

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



North zone





Early Morning

1 tsp **Methi Seed powder** with water



Breakfast

1 cup **Tea/Coffee** (without sugar) + 1 **Dal Paratha** with Mint Coriander Chutney



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



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

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 **Salad** (Cucumber, Tomato, Onion, Carrot) + 2 **Chapati/2 Whole Wheat Khulchas/2 Missi Rotis/1 cup Brown Rice** + 1 cup **Dal Fry/Chana Masala/Rajma/Chole/Matar Paneer** (40 g Paneer) + 1 cup **Vegetable** + 1 glass **Buttermilk/Curd** (100 g)



420
Calories

Evening Snack

1 cup **Roasted Makhana**



OR
1 fistful **Roasted Chana** with peanuts



100
Calories

OR
1 cup **Moong Chaat** (add 1/2 cup vegetables)



Dinner

Same as Lunch

OR
1 quarter plate **Salad** (Cucumber, Tomato, Onion) + 1 cup **Dal Khichdi/Vegetable Soya Pulao** + 1 **Sattu Paratha** + 1 cup **Kadhi/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.



Limit Added Sugars

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



Stay Hydrated

Drink water and sugar-free beverages to maintain hydration.



Balanced Meals

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



Non-Starchy Vegetables

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



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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