

12 CALORIES

DIABETIC DIET PLAN

WEST INDIA

Breakfast

Lunch

Snacks

Dinner

Understanding GI



Vega
a SUN PHARMA division



Early Morning

1 Cup Tulsi green tea

Total Calories: 8 kcal; GI: 0

OR

1 Tsp. Chia seeds soaked in water

Total Calories: 22 kcal; GI: Low

OR

1 Cup Wheatgrass (Gehu ke jware) juice

Total Calories: 80 kcal; GI: Low

Breakfast

2 Maharashtrian jowar amboli

OR

1 Bajra roti with 1 Tsp. Lahsun chutney

OR

2 Cups Sprouts bhel

OR

1 Methi jowar paratha with ½ Cup Beet potato subzi

1 Cup Jowar khichu with 1 Cup tea without sugar **OR**

PROHANCE D SHAKE

3 scoops in 90 mL water (113.5 kcal)

6 scoops in 175 mL water (227 kcal)

Total Approx. Calories: 336 kcal

The Calorie and GI Board

Food item	Calories (kcal)	GI
2 Maharashtrian jowar amboli	196	62 (Jowar)
1 Bajra roti	119	54 (Bajra)
1 Tsp. Lahsun chutney	26	Low
2 Cups Sprouts bhel	116	Medium
1 Methi jowar paratha	87	62 (Jowar)
½ Cup Beet potato subzi	62	Medium
1 Cup Jowar khichu	202	62
1 Cup Tea without sugar	62	15-30 (milk)



Mid-Morning

1 Cup Pineapple (100 g)

Total Calories: 82 kcal; GI: 56

OR

8-10 Almonds

Total Calories: 78 kcal; GI: 0

Lunch

1 Multigrain rotis + 1 Cup Dudhi curry

1 Cup Gujarati dal

OR

1 Cup Brown rice with 1 Cup Matki usal and 1 Cup

Cabbage subzi

OR

PROHANCE D SHAKE

3 scoops in 90 mL water (113.5 kcal)

6 scoops in 175 mL water (227 kcal)

OR

1 Cup Turiya patra subzi with 1 Multigrain roti and

1 Cup Gujarati dal

Total Approx. Calories: 272 kcal

The Calorie and GI Board

Food item	Calories (kcal)	GI
1 Multigrain roti + 1 Cup Dudhi curry	230	66
1 Cup Gujarati dal	115	29 (Toor dal)
1 Cup Brown rice	111	50
1 Cup Matki usal	100	66
1 Cup Cabbage subzi	24	10 (Cabbage)
1 Cup Turiya patra subzi	160	Low
1 Multigrain roti	120	28



Snacks

½ Cup Roasted poha chivda

Total Calories: 180 kcal; GI: Medium

OR

PROHANCE D SHAKE

3 scoops in 90 mL water (113.5 kcal)

6 scoops in 175 mL water (227 kcal)

Dinner

1 Cup Tuar lilva usal with tomatoes and

1 Whole wheat paratha

OR

1 Cup Katachi amti

1 Cup Steamed brown rice

OR

PROHANCE D SHAKE

3 scoops in 90 mL water (113.5 kcal)

6 scoops in 175 mL water (227 kcal)

OR

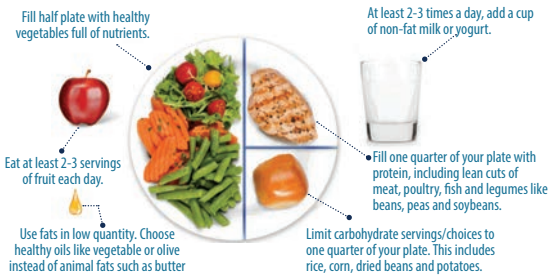
2 Cups Varan (Dal)

1 Cup Steamed brown rice

Total Approx. Calories: 269 kcal

The Calorie and GI Board

Food item	Calories (kcal)	GI
1 Cup Tuar lilva usal with tomatoes	256	Low
1 Whole wheat paratha	150	Medium
1 Cup Katachi amti	224	10 (Chana dal)
1 Cup Steamed brown rice	111	50
2 Cups Varan (Dal)	110	29 (Toor dal)



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.

West Indian Foods Rated as per the GI

Low (<55)	 Dhokla	 Bharli Wangi	 Beetroot and Carrot Salad
Medium (56-69)	 Gujarati kadhi	 Thalipeeth	 Gehu Bajra Thepla
High (>70)	 Misal Pav	 Suji Halwa (Sheera)	 Pyaz Kachori

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.