Papaya - 2 Slice/Orange - 1 Medium Size/ Guava- 1 Medium Size/ Pineapple - 2 Slices</li> </ul>	100 gms	50
<b>Lunch</b>	<ul style="list-style-type: none"> <li>• Roti (45 gm multi grain atta)</li> <li>• Dal (Any One : Tur (Arhar)/ Moong/ Urad)</li> <li>• Green Vegetables (Any One : Lauki/ Cabbage/Cauliflower/Turai/Tindi// Bhindi/Palak/French Beans)</li> <li>• Rajma/Chole/Chicken/Fish</li> <li>• Vegetables Salad</li> </ul>	3 nos 1 katori  1 ½ katori  1 katori 1 katori	210 100  90  100 20
<b>Evening</b>	<ul style="list-style-type: none"> <li>• Tea/Coffee (No Sugar)</li> <li>• Mixed Namkeen (roasted)/ Mooli Biscuits Rusk</li> </ul>	1 cup 1 ½ katori 4 nos 2 nos	40 120
<b>Dinner</b>	<ul style="list-style-type: none"> <li>• Roti (45 gm atta)/ Bajra Roti</li> <li>• Dal (Any One : Tur (Arhar)/ Moong/ Urad)</li> <li>• Green Vegetables (Any One : Lauki/ Cabbage/Cauliflower/Turai/Tindi// Bhindi/Palak/French Beans), or Chicken</li> <li>• Curd</li> <li>• Vegetables Salad</li> <li>• Rice</li> </ul>	3 nos 1 ½ nos 1 katori  1 ½ katori  1 cup 1 cup ½ katori	210 100  80  100 20 40
<b>Bed Time</b>	<ul style="list-style-type: none"> <li>• Skim Milk</li> </ul>	150 ml	140

MEAL TYPE	FOOD/ITEM	QUANTITY	kcal
Breakfast	<ul style="list-style-type: none"> <li>• Tea/Coffee (No Sugar)</li> <li>• 4 Almonds + 2 Walnut</li> <li>• Whole Wheat Toast/ Paratha (non stick)/ Dalia</li> <li>• Milk</li> </ul>	1 cup	40
		3 nos 2 nos 1 ½ katori 100 ml	80 180 100
Mid Morning	<ul style="list-style-type: none"> <li>• Fruit (Any One) : Watermelon - 2 Slices/ Apple - 1 Medium/Pear - 1 Medium/ Papaya - 2 Slice/Orange - 1 Medium Size/ Guava - 1 Medium Size/ Pineapple - 2 Slices</li> </ul>	100 gms	50
Lunch	<ul style="list-style-type: none"> <li>• Roti (60 gm multi grain attal)</li> <li>• Dal (Any One : Tur (Arhar)/ Moong/ Urad)</li> <li>• Green Vegetables (Any One : Lauki/ Cabbage/Cauliflower/Tural/Tindi// Bhindi/Palak/French Beans)</li> <li>• Rajma/Chole/Chicken/Fish</li> <li>• Vegetables Salad</li> <li>• Moong Dal Halwa</li> </ul>	4 nos 1 katori	240 100
		1 katori  1 katori 1 katori 1 small katori	60  100 20 200
Evening	<ul style="list-style-type: none"> <li>• Tea/Coffee (No Sugar)</li> <li>• Mixed Nankhain (roasted)/ Moor/ Biscuits</li> <li>• Fruit (Any One) : Watermelon - 2 Slice/Apple - 1 Medium/Pear - 1 Medium/Papaya - 2 Slices/Orange - 1 Medium Size/ Guava - 1 Medium Size/ Pineapple - 2 Slices</li> </ul>	1 cup 1 katori 3 nos 100 gms	40 80  50
Dinner	<ul style="list-style-type: none"> <li>• Roti (60 gm attal/ Bagra Roti)</li> <li>• Dal (Any One : Tur (Arhar)/ Moong/ Urad) or Kadhi or Dal Palak</li> <li>• Green Vegetables (Any One : Lauki/ Cabbage/Cauliflower/Tural/Tindi// Bhindi/Palak/French Beans)</li> <li>• Mutter Paneer</li> <li>• Vegetables Salad</li> </ul>	4 nos 1½ nos 1 katori	240 100
		1 katori  1 katori 1 cup	60  150 20
Bed Time	<ul style="list-style-type: none"> <li>• Skim Milk</li> </ul>	150 ml	140

