

# DIET IN DIABETES

FOOD	RECOMMENDED	AVOIDED
METHOD	Steamed, Boiled, Baked, Roasted, Grilled, Broiled, Micro Waved	Fried, Tinned, Canned
CEREALS	Parboiled Rice, Pounded Rice, Puffed Rice Brown Rice, Rice Flakes, Wheat Flakes Whole Wheat, Broken Wheat Whole Maize, Oats, Barley, Quinoa	White Rice Milled Rice, Polished Rice Refined Wheat – Maida, Rava, Sooji Refined Maize – Corn Flakes
MILLETS	Jowar, Bajra, Ragi, Sago	
PULSES	Red Gram, Green Gram, White Gram, Black Gram, Bengal Gram, Horse Gram, Cow Pea, Pigeon Pea, Chickpea, Rajma White Channa, Black Channa, Soya bean Peas, Lentils, Beans, Sprouts	
VEGETABLES	Green Leafy Vegetables, Spinach, Amaranth, Asparagus Cabbage, Lettuce, Cauliflower, Broccoli Mint, Coriander, Curry leaves Fenugreek, Tomato, Cucumber Onion, Shallots, Spring Onion, Onion Stalk Plantain Stem & Flower Bitter Gourd, Snake Gourd, Ridge Gourd Bottle Gourd, Ash gourd, White gourd, Drumstick, Brinjal, Capsicum, Pumpkin Broad beans, Cluster beans, Beans, French beans, Ladies finger Chow chow, Khnol Kol, Tinda White Radish, Mushroom	Roots & Tubers Potato Sweet Potato Tapioca Yam Colocasia Carrot Beetroot Red Radish Cassava Turnip
FRUITS	Whole Fruits Apple, Orange, Sweet Lime Pear, Guava, Papaya Watermelon, Musk Melon Lemon, Peach Avocado (Butter fruit) Kiwi fruit Gooseberry, Strawberry, Blueberry	Fruit Juices, Fruit Salad Tinned fruits, Dried fruits Banana, Mango, Jackfruit, Sapota Sitapalam, Nagapalam Woodapple, Pineapple, Custard apple Pomegranate, Grapes, Chikku Dates, Figs, Raisins

FOOD	RECOMMENDED	AVOIDED
MILK	Skimmed Milk Toned Milk Buttermilk Soya milk Soya Curd (Tofu)	Creamed Milk Condensed Milk Curd, Butter, Ghee, Cheese, Paneer, Yoghurt Mayonnaise, Khoa, Ice Cream
FISHES	Steamed, Grilled, Boiled, Baked Black fish, Lean fish, Sea fish, Cold fish, Tuna, Hilsa, Seer, Surmai Salmon, Mackerel, Trout Pumra, Black Pomfret	Fried, Canned, Tinned, Salted, Dried. White fish, Fat fish, Shellfish Lobsters, Prawns, Crabs, Shrimps, Oysters
MEAT	Lean, White, Muscle, Grilled, Baked	Red, Organ, Fried Meat Liver, Kidney, Brain, Skin Hamburgers, Sausages, Shawarma Beef, Pork, Ham, Bacon, Mutton, Kebab, Lamb
POULTRY	Egg White Chicken Breast Lean cuts	Egg Yolk Chicken Skin Duck, Goose, Turkey
OILS & FATS	Sunflower Oil, Safflower Oil, Rice Bran Oil, Groundnut Oil Mustard Oil, Sesame Oil, Gingelly Oil Soya Bean Oil, Olive Oil, Canola Oil Corn Oil, Cotton Seed Oil, Flax Oil Pumpkin seeds, Sunflower Seeds	Butter, Ghee, Cheese Vanaspatti Coconut Oil Palm Oil
NUTS & SEEDS	Almond, Walnut, Pecans Fenugreek, Sesame, Mustard, Omam, Kasakasa Dania, Jeeragam, Flax seeds	Cashew nut, Groundnut, Coconut, Pista, Raisins, Peanut, Dates Salted and fried seeds or nuts.
SPICES & CONDIMENTS	Asafoetida , Cardamom, Cinnamon Cloves, Ginger, Pepper, Mustard Turmeric, Saunf, Sonti, Nutmeg, Saffron Chilies, Tamarind, Garlic	
SWEETENER	Aspartame Acesulfame Sucralose Stevioside	Sugar, Honey, Jaggery Palm Sugar, Brown Sugar Nattu Chakkarai , Country Sugar Karupatti

