

12 CALORIES

DIABETIC DIET PLAN

SOUTH INDIA

Breakfast

Lunch

Snacks

Dinner

Understanding GI



Vega
a SUN PHARMA division



Early Morning

1 Glass (250 mL) Turmeric milk without any sweetener

**Total Calories: 91 kcal; GI: 5 (turmeric);
15-30 (Milk)**

OR

1 Glass Hot water

Total Calories: 0 kcal; GI: 0

Breakfast

1 Palak dosai and 1 Cup Tea with Multigrain biscuits
(2 Nos.)

OR

Kuli paniyaram (4-5 pcs.) served with tomato
garlic chutney, 1 Cup Salted ragi malt

OR

1 Cup Masala khara bath (upma) with veggies

OR

PROHANCE D SHAKE

3 scoops in 90 mL water (113.5 kcal)

6 scoops in 175 mL water (227 kcal)

Total Approx. Calories: 245 kcal

The Calorie and GI Board

Food item	Calories (kcal)	GI
Palak dosai (1 No.)	94	<55*
Tea (without sugar)	62.1	15-30 (milk)
Digestive biscuits (2 Nos.)	100	59
Paniyaram (4-5 pcs)	200	54 (Semolina)
Tomato garlic chutney (2 Tsp.)	20	<15
Salted ragi malt (1 Cup)	29	68 (Ragi); 31 (buttermilk)
Veg. masala khara bath (upma) (1 Cup)	278	67



Mid-Morning

Walnut milk (made up of 6-7 Walnuts)

Total Calories: 54 Calories; GI: 20

Lunch

1 Ragi steamed ball + ½ Cup Vegetable curry + 1 Cup Buttermilk

OR

1 small Cup white rice + 1 Cup Dudhi curry with Tomato and Beetroot salad **OR** ½ Cup Kerala style fish curry

OR

½ Cup coconut rice **OR** 2 rotis + 1 Cup cauliflower kootu + carrot-beet-cucumber salad

OR

PROHANCE D SHAKE

3 scoops in 90 mL water (113.5 kcal)

6 scoops in 175 mL water (227 kcal)

Total Approx. Calories: 330 kcal

The Calorie and GI Board

Food item	Calories (kcal)	GI
Ragi steamed balls (1 medium size)	170	68
Veg. curry (½ Cup)	180	Low*
White rice (¼ Cup)	170	69 ± 15
Dudhi curry (1 Cup)	81	
Tomato- beet salad (½ Cup)	59	<15 (Tomato) 64 (Beetroot)
Kerala style fish curry (½ Cup)	169	-
Multigrain roti (2 Nos.)	240	28
Coconut rice (½ Cup)	226	76 (Rice); 52 (Coconut)
Cauliflower kotu (1 Cup)	28	5-15 (Cauliflower)
Cucumber-carrot-beetroot salad (1 Cup)	71.9	<15

* Made with a mix of non-starchy veggies; Note: Non-veg dishes are very low in carbohydrates and high in proteins and fats and hence, does not have any GI



Snacks

Green tea (without sugar) and 1 Wheat Rusk

**Total Calories: 60 kcal (Rusk);
7-8 kcal (Green tea)**

OR

PROHANCE D SHAKE

3 scoops in 90 mL water (113.5 kcal)

6 scoops in 180 mL water (227 kcal)

Dinner

1 Multigrain roti (without ghee) with 1 small Cup
Bhendekai gojju and 1 Cup curd

OR

1 Cup Steamed brown rice with 1 Cup Koshimbiri and 1
Cup bassaru

OR

PROHANCE D SHAKE

3 scoops in 90 mL water (113.5 kcal)

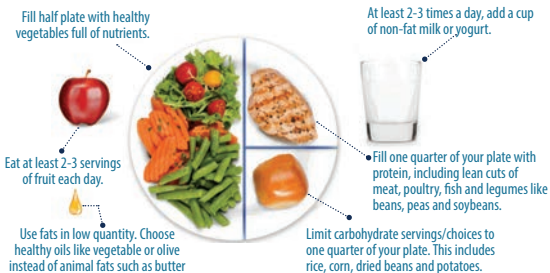
6 scoops in 180 mL water (227 kcal)

Total Approx. Calories: 326 kcal

The Calorie and GI Board

Food item	Calories (kcal)	GI
Multigrain roti (without oil) (1 No.)	120	28
Bhendekai gojju (1 Cup)	100	20
Low-fat curd	40	36
Steamed brown rice (1 Cup)	111	50
Kosambari (1 Cup)	30	Low*
1 Cup Bassaru	50	22 (Toor Dal)

** Made with a mix of non-starchy veggies and lentils; Note: Non-veg dishes are very low in carbohydrates and high in proteins and fats and hence, does not have any GI*



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.

South Indian dishes rated as per GI

Low (<55)	 Vendakkai Gojju	 Fish Curry	 Tomato Rasam
Medium (56-69)	 Pesarattu Dosa	 Upma	 Sundal
High (>70)	 White Rice	 Idli	 Puttu

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.