

MY DIET ROUTINE

1600kcal Day Meal Plan



Plate Method

The plate method is a meal plate that shows the proportion of various foods to be consumed per meal

What should I restrict in my diet and How can I replace it with other foods?

Starters/Appetizers/Mid Meals

Choose More Often	Foods to Avoid
Salads	Salads with Dressings
Fruits	Fruits (Banana/Litchi/Chikoo/Grapes/ Muskmelon/ Shareefa) or Frozen Fruits
Skimmed Milk/Tea or Coffee with skimmed milk	Full Cream / Buffalo's Milk
Buttermilk (Chaach)	Cream / Cheese
Veg/Non Veg clear soups	Thick Corn Flour Soups
Besan based non fried snacks (Dhokla / Khandvi)	Fried Maida Snacks (Samosa/Mathris/Kachori etc.)
Roasted namkeens	Fried Namkeens / Chips / Nachos
Egg white bhurji / boiled egg white	Fried Eggs / Omelet
Sprouts	Biscuits / Cookies
Roasted chanas and mummura (moon) with vegetables	High Salted Namkeens / Peanuts
Fistful of Almonds (7-10)/ Walnuts(1-2)	Cashewnuts / Dates / Hazelnuts

Main Course

Choose More Often	Foods to Avoid
Multigrain Chapattis / Steamed Rice / Whole Wheat Breads / Bhakri **quantity as suggested by your doctor	Paranthas / Fried Rice / White Breads
Wheat/ Bajra Dalia / Whole Wheat Pastas/ Oats	Maida / Sooji (Upma/Chilla) / Sevia Sago
Whole Wheat/ Multigrain Bread/Vegetable or Chicken Sandwich	White Bread Cheese / Butter/ Mayonnaise Sandwiches
Whole Dals (Pulses and Legumes)	Washed Dals (Pulses and Legumes)
Green Vegetables / other Vegetables / Baked or Boiled Potatoes	Fried or Raw Potatoes / Zimikand / Arbi (Colocasia)
Skimmed Milk Curd / Chaach / Vegetable Raitas	Full Cream Milk Curd/Boondi Raita/Lassi
Lean Meats / Chicken / Fish	Mutton/Fried Chicken / Fried Fish
Tofu / Soy Products	Pizza/Burger
Whole wheat upma / Idli / Dosa / Adai	Sooji Upma/Iddiyappam/Vadai/Bonda/Bajji

Desserts

Choose More Often	Foods to Avoid
Sugar Free Custard	Rolls / Cakes / Pastries
Skimmed Milk Fruit Shakes	Mithai / Halwa (Gajar/ Sooji / Aata)
Cut Fruits	Ice Cream
Sugar Free Carrot Kheer	Juices / Ice-cream Shakes
Raisin's 3-4 Per Day	Chocolates / Sweets
Fruit Curd	

Sample Menu Plan – 1600kcal



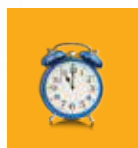
Early Morning

Tea / Coffee/ Milk (1 Cup without Sugar) + 5-7 Almonds or 1 Walnut* or 1 Multigrain / Oat Biscuit



Breakfast

1 Med. Katori Poha/ Vegetable Wheat Upma/ 2 Vegetable Idly with Tomato Chutney / 1 Small Vegetable Dosa/ Wheat Dalia with Milk or Vegetables/ 1 Toast (Brown / Multigrain Bread) with Paneer or Vegetables / 1 Stuffed Chapatti (Methi / Palak / Cauliflower/ Radish)/ 1 Thalipeeth / 1 Bowl Oats / Wheat Flakes with Milk (60ml)



Mid Morning

Fruit [Apple (1)/Papaya (100gms) /Apricots (2-3)/Peaches (2-3)/ Cherries (8-10) /Pear(1) /Watermelon (150gms)/Guava (1)/ Orange (1)] or Green Tea + 5-7 Almonds or 1 Walnut* or coconut water (1 small glass) or 1 Glass Buttermilk.



