

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 (moori) 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 | Paranths / 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 advise 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

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 | DIABETES