

## DIETARY MODIFICATIONS AND FOOD CHARTS

Dietary restriction forms an important part of diabetes care.<sup>1</sup>



### Does diabetes mean going without foods you enjoy?

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



### How often should you eat?

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



### What types of foods should you eat?

Try to have healthy food from various food groups, which are<sup>3</sup>:

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



### Sample South Indian Meal Plan<sup>6</sup>

Time	Meal Type	Food Products
7:30 AM	Breakfast	<ul style="list-style-type: none"> <li>• 1 cup of coffee with skim milk and without sugar</li> <li>• 2 small <i>idlis</i>/1 cup of cracked wheat <i>upuma</i></li> </ul>
10:30 AM	Morning snack	<ul style="list-style-type: none"> <li>• 1 fresh fruit</li> <li>• 1 cup of diluted buttermilk</li> </ul>
12:30 PM	Lunch	<ul style="list-style-type: none"> <li>• 1½ cups of cooked brown rice/2 small rotis with ½ cup of brown rice</li> <li>• 1 cup of <i>sambhar</i></li> <li>• 1 cup of <i>rasam</i></li> <li>• 1 cup of green beans curry</li> <li>• 1 small roasted <i>pappad/appalam</i></li> </ul>
4:00 PM	Afternoon snack	<ul style="list-style-type: none"> <li>• 1 cup of coffee with skim milk and without sugar</li> <li>• ½ cup of dry cereal mix (puffed rice/wheat with 4-6 peanuts/cashews)</li> </ul>
7:30 PM	Dinner	<ul style="list-style-type: none"> <li>• ½ cup of cooked brown rice/cracked wheat</li> <li>• 1 cup of whole gram dhal/chick peas <i>sundal</i></li> <li>• 1 cup of spinach curry</li> <li>• ¼ cup of baked/pan-fried fish/chicken or 1 boiled egg</li> </ul>
9:30 PM	Snack	<ul style="list-style-type: none"> <li>• 1 fresh fruit</li> </ul>

### Recommendations for Consumption of Fruits and Vegetables<sup>6</sup>

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

#### Foods to eat often

- Steamed *idlis*<sup>4</sup>
- Dosa with little oil<sup>4</sup>
- Upma made with cracked wheat<sup>4</sup>
- Poha<sup>4</sup>
- Raw vegetables such as tomato, onion, cucumber, cabbage, carrot, capsicum and green vegetables fried with little amount of oil<sup>4,5</sup>
- Natural spices, ginger, garlic, mint and coriander<sup>5</sup>

#### Liquids to drink often

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

#### Foods to eat in moderation

- Cereals such as rice, jowar, bajra and ragi<sup>5</sup>
- Skimmed milk and cottage cheese<sup>5</sup>
- Refined oil as a cooking medium<sup>5</sup>
- Legumes such as dal and pulses<sup>5</sup>

