

## \*Measurements for your reference



Medium size bowl - 160 mL



1 Tablespoon - 15 gm / 15 mL

1 Teaspoon - 5 gm / 5 mL



Glass used for milk,  
nimbu pani etc. - 250 mL



Medium sized cup for  
tea / coee - 150 mL

## POINTS TO REMEMBER

- Eat 3 main meals and 1-2 snacks in between
- Use whole wheat flour and other grains like jowar, bajra and nachni for daily use
- Include plenty of vegetables to promote satiety and control blood glucose & cholesterol levels
- Use toned milk to prepare tea, coffee, curd, buttermilk, lassi or drinking milk
- Use up to 3 teaspoons (15mL) of oil/ ghee/ butter for everyday cooking and try alternative cooking methods like baking, grilling, roasting, shallow/ stir frying
- Use up to 1 teaspoon of salt for daily cooking and add fresh herbs, spices and lemon juice to enhance the taste
- Do not add coconut (fresh/ dry), groundnuts, butter, cream, malai during cooking as they are high in calories especially fats
- Consume a glass of buttermilk, sugar-free nimbu pani, bowl of plain popcorn, muri, salad or 2 high fibre biscuits, if meal does not provide satiety

### Directions for use

**Prohance™-D**

### Shake



Take 175 mL of  
drinking water



Add 6 leveled  
scoops  
(Approx. 50 g) of  
Prohance™ D powder



Stir continuously  
until dissolved,  
consume  
immediately

**Disclaimer:** The diet chart is designed to meet the nutritional needs of an individual with diabetes. This chart is not a substitute for a medical consultation or medicine given by your doctor / dietitian. This is a sample diet chart which can be customised with the help of your health care professional. Consult your doctor / dietitian before starting. This diet chart is not for people having uncontrolled blood sugar levels or who are on insulin therapy or are suffering from congestive heart failure, renal failure or liver problem.