

1500 Calories Diabetic Diet

Foodstuff	Amount	
	Vegetarian	Non-vegetarian
Cereals	225	250
Pulses	60	20
Green leafy vegetables	200	200
Other vegetables	200	200
Fruits	100	100
Milk	300	150
Oil	15	20
Flesh foods	--	70
This diet provides :	gm	% Calories
Proteins	60	15.5
Fats	37	21.5
Carbohydrates	244	63.0

Sample Menu

	Cooked Food	
	Vegetarian	Non-vegetarian
Bed tea		
Tea/Coffee	1 cup	1 cup
Breakfast		
Toast	two	Two
Egg (half boiled)	---	One
Milk	1 cup	---
Tea/Coffee	---	1 cup
Orange	One	One
Lunch		
Rice	2K	2 K
Phulka	One	One
Sambar	1K	1K
Spinach	1K	1 K
Curd	1/2K	1/4 K
Tomato/Cucumber	One	One
Pickle	1 piece	1 piece
Evening		
Tea/Coffee	1 cup	1 cup
Upma	1/2k	1/2 K
Dinner		
Phulka (chapati)	Three	Four
Green gram dal	1 K	---
Cauliflower curry	1 K	1 K
Fish/Chicken curry	---	2 piece
Roasted papad	one	One
Tomato/Cucumber	One	One
Before going to bed		
Milk	1 cup	1/2 cup
Oil to cook	4 tsp	5 tsp