

1200 Calories Diabetic Diet Chart

MEALS	DIET
Bed Tea	Tea – 1 cup Skimmed Milk –25 ml
Break Fast	Skimmed milk –250 ml.(1Glass) Bread /Dalia / Cornflakes –1 Slice/ 20 gms / 2Tb sp. Egg / Paneer –I / 60 gm.
Mid Meal	Fruit –100 to 150 gms (Apple / Orange / Mausami / Gauva / Papya / Melon / Water Melon)
Lunch	Roti – 2 small (50 gm. Atta) Dal –30 gms (1 Katori) Vegetable – 200 gms (1 Katori) (Ghiya, Tinda / Tori /Palak / Turnip) Curd – 120 gms(1 Katori) Salad – A big helping(no beetroot) Oil – 5 gms(1 tsp) Refind
Evening Tea	Tea 1 Cup with 2 biscuits Or Skimmed milk – 25 ml.
Dinner	2 small Rotis(50 gms) 30 gms Dal (1 Katori) Vegetables – 200 gms 120 gms Curd (1 Katori) Salad – Abig helping(no beetroot) Oil – 5gms (1tsp) Refind

INSTRUCTIONS FOR DIABETICS

Foods to avoid

1. Sugar & Sweet products like cakes, Pastries, etc
2. Saturated fats like butter, cream, desighee etc
3. Soft drinks, juices, squashes
4. Full cream milk
5. Dry fruits
6. All alcoholic drinks
7. Root Vegetables like Aloo, Arbi, Zimikand, Beetroot, Sweet potato
8. Fruits like Banana, Cheekoo, Mango, Grapes
9. Pickles in oil
10. Rice & Rice products
11. Horlicks, Bournvita, Complain etc

Foods allowed liberally

1. All green leafy vegetables & other vegetables except Root vegetables
2. Barley water, lemon water, veg. soup, soda water.
3. Karela
4. Amala, Phalsa, Jamun