

START EARLY, STAY HEALTHY WITH
A CUSTOMISED DIET PLAN
FOR DIABETICS



East zone





Early Morning

1 tsp **Methi Seed powder** with water



Breakfast

(1 cup **Tea/Coffee** (without sugar) + 1 **Paneer Kathi roll** with Mint Coriander Chutney



OR
1 cup **Chuda Santula** (add fistful of Moong Sprouts)



OR
1 **Savoury Paani Pitha** (add veggies) + 1/2 cup **Curd**

210
Calories



Mid Morning

1 **medium Fruit** (Apple/Pear /Orange/Guava) + 1 fistful **Unsalted Nuts** (Almonds + Walnuts + Pistas/Peanuts)

150
Calories



Lunch

1 quarter plate **Salata (Salad)** (Cucumber, Tomato, Onion, Carrot) + 2 **Chapatis**/3-4 **Litti**/1 cup **Brown Rice** + 1 cup **Cholar Dal/Dalma/Dal/ Paneer Torkari** (Paneer - 40 g) + 1 cup **Dhekia Xaak/Chokha /Shukto/Vegetable** + 1 glass **Buttermilk/Curd** (100 g)



420
Calories

Evening Snack

1 fistful **Roasted Chana** with peanuts



OR
1 cup **Jhalmuri** (add 1/2 cup vegetables)



100
Calories

OR
1 cup **Ghugni** (add 1/2 cup vegetables)



Dinner

Same as Lunch

OR
1 quarter plate **Salata (Salad)** (Cucumber, Tomato, Onion, Carrot) + 1 cup **Poita Bhaat/ Moong Dal Khichuri/ Vegetable Soya Pulao** + 1 cup **Curd**



370
Calories

Post Dinner

2 tsp **Flaxseed seed powder** with water



50
Calories



Measurements 1 cup=200 ml, 1 tsp=5 ml, 1 tbsp=15 ml, 1 glass=250 ml

Essential tips to incorporate into your diet plan



Portion Control

Monitor portion sizes to prevent overeating and manage weight.



Stay Hydrated

Drink water and sugar-free beverages to maintain hydration.



Non-Starchy Vegetables

Fill half your plate with veggies, like leafy greens and broccoli for low-calorie, high-nutrient options.



Limit Added Sugars

Reduce intake of sugary foods and drinks to avoid blood sugar spikes.



Balanced Meals

Eat small, frequent meals with a balance of macronutrients to stabilise blood sugar.



Plan Ahead

Prepare healthy meals and snacks to avoid unhealthy choices.

References:

1. Longvah, Thingnganing & Ananthan, Rajendran & Bhaskar, K & Venkaiah, K. (2017). Indian food Composition Tables.
2. RSSDI Clinical Practice Recommendations for the Management of Type 2 Diabetes Mellitus 2022. *Int J Diabetes Dev Ctries.* 2022;42(Suppl 1):1-143.

Disclaimer: This is a generalised meal plan. It cannot replace medical or dietary advice. To get a customised meal plan, please contact a qualified dietitian.

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