MEAL TYPE	FOOD/ITEM	QUANTITY	kcal
Breakfast	• Tea/Coffee (No Sugar)	1 cup	40
	• 4 Almonds + 2 Walnut		80
	• Whole Wheat Toast/ Paratha (non stick)/ Daliya/ 2 Eggs White + 2 Slice Toast	3 nos. 2 nos 1 ½ katori	180
	• Milk	100 ml	100
Mid Morning	• Fruit (Any One) : Watermelon - 2 Slice/ Apple - 1 Medium/Pear - 1 Medium/ Papaya - 2 Slice/Orange - 1 Medium Size/ Guava - 1 Medium Size/ Pineapple - 2 Slices	100 gms.	50
Lunch	• Roti (60 gm multi grain atta)	4 nos	240
	• Dal (Any One : Tur (Arhar)/ Moong/ Urad)	1½ katori	50
	• Green Vegetables (Any One : Lauki/ Cabbage/Cauliflower/Turai/Tindli/ Bhindi/Palak/French Beans)	1 katori	60
	• Rajma/Chole/Chicken/Fish	1 katori	100
	• Vegetables Salad	1½ katori	30
	• Curd	1 cup	100
	• Gajar/Moong Dal Halwa	1 small katori	200
Evening	• Tea/Coffee (No Sugar)	1 cup	40
	• Mixed Namkeen (roasted)/ Moori/ Biscuits/Rusk	1½ katori 4 nos	120
	• Fruit (Any One) : Watermelon - 2 Slice/Apple - 1 Medium/Pear - 1 Medium/Papaya - 2 Slices/Orange - 1 Medium Size/ Guava - 1 Medium Size/ Pineapple - 2 Slices	100 gms.	50
Dinner	• Roti (60 gm atta)	4 nos.	240
	• Green Vegetables (Any One : Lauki/ Cabbage/Cauliflower/Turai/Tindli/ Bhindi/Palak/French Beans)	1 katori	60
	• Mutter Paneer	1 katori	150
	• Vegetables Salad	1 katori	20
	• Curd	1 cup	100
Bed Time	• Skim Milk	150 ml	140

# EXCHANGE LIST

Food Group	Allowed	Restricted or Avoid
Cereals or starches	Wheat, wheat fada, bryana, las, makai atta; mix type flour in wheat flour in ratio of 1:4 for mill preparation. Rice, suji, poha, mamata, can be taken by adding sprouted kothai, vegetables like cabbage, peas, carrot, tomato, cucumber, onion, etc to increase fibre and decrease calorie intake of preparation.	Maida based product like bread, dosa, thali, puff, biscuits, nam, noodles, etc. For diabetic if blood sugar is in control then can take half tablespoon rice mix with vegetables 2/week. Sabudana, sevaya can be prepared in some ways.
Legumes, nuts and oilseeds	Almonds, Soya, rajma, chana, moong, muth, all dals, if possible sprout kothai before using.	Overweight person should avoid groundnut, Castews, oil walnut, coconut.
Vegetables	Green leafy vegetables, all vegetables other than potatoes, shakpriya. (can have in boiled juice, steamed, rick form).	Potatoes, Sweet potatoes, potato wafers, fried chips. For diabetic if blood sugar is in control then can take small portion of potato in vegetables 2/week.
Fruits	Watermelon - 7 dice, Apple - 1 Medium, Pear - 1 Medium, Papaya - 2 Slices, Orange - 1 Medium seg, Guava - 1 Medium size, Pineapple - 2 slices (Monitor portion size of fruits)	Sweetphal, banana, chikoo, mango, grapes, ghava fruit or amia muramba, canned fruits. For diabetic if blood sugar is in control then can take 50 to 80gm above restricted fruits 2/week.
Beverages	Coffee, tea, lemon juice, coconut water, fruit juice without sugar.	Sugar syrup based sherbets and milk shakes, cold drink, hard drink.
Milk and milk product	Skim milk, skim milk curd, home made paneer, buttermilk.	Ghee, butter, Cheese, whole milk with fat, ice cream, strechhand, kheer, pudding, milk based sweets.
Egg	Egg white in boiled or poached form.	Egg yolk, oily preparation of egg.
Non vegetarian food item	Fish, chicken without fatty portion (grilled or roast or steamed).	Organ meat like liver, kidney, brain.

