

DIET IN DIABETES

Dr. Zubin Vaid

SAMPLE DIET

6.00-8.00 am	Water	Methi/Fenugreek 1-2 tsp seeds (Soaked overnight) in 1/2 glass of water along with the water
7.00 – 9.00 am	Tea + Breakfast	<p>Tea / Coffee / 1 Cup no/less milk with $\frac{1}{2}$ tsf sugar</p> <p>AND</p> <p>Oat Meal Porridge OR Idlis/Dosa 2 small /1 small respectively OR Omlette tomato/egg OR Diet Khakras OR OR Poha 1 cup OR OR Sprouted Legumes OR OR 1 Paratha (mooli/methi/cabbage/paneer)OR OR 1 Chapatti + Veg 1 vati</p>
11.00 am	Mid-Morning Snack	<p>Fruit 1 small (around fistful quantity)</p> <p>OR Soup 1 Bowl Clear (veg/chicken/mutton)</p> <p>OR Buttermilk Thin</p> <p>OR Dry Fruits (walnuts/almonds/Pistachio) 4-8</p> <p>OR Granola bar ($\frac{1}{2}$ and sugar free)</p> <p>OR Salad/Cucumber/Carrot with/without curd</p> <p>OR Sprouts</p>
1.30 – 2.00 pm	Lunch	<p>Salads and/or Soup (optional)</p> <p>+ Chapattis or Rotis 1-3, Phulkas 2-4 without added oil (depending on size and blood sugars..... discuss with your doctor)</p> <p>+ Vegetables,Gravy (Veg or N.Veg) and Pulses (2 vatis)</p> <p>+ Dal / Kadhi / Sambhar (1 vati)</p> <p>+/- Rice 1 vati could be added.</p> <p>+/- Curds or Buttermilk 1 vati</p>
4.30 – 5.00 pm	Tea + Snacks	<p>Tea / Coffee 1 cup AND</p> <p>Sprouts / Fruit/Dry Fruits/Salad (see Pinup of low calorie snacks attached)</p>
8.00 – 9.00 pm	Dinner	Refer to Lunch plan and use similar plan
9.00 – 11.00 pm	Bedtime (optional)	<ul style="list-style-type: none"> 1 Cup Skimmed Milk (optional)

FOODS ALLOWED AND DISALLOWED

Golden Rule

All processed foods should be minimized or omitted and all natural foods could be had in small to large quantities.

FOODS THAT CAN BE CONSUMED IN **LARGE** QUANTITIES

- Salads
- Clear soups,
- Tea/coffee (without milk),
- Buttermilk (without cream or salt),
- Lime juice (without sugar),
- Soda water.
- Clear vegetable/chicken soup

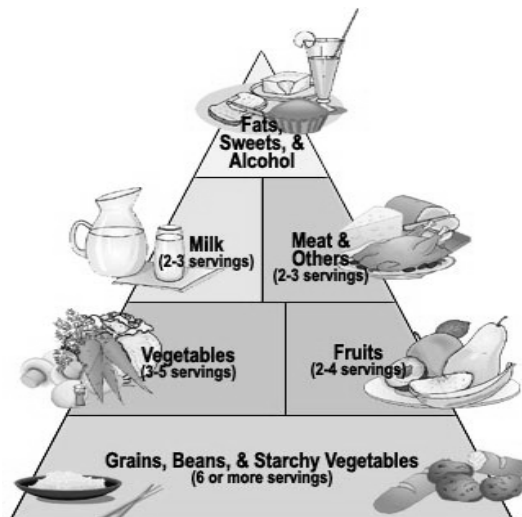
FOODS TO BE TAKEN IN **MODERATE** AMOUNT

- **Vegetables**... green leafy better. Avoid fleshy vegetables like potato and yam (suran)
- **Cereals** based food items from rice, wheat, jowar, bajra, corn, ragi, etc.
- **Legumes** like dals, whole pulses.
- **Fruit** in moderation. (Always have fruit as a snack i.e. at around 11 am or 5-6 pm between lunch and dinner..... never immediately before or after a meal)
 - **Fruits to be consumed in very less amounts**
 - Grapes (have max 10 at a time),
 - Banana yellow (small only);
 - Chikoo: 1 small
 - Mango: 1 slice at a time
 - Sitaphal and Litchis avoid
 - Fruit juice (avoid or have half a glass at a time preferably as a snack)
- **Dry Fruits**
 - Walnuts Almonds and Pistachio can be taken in moderation
 - Raisins can be taken as a snack or to counter the craving for having a sweet e.g. after a meal.... 5-7 at a time only
- **Dairy**
 - Skim milk and its products like skim curds, skim paneer etc.
 - Avoid whole milk and its products on a regular basis
 - Can be used as a snack between meals or at bedtime if hungry.
- **Non Vegetarian Food**
 - For non-vegetarians use of fish and chicken permitted in moderation. However Non Veg food is often accompanied by increased oil in the gravy in the Indian Style cooking which should be avoided. Grilled and boiled preferred. Spices allowed.

