

# 12 CALORIES

## DIABETIC DIET PLAN

### EAST INDIA

Breakfast

Lunch

Snacks

Dinner

Understanding GI



**Vega**

a SUN PHARMA division



## Early Morning

1 Cup Jeera water

**Total Calories: 0 kcal; GI: Low**

**OR**

1 Cup Beetroot juice

**Total Calories: 27 kcal; GI: 61**

**OR**

1 Cup Karela juice

**Total Calories: 27 kcal; GI: 61**

## Breakfast

2 Cup Ghugni with masala

**OR**

1 Veg. Sandwich (made with multigrain bread)

**OR**

1 Half fried egg with

2 Slices of toasted multigrain bread

**OR**

1 Cup Dahi bara with ½ Cup Aloo dum

**OR**

### PROHANCE D SHAKE

3 scoops in 90 mL water (113.5 Kcal)

6 scoops in 180 mL water (227 Kcal)

**Total Approx. Calories: 260 kcal**

### The Calorie and GI Board

Food item	Calories (kcal)	GI
2 Cup Ghugni with masala	234	22 (peas)
1 Veg. Sandwich (made with multigrain bread)	361	53
1 Half fried egg	75	-
2 Slices of toasted multigrain bread	68	53
1 Cup Dahi bara with ½ Cup Aloo dum	300	36 (Dahi); 78 (Potato)
1 Cup Tea without sugar with 2 multigrain biscuits	162	15-30 (Milk)



## Mid-Morning

1 Glass Soy milk

**Total Calories: 115 kcal; GI: 34**

**OR**

½ Cup Roasted popcorn (28 g)

**Total Calories: 140 kcal; GI: 65**

**OR**

1 Orange

**Total Calories: 62 kcal; GI: 43**

## Lunch

1 Cup Steamed brown rice with  
1 Cup Massor dal and  
½ Cup Palak saag

**OR**

1 piece Begun bhaja and  
2 Cups Macha mahura

**OR**

### PROHANCE D SHAKE

3 scoops in 90 mL water (113.5 Kcal)

6 scoops in 180 mL water (227 Kcal)

**Total Approx. Calories: 270 kcal**

### The Calorie and GI Board

Food item	Calories (kcal)	GI
1 Cup Steamed brown rice	111	50
1 Cup Massor dal	352	Medium
½ Cup Palak saag	126	Low
1 Piece Begun bhaja	150	10 (Brinjal)
2 Cups Macha mahura	320	Low



## Snacks

2 Multigrain biscuits

**Total Calories: 100 kcal; GI: 59**

OR

### PROHANCE D SHAKE

3 scoops in 90 mL water (113.5 Kcal)

6 scoops in 180 mL water (227 Kcal)

## Dinner

1 Cup Aloo posto with 1 Cup Maash dal

OR

1 Cup Doi maach and 1 Cup Steamed brown rice

OR

1 Cup Mixed meat flat noodles (whole wheat noodles)

OR

### PROHANCE D SHAKE

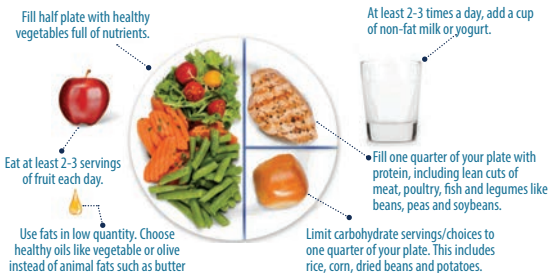
3 scoops in 90 mL water (113.5 Kcal)

6 scoops in 180 mL water (227 Kcal)

**Total Approx. Calories: 200 kcal**

**The Calorie and GI Board**

Food item	Calories (kcal)	GI
1 Cup Aloo posto	226	65 (Potato)
1 Cup Maash dal	94	Medium (Dals)
1 Cup Doi maach	235	Low
1 Cup Steamed brown rice	111	50
1 Cup Mixed meat flat noodles	235	Medium



## Create your own Plate in 7 steps

- ☺ Take approx. 9" diameter plate
- ☺ Divide your plate into three sections as given in the figure.
- ☺ Fill the largest section with non-starchy vegetables.
- ☺ Now in one of the small sections, put carbohydrates and starchy foods.
- ☺ Then in the other small section, put your protein foods.
- ☺ Add a serving of fruit or a serving of dairy.
- ☺ Choose healthy fats in small amounts (like nuts including walnuts and almonds, seeds and avocados). For cooking, use healthy oils like olive oil.

## East Indian Foods Rated as per the GI

<b>Low (&lt;55)</b>	 <b>Macher Jhol</b>	 <b>Shukto</b>	 <b>Doi potol</b>
<b>Medium (56-69)</b>	 <b>Dhokar Dalna</b>	 <b>Momos</b>	 <b>Oriya Dahi Bara</b>
<b>High (&gt;70)</b>	 <b>Assamese Jolpan</b>	 <b>Mishti doi</b>	 <b>Luchi and Begun Bhaja</b>

Note: Calorie count of the recipes can vary based on method of cooking, ingredient(s) used and quantity of the food eaten. Images are solely for illustrative purpose only. What is Plate Method? Available at: <http://www.diabetesforecast.org/2015/adm/diabetes-plate-method/what-is-the-plate-method.html>; accessed on Feb 05, 2020. Calories of Indian Foods. Available at: <https://www.myfitnesspal.com/>; accessed on Feb 05, 2020; Foster-Powell K et al. Am J Clin Nutr. 2002 Jul;76(1):5-56.