



A Book on diet

DIET IN DIABETES

Diet Chart Based on
Calories
Region - Geography

A BOOK BY
Dr. Rajeev Madan





Diet in Diabetes

Dear Patient,

This is not just counseling to cope up with diabetes. But a small step ahead to help you manage it, along with your doctor, as well as, a dietitian.

Its our initiative to help you to manage diabetes better. This booklet is specially made to provide you healthy and tasty diet options. Though we have given menus for the four regions of India, you can switch over your menu from one region to another. Of course, you need to follow that menu for one complete day.

Eat well and be happy !

Regards,

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Diet in Diabetes

DIET FOR A DIABETIC PATIENT -WESTERN REGION

TIME	MEAL	MENUS	AMOUNT/ HOUSEHOLD MEASURES
7.00 am	On rising	Tea (cow's milk - 1/4 cup, no sugar)	1 cup
8.00 am	Breakfast	Onion pohe / Upma	1 plate
		Peach / Papaya (2-3 slices) / Orange / Guava	1 medium sized
10.00 am	Mid morning	Marie biscuits	4 nos.
		Tea (cow's milk - 1/4 cup, no sugar)	1 cup
1.00 pm	Lunch	Rice	1 medium katori
		Phulka (no oil / ghee)	4 (small)
		Masala dal (medium consistency)	1 medium katori
		French beans bhaji (with onion, oil - 1 tsp)	1 medium katori
		Capsicum tomato salad	1 medium katori
5.00 pm	Teatime Tea	(Milk - 1/4 cup, no sugar)	1 cup
		Marie Biscuits	2 nos.
8.30 pm	Dinner	Phulkas (no oil / ghee)	4 (small)
		Jeera rice (oil - 1 tsp)	1 medium katori
		Chawli curry with onion, tomato (oil - 1 tsp)	1 medium katori
		Methi bhaji with onion (oil - 1 tsp)	1 medium katori
10.30 pm	Bedtime	Apple	1 medium
		Milk (cow's milk, no sugar)	1 glass



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NUTRIENT COMPOSITION OF THE DIET -WESTERN REGION

CALORIES : 1632 Kcal	CARBOHYDRATES : 286.2 g (70.1%)
PROTEINS : 46 g (11.3%)	FATS : 33.7 g (18.6%)



SUGGESTED ALTERNATIVE FOR MEALS

Breakfast :	Onion pohe / Upma / Potato pohe / Thepla (1) / Khakras (2) / Phulkas (2)
Lunch :	French beans / Bhendi bhaji / Shimla mirch bhaji / Karela bhaji / Turia bhaji /
	Karela bhaji / Turia bhaji /Dudhi bhaji - 1 katori
	Shimla mirch tomato salad / Carrot onion salad /
	Gobi onion salad / Kakdi tomato salad - 1 katori
Teatime :	Biscuits - 2 Marie / Cream cracker - 1 / Khakra - 1 /
	Rice flakes puffed with masala - medium katori / Rusk 1 / Dhokla 2
Dinner :	Chawli curry / Sprouted mung curry / Usal / Val curry / Masur dal - 1 katori
	Methi bhaji / Palak bhaji / Mooli-Ke-patte ki bhaji / Lal math curry - 1 katori



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DIET FOR A DIABETIC PATIENT -SOUTHERN REGION

TIME	MEAL	MENUS	AMOUNT/ HOUSEHOLD MEASURES
7.00 am	On rising	Coffee (cow's milk - 1/2 cup, no sugar)	1 cup
8.00 am	Breakfast	Idlis	3 medium sized Idlis
		Sambar - oil for seasoning	1 medium katori
		Orange	1 medium
10.00 am	Mid morning	Marie biscuits	2 nos.
		Coffee (cow's milk - 1/2 cup, no sugar)	1 cup
1.00 pm	Lunch	Rice	3 medium katori
		Sambar (medium consistency)	1 medium katori
		Cabbage poriyal should contain	1 medium katoris
		(oil - 1 tsp, coconut - 1 tsp)	
		Cucumber and carrot sticks	5 TO 6
5.00 pm	Teatime Tea	Coffee (cow's milk - 1/2 cup, no sugar)	1 Cup
		Upma	1/2 medium katori
8.30 pm	Dinner	Tamarind rice	2 medium katori
		Podalangai curry	1 medium katori
		Thayir Sadam	1 medium katori
		Tomato carrot salad	1 medium katori
10.30 pm	Bedtime	Grapes	10 to 12 nos
		Milk (cow's milk, no sugar)	1 glass



