

15 CALORIES

DIABETIC DIET PLAN

WEST INDIA

Breakfast

Lunch

Snacks

Dinner

Understanding GI



Vega

a SUN PHARMA division



Early Morning

1 small cup (50 mL) Coffee without sugar and milk

Total Calories: 22 kcal; GI: 0

OR

1 small cup (50 mL) Coffee without sugar and milk

Total Calories: 2 kcal; GI: Low

OR

1 small glass (30 mL) Amla juice

Total Calories: 20 kcal; GI: Low

Breakfast

1 Cup Steamed kothimbir vadi (9 pieces)

OR

1 Cup Steamed patra/aluwadi

OR

1 Gehu Bajra thepla with 1 tsp. Green chutney

OR

1 Cup Amiri khaman without sev

OR

1 Cup Bhutte ka kees
with

2 No. Multigrain biscuits
and

PROHANCE D SHAKE

3 scoops in 90 mL water (113.5 kcal)

6 scoops in 180 mL water (227 kcal)

Total Approx. Calories: 499 kcal

The Calorie and GI Board

Food item	Calories (Kcal)	GI
1 Cup Steamed kothimbir vadi (9 small pieces)	240	8 (Besan)
1 Cup Steamed patra/aluwadi	191	8 (Besan)
1 Gehu Bajra thepla	188	68
1 Tsp. Green chutney	4	Low
1 Cup Amiri khaman without sev	300	8 (Besan)
1 Cup Bhutte ka kees	215	55
2 No. Multigrain biscuit	100	15-30 (Milk)



Mid-Morning

½ Cup Roasted chana

Total Calories: 142 kcal; GI: 41

OR

¼th Cup Baked sev

Total Calories: 150 kcal; GI: 8 (Besan)

OR

1 Nachni and sesame khakra

Total Calories: 84 kcal; GI: 68 (Ragi)

Lunch

½ Cup Kodri or Barnyard millet (Cooked)

1 Cup Gujarati kadhi + 1 Cup Guar subzi

OR

1 Cup Gatte ki subzi + 1 Bajra roti and + ¼ Cup Sliced onions with

PROHANCE D SHAKE

3 scoops in 90 mL water (113.5 kcal)

6 scoops in 175 mL water (227 kcal)

Total Approx. Calories: 385 kcal

The Calorie and GI Board

Food item	Calories (kcal)	GI
½ Cup Kodri or Barnyard millet (Cooked)	106	50 (Approx.)
1 Cup Gujarati kadhi	140	8 (Besan); 36 (Curd)
1 Cup Guar subzi	110	Low
1 Cup Gatte ki subzi	90	8 (Besan)
1 Bajra roti	140	54
¼ Cup Sliced onions	12	10



Snacks

4-5 Dates

Total Calories: 100 kcal; GI: 46-55

OR

PROHANCE D SHAKE

3 scoops in 90 mL water (113.5 kcal)

6 scoops in 175 mL water (227 kcal)

Dinner

1 Bajra roti and 2 Cup Baigan bharta (less oil) with

1 Cup Thin buttermilk

OR

PROHANCE D SHAKE

3 scoops in 90 mL water (113.5 kcal)

6 scoops in 175 mL water (227 kcal)

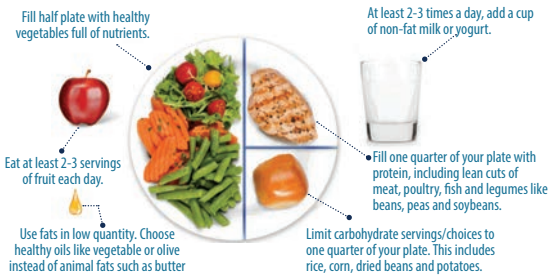
OR

1 Cup Moong curry with

1 Jowar roti and ¼ Cup Cucumber koshimbir

Total Approx. Calories: 391 kcal

The Calorie and GI Board		
Food item	Calories (kcal)	GI
1 Bajra roti	150	54
2 Cup Baigan bharta (less oil)	194	10 (Brinjal)
1 Cup Thin buttermilk	100	31
1 Cup Veg. Handvo	360	Medium
1 Cup Moong curry	150	38
1 Jowar roti	176	62 (Jowar)
¼ Cup Cucumber koshimbir	38	36 (Low-fat curd)



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.