

18 CALORIES

DIABETIC DIET PLAN

SOUTH INDIA

Breakfast

Lunch

Snacks

Dinner

Understanding GI



Vega
a SUN PHARMA division



Early Morning

Lemon and ginger detox water

**Total Calories: 0 kcal; GI: 20 (Lemon);
10 (Ginger)**

OR

Soaked fenugreek seeds in water

Calories: 12 kcal; GI: 5 (Fenugreek)

Breakfast

Tea without sugar **OR**

PROHANCE D SHAKE

3 scoops in 90 mL water (113.5 kcal)

6 scoops in 175 mL water (227 kcal)

Brown rice puttlu with Egg curry
or Kadala curry

OR

Two Godhuma (Wheat) dosa with Coconut chutney

Total Approx. Calories: 552 kcal

The Calorie and GI Board

Food item	Calories (kcal)	GI
Brown rice puttlu (1 Nos.)	168	50 (Brown Rice)
Egg curry (1 Cup)	260	-
Kadala curry (1 Cup)	452	10 (Chana)
Godhuma (Wheat) dosa (2 Nos.)	149	69 (Wheat flour)
Coconut chutney (½ Cup)	142	52 (Coconut)



Mid-Morning

Black coffee without sugar & High fiber digestive biscuits (2 Nos.)

Total Calories: 100 kcal; GI: 59

OR

Thin buttermilk (1 Cup)

Total Calories: 100 kcal; GI: 31

Lunch

1 ½ Cups Brown rice **OR** 2 Small rotis with ½ Cup of Brown rice with ½ Cup Sambhar **OR** 1 Cup Rasam, 1 Cup Beans paliya **OR** Cabbage poriyal, Shredded carrot salad and ½ Cup Low-fat Curd

OR

PROHANCE D SHAKE

6 scoops in 175 mL water (227 kcal)

with

2 small Multigrain rotis, 1 Cup Beans paliya, 1 Cup Low-fat curd

Approx. Total Calories: 477 kcal

The Calorie and GI Board

Food item	Calories (kcal)	GI
Brown rice (1 Cup)	111	50
Roti (Multigrain; 2 Nos.)	240	28
Sambhar (½ Cup)	154	53.6
Rasam (1 Cup) *	100	Low
Beans paliya (1 Cup)	104	15 (French beans)
Cabbage poriyal	80	10 (Cabbage)
Carrot salad	15	71 (Carrot)
Low-fat curd (1 Cup)	40	36

*Rasam contains minimum lentils and vegetables with low glycemic indices.



Snacks

Strawberries (1 Cup)

Total Calories: 47 kcal; GI: 41

OR

PROHANCE D SHAKE

3 scoops in 90 mL water (113.5 kcal)

6 scoops in 175 mL water (227 kcal)

Dinner

Cracked wheat with 1 Cup Fish or chicken curry or 1 Cup Chickpeas sundal and 1 Appam and vegetable stew

OR

Pongal with rasam and 1 Cup Vendakkai poriyal (Stir fried okra) with

PROHANCE D SHAKE

3 scoops in 90 mL water (113.5 kcal)

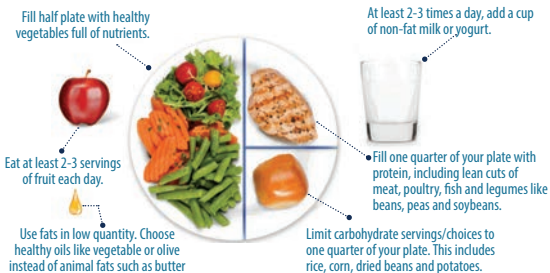
6 scoops in 175 mL water (227 kcal)

Total Approx. Calories: 591 kcal

The Calorie and GI Board

Food item	Calories (kcal)	GI
Cracked wheat (1 Cup)	151	46
Fish curry (1 Cup/250g)*	230	-
Chicken curry (1 Cup)*	191	-
Chick peas sundal (1 Cup)	200	31 (Chickpeas)
Pongal*	200	45
Rasam	100	Low
Vendakkai poriyal	182	20 (Okra)
1 Appam	71	90
Vegetable stew (½ Cup)	204	Low

*Rice and roasted green gram dhal, pressure cooked; meat and egg dishes have low or no GI value.



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

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

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.