1800 kcal, 40 Gms , Diabetic Chart

Meal	Menu
Early Morning	Herbal Tea1 Cup/Green Tea 2 Sugar Free Biscuit.(Coats Ragi / Marie)
Breakfast 8:30 AM	Double Toned Milk 200m- 1 cup sago/Cornflakes/oats/suji upma (40gms) or idli (2 in no.) / Dosa (medium). Whole wheat bread (2 slice) or roti / stuffed roti (2 in no.) medium white butter or Refined oil – 1tsp.
Mid morning 10:30 AM	Apple / Pear /Papaya / Guava/Jamun fresh pine apple 100 gms (incase Potassium is normal or ½ corn cob/ Sago snack/raw Banana snacks
Lunch 1:30 PM	2 Chapati (60 gms) or rice 60 gms / Rice + 2roti Dal – ½ katori (15gms) or 30 gms Chicken or fish
Tea 3:30PM – 4PM	Tea 1 cup (15ml milk) insalted potato chips /Poha/Potato Culter/Sago Pulao / Sugarfree Biscuits 2in no. oil 1tsp
Dinner 7:30PM	2 Chapati (40gms) Seasonal Vegetable 100gms curd or paneer curry 40gms salad 100gms no raw tomato oil 1tsp
Bed Time 9PM	Green or herbal Teal 200ml Sago snacks / biscuits

Food to be Avoided

• Sugar and Sugar products • All tinned products (Horlicks , Bournvita , Complain,Chocolate) • Extra Milk & Milk Products • Extra meat, fish,Chicken & Egg. • Extra Pulses and legumes • Dry Fruits and nuts ,no butter, Desi ghee, cream • Fruiti juices , Squashes,Soft Drink, Alchoholic drinks • No fried foods • Vegetable like spinach (Palak) raw, tomatoes, chaulai,methi, lemon,sarson • Fruit – only those mentioned in the list of fruits allowed	• Organ meats like kidney, brain, mutton,egg,yolk liver • Deep fried foods dalda vanspati etc • Mayonnaise sauce, white sauce • Pickles in oils • Sweet of all kind like puddings, icecream,chocolates, cakes,cookies,etc • Tinned Products commercial popcorns , junk food • Whole milk, cream desi ghee butter etc. • Baking powder & Cooking soda

Food Allowed

- ✓ Now protein cereals like arrowroot powder corn flour, Custard powder sago fresh corn
- ✓ Fruit- Apple, Guava , Papaya, pears , Jamun fresh, pineapple
- ✓ Vegetable particularly mint,Carrots, Raddish, Onion , beet root, bottle gound, brinjal , cauliflower , Cucumber
- ✓ French beans, capsicum , lady finger, mango green,parwal, Pumpkin, Ridegourd, tinda, cooked tomatoes and cabbage

*Note- If potassium is high no fruits , no fruit juice, no coconut water, no veg shoup.
If no salt & fluid restriction then consume barely water, vegetable soup