

DIETARY MODIFICATIONS AND FOOD CHARTS

Dietary restriction forms an important part of diabetes care.¹



Does diabetes mean going without foods you enjoy?

No. You can still have foods that you like, but, in limited quantity or less often.²



How often should you eat?

To keep blood sugar levels stable, it is necessary to eat in moderation every 4 to 6 hours.³



What types of foods should you eat?

Try to have healthy food from various food groups, which are³:

Vegetables and fruits, Grain products, Milk products, Meat products



Sample West Indian (Gujarati) Meal Plan⁶

| Time | Meal Type | Food Products |
|----------|-----------------|--|
| 7:30 AM | Breakfast | <ul style="list-style-type: none"> • 1 cup of tea with skim milk and without sugar • 1 <i>Thepla</i>/2 plain <i>Khakhra</i>s |
| 10:30 AM | Morning snack | <ul style="list-style-type: none"> • 10 unsalted roasted peanuts |
| 12:30 PM | Lunch | <ul style="list-style-type: none"> • 1 <i>Sooki Rotli</i> without ghee • ½ cup of <i>toor dhal</i> • ¼ cup black eyed peas • ¼ cup cooked rice |
| 3:30 PM | Afternoon snack | <ul style="list-style-type: none"> • 1 cup of tea with skim milk and without sugar • ¾ cup of <i>chevda</i> |
| 8:00 PM | Dinner | <ul style="list-style-type: none"> • 1 <i>paratha</i> • ½ cup of spinach with soybeans/<i>Paneer</i>/<i>Tofu</i> • ½ cup of yoghurt |
| 9:00 PM | Snack | <ul style="list-style-type: none"> • 3 dried dates • 6 almonds |

Recommendations for Consumption of Fruits and Vegetables⁶

| | Eat more often | Avoid |
|--|---|---|
| Fruits (e.g., Apple, grapes, lime, pears, pineapple, figs, lemon) | <ul style="list-style-type: none"> • Plain fresh fruits • Light canned fruits | <ul style="list-style-type: none"> • Regular canned fruits • Fruit salads with jaggery |
| Vegetables (e.g., Dark green/cruciferous vegetables, lentils, dry beans) | <ul style="list-style-type: none"> • Vegetables cooked with minimal oil/coconut • Stir-fried green vegetables | <ul style="list-style-type: none"> • Creamed or fried green vegetables • Fried potatoes |

Foods to eat often

- Steamed idlis⁴
- Dosa with little oil⁴
- Upma made with cracked wheat⁴
- Poha⁴
- Raw vegetables such as tomato, onion, cucumber, cabbage, carrot, capsicum and green vegetables fried with little amount of oil^{4,5}
- Natural spices, ginger, garlic, mint and coriander⁵

Liquids to drink often

- Thin buttermilk made of 1 part skimmed milk curd + 3 parts water⁵
- Plain soda⁵
- Unsweetened lime juice⁵
- Have a minimum of 8 to 10 glasses of plain water per day⁵

Foods to eat in moderation

- Cereals such as rice, jowar, bajra and ragi⁵
- Skimmed milk and cottage cheese⁵
- Refined oil as a cooking medium⁵
- Legumes such as dal and pulses⁵

Always Avoid!⁵

| Foods Rich in Sugars | Foods Rich in Fats | Fruits | Vegetables Rich in Starch |
|---|---|----------------------------------|---|
| Sugar Glucose Jaggery Honey Sweet/cream biscuits Ice cream Sweets Cakes Chocolates Pastries Jam Jellies Cold drinks, hard drinks, sherbets and proprietary drinks | Fried items Butter Cream of milk Cheese Mayonnaise Coconut Groundnuts Egg yolk | Banana Mango Custard apple | Potato Sweet potato Tapioca Raw banana |



Additional Tips

- Prefer frequent smaller meals instead of few large meals.¹
- Prefer to use brown rice instead of white rice.⁴
- Use a variety of grains such as cracked wheat, oats, barley, ragi and other millets, instead of rice.⁴
- Avoid washing rice several times before cooking and also avoid the process of cooking rice in excess water and draining.⁴
- Avoid frying of foods in oil and try to use alternative methods such as dry roasting and baking.⁴
- Try to cook food using minimum amount of oil and prefer using olive, canola or peanut oils.⁴
- Include raw vegetables such as onions, tomatoes and capsicum with every meal.⁴
- Prefer to remove fat from milk.⁴
- Minimise salt consumption.¹
- Avoid cigarette smoking and consume alcohol only in moderation.¹



Take-Home Messages

- Healthy diet is an important part in the treatment of diabetes.
- Eat frequent smaller meals instead of few large meals.
- Try to eat more fresh fruits and vegetables as snacks instead of fried or oily foods.



Disclaimer

This material is for informational purposes only. It does not replace the advice of the physician. You should also consult the physician for any queries.

References

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