

# 18 CALORIES

## DIABETIC DIET PLAN

### EAST INDIA

Breakfast

Lunch

Snacks

Dinner

Understanding GI



**Vega**  
a SUN PHARMA division



## Early Morning

1 Cup Hot lemon tea without sugar

**Total Calories: 15 kcal; GI: Low**

**OR**

1 Small Glass Neem juice (30 mL)

**Total Calories: 2 kcal; GI: Low**

## Breakfast

2 Whole wheat chicken tikka kathi rolls

**OR**

2 Cups Veg. stir fried noodles

**OR**

1 Cup Overnight oats, banana, curd with 1 Piece Bara  
and 1 Apple

**and**

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: 644.5 kcal**

### The Calorie and GI Board

Food item	Calories (kcal)	GI
2 Whole wheat chicken tikka kathi rolls	400	50 (Brown rice)
2 Cups Veg. stir fried noodles	465	Medium-high
1 Cup overnight oats, banana, curd	363	Low
1 Piece Bara	138	High
1 Apple	52	38
1 Cup Tea without sugar	62	15-30 (Milk)
2 Multigrain biscuits	100	Low



## Mid-Morning

2 Pieces Dark chocolate

**Total Calories: 70 kcal; GI: 23**

1 Cup Red grapes

**Total Calories: 53 kcal; GI: 59**

## Lunch

1 Cup Odia Daalma with

2 Multigrain rotis

**and**

### PROHANCE D SHAKE

3 scoops in 90 mL water (113.5 kcal)

6 scoops in 180 mL water (227 kcal)

**OR**

1 Cup Shukto masala with 1 Cup Steamed rice (Brown)

**OR**

2 Cups Olkopir dalna - kohlrabi curry with

2 Multigrain rotis

**OR**

1 Cup (200 g) Chingri malai curry with 1 Cup Brown rice

**Total Approx. Calories: 503 kcal**

### The Calorie and GI Board

Food item	Calories (kcal)	GI
1 Cup Odia Daalma	80	Medium
2 Multigrain rotis	240	28
1 Cup Shukto masala (without potato)	408	Low
1 Cup Steamed rice (Brown)	111	50
2 Cups Olkopir dalna - kohlrabi curry	240	Medium
1 Cup ( 200g) Chingri malai curry	356	Low
1 Cup Steamed brown rice	111	50



## Snacks

1 Cup Mixed fruits (avoid Watermelon)

**Total Calories: 100 kcal;**

**GI: Low-Medium**

**OR**

**PROHANCE D SHAKE**

3 scoops in 90 mL water (113.5 kcal)

6 scoops in 180 mL water (227 kcal)

## Dinner

2 Cups Chicken Thukpa with 6 pcs. Mutton momos

**OR**

2 Cup Dhokar dalna with 2 Piece Luchi

**OR**

1 Cup Moong dal khichadi with 1 Cup Amaranth bhaji  
(Saag)

**OR**

**PROHANCE D SHAKE**

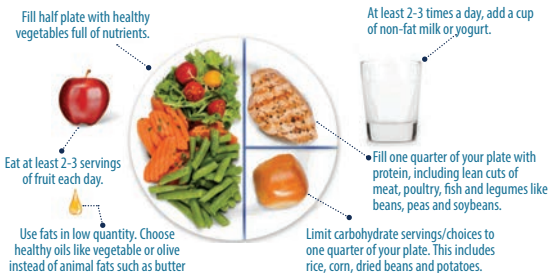
3 scoops in 90 mL water (113.5 kcal)

6 scoops in 180 mL water (227 kcal)

**Total Approx. Calories: 528 kcal**

**The Calorie and GI Board**

Food item	Calories (kcal)	GI
2 Cups Chicken thukpa	392	Low-Medium
6 pcs. Mutton momos	348	Low
2 Cup Dhokar dalna	168	28-31 (Cooked chana dal)
2 Piece Luchi	170	High
1 Cup Moong dal khichadi	215	Medium
1 Cup Amaranth bhaji (Saag)	225	Low
Bamboo steamed fish (2 Fillets)	370	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

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