\* Nutritional value: 35 gm (1 1/4 cup) whole milk / 100 gm butter / 100 gm per day

\* Consume 8 to 10 glasses of water per day

\* Small size frequent meals are preferred.

\* Do regular exercise for 30 minutes.

\* If you feel hungry you can take small salad or juice (Not fruit juice)

\* Tea, coffee without sugar.

\* You can add essential oil in curries.

\* Mytiline (kudgul) is beneficial to control cholesterol and hunger if taken before meal (20 minutes).

#### Other note:

Avoid or restrict the quantity of any, ghee, oil, sugar, fried food, maida food, pure, ice cream, chocolate, cold drink, outside food, fast food, biscuits, burger, hot-meat, egg yolk.



# GLYCEMIC (GI) OF COMMON FOODS

	Name of the foods	Glycemic Index
Oats/Pulses	Soya beans	15 + 1
	Fava	18 + 2
	Lentil	26 + 3
	Chick peas	28 + 5
	Arhar	32 + 5
	Moong Dal	38 + 1
Vegetables	Broccoli/Cabbage/Bell peppers/Tomato/Onion	10 + 2
	Cauliflower/Green beans	15 + 1
	Lady's finger	20 + 2
	Carrots	36 + 4
	Potato (boiled)	38 + 4
Fruits	Apple/Plum	36 + 2
	Orange/Peach	43 + 1
	Banana/Mango	51 + 5
	Pineapple	59 + 5
	Watermelon	76 + 4
	Sweet corn	52 + 1
	Wheat roti	62 + 1
Cereals	Rice	63 + 1
	Pohe/roti	65 + 5
	Brown polished rice	68 + 4
	Maida	72 + 4
	White boiled rice	73 + 4
	Whole Wheat bread	74 + 2
	Rice porridge/congee	76 + 5
	Cornflakes	81 + 3
	Milk	37 + 4
	Chocolate	40 + 1
Miscellaneous	Ice cream	53 + 1
	Boiled Chicken/Tawa fish	15 + 4
	Soft drinks/soda	50 + 1
	Honey	61 + 1
	French fries (potato)	63 + 2

\*Glycemic index (GI) is measured on a scale of 0 (Glucose) to 100 (white bread) and is used to group foods.

GI is affected by a number of factors such as food and how it is prepared.

GI is not a perfect guide to help you choose healthy foods.

GI is not a substitute for a balanced diet and does not replace a dietitian's advice.



# AROGYA

MEAL PLANNING FOR

DIABETES

MEAL TYPE	FOOD/ITEM	QUANTITY	kcal
Breakfast	• Tea/Coffee (No sugar)	1 cup	35
	• Egg (½ piece omelette)	1 nos	180
	• Sandwich with 1 tbsp butter OR		
	• Poha/Upma	½ cup	202.5
	• Tea/Coffee (No sugar) OR	½ cup	17.5
• Rice cereal flakes with milk/ Semolina porridge/ Wheat porridge	1 cup	220	
Mid Morning	• Any 1 fruits:		
	Musk melon /	100 gm	17
	Water melon / Orange juice	100 gm 200 gm	16 18
Lunch	• Any 1 Rice / Paratha / Phulka	½ cup ½ nos/1 nos	85/75/80
	• Any 1 Chicken curry/ Prawn curry/ Mutton curry/ Fried egg/Omelette	¼ cup ¼ cup ½ cup ½ piece	80 73 86 80
	• Any 1 vegetable Ash gourd/Bottle gourd/ Beans/Lauki / Tomato chutney	200gm 100gm 2 tbsp	20/24 16/18 20
	• Tea/Coffee (No Sugar)	1 cup	35
	• Any 1 Dahi pakori	2 nos	88
	Aloo chop	1 nos	100
Dinner	• Any 1 Rice	½ cup	85
	Paratha	½ nos	75
	Phulka	1 nos	80
	Vegetable with gravy	¼ cup	42.5
	Fried fish/ fish cutlet	½ piece	47.5
Bed Time	• Milk	1 Cup	35

