



AROGYA

MEAL PLANNING FOR

DIABETES



MEAL TYPE	FOOD ITEM	QUANTITY	kcal
Breakfast	<ul style="list-style-type: none"> • Tea/Coffee (No Sugar) • 4 Almonds + 1Walnut • Any One (Thepla/Multi Grain bread)/ Poha/Upma/Sprouts/Oats 	1 cup 2 nos 1 katori	40 40 140
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 	100 gms	50
Lunch	<ul style="list-style-type: none"> • Roti/Bhakari (No oil for Shortening make dough with Milk) • Dal (Any One : Tur (Arhar)/ Moong/ Urad) • Vegetables Salad • Green Vegetables (Any One : Lauki/ Cabbage/Cauliflower/Turai/Tindi// Bhindi) • Curd 	2 nos 1 bowl 1 bowl 1 bowl ½ cup	140 100 20 60 50
Tea	<ul style="list-style-type: none"> • Tea/Coffee (No Sugar) • Any One : Biscuit Dhokla Khakhra Bhel Rosted Chana 	1 cup 5 nos 4 nos 2 nos 1 bowl 35 gms	40 140
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"> • Roti/Bhakari (No oil for Shortening make dough with Milk) • Any One : Veg.Khichdi/ Kadhi • Dal (Any One : Tur (Arhar)/ Moong/ Urad) • Pulses/Usal • Vegetables Salad 	1 nos 1½ katori 1½ katori 1 bowl 1 bowl	70 150 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 + 1Walnut		
	• Any One (Thepla/Multi Grain bread)/ Poha/Upma/Sprouts/Oats	2 nos 1 katori	60 140
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
Lunch	• Roti/Bhakari (No oil for Shortening make dough with Milk)	2 nos	140
	• Dal (Any One : Tur (Arhar)/ Moong/ Urad)	1 bowl	100
	• Vegetables Salad	1 bowl	20
	• Green Vegetables (Any One : Lauki/ Cabbage/Cauliflower/Turai/Tindi// Bhindi)	1 bowl	60
	• Curd	½ cup	50
Tea	• Tea/Coffee (No Sugar)	1 cup	40
	• Any One :		
	Biscuit	5 nos	
	Dhokla	4 nos	
	Khakhra	2 nos	
	Bhel	1 bowl	
Rosted Chana	35 gms	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/Bhakari (No oil for Shortening make dough with Milk)	2 nos	140
	• Any One : Veg.Khichdi/ Kadhi	1½ bowl 1 bowl	
	• Dal (Any One : Tur (Arhar)/ Moong/ Urad)	1 Katori	100
	• Pulses/Usal	1 bowl	
	• Green Veg or Fish/Chicken	1 katori	60
	• Vegetables Salad	1 bowl	20
	• Butter Milk	1 glass	35
Bed Time	• 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 Any One (Thepla/Multi Grain bread)/ Poha/Upma/Sprouts/Oats 	1 cup 3 nos 1 ½ katori	40 80 210
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/Bhakari (20 gm atta No oil for Shortening make dough with Milk) Dal (Any One : Tur (Arhar)/ Moong/ Urad) Vegetables Salad Green Vegetables (Any One : Lauki/ Cabbage/Cauliflower/Turai/Tindi// Bhindi/Palak/French Beans) Rice 	3 nos ½ katori 1 bowl 1 bowl ½ katori	210 50 20 60 85
Tea	<ul style="list-style-type: none"> Tea/Coffee (No Sugar) Any One : Biscuit Dhokla Khakhra Bhel Rosted Chana 	1 cup 5 nos 4 nos 2 nos 1 bowl 35 gms	40 140
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"> Roti/Bhakari (20 gm atta No oil for Shortening make dough with Milk) Any One : Veg.Khichdi/Kadhi Dal (Any One : Tur (Arhar)/ Moong/ Urad) Pulses/Usal Green Vegetables (Any One : Lauki/ Cabbage/Cauliflower/Turai/Tindi// Bhindi/Palak/French Beans) Vegetables Salad Butter Milk 	3 nos 1½ bowl 1 Katori 1 Katori 1 Katori 1 katori 1 glass	210 100 60 20 35
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 + 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/Bhakari (20 gms each)	3 nos	210
	• Dal (Any One : Tur (Arhar)/ Moong/ Urad)	1 bowl	100
	• Vegetables Salad	1 bowl	20
	• Green Vegetables (Any One : Lauki/ Cabbage/Cauliflower/Turai/Tindi// Bhindi)	1 bowl	60
	• Curd	1 cup	100
• Rice	1 katori	85	
Tea	• Tea/Coffee (No Sugar)	1 cup	40
	• Any One :		
	Khakhra Bhel Rosted Chana	2 nos 1½ bowl 40 gms	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/Bhakari (make dough with Milk)	3 nos	210
	• Any One : Veg.Khichdi/ Kadhi	1 katori 1 bowl	
	• Dal (Any One : Tur (Arhar)/ Moong/ Urad)	1 bowl	100
	• Pulses/Usal	1 bowl	
	• Green Veg or Fish/Chicken	1 katori	60
	• Vegetables Salad	1 bowl	20
	• Butter Milk	1 glass	35
	• Rice	½ Katori	40
Bed Time	• 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 Any One (Thepla/Multi Grain bread)/ Poha/Upma/Sprouts/Oats 	1 cup 3 nos 1 ½ katori	40 80 210
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/Bhakari (20 gms each) Dal (Any One : Tur (Arhar)/ Moong/ Urad) Pulses (Moong/Moth/Chana/Chola) Vegetables Salad Green Vegetables (Any One : Lauki/ Cabbage/Cauliflower/Turai/Tindi// Bhindi) Curd 	3 nos 1 katori 1 katori 1 bowl 1 katori 100 gms	210 100 100 20 60 100
Tea	<ul style="list-style-type: none"> Tea/Coffee (No Sugar) Any One : Biscuit Dhokla/khaman Khakhra Bhel Sandwich 	1 cup 2 nos 40 gram 2 nos 1 ½ bowl 2 slices	40 55 140
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"> Roti/Bhakari (20 gms each) Any One : Veg.Khichdi/Kadhi Dal (Any One : Tur (Arhar)/ Moong/ Urad) Green Veg Any One : Shrikhand (with artifical sweetner) Puranpoli 	3 nos 1 katori 1 katori 1 kator 1 katori 1 nos	210 85 100 60 150
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
	• 4 Almonds + 2 Walnut		80
	• Any One (Thepla/Multi Grain bread)/ Poha/Upma/Sprouts/Oats	3 nos 1 ½ katori	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/Bhakari (20 gms each)	4 nos	280
	• Pulses (Moong/Moth/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	1 katori	85
	• Buttermilk	1glass	35
Tea	• Tea/Coffee (No Sugar)	1 cup	40
	• Biscuit	2 nos	55
	• Any One : Khakhra	2 nos	
	Bhel	1 ½ bowl	
	Rosted Chana Sandwich	35 gm 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/Bhakari (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 /Gajar halwa	1katori	150
	• Buttermilk	1glass	35
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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