“Eat Healthy Stay Healthy”

FOOD	RECOMMENDED	AVOIDED
BEVERAGES	Plain Sodas Clear Soup Skimmed Buttermilk Rasam Coffee, Tea (Sugar Less) Lime Juice (Sugar Less) Tomato Juice (Sugar Less) Diet Colas	Cocoas / Colas Malt Drinks Aerated sweetened beverages Soft Drinks Fruit Juices, Fruit Squashes, Fruit Shakes Fruit Salad, Milk Shakes Tender Coconut Water Cream Soups Sherbets, Lassi Alcohol Porridge, Gruel Sugarcane Juice
SNACKS	Vegetable Salads Brown Bread Sundal Sprouts Puffed Rice Gram dhal Multigrain Bread Whole Wheat Bread Rice Flakes (Aval)	Jams, Jellies, Custards, Sauces, Ketchups, Noodles, Pizzas, Cornflakes, Vermicelli, Macaroni, Spaghetti, Pasta Samosas, Pakodas, Vada ,Baji, Bonda Puffs, Cutlets, Burgers Cakes, Pastries, White Bread Biscuits, Rusks, Cookies Chocolates, Candies, Sweets, Mithai, Bedas, Burfis, Halwas, Jamuns, Ladoos, Rassagoolas, Payasam, Kheer Papads, Pickles, Chips Pani Poori, Bhel Poori Chole Poori
TIFFINS	Idli, Idiyappam Uttappam, Dosa Cereal Pongal, Millet Pongal Cereal Uppuma, Millet Uppuma Pulka, Plain Roti	Poori, Parota Kulcha, Rava Dosa Rava Pongal, Rava Uppuma Masala Dosa
MEALS	Plain Rice / Millet Rice Rasam Sambhar Vegetable Kottu / salad Vegetable Poriyal	Fried Rice Kuruma Kulambu Vegetable Curry Vegetable Fry

“Avoid Fasting and Feasting”

SAMPLE DIET SCHEDULE		
06.00 AM	Coffee or Tea or Milk (Sugarless and Creamless)	1 cup.
08.00 AM	Idli or Idiyappam Millet Dosai Whole Wheat Chappathi or Dosai Millet Uppuma or Pongal or Kichadi + Sambar Chutney (Avoid Groundnut, Coconut)	3 – 4 (or) 2 – 3 (or) 2 – 3 (or) 1 cup (or)  1 cup (or) 1 cup
11.00 AM	Vegetable Salad Vegetable Clear Soup Buttermilk Lime or Orange or Tomato Juice (Sugarless) Whole Fruit	1 cup (or) 1 cup (or) 1 cup (or) 1 cup (or) 50 gm
01.00 PM	Brown Rice + Sambar Rasam Buttermilk or Skimmed Curds Vegetable Greens or Vegetable Sprouts	1 – 2 cups  1 cup 1 cup 1 cup 2 cups
04.00 PM	Coffee or Tea or Milk (Sugarless and Cream less) + Sprouts or Sundal Rice Flakes or Wheat Flakes Whole Wheat Bread	1 cup  1 cup (or) 1 cup (or) 1 – 2 slices
08.00 PM	Whole Wheat Chappathi or Dosai Broken Wheat Uppuma or Pongal + Dal or Green Vegetable	2 – 3 (or) 1 cup  1 cup
10.00 PM	Milk (Sugarless and Cream less)	1 cup
NON VEGETARIAN	Egg White Egg Whole Fish or Mutton or Chicken	2 daily (or) 1 weekly (or) 100 g. (3pieces) weekly

Oil usage 2 – 3 teaspoons per day or 500 ml per month per person

1 teaspoon = 5 ml

1 cup = 120 ml