

12 CALORIES

DIABETIC DIET PLAN

NORTH INDIA

Breakfast

Lunch

Snacks

Dinner

UnderstandingGI



Vega
a SUN PHARMA division



Early Morning

1 Glass Tulsi detox water

Total Calories: 1 kcal; GI: 0

OR

1 Glass Sattu drink

Total Calories: 240 kcal; GI: 8 (Chana)

OR

1 Cup Lemon green tea

Total Calories: 7 kcal; GI: 0

Breakfast

PROHANCE D SHAKE

3 scoops in 90 mL water (113.5 kcal)

6 scoops in 175 mL water (227 kcal)

OR

1 Glass Badam milk

and

2 Whole Wheat sattu paratha

OR

2 Cups Veg. dalia

OR

1 Cup Matar kulcha (with 2 kulcha)

Total Approx. Calories: 291 kcal

The Calorie and GI Board

Food item	Calories (kcal)	GI
1 Glass Badam milk	168	Medium
2 Whole wheat sattu paratha	290	8 (Chana); 45 (Whole wheat)
2 Cups Veg. dalia	286	40 (Broken wheat)
Matar kulcha (1 Cup White masala peas boiled, with 2 kulcha)	360	Medium



Mid-Morning

¼ Cup Dry Roasted peanuts (30 g)

Total Calories: 160 kcal; GI: 14

OR

2 Hi-fiber Digestive biscuits

Total Calories: 100 kcal; GI: Low

Lunch

½ Cup Aloo subzi and 2 pooris

OR

2 Cups Lauki subzi with 2 Whole wheat roti

OR

1 Cup of Palak dal with 1 Cup Brown rice and 1 Cup of Masala tori

OR

1 Cup Bhat ki dal, ½ Cup Brown rice and ½ Cup Palak saag

OR

PROHANCE D SHAKE

3 scoops in 90 mL water (113.5 kcal)

6 scoops in 175 mL water (227 kcal)

Total Approx. Calories: 250 kcal

The Calorie and GI Board

Food item	Calories (kcal)	GI
½ Cup Aloo Subzi	86	82
2 Pooris	212	
2 Cups Lauki subzi	101	66
2 Whole wheat roti	200	
1 Cup Palak dal	100	29 (Toor dal)
1 Cup Brown rice	111	50
1 Cup Masala tori	100	Low
1 Cup Bhat ki dal	158	Medium
½ Cup Brown rice	56	50
½ Cup Palak saag	126	Low



Snacks

1 Cup Grapes

Total Calories: 65 kcal; GI: 59

OR

PROHANCE D SHAKE

3 scoops in 90 mL water (113.5 kcal)

6 scoops in 175 mL water (227 kcal)

Dinner

1 Cup Daliya moong dal khichdi and

1 Cup Tomato onion raita

OR

PROHANCE D SHAKE

3 scoops in 90 mL water (113.5 kcal)

6 scoops in 175 mL water (227 kcal)

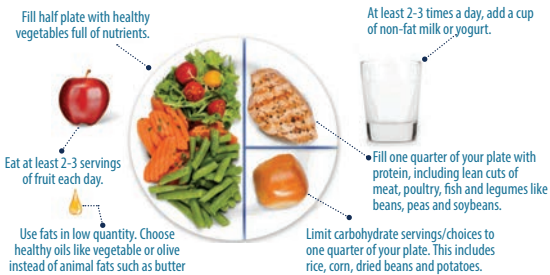
OR

1 Cup Maa ki dal with 1 Multigrain roti and 1 Cup Paneer bhurji

Total Approx. Calories: 314 kcal

The Calorie and GI Board

Food item	Calories (kcal)	GI
1 Cup Daliya moong dal khichdi	330	68 (Broken wheat)
1 Cup Tomato onion raita	50	36 (Low-fat curd)
1 Cup Maa ki dal	139	Medium
1 Multigrain roti	120	28
1 Cup Cucumber salad	76	Low



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.

North Indian Foods Rated as per the GI

Low (<55)	 Palak Paneer	 Chicken Curry	 Mix Vegetable
Medium (56-69)	 Chole	 Gobi Paratha	 Dal fry
High (>70)	 Jeera Rice	 Aloo Paratha	 Amritsari kulcha

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.