

## Diabetic for Children

Foodstuff	Amount (gm)	
	Vegetarian	Non-vegetarian
Cereals	375	425
Pulses	60	20
Green leafy vegetables	200	200
Other vegetables	200	200
Fruits	200	200
Milk	300	150
Oil	25	30
Flesh foods	---	50
<b>This diet product:</b>		<b>% calories</b>
Calories	2265	
Proteins	75g	13.3
Fats	60g	23.8
Carbohydrates	356g	62.9

## Sample Menu

	Cooked food	
	Vegetarian	Non-vegetarian
<b>Early morning</b>		
Milk	1 cup	1 cup
Breakfast		
Toast	Three	Four
Egg	---	One
Milk	1 cup	---
Butter	3/4 tsp	1 tsp
Orange	One	One
<b>Lunch</b>		
Rice	1 K	1 K
Phulka	Three	Three
Sambar	1 K	1 K
Fenugreek leaves	1/2 K	1 K
Butter milk	1 K	1/2k
Tomato/Cucumber	One	One
Radish	One	One
<b>Evening</b>		
Tea	1 cup	1 cup
Cucumber sandwich	Two	Two
<b>Dinner</b>		
Phulka (chapati)	Three	Four
Rice	1/2 K	1/2 K
Bengal Gram Dal	1 K	--
Curd	1 K	---
Cabbage	Two K	Two
Brinjal curry	1 K	1 K
Fish curry	---	1/25
Tomato	One	One
Oil to cook	5 tsp	6 tsp