

## 2000 Calories Diabetic Diet

Foodstuff	Amount (gm)	
	Vegetarian	Non-vegetarian
Cereals	300	350
Pulses	70	25
Green leafy vegetables	200	200
Other vegetables	200	200
Fruits	200	200
Milk	400	200
Oil	20	30
Flesh foods	---	30
<b>This diet product:</b>	<b>gm</b>	<b>% Calories</b>
Proteins	64	13
Fats	48	22
Carbohydrates	328	65

## Sample Menu

	Cooked Food	
	Vegetarian	Non-vegetarian
Tea/Coffee	1 cup	1 cup
Toast	Three	Four
Egg (half boiled)	---	One
Milk	1cup	---
Orange	One	One
Rice	2 K	2 K
Phulka	One	One
Sambar	1K	1 K
Cabbage	1/2 K	1/2 K
Buttermilk	1 K	1/2 K
Tomato	One	One
Cucumber	One	One
<b>Evening</b>		
Tea/Coffee	1 cup	1 cup
Tomato sandwich	Two	Two
<b>Dinner</b>		
Phulka (chapatti)	Two	Three
Rice	1/2 K	1/2 K
Moth	1 K	---
Dondkari curry	1 K	1 K
Chicken roasted	---	1 piece
Curd	1 K	---
Cabbage salad	2 tbsp	2 tbsp
Onion (medium)	One	One
Note oil to cook	5 tsp	6 tsp