

# 18 CALORIES

## DIABETIC DIET PLAN

### NORTH INDIA

Breakfast

Lunch

Snacks

Dinner

Understanding GI



**Vega**  
a SUN PHARMA division



## Early Morning

½ Cup or 100g Bitter gourd (Karela) juice

**Total Calories: 17 kcal; GI: Low**

**OR**

½ Cup or 100g Bottle gourd (Lauki) juice

**Total Calories: 10 kcal; GI: Low**

## Breakfast

### PROHANCE D SHAKE

3 scoops in 90 mL water (113.5 kcal)

6 scoops in 180 mL water (227 kcal)

**OR**

1 Cup Tea without sugar with

2 Hi-fiber digestive biscuits

1 Masala Omelette with mixed veggies

**OR**

4 Nos. Jowar tomato chilla with Coriander chutney

**Total Approx. Calories: 492 kcal**

The Calorie and GI Board		
Food item	Calories (kcal)	GI
Tea without sugar (1 Cup)	62	15-30 (milk)
Hi-fiber Digestive biscuits (2 Nos.)	100	59
Masala Omelette with mixed veggies (1 No.)	360	Low
Jowar tomato chilla (4 Nos.)	300	62 (Jowar)
Coriander chutney (1 Tsp.)	4	Low



## Mid-Morning

1 Cup Grapes

**Total Calories: 62 kcal; GI: 59**

**OR**

1 Pumpkin apple protein bar

**Total Calories: 65 kcal; GI: 75 (Pumpkin);  
38 (Apple)**

## Lunch

### PROHANCE D SHAKE

3 scoops in 90 mL water (113.5 kcal)

6 scoops in 180 mL water (227 kcal)

with

1 Cup Jeera rice with 1 Cup Dal tadka (200 g) and

1 Cup Aloo gobi dry

**OR**

1 whole wheat Laccha paratha with 1 Cup Palak paneer

(200 g) and 1 Cup Cucumber raita (in low-fat curd)

**Total Approx. Calories: 668 kcal**

**The Calorie and GI Board**

Food item	Calories (kcal)	GI
1 Cup Jeera rice	200	79
1 Cup Dal tadka (200 g)	260	43 (Black gram); 29 (Pigeon pea)
1 Cup Aloo gobi dry	115	5-15 Cauliflower
1 Whole wheat laccha paratha	315	70
1 Cup Palak paneer (200 g)	142	15 (Spinach); Low (Paneer)
1 Cup Cucumber raita (low-fat curd)	76	15 (Cucumber); 36 (Low-fat curd)



## Snacks

1 Cup Pomegranate seeds (100 g)

**Total Calories: 83 kcal; GI: 18**

**OR**

### PROHANCE D SHAKE

3 scoops in 90 mL water (113.5 kcal)

6 scoops in 180 mL water (227 kcal)

## Dinner

2 multigrain rotis without ghee along with ½ Cup Rajma and 1 Cup Salted lassi

**OR**

### PROHANCE D SHAKE

3 scoops in 90 mL water (113.5 kcal)

6 scoops in 180 mL water (227 kcal)

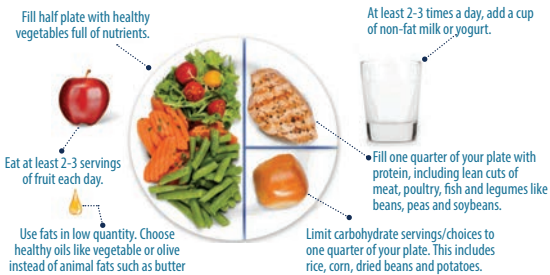
**OR**

½ Cup Spinach and Sweet potato subzi with ½ Cup Mixed dal fry, ½ Cup Onion and cucumber salad and 2 Multigrain rotis without ghee

**Total Approx. Calories: 500 kcal**

### The Calorie and GI Board

Food item	Calories (kcal)	GI
2 Multigrain rotis	240	28
½ Cup Rajma	96	19
1 Cup Salted lassi	160	36 (Curd)
½ Cup Spinach and sweet potato subzi	120	15 (Spinach); 44 (Sweet potato)
½ Cup Mixed dal fry	106	Medium
½ Cup Onion & cucumber salad	40	Low
2 Multigrain rotis	240	28



## 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

<b>Low (&lt;55)</b>	 <b>Palak Paneer</b>	 <b>Chicken Curry</b>	 <b>Mix Vegetable</b>
<b>Medium (56-69)</b>	 <b>Chole</b>	 <b>Gobi Paratha</b>	 <b>Dal fry</b>
<b>High (&gt;70)</b>	 <b>Jeera Rice</b>	 <b>Aloo Paratha</b>	 <b>Amritsari kulcha</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.