

# 18 CALORIES

## DIABETIC DIET PLAN

### WEST INDIA

Breakfast

Lunch

Snacks

Dinner

Understanding GI



**Vega**  
a SUN PHARMA division



## Early Morning

1 Glass Methi soaked in water

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

**OR**

1 Glass Aloe water

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

**OR**

3 Cups Detox water (Cucumber, Lemon, Orange, Mint)

**Total Calories: 45 kcal; GI: Low**

## Breakfast

2 Nos. Thalipeeth with 1 Tbsp. Green chutney

**OR**

1 Cup White dhokla & 1 Tbsp. Green chutney

**OR**

1 Cup Kanda poha with 1 Wheat khakra  
**with**

1 Cup Tea without sugar and 2 Nos.  
High fiber digestive 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: 437 kcal**

### The Calorie and GI Board

Food item	Calories (kcal)	GI
2 Nos. Thalipeeth	270	Low
1 Tbsp. Green chutney	12	Low
1 Cup White dhokla	194	35
1 Cup Kanda poha	150	Low
1 Whole wheat khakra	169	57
1 Cup Tea without sugar	62	62
2 Nos. High fiber digestive biscuits	100	Low



## Mid-Morning

1 Cup Puffed wheat with peanuts  
Total Calories: 60 Kcal; GI: 67 (Puffed wheat);  
14 (Peanuts)

**OR**

1 Apple

**Total Calories: 52 kcal; GI: 51**

**OR**

1 Cup Musk melon

**Total Calories: 60 kcal; GI: 65**

## Lunch

1 Brown rice roti, ½ Cup Bharli wangi curry,  
1 Cup Low-fat curd and

### PROHANCE D SHAKE

3 scoops in 90 mL water (113.5 kcal)

6 scoops in 175 mL water (227 kcal)

**OR**

1 Cup Fish curry (1 piece of fish) with 1 Cup Steamed  
brown rice and 2 Cups Beetroot and carrot salad

**Total Approx. Calories: 509 kcal**

### The Calorie and GI Board

Food item	Calories (kcal)	GI
1 Brown rice roti	125	50 (Brown rice)
½ Cup Bharli wangi curry	125	10 (Brinjal)
1 Cup Low-fat curd	40	36
1 Cup Fish curry (1 piece of fish)	338	Low
1 Cup Steamed brown rice	111	50
2 Cups Beetroot and carrot salad	53	Low



## Snacks

1 Small Banana

**Total Calories: 90 kcal; GI: 51**

**OR**

### **PROHANCE D SHAKE**

3 scoops in 90 mL water (113.5 kcal)

6 scoops in 175 mL water (227 kcal)

## Dinner

1 Cup Fada ni khichadi with 1 Cup Cucumber raita and

1 Cup Parwal subzi

**OR**

1 Whole wheat bhakri with 1 Cup Matar

sweet potato subzi

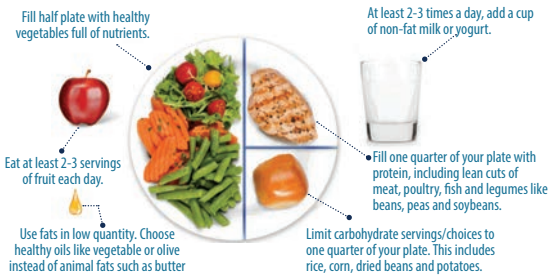
### **PPROHANCE D SHAKE**

3 scoops in 90 mL water (113.5 kcal)

6 scoops in 175 mL water (227 kcal)

**Total Approx. Calories: 558 kcal**

The Calorie and GI Board		
Food item	Calories (kcal)	GI
1 Cup Fada ni Khichadi	225	46 Cracked Wheat (Fada)
1 Cup Cucumber raita	74	36 (Low-fat curd)
1 Cup Parwal subzi	202	35
1 Whole wheat bhakri	150	45 (Whole wheat)
1 Cup Matar sweet potato subzi	238	22 (Peas); 44 (Sweet potato)



## 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

<b>Low (&lt;55)</b>	 <b>Dhokla</b>	 <b>Bharli Wangi</b>	 <b>Beetroot and Carrot Salad</b>
<b>Medium (56-69)</b>	 <b>Gujarati kadhi</b>	 <b>Thalipeeth</b>	 <b>Gehu Bajra Thepla</b>
<b>High (&gt;70)</b>	 <b>Misal Pav</b>	 <b>Suji Halwa (Sheera)</b>	 <b>Pyaz Kachori</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.