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NUTRIENT COMPOSITION OF THE DIET - SOUTHERN REGION

CALORIES : 1625 Kcal	CARBOHYDRATES : 275 g (67.7%)
PROTEINS : 46.2 g (11.4%)	FATS : 37.7 g (20.9%)



SUGGESTED ALTERNATIVE FOR MEALS

Breakfast :	Idlis - 3 / Dosa - 1 / Rava idli - 3 / Uttappam - 1 / Rava upma 1 plate / Vermicelli upma - 1 plate Orange - 1 / Papaya 2-3 slices / Mango 1/2 medium
Lunch :	Sambar 1 medium katori / Rasam 3 medium katoris / Venpongal 3 medium katoris / Usili 1 medium katori Cabbage poriyal - 1 Katori / Brinjal pulusu / Poosini curry - 1 katori
Teatime :	Upma - 1/2 katori / Marie biscuits - 2 nos.
Dinner :	RTamarind rice / Lemon rice / Pulioyyagare / Venpongal - 2 katoris Podalangai curry / Pirkkankai curry / Parangikkai curry / Pavakkai curry - 1 katori



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DIET FOR A DIABETIC PATIENT -EASTERN REGION

TIME	MEAL	MENUS	AMOUNT/ HOUSEHOLD MEASURES
7.00 am	On rising	Tea (cow's milk - 1/4 cup, no sugar)	1 cup
8.00 am	Breakfast	Paratha (oil - 1 tsp)	1 medium size
		Begun tarkari - oil 1/2 tsp	1 medium katori
		Plums	2 medium
10.00 am	Mid morning	Tea (cow's milk -1/4 cup, no sugar)	1 cup
		Marie biscuits	2 nos.
1.00 pm	Lunch	Rice	2 medium katori
		Jhol (rohu with mixed veg.)	1 big katori
			(Rohu one medium piece)
		Masur dal (medium consistency)	1 medium katori
		Lau tarkari (oil -1/2 tsp)	1 medium katori
5.00 pm	Teatime	Tea (cow's milk - 1/4 cup, no sugar)	1 cup
8.30 pm	Dinner	Rotis	2 medium size
		Rice	2 medium katoris
		Pabda churchuri (oil - 1 tsp)	3/4 medium katori
		Palak Tarkari (oil - 1/2 tsp)	1 medium katori
10.30 pm	Bedtime	Bedtime Papaya	2 medium slices
		Milk (Cow's milk, no sugar)	1 glass



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NUTRIENT COMPOSITION OF THE DIET - EASTERN REGION

CALORIES : 1655 Kcal	CARBOHYDRATES : 254.7 g (69.8%)
PROTEINS : 59.6 g (44.4%)	FATS : 44.2 g (15.8%)



East Indian
Delicacies

SUGGESTED ALTERNATIVE FOR MEALS

Breakfast :	Paratha - 1 / Roti - 2 / Bread - 2 Slices
	Begun tarkari / Lau tarkari / Dherash tarkari / Karela tarkari - 1 katori
	Plums - 2 / Chikkoo - 1 (small) / Banana -1 (small) Mango -1 (small variety)
Lunch :	Jhol / Katta- with vegetables - 1 medium sized piece/
	Hilsa with mustard -1 small piece
	Masur dal / Mung dal / Udid dal - 1 katori
Dinner :	Pabda churchuri / Magur chunchraj - 1 katori
	Palak tarkari / Notya tarkari /
	Karela sag tarkari - 1 katori



