



AROGYA

MEAL PLANNING FOR

DIABETES

A row of fresh fruits and vegetables including apples, oranges, and tomatoes, positioned behind the word 'DIABETES'.

MEAL TYPE	FOOD ITEM	QUANTITY	kcal
Breakfast	<ul style="list-style-type: none"> • Tea/Coffee (No Sugar) • 4 Almonds + 1Walnut • Whole Wheat Toast/ Paratha (non stick) / Daliya • Milk 	1 cup 3 nos 2 nos 1½ katori 100 ml	40 60 180 100
Mid Morning	<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
Lunch	<ul style="list-style-type: none"> • Roti (30 gm atta) • Dal (Any One : Tur (Arhar)/ Moong/ Urad) • Rajma/Chole/Chicken/Fish • Vegetables Salad 	2 nos 1 katori 1 katori 1 katori	140 100 100 20
Evening	<ul style="list-style-type: none"> • Tea/Coffee (No Sugar) • Mixed Namkeen (roasted)/ Moori/ Biscuits 	1 cup 1 katori 3nos	40 80
Dinner	<ul style="list-style-type: none"> • Roti (30 gm atta) / Bajra Roti • Green Vegetables (Any One : Lauki/ Cabbage/Cauliflower/Turai/Tindi// Bhindi/Palak/French Beans) • Vegetables Salad 	1 nos ½ nos 1 katori 1 katori	70 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) • 4 Almonds + 1Walnut • Whole Wheat Toast/ Paratha (non stick) / Daliya • Milk 	1 cup 2 nos 1 nos 1 katori 100 ml	40 60 120 100
Mid Morning	<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
Lunch	<ul style="list-style-type: none"> • Roti (30 gm multi grain atta)/ Rice • Dal (Any One : Tur (Arhar)/ Moong/ Urad) • Green Vegetables (Any One : Lauki/ Cabbage/Cauliflower/Turai/Tindi// Bhindi/Palak/French Beans) or Chicken • Rajma/Chole • Vegetables Salad 	2 nos 1½ katori 1 katori 1 katori 1 katori 1 katori	140 100 60 100 20
Evening	<ul style="list-style-type: none"> • Tea/Coffee (No Sugar) • Mixed Namkeen (roasted)/ Moori/ Biscuits 	1 cup 1 katori 3nos	40 80
Dinner	<ul style="list-style-type: none"> • Roti (30 gm atta)/ Bajra Roti • Dal (Any One : Tur (Arhar)/ Moong/ Urad) or Kadhi • Green Vegetables (Any One : Lauki/ Cabbage/Cauliflower/Turai/Tindi// Bhindi/Palak/French Beans) or Chicken • Vegetables Salad 	2 nos 1 nos 1 katori 1 katori 1 katori	140 100 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) • 4 Almonds + 2 Walnut • Whole Wheat Toast/ Paratha (non stick)/ Daliya • Milk 	1 cup 3 nos 1 nos 1 ½ katori 100 ml	40 80 180 100
Mid Morning	<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
Lunch	<ul style="list-style-type: none"> • Roti (45 gm atta) • Dal (Any One : Tur (Arhar)/ Moong/ Urad) • Green Vegetables (Any One : Lauki/ Cabbage/Cauliflower/Turai/Tindi// Bhindi/Palak/French Beans) • Rajma/Chole/Chicken/Fish • Vegetables Salad 	3 nos 1 katori 1 katori 1 katori 1½ katori	140 100 60 100 30
Evening	<ul style="list-style-type: none"> • Tea/Coffee (No Sugar) • Mixed Namkeen (roasted)/ Moori/ Biscuits 	1 cup 1 katori 3nos	40 80
Dinner	<ul style="list-style-type: none"> • Roti (45 gm atta)/ Bajra Roti • Green Vegetables (Any One : Lauki/ Cabbage/Cauliflower/Turai/Tindi// Bhindi/Palak/French Beans) • Curd • Vegetables Salad 	3 nos 1 nos 1 katori 1 cup 1 katori	210 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) • 4 Almonds + 2 Walnut • Whole Wheat Toast/ Paratha (non stick)/ Daliya • Milk 	1 cup 3 nos 2 nos 1 ½ katori 100 ml	40 80 180 100
Mid Morning	<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
