



AROGYA

MEAL PLANNING FOR

DIABETES

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

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

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

MEAL TYPE	FOOD ITEM	QUANTITY	kcal
Breakfast	• Tea/Coffee (No Sugar)	1 cup	40
	• 4 Almonds + 1 Walnut		60
	• Whole wheat roti/ Wheat bread	2 nos	140
	• Chutney	1tbsp	30
	• Paneer cube	1 no	60
Mid Morning	• Crackers (oats/multi grain) • 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	3 nos 100 gms	90 50
Lunch	• Cooked Rice	2 katori	200
	• Green Vegetables (Any One : Lauki/ Cabbage/Cauliflower/Turai/Tindi// Bhindi/Palak/French Beans)	1 katori	60
	• Dal (Any One : Tur (Arhar)/ Moong/ Urad/Fish (low fat)/Meat(white, lean)	1½ katori	150
	• Low fat Yogurt	1½ katori	120
	• Vegetables Salad	1 katori	20
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
	• Moori	1 katori	80
Dinner	• Cooked brown Rice	2 katori	200
	• Roti	1 nos	80
	• Green Vegetables (Any One : Lauki/ Cabbage/Cauliflower/Turai/Tindi// Bhindi/Palak/French Beans)	1 Katori	60
	• Chicken or Fish or Dal (Any One : Tur (Arhar)/ Moong/ Urad)	1.½ katori	150
	• Vegetables Salad	1 Katori	20
Bed Time	• Skim Milk	150 ml	140

MEAL TYPE	FOOD ITEM	QUANTITY	kcal
Breakfast	<ul style="list-style-type: none"> • Tea/Coffee (No Sugar) • Milk • Whole wheat roti/ Brown bread slices • Chutney • Paneer cube 	1 cup 1 glass 3 nos 1tbsp 1 no	40 140 210 30 60
Mid Morning	<ul style="list-style-type: none"> • Crackers (oats/multi grain) • 4 Almonds + 2 Walnut • 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 	4 nos 100 gms	120 80 50
Lunch	<ul style="list-style-type: none"> • Cooked Rice • Green Vegetables (Any One : Lauki/ Cabbage/Cauliflower/Turai/Tindi// Bhindi/Palak/French Beans) • Dal (Any One : Tur (Arhar)/ Moong/ Urad/Fish (low fat)/Meat(white, lean) • Vegetables Salad 	2 katori 1 katori 1½ katori 1 katori	200 60 150 20
Evening	<ul style="list-style-type: none"> • 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 • Moori 	100 gms 1 katori	50 80
Dinner	<ul style="list-style-type: none"> • Cooked brown Rice • Green Vegetables (Any One : Lauki/ Cabbage/Cauliflower/Turai/Tindi// Bhindi/Palak/French Beans) • Chicken or Fish or Dal (Any One : Tur (Arhar)/ Moong/ Urad) • Vegetables Salad • Rasgulla 	2 katori 1 Katori 1 ½ katori 1 katori 2 Pieces	200 60 150 20 150
Bed Time	<ul style="list-style-type: none"> • Skim Milk 	150 ml	140

MEAL TYPE	FOOD ITEM	QUANTITY	kcal
Breakfast	• Tea/Coffee (No Sugar)	1 cup	40
	• Milk	1 glass	140
	• Whole wheat roti/ Brown bread slices	3 nos	210
	• Chutney	1tbsp	30
	• Paneer cube	2 no	120
Mid Morning	• Crackers (oats/multi grain)	4 nos	120
	• 4 Almonds + 2 Walnut		80
	• Fruit (Any One)	100 gms	50
	Watermelon - 2 Slice/ Apple - 1 Medium/ Pear - 1 Medium/ Papaya -2 Slice/ Orange - 1 Medium Size/ Guava - 1 Medium Size/ Pineapple - 2 Slices		
Lunch	• Cooked Rice	2 katori	200
	• Roti	2 nos	160
	• Green Vegetables (Any One : Lauki/ Cabbage/Cauliflower/Turai/Tindi// Bhindi/Palak/French Beans)	1½ katori	60
	• Dal (Any One : Tur (Arhar)/ Moong/ Urad/Fish (low fat)/Meat(white, lean)	1½ katori	150
	• Low fat Yogurt	1½ katori	120
	• Vegetables Salad	1 katori	20
Evening	• Fruit (Any One)	100 gms	50
	Watermelon - 2 Slice/ Apple - 1 Medium/ Pear - 1 Medium/ Papaya -2 Slice/ Orange - 1 Medium Size/ Guava - 1 Medium Size/ Pineapple - 2 Slices		
Dinner	• Cooked Rice	2 katori	200
	• Roti	1 nos	80
	• Green Vegetables (Any One : Lauki/ Cabbage/Cauliflower/Turai/Tindi// Bhindi/Palak/French Beans)	1 Katori	60
	• Vegetables Salad	1 katori	
	• Rasgulla	2 Pieces	20
			150
Bed Time	• Skim Milk	150 ml	140