MEAL TYPE	FOOD ITEM	QUANTITY	kcal
Breakfast	• Tea/Coffee (No sugar)	1 cup	35
	• Egg (½ piece omelette)	1 nos	180
	• Sandwich with 1 tbsp butter OR		
	• Poha/Upma	½ cup	202.5
	• Tea/Coffee (No sugar) OR	½ cup	17.5
• Rice cereal flakes with milk/ Semolina porridge/Wheat porridge	1 cup	220	
Mid Morning	• Any 1 fruits:		
	Musk melon /	200 gm	34
	Water melon /	200 gm	32
	Orange juice	400 gm	36
Lunch	• Any 1	1 cup	170
	Rice / Paratha / Phulka	1 nos/2 nos	150/160
	• Any 1	¼ cup	80
	Chicken curry/ Prawn curry/ Mutton curry/	¼ cup	73
	Fried egg/Omelette	½ cup	86
	• Any 1 vegetable	½ piece	80
	Ash gourd/Bottle gourd/ Beans/Lauki / Tomato chutney	200gm 100gm 2 tbsp	20/24 16/18 20
Evening	• Tea/Coffee (No Sugar)	1 cup	35
	• Any 1		
	Dahi pakori	2 nos	88
Aloo chop	1 nos	100	
Dinner	• Any 1		
	Rice	½ cup	85
	Paratha	½ nos.	75
	Phulka	1 nos.	80
	Vegetable with gravy	½ cup	85
	Fried fish/ fish cutlet	½ piece	95
Tomato chutney	1 tbsp	10	
Bed Time	• Milk	1 Cup	35

MEAL TYPE	FOOD ITEM	QUANTITY	kcal
Breakfast	<ul style="list-style-type: none"> <li>• Tea/Coffee (No Sugar)</li> <li>• Whole wheat roti/bread toast</li> <li>• 4 Almonds</li> <li>• Skim milk or Purana-2 cubes</li> </ul>	1 cup 2 nos  1 glass	40 140 40 140
Mid Morning	<ul style="list-style-type: none"> <li>• Crackers (oats/multi grain)</li> <li>• Fruit (Any One) Watermelon - 2 Slice/ Apple - 1 Medium/ Pear - 1 Medium/ Papaya - 2 Slice/ Orange - 1 Medium Size/ Guava - 1 Medium Size/ Pineapple - 2 Slices</li> </ul>	2 nos 100 gms	60 50
Lunch	<ul style="list-style-type: none"> <li>• Cooked Rice</li> <li>• Green Vegetables (Any One : Lauki/ Cabbage/Cauliflower/Turai/Tindi// Bhindi/Palak/French Beans)</li> <li>• Dal (Any One : Tur (Arhar)/ Moong/ Urad/Fish (low fat)/Meat(white, lean)</li> <li>• Vegetables Salad</li> </ul>	1 katori 1½ katori  1 katori  1tbsp	100 60  100  20
Evening	<ul style="list-style-type: none"> <li>• Fruit (Any One) Watermelon - 2 Slice/ Apple - 1 Medium/ Pear - 1 Medium/ Papaya - 2 Slice/ Orange - 1 Medium Size/ Guava - 1 Medium Size/ Pineapple - 2 Slices</li> <li>• Mooli</li> </ul>	100 gms       1 katori	50       80
Dinner	<ul style="list-style-type: none"> <li>• Cooked Rice</li> <li>• Green Vegetables (Any One : Lauki/ Cabbage/Cauliflower/Turai/Tindi// Bhindi/Palak/French Beans)</li> <li>• Vegetables Salad</li> </ul>	1 katori 1 Katori  1 katori	100 60  20
Bed Time	<ul style="list-style-type: none"> <li>• Skim Milk</li> </ul>	150 ml	140

