

# Diabetes Diet-

## Healthy Foods and Recipes

Uncontrolled Diabetes , Diabetic Retinopathy, Diabetic Neuropathy, Diabetic Ulcer

Foods that should not be taken during the treatment:



- Not More than 1 ltr of water/day (if there is water accumulation in lungs, liver, and other parts of the body due to heart diseases edema or body swelling)



- Milk and milk-based products (Except for curds/yogurt without cream)



- Aerated Beverages, Fruit Juices



- All forms of oils and fats



- More than 5gm salt



- Processed Baked products such as cookies, biscuits, etc



- Alcohol



- All meats except chicken and fish

## DIET TO BE FOLLOWED DURING THE TREATMENT

### Pre-Biotics

To be consumed once a day:

(a) Garlic – About 2-3 small pieces.

(b) Ginger – About 1 cm sliced.

(c) Fenugreek Seeds [soaked in water overnight or sprouted] – 1 teaspoon. Should be consumed once in the morning on an empty stomach. This is food for the beneficial microbes in the gut of the body and this acts as natural pre biotics and These microbes release enzymes which acts as a catalyst and helps in breaking down the food in the gut effectively. The nutrients from the foods helps in nourishing the cells in the body.

### Banana Stem Juice

To be taken twice, once in the morning and once in the evening. Helps in removing calcareous formations in the arteries and capillaries. This must be consumed twice a day (if possible), 100 ml each time.

### Flax Drink

Two times a day once in the morning and once in the evening. It contains omega 3 and omega 6 essential fatty acids (this helps in regulating the cellular metabolic activity and the cellular respiratory system) and high amounts of lignans (this helps in detoxifying the cells). One portion of flax diet has the nutritional equivalent of 100 KG of peanuts.



### Leached raw vegetable juice

Leached raw vegetable juice should be consumed twice a day. It acts as a natural supplement for maintaining cholesterol levels in the body and helps in thinning the blood, it also adds a rich nutritional value to the diet.

### Leached Cooked Leafy vegetables

Minimum 40-60% of your meal should consist of leached, Leafy vegetables and vegetable preparations.

### Pulses

Only 5-10% of your meal should consist of pulses.

### Cereals

Only rice and wheat should be consumed as it contains low levels of potassium. No more than 40 to 50 % of cereals should be consumed in each meal, as cereals contain 13-14% of indigestible protein and 65 to 70 % carbohydrates, for digestion it requires a lot of manual work , otherwise it will accumulate as a fats and which will enhances the glucose level in the body. No coarse grains should be consumed as it contains high levels of potash.

### Super cereals food

Consume more super cereals like Maize, Soya, Beans, etc.

### Fish

Up to 20% Baked fish with herbs can be consumed in a meal as it supports in regeneration of the kidneys and other organs.

### Chicken

Baked chicken can be consumed, however it should not constitute to more than 5% of the entire meal.

### Spice Drink

This can be consumed to help with allergies, fever, cold and cough.

## DIABETES DIETS DIFFERENT RECIPES

### 1) How to Leach Vegetables?

Vegetables and leafy vegetables should be immersed in water overnight, and this water should be then discarded. Thereafter, wash the vegetables/leafy vegetables in hot water before using in cooking for Kidney patients. While preparing the vegetables/leafy vegetables, the water released from the vegetables should be removed.

**Remember, raw vegetable juices are harmful for those suffering from Chronic Kidney Disorders.**



## 2) PREBIOTICS AND PROBIOTICS

### PREBIOTICS (FOOD FOR BENEFICIAL MICROBES)



Garlic

2 - 4 Garlic cloves



Ginger

1 cm slices



Fenugreek  
seeds

1 tea spoon Fenugreek  
seeds, soaked or sprouted

### PROBIOTICS (CONSUMING BENEFICIAL MICROBES WHICH ARE AVAILABLE IN THE FOODS)



Curd/  
Yoghurt



Pickle &  
Kimchi

### 3) FLAX DRINK

Flax seeds contain high levels of Omega 3 and, Omega 6 essential fatty acids and a substantial amount of Lignans. These essential fatty acids help in bolstering cellular metabolic and cellular respiratory activities, and lignans help in detoxifying the cells. One tablespoon of flax seeds, i.e. 15 grams and one table spoon flax oil, have a nutritional value equivalent to 100 kilograms of peanuts, or 6 kilograms of cashew nuts, or 1 kilogram of salmon fish. Adding 1 tablespoon of cold pressed flaxseed oil to flax drink, doubles its nutritional value.