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DIET FOR A DIABETIC PATIENT -NORTHERN REGION

TIME	MEAL	MENUS	AMOUNT/ HOUSEHOLD MEASURES
7.00 am	On rising	Tea (cow's milk - 1/4 cup, no sugar)	1 cup
8.00 am	Breakfast	Paratha (oil - 1 tsp)	1 medium size
		Curds	1/2 medium katori
		Orange	1 medium
10.00 am	Mid morning	Tea (cow's milk - 1/4 cup, no sugar)	1 cup
		Marie biscuits	2 nos.
1.00 pm	Lunch	Chapatis	2 medium size
		Rice	1/2 medium katori
		Gobi mattar (dry)	1 medium katori
		Tamater mirchi salad	1 medium katori
5.00 pm	Teatime	Tea (cow's milk - 1/4 cup, no sugar)	1 cup
		Marie biscuits	4 nos.
8.30 pm	Dinner	Chapatis	2 medium size
		Masala khichidi	1 medium katori
		Alu palak (oil 1 tsp)	1 medium katori
		Pyaz ka raita	1 medium katori
10.30 pm	Bedtime	Guava	1 medium
		Milk (cow's milk, no sugar)	1 glass



Diet in Diabetes

NUTRIENT COMPOSITION OF THE DIET -NORTHERN REGION

CALORIES : 1623 Kcal	CARBOHYDRATES : 272 g (67.1%)
PROTEINS : 49 g (44.4%)	FATS : 37.6 g (20.9 %)



SUGGESTED ALTERNATIVE FOR MEALS

Breakfast :	Paratha - 1 / Chapati - 1 / Bread - 2 Slices / Phulkas -2
Lunch :	Gobi matar / Alu matar / Alu chana / Chole - 1 katori
Teatime :	Vegetable sandwich / Grilled sandwich - 1 no.
Dinner :	Masala khichidi - 2 katoris / Rice - 1 katori with mah ki dal /
	rajmah curry - 1 katori Alu palak /
	Methi alu / Methi tamatar / Sarson ka saag - 1 katori Raita /
	curds - 1/2 medium katori / Kadhi - 1 big katori



Diet in Diabetes

Vegetarian Regular Menu - 1200 & 1300 Calories

1200 Calories	
MEAL	MENU
Breakfast	Upma 1/2 cup, Poha 1/2 cup / Idli 2
	Cow Milk 1/2 cup
Mid Morning Snack	Apple / Orange / Guava 50 grams
Lunch	Phulka / Chapati
	Cooked Rice 1/2 cup
	Dal 1/2 cup
	Assorted Vegetables 1 cup
	Curd 75 grams
Tea	Marie Gold Biscuits 10 grams
	Apple / Orange / Guava 50 grams
Dinner	Phulka / Chapati
	Cooked Rice 1/2 cup
	Dal 1/2 cup
	Assorted Vegetables 1 cup
Bed time	Cow Milk 1 cup

1300 Calories	
MEAL	MENU
Breakfast	Upma 1/2 cup, Poha 1/2 cup / Idli 2
	Cow Milk 1/2 cup
Mid Morning Snack	Orange / Guava 50 grams
Lunch	Phulka / Chapati
	Cooked Rice 1/2 cup
	Dal 1/2 cup ,
	Assorted Vegetables 1 cup
	Curd 75 grams
Tea	Tea Marie Gold Biscuits 10 grams
	Apple / Orange / Guava 50 grams
Dinner	Dinner Phulka / Chapati
	Cooked Rice 1/2 cup
	Dal 1/2 cup
	Assorted Vegetables 1 cup
Bed time	Cooking Oil 5 grams
	Curd 75 grams
Bed time	Cow Milk 1/2 cup



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Vegetarian Regular Menu - 1400 & 1500 Calories

1400 Calories	
MEAL	MENU
Breakfast	Upma 1/2 cup, Poha 1/2 cup /Idli 2
	Cow Milk 1/2 cup
Mid Morning Snack	Apple /Orange / Guava 50 grams
Lunch	Phulka / Chapati
	Cooked Rice 1/2 cup
	Dal 1/2 cup ,
	Assorted Vegetables 1 cup
	Curd 75 grams
	Cooking Oil 10 grams
Tea	Marie Gold Biscuits 10 grams
	Apple / Orange / Guava 50 grams
Dinner	Phulka / Chapati
	Cooked Rice 1/2 cup
	Dal 1/2 cup
	Assorted Vegetables 1 cup
Bed time	Cooking Oil 5 grams
	Curd 75 grams
Bed time	Cow Milk 1/2 cup