MEAL TYPE	FOOD/ITEM	QUANTITY	kcal
Breakfast	<ul style="list-style-type: none"> <li>• Tea/Coffee (No Sugar)</li> <li>• Whole wheat roti/bread toast</li> <li>• Skim milk or Paneer 2 cubes</li> </ul>	1 cup 2 nos 1 glass	40 140 140
Mid Morning	<ul style="list-style-type: none"> <li>• 4 Almonds + 1 Walnut</li> <li>• Crackers (oats/multi grain)</li> </ul>	2 nos	60 60
Lunch	<ul style="list-style-type: none"> <li>• Cooked Rice</li> <li>• Dal (Any One : Tur (Arhar)/ Moong/ Urad/Fish/Chicken)</li> <li>• Green Vegetables (Any One : Lauki/ Cabbage/Cauliflower/Turai/Tindi// Bhindi/Falak/French Beans)</li> <li>• Low fat Yogurt</li> <li>• Any fresh chutney</li> </ul>	1 katori 1 katori 1 katori 1 cup 1tbsp	100 100 60 80 30
Evening	<ul style="list-style-type: none"> <li>• Fruit (Any One)                              Watermelon - 2 Slices/                              Apple - 1 Medium/                              Pear - 1 Medium/                              Papaya - 2 Slices/                              Orange - 1 Medium Size/                              Guava - 1 Medium Size/                              Pineapple - 2 Slices</li> <li>• Mooli</li> </ul>	100 gms 1 katori	50 80
Dinner	<ul style="list-style-type: none"> <li>• Cooked Rice</li> <li>• Green Vegetables (Any One : Lauki/ Cabbage/Cauliflower/Turai/Tindi// Bhindi/Palak/French Beans)</li> <li>• Dal (Any One : Tur (Arhar)/ Moong/ Urad/Fish/Chicken)</li> <li>• Vegetables Salad</li> </ul>	1½ katori 1 katori 1 katori 1 bowl	150 60 100 20
Bed Time	<ul style="list-style-type: none"> <li>• Skim Milk</li> </ul>	150 ml	140

MEAL TYPE	FOOD ITEM	QUANTITY	kcal
Breakfast	<ul style="list-style-type: none"> <li>• Tea/Coffee (No Sugar)</li> <li>• Whole wheat roti/bread toast</li> <li>• 4 Almonds</li> <li>• Skim milk or Purivr 2 cubes</li> </ul>	1 cup 2 nos  1 glass	40 140 40 140
Mid Morning	<ul style="list-style-type: none"> <li>• Crackers (oats/multi grain)</li> <li>• Fruit (Any One) Watermelon - 2 Slice/ Apple - 1 Medium/ Pear - 1 Medium/ Papaya - 2 Slice/ Orange - 1 Medium Size/ Guava - 1 Medium Size/ Pineapple - 2 Slices</li> </ul>	3 nos 100 gms	90 50
Lunch	<ul style="list-style-type: none"> <li>• Cooked Rice</li> <li>• Green Vegetables (Any One : Lauki/ Cabbage/Cauliflower/Turai/Tindi// Bhindi/Palak/French Beans)</li> <li>• Dal (Any One : Tur (Arhar)/ Moong/ Urad/Fish (low fat)/Meat(white, lean)</li> <li>• Low fat Yogurt</li> <li>• Vegetables Salad</li> </ul>	2 katori 1½ katori  1½ katori 1½ katori 1 katori	200 60  150 120 20
Evening	<ul style="list-style-type: none"> <li>• Fruit (Any One) Watermelon - 2 Slice/ Apple - 1 Medium/ Pear - 1 Medium/ Papaya - 2 Slice/ Orange - 1 Medium Size/ Guava - 1 Medium Size/ Pineapple - 2 Slices</li> </ul>	100 gms	50
Dinner	<ul style="list-style-type: none"> <li>• Cooked Rice</li> <li>• Roti</li> <li>• Green Vegetables (Any One : Lauki/ Cabbage/Cauliflower/Turai/Tindi// Bhindi/Palak/French Beans)</li> <li>• Vegetables Salad</li> </ul>	2 katori 1 nos 1 katori  1 katori	200 80 60 20
Bed Time	<ul style="list-style-type: none"> <li>• Skim Milk</li> </ul>	150 ml	140

