



## SAMPLE INDIAN DIET PLAN FOR DIABETES TYPE-2

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TIME	DIET PLAN
6:00 AM	Lemon water- Add half a lime, pinch of turmeric and bitter gourd powder to 1 cup of lukewarm water +1tsp flaxseeds+4-5 almonds/pumpkin seeds/ 1 walnut
6:30 AM	Walk for 45 mins
7:30 AM	Coffee/tea without sugar and with low fat milk
10:30 AM	1tsp Isabgol (a medicinal herb) mixed with 1 cup of lukewarm water
11:00 AM	2 small rotis with vegetable dish + 1 cup milk/tea without sugar or 1 cup of fruit
1:30 PM	2 small rotis with vegetable dish+ i cup salad + 1 cup curd + 1 cup milk/tea without sugar
4:30 PM	i cup tea with sugar + savoury snacks/namkeen
7:00 PM	1 cup vegetable soup + small portion of rice + dal/buttermilk

## TIPS TO TRY

- Salad can be made of raw vegetables like carrot, tomato, cucumber, onions, beetroot, radish, lettuce with a sprinkle of lemon/orange juice or vinegar or grated lemon peel.
- Fats of plant origin – from avocado and nuts like almonds, walnuts and peanuts help in sugar control if taken in moderation. Seeds like pumpkin seeds and flax seeds also help.
- Avoid processed food, packaged food, chips, pastries, cakes, white bread, white rice, white flour ( maida ), pasta, sweetened breakfast cereals, fast foods, restaurant food, candy, fruit juices, dried fruit, potatoes, desserts.
- In fruits- apples, pears, peaches, berries, citrus fruits can be eaten. Grapes, mango, banana- intake should be restricted.
- In vegetables- green leafy vegetables, cauliflower, broccoli, beans, bitter gourd, tomatoes, peppers, okra, are helpful. Potatoes are not advised, but sweet potatoes have a lower glycemic index and have fiber. Peas, carrots, beets should be taken in moderation. Lentils are good.
- Ghee and butter should be taken in moderation.
- A pinch of cinnamon on bread or added to tea/ coffee helps stabilize blood sugar.
- Barley grains added to soup increases its fiber content.
- Fatty fish like salmon & mackerel are good. Once or twice a week eating meat/fish is fine.
- Good sleep, adequate amounts of vitamin D and a stress free life also play an important role in reversing diabetes

# BLOOD SUGAR LEVEL TRACKER

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FASTING GLUCOSE RANGE- 70-100

2 HRS POST MEAL RANGE- <140

CURRENT FASTING VALUE-

CURRENT POST MEAL VALUE-

DATE	FASTING VALUE	POST MEAL VALUE	NOTES TO MYSELF
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