

## 1200 Calories Diabetic Diet

Foodstuff	Vegetable (gm)	Non-vegetables (gm)
Cereals	150	185
Pulses	60	15
Green leafy vegetable	200	200
Other vegetables	200	200
Fruits	100	100
Milk	300	100
Oil	10	150
Flesh foods	---	50
<b>This diet provides :</b>	<b>Gm</b>	<b>% Calories</b>
Proteins	50	16
Fats	20	21
Carbohydrates	190	63

## Sample Menu

	Cooked Food	
	Vegetarian	Non-vegetarian
<b>Bed tea</b>		
Tea/Coffee	1 cup	1 cup
<b>Breakfast</b>		
Toast	One	Two
Milk	1 cup	---
Tea/Coffee	---	1 cup
Orange	One	One
<b>Lunch</b>		
Rice	1K	1K
Sambar	1K	1K
Amarnath	1K	1K
Buttermilk	1K	1/2 K
Tomato	One	One
Cucumber	One	One
<b>Evening</b>		
Tea/Coffee	1 cup	1 cup
Upma	1/2k	1/2 K
<b>Dinner</b>		
Phulka	Three	Four
Lentil dhal	3/4k	---
Beans curry	1k	1 K
Egg curry	---	1 K
Butter milk	1k	--
Tomato	One	One
Radish	One	One
Oil to cook	3 tsp	4 tsp

With fenugreek seeds 12.5 gm