

15 CALORIES

DIABETIC DIET PLAN

EAST INDIA

Breakfast

Lunch

Snacks

Dinner

Understanding GI



Vega

a SUN PHARMA division



Early Morning

1 Glass Hot water

Total Calories: 0 kcal; GI: 0

OR

1 Cup Carrot juice

Total Calories: 92 kcal; GI: 71

OR

1 Cup Amla and aloe vera juice

Total Calories: 19 kcal; GI: Low

Breakfast

1 Hard boiled egg and 2 Slices multigrain bread

OR

Steamed veg. momos (6-7 pcs.)

OR

1 Cup Dahi chura- sweet yogurt with rice flakes

With

1 Cup Tea without sugar + 2 Multigrain biscuits

OR

PROHANCE D SHAKE

3 scoops in 90 mL water (113.5 Kcal)

6 scoops in 180 mL water (227 Kcal)

Total Approx. Calories: 494 kcal

The Calorie and GI Board

Food item	Calories (kcal)	GI
1 Hard boiled egg	207	Low
2 Slices multigrain bread	100	68
Steamed veg momos (6-7 pieces)	273	Medium
1 Cup Dahi chura- sweet yogurt with rice flakes	400	Medium (Brown poha)
1 Cup Tea without sugar	62	15-30 (Milk)
2 Multigrain biscuits	100	Low



Mid-Morning

1/2 Cup Jhal muri (17 grams)

Total Calories: 80 kcal; GI: High (Puffed rice)

OR

1 Cup Apple juice

Total Calories: 118 kcal; GI: 41

OR

1 Cup Roasted chana (28 g)

Total Calories: 69 kcal; GI: 8 (Chana)

Lunch

1 Cup Kadhi, 1 Cup Aloo chokha with 2 Multigrain rotis

OR

1 Cup Karela with chana dal and onions (Korolar dal),

1 Cup Steamed brown rice

and

1 Cup Macher jhol OR

PROHANCE D SHAKE

3 scoops in 90 mL water (113.5 Kcal)

6 scoops in 180 mL water (227 Kcal)

Total Approx. Calories: 561 kcal

The Calorie and GI Board

Food item	Calories (kcal)	GI
1 Cup Kadhi	132	36 (Low-fat curd); 8 (besan)
1 Cup Aloo chokha	106	72 (Potato)
2 Multigrain rotis	240	28
1 Cup Karela with chana dal and onions (Korolar dal)	286	31 (Boiled chana dal)
1 Cup Steamed brown rice	111	50
1 Cup Macher jhol	205	Low



Snacks

1 Large Peach

Total Calories: 60 kcal; GI: 43

OR

PROHANCE D SHAKE

3 scoops in 90 mL water (113.5 Kcal)

6 scoops in 180 mL water (227 Kcal)

Dinner

Bhetki bhapa with 1 Cup Masala bhat

OR

½ Cup Chicken biryani made with brown rice

and

PROHANCE D SHAKE

3 scoops in 90 mL water (113.5 Kcal)

6 scoops in 180 mL water (227 Kcal)

OR

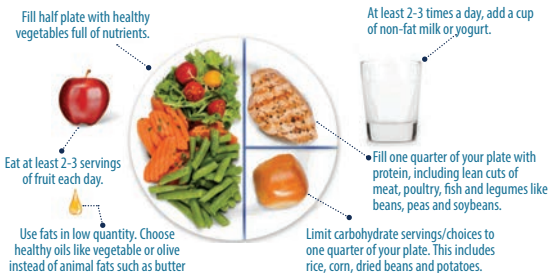
2 Cups Rui jhol with 1 Cup brown rice and

½ Cup Doi potol

Total Approx. Calories: 433 kcal

The Calorie and GI Board

Food item	Calories (kcal)	GI
2 Fillets Bhetki bhapa	320	Low
1 Cup Masala bhat	127	50 (Brown rice)
½ Cup Chicken biryani made with brown rice	198	50 (Brown rice)
1 Cup Steamed brown rice	111	50
2 Cups Rui jhol	198	Low
½ Cup Doi potol	120	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.

East Indian Foods Rated as per the GI

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

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.