

**NAME:** ..... **DATE:** .....

**AGE:** ..... **SEX:** ..... **Ht:** ..... **Wt:** .....

### Diet which can be taken in a day

FOOD ITEMS	K. Cal	QTY	Household* measures
Milk (without cream)	148	250 ml.	1 glass
Curd	50	100 gms.	¾ <sup>th</sup> cup
Bread (brown)	120	50 gms.	2 Slices
Wheat flour or Cooked Rice	400	125 gms.	5 Chapati /Dosa <sup>#</sup> or 2 ½ cups
Dal/Fish curry/Chicken (1 piece) and Egg (1 boiled)	180	50 gms.	1 cup
Vegetables (seasonal)	75	250 gms.	½ Cup cooked & 1 Cup uncooked
Vegetables (roots/tubers)	46	50 gms.	¼ <sup>th</sup> Cup
Fruits (seasonal)	60	100 gms.	1 Serving
Oil	135	15 ml.	3 Teaspoons

NUTRIENTS	Measures
Energy	1214 K. Cal
Protein	46 gms.
Carbohydrate	192 gms.
Fats	27 gms.
Sodium	426 mg.
Potassium	1705 mg.

### Foods to be preferably avoided

- 1) Fried Foods : Puri/ Samosa/ Paratha/ Pakoda/ Fried food etc.
- 2) Sweets : Jaggery/ Sugar/ Cake/ Chocolate/ Jam/ Honey/ Sweets etc.
- 3) Cold drinks : All Sweet drinks/ Sugarcane juice/ Alcohol/ Tinned juices, etc.

#Medium size

\*Compiled from nutrition value of Indian foods- National Institute of Nutrition, ICMR Hyderabad

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### Foods to be taken in limited quantity

- |  |   |  |
|--|---|--|
| 1) Dry Fruits                              | : | Groundnuts/ Almonds/Dates/Dry grapes/Cashewnuts. |
| 2) Fruits                                  | : | Grapes/Mango/Banana/Chikoo/Custard apple.        |
| 3) Vegetables                              | : | Potato/Tapioca/Sweet potatoes.                   |
| 4) Milk cream/Ghee/ Egg yolk/Red meat/Ragi |   |  |

### Daily meal pattern for people with diabetes on Insulin

Please refer page 1 for quantity of food items and you can get it in your meal, according to your life style and insulin pattern

#### Insulin:

#### Time between insulin and food

**Breakfast:** Tea/Milk | Roti/Brown bread | Vegetables | Salads

#### Insulin:

**Lunch:** Salads | Vegetables | Rice/Roti | Dal/Fish curry | Curd | Fruits (1)

#### Insulin:

**Dinner:** Salads | Vegetables | Rice/Roti | Dal/Fish curry | Curd

#### Insulin:

**Bed Time:** 1 Glass Milk or 1 Fruit

**Special instruction:** Walk at least 30-45 mins daily. Drink at least 10-12 glasses of water daily.

**Include:** Raw vegetables (Salad) like Onion/Carrot/Cucumber/Tomato/Cabbage/Beetroot/Capsicum etc.

**Fruits allowed:** 1 Sweet lime/ 1 Orange/ 1 Apple/ 2-3 Slice Papaya/ 2 Slice Pineapple/ 2 Slice Watermelon  
(any one) 1 Guava/ ½ Pomegranate/ 1 Pear per day

#### Important Tips:

1. In the prescribed list of foods items, try to have most of whole cereals e.g. whole wheat and brown rice & whole pulses.
2. Have fruits with edible skin and seed
3. Add variety of vegetables in each of your main meal. Always include salad in your lunch and dinner
4. Avoid foods made in factory (Processed foods like biscuits)
5. Eat in a small plate. Avoid second serving