- Avoid red meat but can be had once in a while.

FOODS TO BE **AVOIDED/NOT TO BE TAKEN**:

- **Free sugars** like sugar, jaggery, honey, glucose, syrup.
- Commercial food products like jams, jellies, ice cream, candies, **chocolates**, **pastries**, **cakes**, halwas, burfies and all Indian **sweets**.
- All **soft drinks**.
- Refined flour (**maida**) and its products like bread, biscuits, toast, khari, samosa, pastries, etc. (bakery products).
- **Fried** oily foods, ghee, **vanaspati**, **butter** and cream can be taken only once in a while in very small quantities.
- **Oil** consumption - Ideally, $\frac{1}{2}$ litre / person / month OR 15 ml / person / day. Olive oil (best), rice bran oil (2nd best), groundnut oil, Sunflower oil (good enough), mustard oil should be preferred. Use of ghee, butter, coconut oil, palm oil should be avoided. But the quantity is more important than the choice of oil.
- Fatty meats like ham, bacon, pork, sausages and instant noodles, macaroni
- Cream biscuits, sago, noodles, horlicks, bournvita, preserved fruits and all instant commercial foods.
- Shell fish and organ meats as they are high in cholesterol.
- Whole milk, condensed milk, butter, cheese
- Dry fruits- no figs and dates. (1 tbsp walnuts, raisins, almonds allowed)



OTHER GENERAL PRECAUTIONS

- **Beware of Hypoglycemic symptoms** with certain medication (hunger, sweating, trembling, dizziness, palpitations, weakness, headache, restlessness) immediately eat 1 tsp of sugar or jaggery. Other options are normal food or a cold drink or chocolate if symptoms seem very severe. Try to test the sugars before intake of sugar but do not delay eating if symptoms are severe.
- **Bulky large meals** to be avoided
- **Large gaps between meals** to be avoided with certain diabetic medication ... ask me if such medication ongoing. Avoid "fasts" or overexertion also if such tablets ongoing.
- **Exercise** - $\frac{1}{2}$ to 1 hour daily. If not practically possible due to various reasons even 15-20 minutes of intense exercise much better than not doing anything and should not be skipped. Brisk walking could be the easiest form of exercise but any other form which suits the individual like cycling, swimming, gymming, sports etc can be undertaken.
- **No smoking** as it affects the heart and lungs and diabetes will have a compounded damaging effect.
- Artificial sweetener could be used.

A Handy Pin UP List of Mid Meal Low Calorie Snacks for Diabetics

- 1. Clear Soups**
- 2. Lime Juice without sugar**
- 3. Salads/Cucumber/Carrots with/without curd**
- 4. Sprouts**
- 5. Buttermilk**
- 6. Low Fat Milk**
- 7. Tea Coffee**
- 8. Fruit**
- 9. Nuts, preferably almonds, walnuts, Pistachio (6-12 at a time)**
- 10. Raisins 1 tsp**
- 11. Diet Khakras**
- 12. Mamras**
- 13. Peanuts**
- 14. No Sugar Granola Bars**
- 15. 1 -2 slices brown bread with butter / tomato/ chutney/ cucumber**
- 16. Oats with skimmed milk**
- 17. Ragi and Oat Crackers**
- 18. Sprouts of any legumes**
- 19. Boiled/scrambled egg**

Other Instructions in Diabetes for patients and their relatives

➤ **HYPOGLYCAEMIA :**

- ✓ Certain OHAs and/or certain Insulin Injections can sometimes bring down your sugar levels to less than normal limits i.e. cause "hypoglycaemias"
- ✓ **The symptoms of "Hypoglycaemia" may range from sudden hunger, dizziness, cold sweating , trembling , confusion and can go to the extent of irrelevant talks and sudden unconsciousness.**
- ✓ If such symptoms occur and the patient is conscious and alert give a sugar loaded drink (eg soft drink or glucon D) or a chocolate .
 - ✓ If the patient is very drowsy or unconscious , **rush him/her to the emergency department of the nearest hospital** .Do not attempt to forcefully give a sugar drink to such unconscious patients since there is a risk of aspiration. Also report to me or my clinic immediately.
- ✓ Also try to check with the Glucometer the blood sugar before taking sugar if the symptoms not very severe.