#### Ingredients

Flax Seeds  
1 tbsp (15 grams)  
-  
Cold Pressed Flax Seed Oil  
1 tbsp (15 grams)  
-  
Curds (Yogurt)  
100 grams

#### Preparation Guide

In a small mixer grinder or a coffee grinder, grind the flax seeds to a fine powder.

-  
In a medium jar of a mixer grinder, add Flax Seed Powder Cold Pressed Flax Seed Oil Curds/Yogurt all the ingredients and give it a churn

-  
Add little water & churn again to make it into drinking consistency



Flax Drink

- NOTE**
- Consume the flax drink **within 15 minutes** of preparation
  - **Do not consume the flax drink if you are allergic to it.**
  - Generally, any forms of seeds will produce heat in the body as it contains oils. To help counteract this, drink buttermilk, salads, green gram, foods rich in vitamin c, fruits and vegetables.
  - Only freshly made flax drink must be consumed, it should not be prepared and stored for later consumption.
  - **DO NOT roast or heat flax seeds before consumption.**
  - **DO NOT powder the flax seeds and store it, Flax seeds must be powdered just before consumption.**
  - **Pregnant women and breastfeeding mothers must not supplement their diet with flax seeds, they must consume the flax drink under the consultation of a nutritionist.**

### 4) BANANA STEM JUICE

Banana stem is loaded with Vitamin B6. The taste of banana stem is bland with a slight bitter after taste. It helps in improving the overall health, assists with weight loss and people suffering from urinary tract infection, heartburn, cholesterol problems, constipation, acidity and ulcers. It helps in increasing the production of insulin and haemoglobin in the body, helps in retaining the muscle tone and helps in detoxifying the body. It also aids in the removal of calcareous deposits in the body such as kidney stones and helps in preventing high blood pressure.

#### Recipe

Remove the outer layers of the banana stem.

-  
After chopping the stem into small pieces grind it with buttermilk or water.

-  
Do not filter. The fibre itself has medicinal properties. It can be consumed as it is.



## 5) RAW VEGETABLE JUICE



### Ingredients

Beetroot  
 -  
 Bottle Gourd  
 -  
 Carrot  
 -  
 Cabbage  
 -  
 Cucumber  
 -  
 Celery or Coriander Leaves  
 About 20 grams  
 -  
 Pineapple or apple or any fruits  
 -  
 Betel Vine Leaf  
 1

### Preparation Guide

Leach all the raw vegetables and use a juice extractor or any other modes available to extract juice from the vegetables

### NOTE

- This Juice helps in controlling cholesterol and helps in thinning the blood. All the ingredients (except for coriander leaves and betel vine leaves) should be added to this recipe in equal proportion; all these vegetables must be leached before the preparation of the juice.

## 6) CORIANDER LEAF SOUP

This soup helps in releasing excess water and salt in the body, similar to the effects of a water pill.

### Ingredients

Coriander Leaves  
 100 grams  
 -  
 Garlic  
 15 grams  
 -  
 Ginger  
 15 grams  
 -  
 Green Chilli  
 1  
 -  
 Onion  
 a small amount; about 5% of the soup  
 -  
 Tomato  
 a small amount; about 5% of the soup  
 -  
 Water  
 As required

### Preparation Guide

Pound all the ingredients  
 -  
 Add all the ingredients to a pot and boil the contents



### NOTE

- While consuming this soup, the potassium levels in the body must be observed as the potassium levels should not go beyond the normal levels (CKD Patients).

## 7) MORINGA SOUP

Moringa leaves are rich in Vitamin C, Calcium, Iron, Ammino Acids, Protein and Potash; all these vitamins and minerals help the body heal and build muscle. It is also packed with anti-oxidants and substances which can protect the cells from damage. Moringa is also known to possibly boost the immune system of the body.

### Ingredients

Moringa Leaves	Garlic
250 grams	15 grams
-	-
Coriander Leaves	Green Chillies
30 grams	1
-	-
Black Pepper	Curry Leaves
4	1
-	-
Tomato	Ghee
1	½ teaspoon
-	-
Onion	Butter
1	
-	
Water	
1 liter	
-	
Ginger	
15 grams	
-	

### Preparation Guide

Add all the ingredients in a cooker or pot and boil it for 10 minutes ; after which grind all the contents in a mixer-blender.

Salt can be added to make the soup palatable HOWEVER people suffering from Kidney, Heart, Liver and Paralysis related problems should limit the amount of salt consumption to less than 5 grams a day.



