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 are[3]:
Vegetables and fruits, Grain products, Milk products, Meat products

Sample West Indian (Maharashtrian) Meal Plan[6]

Time	Meal Type	Food Products
8:30 AM	Breakfast	• 1 cup of tea with skim milk and without sugar • 1 cup of *pohe*
12:00 PM	Lunch	• ½ cup of cooked brown rice • 2 *phulkas* without oil/ghee • 1 cup of *varan* • ½ cup of string beans *bhaji*/1 cup of fenugreek curry • ¼ cup of baked/pan-fried fish (*Bombil, Bangda, Paaplet*)/chicken • ¼ cup of cucumber *koshimbir*
4:00 PM	Afternoon snack	• 1 cup of tea with skim milk and without sugar • 2 biscuits
8:00 PM	Dinner	• ½ cup of cooked brown rice • 2 *Phulkas* without oil/ghee • 1 cup of *mung dal usal* • ¼ cup of baked/pan-fried fish (*Bombil, Bangda, Paaplet*)/chicken • ½ cup of *kokum kadi*

Recommendations for Consumption of Fruits and Vegetables[6]

	Eat more often	Avoid
Fruits (e.g., Apple, grapes, lime, pears, pineapple, figs, lemon)	• Plain fresh fruits • Light canned fruits	• Regular canned fruits • Fruit salads with jaggery
Vegetables (e.g., Dark green/cruciferous vegetables, lentils, dry beans)	• Vegetables cooked with minimal oil/coconut • Stir-fried green vegetables	• Creamed or fried green vegetables • Fried potatoes

Foods to eat often

- Steamed idlis[4]
- Dosa with little oil[4]
- Upma made with cracked wheat[4]
- Poha[4]
- 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 coriander[5]

Liquids to drink often

- Thin buttermilk made of 1 part skimmed milk curd + 3 parts water[5]
- Plain soda[5]
- Unsweetened lime juice[5]
- Have a minimum of 8 to 10 glasses of plain water per day[5]

Foods to eat in moderation

- Cereals such as rice, jowar, bajra and ragi[5]
- Skimmed milk and cottage cheese[5]
- Refined oil as a cooking medium[5]
- Legumes such as dal and pulses[5]

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

1. Asif M. The prevention and control the type-2 diabetes by changing lifestyle and dietary pattern. *J Educ Health Promot*. 2014;3:1.
2. Diabetes diet, eating, & physical activity. National Institute of Diabetes and Digestive and Kidney diseases. https://www.niddk.nih.gov/health-information/diabetes/overview/diet-eating-physical-activity. Accessed October 11, 2018.
3. Eating Well with Diabetes: South Indian and Sri Lankan diets. UnlockFood.ca. http://www.unlockfood.ca/en/Articles/Diabetes/Diabetes-and-Healthy-Eating/Eating-Well-with-Diabetes-South-Indian-and-Sri-La.aspx. Accessed October 08, 2018.
4. Misra R. Indian foods: AAPI's Guide to Nutrition, Health and Diabetes. American Association of Clinical Endocrinologists. https://www.aace.com/sites/all/files/aapi_guide_to_nutrition_health_and_diabetes.pdf. Accessed October 11, 2018.
5. Best diet for diabetes: vegetarian and non-vegetarian. Inlife. https://www.inlifehealthcare.com/2014/06/14/diet-for-diabetes/. Accessed October 8, 2018.
6. Mishra R, ed. Indian foods: AAPI's guide to nutrition, health and diabetes. 2nd ed. Chennai, India: American Association of Physicians of Indian Origin; 2011.

Disclaimer:

The information provided in this LBL is general in nature and is purely meant for educational and informational purposes only. You must not rely on the information provided in this LBL as an alternative or substitute to medical advice from your doctor. You should not delay seeking medical advice, disregard medical advice, or discontinue medical treatment because of information provided herein. The Diet Plan provided in this LBL are based on general practices and may not be advisable for all patients. Therefore, please consult your doctor before following any of these.

This LBL is being provided under an initiative of AstraZeneca Pharma India Limited to promote healthy living in patients who have Diabetes. This initiative is not an incentive or reward for any willingness to use, in any manner whatsoever, any products or services sold or provided by AstraZeneca. While great care has been taken in collating the information provided herein, AstraZeneca Pharma India Limited does not provide a warranty, either express or implied, that the information provided herein is complete, true, accurate, up-to-date, or non-misleading.

AstraZeneca Pharma India Ltd,
Block N1, 12th Floor, Manyata Embassy Business Park,
Rachenahalli Outer Ring Road, Bangalore 560045

Approval ID: IN-2456 | Approval Date: 4/2/2019 | Expiration Date: 3/2/2021