



AROGYA

MEAL PLANNING FOR

DIABETES

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

MEAL TYPE	FOOD ITEM	QUANTITY	kcal
Breakfast	<ul style="list-style-type: none"> • Tea/Coffee (No Sugar) • 4 Almonds • Idlies + coconut Chutney or Dose + 1bowl sambhar/ Toast (wheat)/ Veg. Upma 	1 cup 2 nos 2 nos 2nos 1 katori	40 40 140 or 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 • Coconut Water 	100 gms 100 ml	50
Lunch	<ul style="list-style-type: none"> • Brown Rice (cooked) • Any One : Dal/Rasam/Sambar • Green Vegetables (Any One : Lauki/ Cabbage/Cauliflower/Turai/Tindi// Bhindi/Palak/French Beans) • Vegetables Salad • Curd 	1 katori 1 katori 1 katori 1 katori 1 katori	150 100 60 20 100
Evening	<ul style="list-style-type: none"> • Tea/Coffee (No Sugar) • Any One : Boiled mixed pulses Upma Toast Biscuit 	1 cup 1 katori 1 katori 1 small 4 nos	40 100
Dinner	<ul style="list-style-type: none"> • Brown Rice (cooked) • Any One : Dal/Rasam/Sambar • Vegetables Salad 	1 katori 1 katori 1 katori	100 100 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 + 1Walnut • Idlies + coconut Chutney • Any One : Dose + 1bowl sambhar/ 2 Toast (wheat)/ Veg. Upma 	1 cup 2 nos 2 small 1 katori	40 60 140 100
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 • Chas or Coconut Water 	100 gms 1 glass 100 ml	50
Lunch	<ul style="list-style-type: none"> • Brown Rice (cooked) • Any One : Dal/Rasam/Sambar • Green Vegetables (Any One : Lauki/ Cabbage/Cauliflower/Turai/Tindi// Bhindi/Palak/French Beans) • Coconut Chutney • Vegetables Salad • Curd 	1½ katori 1 katori 1 katori 1 tbsp 1 katori ½ katori	150 100 60 20 50
Evening	<ul style="list-style-type: none"> • Tea/Coffee (No Sugar) • Any One : Boiled mixed pulses Upma Toast Biscuit 	1 cup 1 katori 1 katori 2 small 4 nos	40 100
Dinner	<ul style="list-style-type: none"> • Brown Rice (cooked) • Any One : Dal/Rasam/Sambar • Green Vegetables (Any One : Lauki/ Cabbage/Cauliflower/Turai/Tindi// Bhindi/Palak/French Beans) or Chicken • Butter milk 	1½ katori 1 katori 1 katori ½ katori	150 100 60 30
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 • Idlies + sambhar + coconut Chutney or Dose + 1bowl sambhar/ Toast (wheat)/ Veg. Upma 	1 cup 3 nos 3 nos 2nos 1 katori	40 80 210 100
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 • Chas or Coconut Water 	100 gms 1 glass 100 ml	50 50
Lunch	<ul style="list-style-type: none"> • Brown Rice (cooked) • Any One : Dal/Rasam/Sambar • Green Vegetables Any One Lauki/ Cabbage/Cauliflower/ Turai/Tindi/Bhindi/ Palak/French Beans/ Avial (cooked) • Vegetable Salad • Curd 	2 katori 1 big katori 1 katori 1 cup 1 katori 1 katori	200 120 60 20 100
Evening	<ul style="list-style-type: none"> • Tea/Coffee (No Sugar) • Any One : Boiled mixed pulses Upma/ Poha/ Biscuit 	1 cup 1½ katori 4 nos	40 140 140
Dinner	<ul style="list-style-type: none"> • Brown Rice (cooked) • Any One : Dal/Rasam/Sambar • Green Vegetables Any One Lauki/ Cabbage/Cauliflower/ Turai/Tindi/Bhindi/ Palak/French Beans/ Avial (cooked) • Vegetables Salad • Butter milk 	1 katori 1 katori 1 katori 1 katori 1 glass	100 100 60 20 30
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 + 1Walnut		60
Breakfast	• Idlies + sambhar + coconut Chutney	3 nos	210
	or Dose + 1bowl sambhar/	3 nos	
	Toast (wheat)/	1 nos	
	Veg. Upma	½ katori	50
	• Milk	1 glass	140
Mid Morning	• Fruit (Any One) : Watermelon - 2 Slice/	100 gms	50
	Apple - 1 Medium/Pear - 1 Medium/ Papaya -2 Slice/Orange - 1 Medium Size/ Guava - 1 Medium Size/ Pineapple - 2 Slices		
Mid Morning	• Chas or	1 glass	
	Coconut Water	100 ml	
Lunch	• Brown Rice (cooked)	2 katori	200
	• Any One : Dal/Rasam/Sambar	1 big katori	120
	• Veg curry (Green Vegetables	1 katori	60
	(Any One : Lauki/Cabbage/ Cauliflower/Turai/Tindi/ Bhindi/Palak/French Beans/ Avial (cooked)	1 cup	
	• Vegetable Salad	1 katori	20
Lunch	• Butter Milk	1 glass	30
Evening	• Lime water/ Tea/Coffee (No Sugar)	1 cup	40
	• Any One : Boiled mixed pulses/ Upma/ Poha	1½ katori	140
Dinner	• Brown Rice (cooked)	2 katori	200
	• Any One : Dal/Rasam/Sambar	1 katori	100
	• Green Vegetables (Any One : Lauki/ Cabbage/Cauliflower/Turai/Tindi// Bhindi/Palak/French Beans)	1 katori	60
	or Chicken		
	• Rava Dosa/Uttapam/ Dosa + Rasam/Sambhar	2 nos	120
Dinner	• Butter milk	1 glass	30
Bed Time	• Skim Milk	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 1 ½ katori	210
	• Veg. Upma + Chutney	3nos 1 ½ katori	150
	• Milk	1 glass	140
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
	• Chas or Coconut Water	1 glass 100 ml	
Lunch	• Brown Rice (cooked) or Roti 3 nos	2 katori	200
	• Any One : Dal/Rasam/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 1½ katori	150
	• Salad, Kootu, Poriyal	1 katori	40
	• Butter milk	1 glass	30
	• Dessert : (Artificial Sweetner Kheer (Rice, Vermicelli, Almonds) Or Opputtu	1 katori 1 nos	140
Bed Time	• Skim Milk	150 ml	140

