

## **DIABETIC DIET CHART**

### **What is Diabetes?**

Excess of glucose in blood is the main cause of diabetes. Glucose is the main source of energy for the body getting majorly from food or what we eat on daily basis.

Insulin is a hormone secreted by the Beta cells of the pancreas, plays an important role in regulating the amount of glucose (sugar) in the blood. Regulation of blood sugar is must to avoid chronic ailments.

For type-1 diabetic patient, the pancreas fails to produce enough insulin. So it is important to count the carbs in your meal.

For type-2 diabetic patient, the body usually becomes resistant to insulin or may not produce enough insulin to accurately offset the blood sugar level. They should eat small portion of food throughout the day to keep control over blood sugar level.

**Diabetic diet chart:** - A good diabetic food chart should help the patient in controlling their blood sugar levels and cholesterol level and aids in preventing complications associated with diabetes. This does not mean they don't relish their choice food but a simple diet chart for diabetic patients will help to enjoy body friendly healthy food which in turn regulates diabetes level and avoid other complications.

### **Day 1 (Monday)**

- Early morning (6:00 am to 6:30 am)  
Detox water with soaked fenugreek seeds (Methi seeds)
- Light Refreshment (7:00 am to 7:30 am)  
Wheat rusk with herbal tea or green tea.
- Breakfast (8:00 am to 9:30 am)  
Oatmeal with a handful of nuts and fresh fruits or bowl of savory Dalia with vegetables.
- Lunch (12:30 pm to 1:30 pm)  
2 multigrain chapatis (80 gm) + One small bowl of green vegetable (sabji ) + one cup sprouts salad or veggie salad.
- Dinner (7:30 pm to 8:30 pm)  
2 Multigrain chapatis (80 gm) or one cup of brown rice (160 gm) + one cup of spinach and paneer curry (230 gm) + veggie salad.

### **Day 2 (Tuesday)**

- Early morning (6:00 am to 6:30 am)  
Detox water with soaked cumin seeds (jeera seeds)
- Light Refreshment (7:00 am to 7:30 am)  
Wheat rusk with herbal tea or green tea.
- Breakfast (8:00 am to 9:30am)

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Vegetable moong dal chilla or wheat flakes with milk.

- Lunch (12:30 pm to 1:30 pm)  
One bowl of quinoa (180 gm) with vegetable and raita or 2 chapatis (80 gm) with low fat paneer curry (230 gm).
- Dinner (7:30 pm to 8:30 pm)  
One cup mixed vegetable curry with one small bowl of brown rice (160 gm) + grilled fish (170 gm) or chicken stew (140 gm).

### Day 3 (Wednesday)

- Early morning (6:00 am to 6:30 am)  
Warm water with lemon and mint leaves (Pudina)
- Light Refreshment (7:00 am to 7:30 am)  
Wheat rusk with herbal tea or green tea.
- Breakfast (8:00 am to 9:30am)  
Multigrain idly with chutney or multigrain dosa with chutney and sambar.
- Lunch (12:30 pm to 1:30 pm)  
Brown rice (160 gm) or 2 bajra chapatis (80 gm)+ veg salad + Tofu sabji or fish curry (170 gm) with a glass of butter milk
- Dinner (7:30 pm to 8:30 pm)  
Broken wheat upma or khichdi with veg steamed salad.

### Day 4 (Thursday)

- Early morning (6:00 am to 6:30 am)  
Bitter gourd juice (karela)
- Light Refreshment (7:00 am to 7:30 am)  
Wheat rusk with herbal tea or green tea.
- Breakfast (8:00 am to 9:30am)  
Multi grain bread with two egg white or broken wheat porridge.
- Lunch (12:30 pm to 1:30 pm)  
Small bowl of brown rice (160 gm) with one bowl of chicken curry (140 gm) and raita  
Or  
Quinoa (180 gm) or 2 Bajra chapatis (80 gm) + yellow dal + green beans sabji + a glass of butter milk.
- Dinner (7:30 pm to 8:30 pm)  
2 messi (besan) chapatis (80 gm) with vegetable curry + a small bowl of pulses curry.