## 8) GRAVIOLA POWDER



Graviola powder helps people who suffer from High Blood Pressure, Cancer, Liver Problems, Chronic Kidney Disease, Gastrointestinal Problems and Rheumatoid Arthritis.

Add 2.5 grams (1/2 teaspoon) with any of our health supplements or mix it with the flax drink, or it can be consumed as is by mixing it with a little water.

## 9) TURMERIC POWDER TABLET AND CREAM

**a. The turmeric powder tablets :** It is pungent to taste. It is recommended to consume one or two tablets a day. It has rich antioxidant value i.e curcumin.



### Ingredients

Turmeric Powder
½ tsp
-
Pepper Powder
1 pinch
-
Water
few drops

### Preparation Guide

Mix all the ingredients together to form a small tablet.

## b. Turmeric powder cream for open wounds due to varicose vein or any reason:

### Ingredients

Turmeric Powder  
½ tsp (15gms)  
-  
Pepper Powder  
1 pinch  
-  
Coconut oil  
few drops

### Preparation Guide

Mix all the ingredients together to form a cream/paste.



## 10) NEEM AND PEEPAL EXTRACT



### Ingredients

Neem Leaves  
*8 leaves*  
-  
Peepal Leaves  
*3-4 leaves*

### Preparation Guide

Grind all the leaves with a little water and extract 15 ml of liquid

## 11) FERMENTED RICE

Fermented rice is a good source of prebiotics, it is rich in Vitamin B-12 and other nutrients. We recommend you to incorporate this into your diet.

### Ingredients

Boiled Rice  
100 gms  
-  
Buttermilk  
150 ml

### Preparation Guide

Add buttermilk to the boiled rice and store it overnight in room temperature. The fermented rice should be ready to consume the following morning



## 12) OILLESS FISH FRY AND FISH CURRY

(acts like a water pill to remove excess salts and water also supports in cell regeneration process)

### Ingredients

Fish  
250 gms (cubed or as fingers)  
-  
Ginger  
½ inch piece  
-  
Garlic Paste  
4 flakes  
-  
Green Chillies  
2  
-  
Coriander Leaves  
1 tbsp  
-  
Mint Leaves  
½ tbsp  
-  
Lemon Juice  
Few drops

### Preparation Guide

Make a paste of all the spices and vegetables

-

Smear this paste on the fish pieces and marinate it for 15 mins

-

This can be cooked in two ways –

#### Method 1

Steam the fish for 15 to 20 mins

#### Method 2

Place the marinated fish in a tawa or griddle

-

Add two spoons of water and cook the fish by pressing the pieces with a spoon and cook on all sides on medium heat for 15 mts to 20



**Preparation -Fish curry:** Fry the paste with few drops of oil and after that add boiled water as per required curry consistency and place the washed fish and further boil it for 10 minutes or till it comes to boil. This curry can be eaten with rice or bread.

## 13) OILLESS MUSHROOM

### Ingredients

Mushroom  
250 gms (halved)  
-  
Ginger  
1 inch piece  
-  
Garlic Paste  
4 flakes  
-  
Green Chillies  
2  
-  
Coriander Leaves  
1 tbsp  
-  
Mint Leaves  
½ tbsp  
-  
Lemon Juice  
Few drops



### Preparation Guide

Make a paste of all the spices and vegetables

-

Smear this paste on the mushroom and marinate it for 15 mins

-

This can be cooked in two ways-

#### Method 1

Steam for 15 to 20 mins

#### Method 2

Place the marinated mushroom in a tawa or griddle

-

Add two spoons of water and cook the mushroom by pressing the pieces with a spoon and cook on all sides on medium heat for 15 to 20 minutes

**For preparation of curry:** Fry the paste with few drops of oil and after that put boiled water as per required curry consistency and place the washed mushroom and further boil it for 10 mins or till it is cooked. This curry can be had with rice or bread.



## 14) CHICKEN CURRY

### Ingredients

**Chicken**  
250 gms (Deskinmed and cut into medium pieces)

**Onion**  
1 (small and chopped)

**Green Chillies**  
2 (chopped)

**Ginger**  
½ inch

**Garlic**  
5 flakes

**Coriander Leaves**  
1 tbsp (chopped)

**Mint Leaves**  
½ tbsp (chopped)

**Tomato**  
1 (chopped, small)

**Pepper Powder**  
1 pinch

**Garam Masala**  
1 pinch



### Preparation Guide

Put all the spices and vegetables in a blender and make a paste of it, add a little water to adjust consistency. Smear this paste on the chicken and marinate it for 30 minutes.

