

# 15 CALORIES

## DIABETIC DIET PLAN

### SOUTH INDIA

Breakfast

Lunch

Snacks

Dinner

Understanding GI



**Vega**  
a SUN PHARMA division



## Early Morning

Cumin water

**Total Calories: 7-8 kcal; GI: 0**

**OR**

Filter Coffee with semi skimmed milk and Multigrain biscuits (2 Nos.)

**Total Calories: 140 kcal; GI: 0**

## Breakfast

### PROHANCE D SHAKE

3 scoops in 90 mL water (113.5 kcal)

6 scoops in 175 mL water (227 kcal)

**and**

2 Ragi dosa with Garlic chutney

**OR**

1 Cup Vermicelli upma with Coconut chutney

**OR**

4 Pcs. Homemade kozhukattai with Udupi sambhar

**Total Approx. Calories: 406 kcal**

### The Calorie and GI Board

Food item	Calories (kcal)	GI
Filter coffee with semi skimmed milk (1 Cup)	50	15-30 (Milk)
Multigrain biscuits (2 pcs)	90	28.4 (Multigrain flour)
Ragi dosa (2 No.)	324	68 (Ragi)
Garlic chutney (1 Tsp.)	34	0 (Garlic)
Vermicelli upma (1 Cup)	220	35 (Vermicelli)
Homemade kozhukattai (4 pcs.)	360	54
Udupi sambhar (1 Cup)	220	22 (Pigeon Pea)



## Mid-Morning

Roasted chana (½ Cup; 40g)

**Total Calories: 142 kcal; GI: 28**

**OR**

Strawberries (1 Cup)

**Total Calories: 32 kcal; GI: 41**

## Lunch

½ Cup of Mung dal in gravy (Pachai payaru)

½ Cup of Rasam

1 Cup of Stir-fried cauliflower **OR** broccoli

**OR**

1 Cup Cooked quinoa

1 Cup Kovakkai pepper fry (Less Oil) **OR**

### PROHANCE D SHAKE

3 scoops in 90 mL water (113.5 kcal)

6 scoops in 175 mL water (227 kcal)

½ Cup Sambhar with

1 Cup Low-fat curd

**Total Approx. Calories: 481 kcal**

### The Calorie and GI Board

Food item	Calories (kcal)	GI
Pachai payaru (½ Cup)	321	29 (Moong Dal)
Rasam (½ Cup)*	35	Low
Stir-fried cauliflower (1 Cup)	28	5-15 (Cauliflower)
Broccoli stir fry (1 Cup)	135	10
Brown rice (½ Cup)	56	50
Low-fat curd (1 Cup)	40	36
Cooked quinoa (1 Cup)	222	53
Kovakkai pepper fry (1 Cup)	105	Low*
Sambhar (½ Cup)	154	22 (Tur dal)

\*Rasam contains minimum lentils and vegetables with low glycemic indices; Ivy gourd has a low glycemic index



## Snacks

1 Cup Thin buttermilk

**Total Calories: 100 kcal; GI: 31**

**OR**

### **PROHANCE D SHAKE**

3 scoops in 90 mL water (113.5 kcal)

6 scoops in 175 mL water (227 kcal)

## Dinner

1 Cup Oats Pongal with vegetables +

1 Cup Lentil soup with greens

**OR**

### **PROHANCE D SHAKE**

3 scoops in 90 mL water (113.5 kcal)

6 scoops in 175 mL water (227 kcal)

**OR**

1 Cup Brown rice with

1 Cup Mixed veg. kootu and

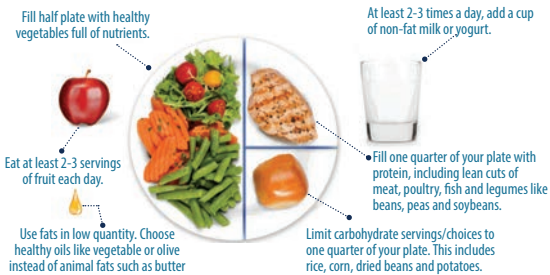
½ Cup Tomato pappu

**Total Approx. Calories: 407 kcal**

### The Calorie and GI Board

Food item	Calories (kcal)	GI
Oats pongal with vegetables	382	50 (Oats)
Lentil soup with greens (1 Cup)	82	32 ± 5 (Lentils)
Brown rice (1 Cup)	111	50
Mixed veg. kootu (1 Cup)	138	Low <sup>s</sup>
Tomato pappu (½ Cup)	100	22 (Tur dal)

<sup>s</sup>Use non-starchy veggies and less oil



## 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

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

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.