MEAL TYPE	FOOD ITEM	QUANTITY	kcal
Breakfast	<ul style="list-style-type: none"> • Tea/Coffee (No Sugar) • 5 Almonds + 2 Walnut • Idlies + Coconut Chutney or Any One : Dose + 1 bowl Sambhar / Toast • Veg. Upma • Milk 	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"> • 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 • Chas or Coconut Water 	100 gms 1 glass 100 ml	50
Lunch	<ul style="list-style-type: none"> • Brown Rice (cooked) or Roti 3 nos • Any One : Dal/Rasam/Sambar • Green Vegetables Any One Lauki/ Cabbage/Cauliflower/ Turai/Tindi/Bhindi/ Palak/French Beans/ Avial (cooked) • Kheer (Rice, Vermicelli, Almonds) (Artificial Sweetner) Or Opputtu • Vegetable Salad, Kootu, Poiyal • Curd 	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"> • Tea/Coffee (No Sugar) • Any One : Boiled mixed pulses/ Upma/ Poha/ Biscuit 	1 cup 1½ katori 4 nos	40 140
Dinner	<ul style="list-style-type: none"> • Roti (60 gms atta)/ Brown Rice (cooked) • Any One : Dal/Rasam/Sambar • Green Vegetables Any One Lauki/ Cabbage/Cauliflower/ Turai/Tindi/Bhindi/ Palak/French Beans/ Avial (cooked) • Salad, Kootu, Poriyal • Butter milk 	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"> • 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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