Lunch

2 Multigrain Chapattis / 1 Multigrain Bhakri / 1 Bajra Roti / 1 Jowar Roti / 1 Katori Rice + 1 Katori Vegetable + 1 Katori Sambhar / Dal / Curd / Raita / Chicken (2 Small pcs)/ 1 pc Fish



Evening

Tea / Coffee/ Milk (1 Cup without Sugar) + Roasted Snacks / Chana or 1 Glass Buttermilk / 1 Fruit / 1 Qtr. Plate Salad / 1 Bowl Veg / Non-Veg Clear Soup / 1 Katori Sprouts



Dinner

1 Multigrain Chapatti / ½ Multigrain Bhakri / 1 Small Bajra Roti / 1 Small Jowar Roti / 1 Multigrain / Oats Dosa + 1 Katori Vegetable + 1 Katori Sambhar / Dal / Curd / Raita / Chicken (2 Small pcs)/ 1 pc Fish + 1 Bowl Salad



Bed Time

1 cup milk



*Once a day only

Daily Requirement per Food Group

Food Groups (Veg/ N.Veg)	Quantity	Household Measures
Milk (toned) or Skimmed	500 ml	2 medium glass
Cereals	150 gm	6 servings
Pulses/Non -Veg(Egg/Chicken/Fish)	60 gm/ 75gm	2 medium katori/1 Egg/2 piece chicken/2 piece fish
Green Leafy Vegetables	350 gm	3 medium katori
Other Vegetables	100 gm	1 medium katori
Fruits	250 gm	2 medium katori
Cooking Oil	15 ml	3 teaspoon
Nuts	10gm	7 almonds/4 walnut
Sugar*	nil	*consult your dietician for sugar free substitutes

Calorie conversions used to develop this sample diet plan is adopted from ICMR Nutritive Value of India Foods, by C.Gopalan, National Institute of Nutrition, Hyderabad.

How can I exchange one food from the other to add variety in my meals?

1 medium katori	= 150ml
1 cup	= 200ml
1 glass	= 250ml
1 teaspoon	= 50gms
1 tablespoon	= 15gms

1 Cereal Exchange (25gms) gives 85kcal = 1 chapatti / 1 slice of bread / 1 medium katori cooked rice / 1 medium katori cooked Dalia or oats or upma or Poha / 1 medium size idli / 2 Marie biscuits

1 pulse exchange (30gms) gives 100kcal = 1 medium katori of cooked dal (any)

1 Fruit Exchange (80-100gms) gives 60kcal = 1 medium size apple / orange / pear / guava / banana / pomegranate / 10-12 pieces of 2" cubes of papaya / 5-6 plums of strawberries

1 Vegetable exchange (100gms) gives 25-50kcal = 1 medium katori of cooked vegetable like green leafy (spinach, bathua leaves, mustard leaves) and other vegetables (ladyfinger, beans, cauliflower, cabbage, capsicum, carrots, brinjal, onion)

1 Milk exchange (200ml) gives 130kcal = 1 cup toned milk / 1 medium glass

1 Meat exchange (75gms) gives 85kcal = 3 small pieces of meat / chicken / fish

1 fat exchange (5gm) gives 45kcal = 1 teaspoon of oil, ghee, butter, nuts

Note: For those who wish to drink alcohol, never take it empty stomach. Always eat a small snack along with it. Take advice from your health care professional.

*1. Calorie conversions used to develop this sample diet plan is adapted from ICMR Nutritive Value of Indian Foods, by C Gopalan, National Institute of Nutrition, Hyderabad

- *2. • Gopalan C Nutritive Value of Indian Foods, National Institute of Nutrition, ICMR, Hyderabad: Food exchange system, 1991; 41,
- Raghuram T.C., Pasricha Sawran Sharma, RD Diet and Diabetes, National Institute of Nutrition ICMR, Hyderabad 2000; 40-63
- www.diabetes.org/food-and-fitness/food/planning-meals/create-your-plate