MEAL TYPE	FOOD ITEM	QUANTITY	kcal
<b>Breakfast</b>	<ul style="list-style-type: none"> <li>• Tea/Coffee (No Sugar)</li> <li>• 4 Almonds + 1 Walnut</li> <li>• Whole wheat roti/ Wheat bread</li> <li>• Chutney</li> <li>• Paneer cube</li> </ul>	1 cup  2 nos 1tbsp 1 no	40 60 140 30 60
<b>Mid Morning</b>	<ul style="list-style-type: none"> <li>• Crackers (oats/multi grain)</li> <li>• Fruit (Any One)                Watermelon - 2 Slice/                Apple - 1 Medium/                Pear - 1 Medium/                Papaya - 2 Slice/                Orange - 1 Medium Size/                Guava - 1 Medium Size/                Pineapple - 2 Slices             </li> </ul>	3 nos 100 gms	90 50
<b>Lunch</b>	<ul style="list-style-type: none"> <li>• Cooked Rice</li> <li>• Green Vegetables (Any One : Lauki/                Cabbage/Cauliflower/Turai/Tindi//                Bhindi/Palak/French Beans)</li> <li>• Dal (Any One : Tur (Arhar)/ Moong/                Urad/Fish (low fat)/Meat(white, lean)</li> <li>• Low fat Yogurt</li> <li>• Vegetables Salad</li> </ul>	2 katori 1 katori  1½ katori  1½ katori 1 katori	200 60  150  120 20
<b>Evening</b>	<ul style="list-style-type: none"> <li>• Fruit (Any One)                Watermelon - 2 Slice/                Apple - 1 Medium/                Pear - 1 Medium/                Papaya - 2 Slice/                Orange - 1 Medium Size/                Guava - 1 Medium Size/                Pineapple - 2 Slices</li> <li>• Mooli</li> </ul>	100 gms       1 katori	50       80
<b>Dinner</b>	<ul style="list-style-type: none"> <li>• Cooked brown Rice</li> <li>• Roti</li> <li>• Green Vegetables (Any One : Lauki/                Cabbage/Cauliflower/Turai/Tindi//                Bhindi/Palak/French Beans)</li> <li>• Chicken or Fish or Dal (Any One :                Tur (Arhar)/ Moong/ Urad)</li> <li>• Vegetables Salad</li> </ul>	2 katori 1 nos 1 Katori  1½ katori  1 Katori	200 80 60  150  20
<b>Bed Time</b>	<ul style="list-style-type: none"> <li>• Skim Milk</li> </ul>	150 ml	140



MEAL TYPE	FOOD/ITEM	QUANTITY	kcal
Breakfast	<ul style="list-style-type: none"> <li>• Tea/Coffee (No Sugar)</li> <li>• Milk</li> <li>• Whole wheat roti/ Brown bread slices</li> <li>• Chutney</li> <li>• Paneer cube</li> </ul>	1 cup 1 glass 3 nos 1tbsp 1 no	40 140 210 30 60
Mid Morning	<ul style="list-style-type: none"> <li>• Crackers (oats/multi grain)</li> <li>• 4 Almonds + 2 Walnut</li> <li>• Fruit (Any One)                Watermelon - 2 Slice/                Apple - 1 Medium/                Pear - 1 Medium/                Papaya -2 Slice/                Orange - 1 Medium Size/                Guava - 1 Medium Size/                Pineapple - 2 Slices             </li> </ul>	4 nos  100 gms	120 80 50
Lunch	<ul style="list-style-type: none"> <li>• Cooked Rice</li> <li>• Green Vegetables (Any One : Lauki/                Cabbage/Cauliflower/Turai/Tindl//                Bhindi/Palak/French Beans)</li> <li>• Dal (Any One : Tur (Arhar)/ Moong/                Urad/Fish (low fat)/Meat(white, lean)</li> <li>• Vegetables Salad</li> </ul>	2 katori 1 katori  1 1/4 katori  1 katori	200 60  150  20
Evening	<ul style="list-style-type: none"> <li>• Fruit (Any One)                Watermelon - 2 Slice/                Apple - 1 Medium/                Pear - 1 Medium/                Papaya -2 Slice/                Orange - 1 Medium Size/                Guava - 1 Medium Size/                Pineapple - 2 Slices</li> <li>• Mooli</li> </ul>	100 gms       1 katori	50       80
Dinner	<ul style="list-style-type: none"> <li>• Cooked brown Rice</li> <li>• Green Vegetables (Any One : Lauki/                Cabbage/Cauliflower/Turai/Tindl//                Bhindi/Palak/French Beans)</li> <li>• Chicken or Fish or Dal (Any One :                Tur (Arhar)/ Moong/ Urad)</li> <li>• Vegetables Salad</li> <li>• Rasgulla</li> </ul>	2 katori 1 Katori  1 1/4 katori  1 katori 2 Pieces	200 60  150  20 150
Bed Time	<ul style="list-style-type: none"> <li>• Skim Milk</li> </ul>	150 ml	140

