

Information on preparing Indian diabetic meal

Foods from a variety of sources can be combined to make up a balanced meal. Your personal meal plan should be designed to suit your lifestyle and would include servings of each food group at every meal. Each food group and examples of one serving in each food group are as follows: (Please note that values are approximate).

1. GRAINS/BEANS/STARCHY VEGETABLES (without added fats or oils)

[1 serving provides about 15 gms CHO, 3 gms protein and 80 calories]

Bread	1 slice	Sookhi roti	1
Rice	1/3 cup (cooked)	Wheat, Corn, Oats, Potato	Half cup (cooked)
Popcorn	3 cups	Green Plaintain/Peas	Half cup
Avial	Half cup	Poha	Half cup
Sambar	Half cup	Dhals/Beans/Legumes	Half cup
Cooked noodles/sooji	Half cup		(100 cal.+ 7 gms protein)
Rice Flour	2 tablespoon	Idli	1
Wheat Flour	2 ½ tablespoon	Naan	2

2 A. MEAT & MEAT ALTERNATIVES – LEAN

[1 serving provides 7 gms protein, 0-3 gms fat and 45 calories]

Chicken, turkey (skinless white meat)	30 grams
Tuna in water, flounder	30 grams
Low-fat cheese	30 grams
Egg whites only	2
Dhal* (*also supplies 15 gms CHO and 100 calories approximately)	½ cup cooked

Shrimp (Prawns)	30 grams
Low-fat Tofu	90 grams
Chicken, turkey (skinless dark meat)	30 grams
Seitan	30 grams
Lean lamb, pork, beef	30 grams
Regular cottage cheese	¼ cup
Cheeses with 3 gm fat or less	30 grams

B MEAT & MEAT ALTERNATIVES – MEDIUM FAT

[1 serving provides 7 gms protein, 5 gms fat and 75 calories]

Egg	1
Fried fish product	30 grams
Ricotta cheese	¼ cup
Lamb (rib roast, ground)	30
Tofu	105 grams
Tempeh	¼ cup

C. MEAT & MEAT ALTERNATIVES – HIGH FAT

[1 serving provides 7 gms protein, 8+ gms fat and 100+ calories]

Regular cheese	30 grams
Chicken/turkey hot dog	30 grams
Peanut butter	30 grams
Sausage	30 grams
Paneer	30 grams

3. VEGETABLE (no fat added)

[1 serving provides 5 gms CHO and 2 gms protein and 25 calories]

Greens	Fenugreek (methi) leaves ½ cup
Green beans	½ cup
Cabbage Cauliflower	½ cup
Gourds	½ cup
Brinjal (eggplant)	½ cup
Capsicum	½ cup

Salad	1 cup
Drumstick, okra	½ cup
Tomato	½ cup
White radish, chow-chow	½ cup

4. FRUITS (Serving size varies)

[1 serving provides 15 gms CHO 60 calories]

Banana	½ cup
Apple, Orange	1 small
Large Pear	½ cup
Melons	1 cup
Mango :	½ cup
Fresh guava	½ cup
Canned fruit	½ small

5. MILK AND MILK PRODUCTS

[1 serving provides 12 gms CHO, 8 gms protein; 0-8 gms fat; 100-160 calories]

Whole/skimmed/low fat milk	1 cup
Buttermilk /Yoghurt/curds (tones or whole)	1 cup
Paneer	30 grams

6. FATS and OILS

[1 serving provides 5 gms of fat and 45 calories]

Cooking oil	1 teaspoon
Coconut, grated	2 tablespoon
Nuts or seeds	1 tablespoon
Margarine	1 teaspoon