

Making
India
Win Over
Diabetes

SUN
PHARMA

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



West zone



Veg & Non-Veg Diet for Diabetics



Early Morning

1 tsp **Methi seed powder** with water



Breakfast

1 cup **Tea/Coffee** (without sugar)
+ 2 **Theplas**
+ 100 g **Curd**

210
Calories

OR

1 cup **Vegetable Poha** (add fistful of Moong Sprouts)

OR

2 **Moong Chillas** with **Mint Coriander Chutney**

150
Calories

Mid Morning

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



Lunch

1 quarter plate **Koshimbir** (Cucumber, Tomato, Onion, Carrot)
+ 2 **Chapatis/1 Bhakri/**
1 cup **Brown Rice**
+ 1 cup **Usal/Dal/Varan** (medium thick consistency)
+ 1 cup **Vegetable/Paale Bhaji** + 1 glass/100 g **Buttermilk/Curd**

420
Calories



Evening Snack

1 cup **Sukha Bhel** (add peanuts)

OR

7-8 Pieces **Khaman Dhokla** with **Mint Coriander Chutney**

100
Calories



OR

1 cup **Steamed Sprouts Chaat** (add 1/2 cup vegetables)



Dinner

Same as Lunch

OR

1 quarter plate **Koshimbir** (Cucumber, Tomato, Onion, Carrot) + 1 cup **Masale Bhaat/Phodnicha Bhaat/ Khichdi/Vegetable Pulao** + 1 cup **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=250ml



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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