



DIABETES DIET PLAN



What is Diabetes?

Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. Blood glucose is your main source of energy and comes from the food you eat. Insulin, a hormone made by the pancreas, helps glucose from food get into your cells to be used for energy. Sometimes your body doesn't make enough—or any—insulin or doesn't use insulin well. Glucose then stays in your blood and doesn't reach your cells. Thus, leading to complications. Eating the right foods in the correct proportion at the right time can help you manage diabetes in a better way.

Early Morning:

(Calories: 240 kcal, protein: 5g approx)

1-tsp of fenugreek seeds (methi seeds) soaked overnight. Boil in 2-glass of water until it remains 1-glass, strain and drink. 3-4 almonds and walnuts (overnight soaked and peeled).

Info: The first food consumed after waking up on an empty stomach, everyday needs to help detoxify along with replenishing your system with essential nutrients while helping build immunity. Fenugreek Seeds are known for their property of controlling blood sugar levels.

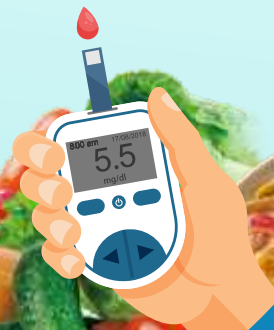
Info: Our daily motto should be "Be a soaker, not a bloater! Nuts, Seeds and grains contain inhibitors (like armor). Soaking helps to deactivate them.

4 - Reasons to soak nuts, seeds and grains.

- Improves Digestion.
- Builds Immunity.
- Unlocks nutrients- Soaking activates the full nutrients potential of food.
- The potency of Vitamin A, C and B gets a boost, protein becomes more available and live enzymes are released.
- Improves flavour and texture.



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Breakfast: 9:00–10:00 am
(Calorie : 240 kcal, Protein : 5g approx)

Info: The most important meal of the day, to break your fasting period is BREAKFAST. The advice given by The Himalayan Organics expert is to start your day with high protein, complex carbohydrates. Breakfast and what better than home cooked, low calorie, breakfast?

It helps build muscle and play a crucial role in fuelling the body with energy. Consuming enough and good quality protein with complex carbohydrates is crucial as it helps improve insulin sensitivity and also keep you full which may further help with managing weight and boosting your energy levels for the rest of the day.

Day 1

5-6 Sprouts Dhokla with Curd and Mint chutney + 1 Apple.



Day 2

2-Medium sized Ragi Dosa with fresh coconut chutney + 1 Fruit + 1 glass low fat milk.



Day 3

2-Moong Dal chilla stuffed with paneer and veggies + 1 Fruit.



Day 4

1 Bowl Vegetable Oats - 1 Bowl + 1 Fruit + 1 glass low fat milk.



Day 5

1-Bowl Vegetable Dal Dalia + 1 Fruit + 1 glass low fat milk.



Day 6

1- Bowl Milk Oats + 1 Fruit.



Day 7

1- Bowl Sprouts Vegetable Salad + 1 Fruit + 1 glass low fat milk.

(Note: Include fruits such as peaches, berries, pear, guava, plum, grape fruit, dry apricots and citrus fruits.)

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Mid Meal : 11:00 am

(Calories : 67 kcal, Protein : 4 g approx)

1-glass green smoothie (Spinach, Mint, Cucumber, Kiwi, Lemon)

Info : Mid-Morning snack is to take care of your hunger pangs in between the two meals. Time of the day, you need to add fibre in our daily diet. What can be a better option than a seasonal fruit, low in calories, rich in vitamins and minerals, along with high fibre.

Lunch: 12:30 - 1:00 pm

(Calories : 545 kcal, Protein : 24g approx)

2-3 Chapatis (Multigrain - 1 part ragi, 1 part bengal gram, 1 part soybean, 2 part whole wheat.) 1- Bowl Green Vegetable. | 1-Bowl Dal. | 1- Bowl Salad. | 1-Bowl Curd (without sugar)

Ingredients amount: 30g wheat flour = 1 chapati, 30g raw dal = 1 bowl cooked dal, 30g - raw rice = 1 cup cooked rice, 200g vegetables, 1 cup dahi = 100g)

(Note: One can replace chapatis with brown rice, 1 chapati = 1 medium bowl brown rice.)

Info: The Mid-day meal is key to your health and productivity. It has been proven through multiple researches that people who skip lunch tend to gain more weight because they overeat during dinner time to compensate for lunch. Eating lunch boosts physical and mental health. Ideally, a healthy lunch should offer a balance among all food groups: Grains, Pulses, Vegetables and Dairy.

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Evening Snack: 4:00 – 5:00 pm (Calories : 200 kcal, Protein : 5g approx)

1-Fist Roasted Peanuts + 1 Fruit.

Or 1-Fist Roasted Chana + 1 Fruit

Or 1-Bowl Makhana + 1 Fruit.



Info: Healthy evening snacking is the smartest choice. It helps reduce blood sugar levels and can fight off extreme fatigue one faces as the day ends. Avoiding pangs of hunger during the evening will push you to pick unhealthy choices for dinner and you may end up eating more junk food than planned.

Pre Dinner : 6:00 – 7:00 pm : (Calories : 90 Kcal, Protein : 2 g approx)

1-Bowl Freshly Made Vegetable Soup / 1 - Bowl Fruit (Apple +Kiwi + Papaya +Oranges).



Dinner : 8:00 pm (Calories: 370 Kcal, Protein : 16 g approx)

2- Chapatis (Multigrain) | 1- Bowl Green Vegetable. | 1-Bowl Dal. | 1-Bowl Salad.

Or 2 – Moong Dal Chilla with sauteed veggies and paneer stuffing.

Or 1-Bowl Vegetable Dal Dalia with 1-Bowl Salad.

Or 1-Bowl Brown Rice Khichdi with 1-Bowl Salad.



Info: Eat early and eat less. The earlier you eat your dinner, the better it is. When you wake up, our body works at BMR (BASAL METABOLIC RATE) but when you sleep, it slows down to RMR (RESTING METABOLIC RATE). The longer you are awake, the more your body will be able to burn versus burning less at rest, but as said earlier dinner is an important meal and it should not be skipped, so definitely eat a light dinner.

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Bedtime : 9:30 – 10:00 pm

1 – Glass Milk with 2-3 Walnut Kernels

Info: Taking Milk before bedtime provides essential amino acid tryptophan which is an amino acid that helps us sleep better. Tryptophan converts into serotonin, the hormone that gives you pleasure. Serotonin also increases the amount of melatonin in your body and melatonin is the hormone responsible for good sleep.



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