1500 Calories	
MEAL	MENU
Breakfast	Upma 1/2 cup, Poha 1/2 cup /Idli 2
	Cow Milk 1 cup
Mid Morning Snack	Apple /Orange / Guava 50 grams
Lunch	Phulka / Chapati
	Cooked Rice 1/2 cup
	Dal 1/2 cup ,
	Assorted Vegetables 1 cup
	Curd 75 grams
	Cooking Oil 10 grams
Tea	Marie Gold Biscuits 10 grams
	Apple / Orange / Guava 50 grams
Dinner	Phulka / Chapati
	Cooked Rice 1/2 cup
	Dal 1/2 cup
	Assorted Vegetables 1& half cup
Bed time	Cooking Oil 5 grams
	Curd 75 grams
Bed time	Cow Milk 1/2 cup



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Vegetarian Regular Menu - 1600 & 1700 Calories

1600 Calories	
MEAL	MENU
Breakfast	Upma 1/2 cup, Poha 1/2 cup /Idli 2
	Cow Milk 1 cup
Mid Morning Snack	Apple /Orange / Guava 50 grams
Lunch	Phulka / Chapati
	Cooked Rice 1/2 cup
	Dal 1/2 cup ,
	Assorted Vegetables 1 cup
	Curd 75 grams
	Cooking Oil 10 grams
Tea	Marie Gold Biscuits 10 grams
	Apple / Orange / Guava 100 grams
Dinner	Phulka / Chapati
	Cooked Rice 1/2 cup
	Dal 1/2 cup
	Assorted Vegetables 2 cup
Bed time	Cooking Oil 5 grams
	Curd 75 grams
Bed time	Cow Milk 1/2 cup

1700 Calories	
MEAL	MENU
Breakfast	Upma 1/2 cup, Poha 1/2 cup /Idli 2
	Cow Milk 1 cup
Mid Morning Snack	Apple /Orange / Guava 50 grams
Lunch	Phulka / Chapati
	Cooked Rice 1/2 cup
	Dal 1/2 cup ,
	Assorted Vegetables 1 & half cup
	Curd 75 grams
	Cooking Oil 10 grams
Tea	Marie Gold Biscuits 10 grams
	Apple / Orange / Guava 100 grams
Dinner	Phulka / Chapati
	Cooked Rice 1/2 cup
	Dal 1/2 cup
	Assorted Vegetables 2 cup
Bed time	Cooking Oil 10 grams
	Curd 75 grams
Bed time	Cow Milk 1 cup



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Vegetarian Regular Menu - 1800 & 1900 Calories

1800 Calories	
MEAL	MENU
Breakfast	Upma 1 cup, Poha 1 cup /Idli 4
	Cow Milk 1 cup
Mid Morning Snack	Apple /Orange / Guava 100 grams
Lunch	Phulka / Chapati
	Cooked Rice 1/2 cup
	Dal 1/2 cup ,
	Assorted Vegetables 2 cup
	Curd 75 grams
	Cooking Oil 10 grams
Tea	Marie Gold Biscuits 10 grams
	Apple / Orange / Guava 100 grams
Dinner	Phulka / Chapati
	Cooked Rice 1/2 cup
	Dal 1/2 cup
	Assorted Vegetables 2 cup
Bed time	Cooking Oil 10 grams
	Curd 75 grams
Bed time	Cow Milk 1/2 cup

1900 Calories	
MEAL	MENU
Breakfast	Upma 1 cup, Poha 1 cup /Idli 4
	Cow Milk 1 cup
Mid Morning Snack	Apple /Orange / Guava 100 grams
Lunch	Phulka / Chapati
	Cooked Rice 1/2 cup
	Dal 1/2 cup ,
	Assorted Vegetables 2 cup
	Curd 75 grams
	Cooking Oil 10 grams
Tea	Marie Gold Biscuits 10 grams
	Apple / Orange / Guava 100 grams
Dinner	Phulka / Chapati
	Cooked Rice 1/2 cup
	Dal 1/2 cup
	Assorted Vegetables 2 cup
Bed time	Cooking Oil 10 grams
	Curd 75 grams
Bed time	Cow Milk 1 cup

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