MEAL TYPE	FOOD/ITEM	QUANTITY	kcal
<b>Breakfast</b>	<ul style="list-style-type: none"> <li>Tea/Coffee (No Sugar)</li> <li>Milk</li> <li>Whole wheat roti/ Brown bread slices</li> <li>Chutney</li> <li>Paneer cube</li> </ul>	1 cup 1 glass 3 nos 1tbsp 2 no	40 140 210 30 120
<b>Mid Morning</b>	<ul style="list-style-type: none"> <li>Crackers (oats/multi grain)</li> <li>4 Almonds + 2 Walnut</li> <li>Fruit (Any One) Watermelon - 2 Slice/ Apple - 1 Medium/ Pear - 1 Medium/ Papaya - 2 Slice/ Orange - 1 Medium Size/ Guava - 1 Medium Size/ Pineapple - 2 Slices</li> </ul>	4 nos  100 gms	120 80 50
<b>Lunch</b>	<ul style="list-style-type: none"> <li>Cooked Rice</li> <li>Roti</li> <li>Green Vegetables (Any One : Lauki/ Cabbage/Cauliflower/Turai/Tindi// Bhindi/Palak/French Beans)</li> <li>Dal (Any One : Tur (Arhar)/ Moong/ Urad/Fish (low fat)/Meat (white, lean)</li> <li>Low fat Yogurt</li> <li>Vegetables Salad</li> </ul>	2 katori 2 nos 1½ katori  1½ katori  1½ katori 1 katori	200 160 60  150  120 20
<b>Evening</b>	<ul style="list-style-type: none"> <li>Fruit (Any One) Watermelon - 2 Slice/ Apple - 1 Medium/ Pear - 1 Medium/ Papaya - 2 Slice/ Orange - 1 Medium Size/ Guava - 1 Medium Size/ Pineapple - 2 Slices</li> </ul>	100 gms	50
<b>Dinner</b>	<ul style="list-style-type: none"> <li>Cooked Rice</li> <li>Roti</li> <li>Green Vegetables (Any One : Lauki/ Cabbage/Cauliflower/Turai/Tindi// Bhindi/Palak/French Beans)</li> <li>Vegetables Salad</li> <li>Rasgulla</li> </ul>	2 katori 1 nos 1 katori  1 katori 2 Pieces	200 80 60  20 150
<b>Bed Time</b>	<ul style="list-style-type: none"> <li>Skim Milk</li> </ul>	150 ml	140