EXCHANGE LIST

Food Group	Allowed	Restricted or Avoid
Cereals or starches	Wheat, wheat fada, bajara, Jav, makai atta, mix soya flour in wheat flour in ratio of 1:4 for roti preparation. Rice, suji, poha, mamara, can be taken by adding sprouted kathol, vegetables like cabbage, peas, carrot, tomato, cucumber, onion, etc to increase fibre and decrease calorie intake of preparation.	Maida based product like bread, pasta, khari, puff, biscuits, naan, noodles, etc. For diabetic if Blood sugar is in control then can take half tablespoon rice mix with vegetables 2/week. Sabudana, sevaiya can be prepared in skim milk.
Legumes, nuts and oilseeds	Almonds, Soya, rajma, chana, moong, muth, all dals. If possible sprout kathol before using.	Overweight person should avoid groundnut, Cashews, til, walnut, coconut.
Vegetables	Green leafy vegetables, all vegetables other than potatoes, shakariya. (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 mix small portion of potato in vegetables 2/week.
Fruits	Watermelon - 2 slice, Apple - 1 Medium, Pear - 1 Medium, Papaya - 2 Slices, Orange - 1 Medium size, Guava - 1 Medium size, Pineapple - 2 slices (Monitor portion size of fruits)	Seetaphal, banana, chickoo, mango, grapes, guava fruit or amla 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: 15 gm (3 tea spoon maximum) of oil / butter / ghee per day.
- Consume 8 to 10 glasses of water per day.
- Small and frequent meals are preferred.
- Do regular exercise for 30 minutes.
- If you feel hungry you can take soup, salad or Juice (No Fruit Juice).
- Tea/coffee without sugar.
- You can add soyabean in roti atta .
- Psyllium (Isabgul) is beneficial to control cholesterol and hunger if taken before meal (20 minutes).

Other note:

Avoid or restrict the quantity of sev, gathiya, bhujia, fried foods, maida foods, puri, ice cream, chocolate, cold drinks, maida foods, fast foods like pizza, burger, red meat, egg yolk.

GLYCEMIC (GI) OF COMMON FOODS

	Name of the foods	Glycemic Index
Dal / Pulses	Soya beans	16 + 1
	Rajma	19 + 2
	Tur dal	26 + 3
	Chick peas	28 + 9
	Lentils	32 + 5
	Moong Dal	38 + 3
Vegetables	Broccoli/Cabbage/Bell peppers/Tomato/Onion	10 + 2
	Cauliflower/Green beans	15 + 3
	Lady's finger	20 + 2
	Carrots	39 + 4
	Potato (boiled)	78 + 4
Fruits	Apple/Plum	36 + 2
	Orange/Peach	43 + 3
	Banana/Mango	51 + 5
	Pineapple	59 + 8
	Watermelon	76 + 4
Cereals	Sweet corn	52 + 5
	Wheat roti	62 + 3
	Rava	65 + 3
	Popcorn	65 + 5
	Brown boiled rice	68 + 4
	Maida	72 + 4
	White boiled rice	73 + 4
	Whole Wheat bread	74 + 2
	Rice porridge/congee	78 + 9
	Cornflakes	81 + 6
Miscellaneous	Milk	37 + 4
	Chocolate	40 + 3
	Ice cream	51 + 3
	Boiled Chicken/Tawa fish	15 + 4
	Soft drinks/soda	59 + 3
	Honey	61 + 3
	French fries (potato)	63 + 5

Glycemic Index (GI) is measured on the scale of 1-100 and classifies Carbohydrate food into three general categories

High: Food that cause a rapid rise in blood glucose levels and have a GI value of 70 or more

Medium: Food that cause a medium rise in blood glucose and have a GI value between 55 to 69

Low: Food that cause a slower rise in blood glucose and have a GI value of 54 or less

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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