### Day 5 (Friday)

- Early morning (6:00 am to 6:30 am)  
Warm water with pinch of cinnamon powder.

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- Light Refreshment (7:00 am to 7:30 am)  
Wheat rusk with herbal tea or green tea.
- Breakfast (8:00 am to 9:30am)  
Whole grain cereals with fruits and nuts Or Vegetable poha.
- Lunch (12:30 pm to 1:30 pm)  
2 Plain chapatis (80 gm) + chick peas curry or cabbage sabji or fish curry (170 gm) or chicken stew (130 gm) with grilled vegetables
- Dinner (7:30 pm to 8:30 pm)  
Quinoa upma (180 gm) or multigrain idly or dosa with chutney and sambar.

### Day 6 (Saturday)

- Early morning (6:00 am to 6:30 am)  
Chia seed (*Salvia hispanica L.*) with lemon water.
- Light Refreshment (7:00 am to 7:30 am)  
Wheat rusk with herbal tea or green tea.
- Breakfast (8:00am to 9:30am)  
Muesli or ragi porridge
- Lunch (12:30 pm to 01:30 pm)  
2 chapatis (80 gm) or small cup of brown rice (180 gm) with kidney beans curry with veg salad or grilled salad with a glass of butter milk.
- Dinner (7:30 pm to 8:30 pm)  
2 chapatis (80 gm) with a small bowl of spinach curry and cauliflower sabji.

### Day 7 (Sunday)

- Early morning (6:00 am to 6:30 am)  
Cucumber with mint (pudina) juice.
- Light Refreshment (7:00 am to 7:30 am)  
Wheat rusk with herbal tea or green tea.
- Breakfast (8:00 am to 9:30am)  
Ragi dosa with chutney or multigrain bread veg sandwich with a glass of low fat milk.
- Lunch (12:30 pm to 01:30 pm)  
2 messi roti (80 gm) with grilled chicken (170 gm) and vegetable salad or yellow dal and matar paneer sabji or fish curry (130 gm) with brown rice (180 gm) and sprouts.
- Dinner (7:30 pm to 8:30 pm)  
2 bajra chapatis (80 gm) with green peas and low fat paneer sabji (230 gm) or broken wheat upma with raita.

### **Mid Meal**

Diabetic patients are advised to eat something every 3-4 hours to avoid a long gap between meals. Once done with breakfast give a 2 hours gap and then take next small snacks. One seasonal fruit or multigrain biscuits with a cup of green tea.

### **Evening snack**

Your evening snack should be scheduled between 4-5pm.

One whole fruit/wheat rusk/boiled chana/ brown bread sandwich but avoid butter, cheese and mayonnaise.

Green tea/herbal tea/butter milk/black coffee any one can be taken.

The above diabetic meal plan offers a week's worth of healthful eating that will help you maintain normal blood sugar levels and lose weight (if you are overweight)

### **Food to avoid for type 2 Diabetes**

Here are some of the foods to avoid for type 2 diabetes –

- Avoid foods with a high glycemic index (GI) as they can raise blood sugar levels instantly.
- One should eat starchy vegetables such as potatoes, Squash, or other root vegetables in moderation or smaller portions.
- Avoid simple or refined carbohydrates such as white bread, flour, white potatoes, sugar etc.
- Avoid sugary and highly processed foods and beverages.
- One can replace meat products like red meat, processed meat with plant-based fats in their Indian diet. Fat consumption indirectly impact diabetic people by negatively influencing their cardiovascular health.
- Avoid unhealthy trans fat and saturated fat as they lead to increased insulin resistance.
- Avoid sweetened cereals.
- Packaged snacks are unhealthy for people with type 2 diabetes as they can quickly raise your blood sugar levels.

Avoiding these food items in your Indian diet will help you keep check on your blood sugar level.

This diet chart is for your reference, along with this you must live a healthy lifestyle involve yourself in physical activity along with diabetes medication or food supplement you are taking and should consult a dietician or your healthcare provider for your overall nourishment.