

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



South zone





Early Morning

1 fistful **Unsalted Nuts**
(Almonds + Walnuts + Pistas)



Breakfast

1 cup **Tea/Coffee**
+ 2 **Dosa/Idli**
+ 1 cup **Sambhar**



260
Calories

OR
2-3 **Pesarattu**



OR
1 **Sanna/**
2 **Neer Dosa**
+ 1/2 cup **Kala Chana**



Mid Morning

1 medium **Fruit** (any seasonal)



50
Calories



Lunch

1 quarter plate **Salad** (Cucumber, Tomato, Onion, Carrot) + 2 **Chapatis** /2 **Ragi Mudde**/1 cup **Steamed Rice** + 1 cup **Sambhar/Dal/Kootu/** **Egg Curry/Chicken Salna/** **Fish Molee** (100 g non-veg) + 1 cup **Vegetable/Avial/** **Poriyal** + 1 glass **Buttermilk** /**Curd** (100 g)



470
Calories

Evening Snack

3-4 **Paniyaram**



OR
1 cup **Masala Puri**



100
Calories

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



Dinner

Same as breakfast



OR
1 quarter plate **Salad** (Cucumber, Tomato, Onion, Carrot) +1 cup **Steamed Rice/** **Curd Rice/Chicken Pulao/** **Bisibille Bhaat** + 1 cup **Rassam** /**Sambhar/Curd**

420
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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