

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 East Indian (Odia/Bengali) 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 • 2 whole wheat <i>rotis</i>/2 slices of bread toast
10:30 AM	Morning snack	<ul style="list-style-type: none"> • 3 biscuits
12:00 PM	Lunch	<ul style="list-style-type: none"> • 1½ cups of cooked brown rice • ½ cup of <i>dhal</i> • 1 cup of stir-fried vegetables • ¼ cup of baked/pan-fried fish (<i>Hilsa, Rohu, Katla</i>)/chicken • 2 tablespoons of <i>chutney</i>
3:30 PM	Afternoon snack	<ul style="list-style-type: none"> • 1 fresh fruit
7:00 PM	Dinner	<ul style="list-style-type: none"> • ½ cup of cooked brown rice • 1 <i>roti</i> • 1 cup of stir-fried vegetables • ¼ cup of baked/pan-fried fish (<i>Hilsa, Rohu, Katla</i>)/chicken
9:00 PM	Snack	<ul style="list-style-type: none"> • 1 cup of skim milk

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