Lunch	<ul style="list-style-type: none"> • Roti (45 gm multi grain atta) • Dal (Any One : Tur (Arhar)/ Moong/ Urad) • Green Vegetables (Any One : Lauki/ Cabbage/Cauliflower/Turai/Tindi// Bhindi/Palak/French Beans) • Rajma/Chole/Chicken/Fish • Vegetables Salad 	3 nos 1 katori 1½ katori 1 katori 1 katori	210 100 90 100 20
Evening	<ul style="list-style-type: none"> • Tea/Coffee (No Sugar) • Mixed Namkeen (roasted)/ Moori Biscuits Rusk 	1 cup 1½ katori 4 nos 2 nos	40 120
Dinner	<ul style="list-style-type: none"> • Roti (45 gm atta)/ Bajra Roti • Dal (Any One : Tur (Arhar)/ Moong/ Urad) • Green Vegetables (Any One : Lauki/ Cabbage/Cauliflower/Turai/Tindi// Bhindi/Palak/French Beans) or Chicken • Curd • Vegetables Salad • Rice 	3 nos 1½ nos 1 katori 1½ katori 1 cup 1 cup ½ katori	210 100 80 100 20 40
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) • 4 Almonds + 2 Walnut • Whole Wheat Toast/ Paratha (non stick)/ Daliya • Milk 	1 cup 3 nos 2 nos 1 ½ katori 100 ml	40 80 180 100
Mid Morning	<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
Lunch	<ul style="list-style-type: none"> • Roti (60 gm multi grain atta) • Dal (Any One : Tur (Arhar)/ Moong/ Urad) • Green Vegetables (Any One : Lauki/ Cabbage/Cauliflower/Turai/Tindi// Bhindi/Palak/French Beans) • Rajma/Chole/Chicken/Fish • Vegetables Salad • Moong Dal Halwa 	4 nos 1 katori 1 katori 1 katori 1katori 1small katori	240 100 60 100 20 200
Evening	<ul style="list-style-type: none"> • Tea/Coffee (No Sugar) • Mixed Namkeen (roasted)/ Moori/ Biscuits • 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 	1 cup 1 katori 3 nos 100 gms	40 80 50
Dinner	<ul style="list-style-type: none"> • Roti (60 gm atta)/ Bajra Roti • Dal (Any One : Tur (Arhar)/ Moong/ Urad) or Kadhi or Dal Palak • Green Vegetables (Any One : Lauki/ Cabbage/Cauliflower/Turai/Tindi// Bhindi/Palak/French Beans) • Mutter Paneer • Vegetables Salad 	4 nos 1½ nos 1 katori 1 katori 1 katori 1 cup	240 100 60 150 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) • 4 Almonds + 2 Walnut • Whole Wheat Toast/ Paratha (non stick)/ Daliya/ 2 Eggs White + 2 Slice Toast • Milk 	1 cup 3 nos 2 nos 1 ½ katori 100 ml	40 80 180 100
Mid Morning	<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
Lunch	<ul style="list-style-type: none"> • Roti (60 gm multi grain atta) • Dal (Any One : Tur (Arhar)/ Moong/ Urad) • Green Vegetables (Any One : Lauki/ Cabbage/Cauliflower/Turai/Tindi// Bhindi/Palak/French Beans) • Rajma/Chole/Chicken/Fish • Vegetables Salad • Curd • Gajar/Moong Dal Halwa 	4 nos ½ katori 1 katori 1 katori 1½ katori 1 cup 1small katori	240 50 60 100 30 100 200
Evening	<ul style="list-style-type: none"> • Tea/Coffee (No Sugar) • Mixed Namkeen (roasted)/ Moori/ Biscuits/Rusk • 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 	1 cup 1½ katori 4 nos 100 gms	40 120 50
Dinner	<ul style="list-style-type: none"> • Roti (60 gm atta)/ • Green Vegetables (Any One : Lauki/ Cabbage/Cauliflower/Turai/Tindi// Bhindi/Palak/French Beans) • Mutter Paneer • Vegetables Salad • Curd 	4 nos 1 katori 1 katori 1 katori 1 cup	240 60 150 20 100
Bed Time	<ul style="list-style-type: none"> • 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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