

15 CALORIES

DIABETIC DIET PLAN

NORTH INDIA

Breakfast

Lunch

Snacks

Dinner

Understanding GI



Vega
a SUN PHARMA division



Early Morning

1 Glass Hot lemon water

Total Calories: 6 kcal; GI: Low

OR

1 Cup Methi seeds soaked in water

Total Calories: 12 kcal; GI: Low

OR

1 Glass carrot, orange, ginger & turmeric juice

Total Calories: 72 kcal; GI: 71 (Carrot); 40 (Orange); 5 (Turmeric)

Breakfast

PROHANCE D SHAKE

3 scoops in 90 mL water (113.5 Kcal)

6 scoops in 180 mL water (227 Kcal)

with

1 Moong dal chilla with stuffed paneer

OR

1 Methi Paratha with Green chutney

OR

Veg. Tomato omelette (2 Nos.)

Total Approx. Calories: 456 kcal

The Calorie and GI Board

Food item	Calories (kcal)	GI
1 Moong dal chilla with stuffed paneer	194	38
1 Methi paratha	262	62
Veg. Tomato omelette (2 Nos.)	226	45
1 Tsp. Green chutney	4	Low



Mid-Morning

Orange (1 Big)

Total Calories: 85 kcal; GI: 40

OR

1 Cup Strawberries

Total Calories: 47 kcal; GI: 41

OR

Sweet potato roasted in microwave with salt and pepper

Total Calories: 130 kcal; GI: 44 (Sweet potato)

Lunch

2 Cups Sarson ka saag with 1 Pcs. Makke ki roti and

PROHANCE D SHAKE

3 scoops in 90 mL water (113.5 kcal)

6 scoops in 180 mL water (227 kcal)

OR

2 Littis and 1 Cup Brinjal chokha with 1 Cup Low-fat curd

OR

1 Cup Matar mushroom with 1 Cup Brown rice pulav, 2 Cups Mixed salad and 1 Roasted papad

Total Approx. Calories: 454 kcal

The Calorie and GI Board		
Food item	Calories (kcal)	GI
2 Cups Sarson saag	130	<15
1 Pcs. Makke ki roti	87	59
2 Littis	260	45 (Whole wheat); 8 (Chana)
1 Cup Brinjal chokha	210	10 (Brinjal)
1 Cup Low-fat curd	40	36
1 Cup Matar mushroom	106	10 (Mushrooms)
1 Cup Brown rice pulav	240	50 (Brown Rice)
2 Cups Mixed salad	30	Low
1 Roasted papad	33	43 (Urad dal)



Snacks

PROHANCE D SHAKE

3 scoops in 90 mL water (113.5 Kcal)

6 scoops in 180 mL water (227 Kcal)

OR

2 Tbsp. Pumpkin seeds

Total Calories: 112 kcal; GI: Low

Dinner

PROHANCE D SHAKE

3 scoops in 90 mL water (113.5 Kcal)

6 scoops in 180 mL water (227 Kcal)

with

1 Cup Brown rice pulav

OR

1 Cup Indian mutton curry with 1 Multigrain roti

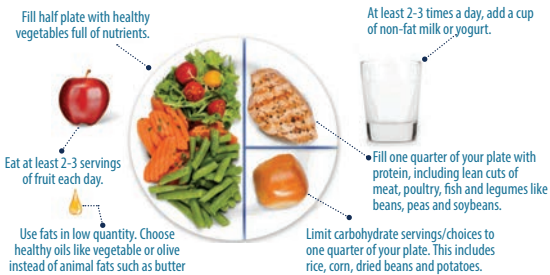
OR

1/2 Cup Veg biryani, 1 Cup Low-fat curd with 1 Cup
Mixed salad

Total Approx. Calories: 419 kcal

The Calorie and GI Board

Food item	Calories (kcal)	GI
1 Cup Brown rice pulav	240	50
1 Cup Indian mutton curry	271	Low
1 Multigrain roti	120	28
1/2 Cup Veg biryani (Brown rice)	344	50
1 Cup Low-fat curd	40	36
1 Cup Mixed salad	15	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.