

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



South zone





Early Morning

1 tsp **Methi Seed powder** with water



Breakfast

1 cup **Tea/Coffee** (without sugar)
+ 2 **Millet Idlis/Moong Idli**
(add vegetables in the batter)
+ 1 cup **Vegetable Sambhar**

210
Calories



OR
1 cup **Vegetable Vermicelli Upma**
(add fistful of Moong Sprouts)



OR
2 **Pesarattu/Adai Dosa** +
1 cup **Vegetable Sambhar**



Mid Morning

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

150
Calories



Lunch

1 quarter plate **Salad** (Cucumber,
Tomato, Onion, Carrot) +
2 **Chapatis**/1 cup **Millet/
Brown Rice** + 1 cup
Rassam/Sambhar/Dal +
1 cup **Vegetable/Keerai
Masiya Avial/Poriyal/Beans
thoran** + 1 glass
Buttermilk/Curd (100 g)

420
Calories



Evening Snack

1 cup **Churumuri** (add roasted
chana, peanuts and 1/2 cup
vegetables)

100
Calories



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



OR
1 fistful **Roasted Chana**
with peanuts



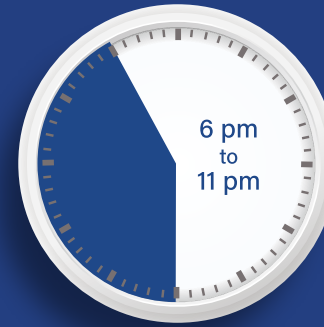
Dinner

Same as Lunch

OR
1 quarter plate **Salad**
(Cucumber, Tomato,
Onion, Carrot) + 1 cup
**Vegetable Pulao/
Bisibille Bhaat/Tomato
Rice/Lemon Rice** + 1 cup
**Dal/Sambhar/Cucumber
Curd Raita**



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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