# EXCHANGE LIST

Food Group	Allowed	Restricted or Avoid
Cereals or starches	Wheat, wheat fada, bryana, las, makai atta; mix type flour in wheat flour in ratio of 1:4 for mix preparation. Rice, suji, poha, maida, can be taken by adding sprouted kothai, vegetables like cabbage, peas, carrot, tomato, cucumber, onion, etc to increase fibre and decrease calorie intake of preparation.	Maida based product like bread, dosa, khari, puff, biscuits, nam, noodles, etc. For diabetic if blood sugar is in control then can take half tablespoon rice mix with vegetables 2/week. Sabudana, sevaya can be prepared in some ways.
Legumes, nuts and oilseeds	Almonds, Soya, Rajma, chana, moong, muth, all dals. If possible sprout kothai before using.	Overweight person should avoid groundnut. Castews, oil walnut, coconut.
Vegetables	Green leafy vegetables, all vegetables other than potatoes, shakpriya. (can have in boiled juice, steamed, rick form).	Potatoes, Sweet potatoes, potato wafers, fried chips. For diabetic if blood sugar is in control then can take small portion of potato in vegetables 2/week.
Fruits	Watermelon - 7 slice, Apple - 1 Medium, Pear - 1 Medium, Papaya - 2 Slices, Orange - 1 Medium seg, Guava - 1 Medium size, Pineapple - 2 slices (Monitor portion size of fruits)	Sweetphal, banana, chikoo, mango, grapes, guava fruit or amia muramba, canned fruits. For diabetic if blood sugar is in control then can take 50 to 80gm above restricted fruits 2/week.
Beverages	Coffee, tea, lemon juice, coconut water, fruit juice without sugar.	Sugar syrup based sherbets and milk shakes, cold drink, hard drink.
Milk and milk product	Skim milk, skim milk curd, home made paneer, buttermilk.	Ghee, butter, Cheese, whole milk with fat, ice cream, shrikhand, kheer, pudding, milk based sweets.
Egg	Egg white in boiled or poached form.	Egg yolk, oily preparation of egg.
Non vegetarian food item	Fish, chicken without fatty portion (grilled or roast or steamed).	Organ meat like liver, kidney, brain.

\* Fat consumption: 55gm (1144 ggm maximum of oil) / butter / ghee per day

\* Consume 8to 10 glasses of water per day

\* Small size frequent meals are preferred.

\* Do regular exercise for 30 minutes.

\* If you feel hungry you can take small salad or juice (Not fruit juice)

\* Tea, coffee without sugar.

\* You can add essential oil in curries.

\* Mytiline (kudgul) is beneficial to control cholesterol and hunger if taken before meal (20 minutes).

#### Other note:

Avoid or restrict the quantity of soy, gaffers, bhujia, fried foods, maida foods, pure, ice cream, chocolate, cold drinks, outside foods, fast foods like pizza, burger, hot-meat, egg-roll.

# GLYCEMIC (GI) OF COMMON FOODS

	Name of the foods	Glycemic Index
Dals / Pulses	Soya beans	15 + 1
	Fava	18 + 2
	Lentil	26 + 3
	Chick peas	28 + 5
	Arhar	32 + 5
	Moong Dal	38 + 1
Vegetables	Broccoli/Cabbage/Bell peppers/Tomato/Onion	10 + 2
	Cauliflower/Green beans	15 + 1
	Lady's finger	20 + 2
	Carrots	36 + 4
	Potato (boiled)	38 + 4
Fruits	Apple/Plum	36 + 2
	Orange/Peach	43 + 1
	Banana/Mango	51 + 5
	Pineapple	59 + 5
	Watermelon	76 + 4
	Sweet corn	52 + 1
Cereals	Wheat roti	62 + 1
	Rice	63 + 1
	Pohe/roti	65 + 5
	Brown polished rice	68 + 4
	Maida	72 + 4
	White boiled rice	73 + 4
	Whole Wheat bread	74 + 2
	Rice porridge/congee	76 + 5
	Cornflakes	81 + 3
	Milk	37 + 4
Miscellaneous	Chocolate	60 + 1
	Ice cream	53 + 1
	Boiled Chicken/Tawa fish	15 + 4
	Soft drinks/soda	59 + 1
	Honey	61 + 1
	French fries (potato)	63 + 2

\*Glycemic index (GI) is measured on a scale of 0-100 (glucose) and is categorized into three groups:

Low GI: 55 or less (such as lentils, chickpeas, kidney beans, Green lentils, Soybean)

Middle GI: 56-69 (such as whole wheat flour, whole grain, whole wheat flour, Cornflakes)

High GI: 70 or more (such as white rice, white bread, white sugar, white flour)

# SIZES

## Teaspoon, Tablespoon & Cup



Teaspoon - 5 ml



Teaspoon - 10 ml



Tablespoon - 15 ml

Small  
Katori



Cup 100 ml  
(100 gm)

Medium  
Katori



Cup 200 ml  
(200 gm)

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