This can be cooked in one of two ways-

#### Method 1-

- Place the marinated chicken in a pressure cooker, do not add water to it.
- Close the lid and on a medium flame cook it for one whistle. (In other words, boil it for 20 to 25 minutes)
- Switch off the flame and wait for the pressure to normalize.

#### Method 2-

- Place all the chicken in a pan or a kadai.
- Place a lid on it and cook on a medium flame, add water to adjust consistency.

## 15) VEGETABLE CURRY

### Ingredients

**Green Chillies**  
3

**Ginger & Garlic Paste**  
1 tbsp

**Garam Masala**  
To taste

**Turmeric Powder**  
¼ tsp

**Water**  
400 ml or 2/3rd of all the ingredients

**Leached Vegetables**  
80 to 95%

**Pulses**  
5 to 10%

**Onion**  
1

**Tomato**  
1

**Coriander Paste**  
1 tbsp

**Mint Leaves Paste**  
1 tbsp



### Preparation Guide

- Boil pulses separately and mix up with the vegetables
- Chop the chillies, onion and the tomato
- Add all the boiled pulses and other ingredients in a pressure cooker with water
- Cook on high flame until the curry is cooked, in other words, boil it for 20 to 25 minutes. Put tadaka or tempering with ½ tea spoon ghee or cold pressed oil, mustard & curry leaves

## 16) SUPER CEREALS FOOD (KHICHDI)

### Ingredients

Rice or Wheat less than 20 to 25 %	Mint Leaves chopped 1 tbsp
Leached Vegetables more than 60%	<b>Pulses</b> Should be less than 5 to 10% to of the recipe (any pluses except red gram and horse gram) separately cook and add to the preparations because the boiling point for pulses is more)
Chopped Onion 1	Curry Leaves 8-10 leaves
Coriander leaves chopped 1 tbsp	Garam Masala One pinch
Green Chillies 3	Turmeric Powder ¼ tsp
Ginger and Garlic Paste 1 tbsp	½ tea spoon ghee or cold pressed oil



### Preparation Guide

- Rinse and wash the rice or wheat and pulses
- separately cook pulses and add to the vegetables and other ingredients in the preparations because the boiling point for pulses is more.
- Put all the ingredients in a pressure cooker.
- Cook on a high flame for 3-4 whistles or until the khichdi is cooked (In other words, boil it for 20 to 25 minutes).
- Put tadka with very little oil, mustard and curry leaves.

### NOTE

The ratio between rice or wheat and leafy vegetables should be 1:3. Do not add salt, fats or oils. •

## 17) SUPER SALAD

### Ingredients

Radish	Carrots
Any Leafy vegetables	Cucumbers
Green Gram (Sprouted)	Sweet Potato
Bengal Gram (Sprouted)	Onion
Peanuts (Sprouted)	Tomato
	Coconut
	Beetroot
	Any dry fruits



### Preparation Guide

- Leach all the vegetables- ( overnight and rinse in hot water)
- Grate all the vegetables and mix them together with any type of dry fruits
- Add some spices( chat masala) and garnish as required

## 18) SPICE DRINK (FOR COLD AND COUGH)

Spice Drink provides relief from cough, cold and fever. The medicinal properties present in this drink also helps with the digestion process and enhances body immunity.



**Cinnamon**  
2.5 grams (0.10 Oz. or 1 teaspoon)  
(1 inch)

**Jaggery**  
2.5 grams (0.10 Oz. or 1 teaspoon)  
– For taste

**Water**  
150 ml (8.5 fl. Oz.)

### Ingredients required to prepare 250 ml (8.5 fl. Oz.) of Spice Drink

**Ginger**  
½ - 1 inch

**Black Pepper**  
2.5 grams (0.10 Oz. or 1 teaspoon) (8 no)

**Cloves**  
2.5 grams (0.10 Oz. or 1 teaspoon) (4 no)

**Cardamom**  
2.5 grams (0.10 Oz. or 1 teaspoon) (1)

### Consumption Guide

Consume as recommended  
-  
Else, drink it twice or thrice a day as  
required like tea

### Preparation Guide

Pound all the ingredients and boil  
it for few mintues  
-  
Add the water in a pot  
along with the ingredients and  
bring to boil  
-  
Once the solution comes to  
boil, bring down the flame and  
simmer for the next 5-10 minutes  
-  
Pass the solution through a  
sieve

### NOTE

Take equal quantities of all spices and coarse grind. Store in a glass jar, will be easy to prepare if this •  
powder is ready.