

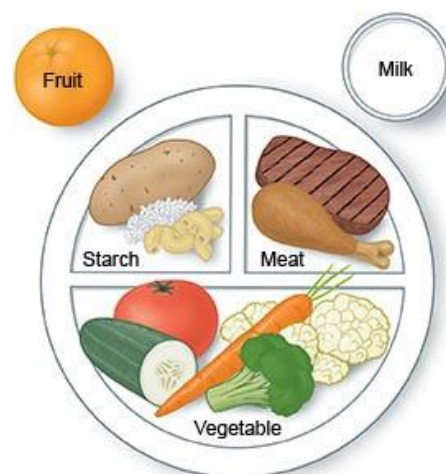


# **A guide to managing your diabetes: Indian Diet**

<b>Date:</b>	
<b>Patient:</b>	
<b>Dietitian Contact:</b>	01-8172548
<b>Diabetes Midwife Contact:</b>	087-3731693 or 087-6832477

## World Foods: Indian Diet Diabetes Information

Carbohydrate-containing foods are broken down into glucose at different rates. **The Glycemic index (GI)** is as a measure of how quickly glucose is released from a food into your blood. **Unprocessed** carbohydrate foods, which are **low in sugar** and **high in fibre** often have a lower GI value and release glucose more slowly. This may help to manage your blood glucose levels. They also have a higher nutritional value, which is important for a healthy pregnancy.



### Tips to manage your diabetes

- Aim to eat 3 regular meals per day, with 2-3 snacks between your meals
- Avoid adding sugar to your tea or milk - try using a sweetener instead
- Try to avoid naan, paratha, jowar and appam which have a higher GI value, and release glucose quite quickly
- Bombay mix is high in salt and should be avoided
- Choose lower fat foods and reduce fried food (e.g samosa, bhaji, pakora, poppadom)- limit ghee and choose olive, rapeseed, canola oil as an alternative
- Think about the plate model - more than half of your plate should be filled with salad or vegetables at meals
- Choose healthy desserts such as plain lassi, natural yoghurt with berries or a piece of suitable fruit (see table and limit to 1 piece at a time). Try to avoid dried fruits and evaporated milk
- Make notes in your blood glucose diary if your blood glucose levels are higher than you targets, this will help you understand your blood glucose levels and foods that may be affecting them
- We recommend approximately 1.5- 2 cups of cooked rice as a portion at lunch/evening meal = 150g-200g cooked weight



## BETTER carbohydrate foods to choose

<b>Breads and flours</b>	<p>Wholegrain, granary, multiseed, stoneground wholemeal (e.g. McCambridge®), rye, “Low GI” bread (<i>Aim less than or equal to 15g carbohydrate per slice</i>)</p> <p>Pitta, chapatti or roti made from chickpea/gram, barley, or whole-wheat/wholemeal flour/atta</p> <p>Dalia (Bulghar/cracked/ broken wheat)</p> <p>Poha (red or brown rice)</p> <p>Idli (basmati rice and lentils)</p> <p>Wholewheat dosa</p> <p>Semolina</p> <p>Buckwheat</p> <p>Wholegrain freekah</p> <p>Cheela/Besan (gram flour)</p> <p>Upma (rava)</p> <p>Millet/ragi (if soaked overnight)</p>
<b>Cereals</b>	Jumbo porridge oats, All Bran® (sticks) or Shredded Wheat®.
<b>Grains</b>	Whole-wheat pasta, white pasta, egg /soba/mung bean noodles, basmati rice, red rice, brown rice, whole barley, quinoa, wholemeal couscous
<b>Potato</b>	<p>Sweet potatoes, yams, cassava</p> <p>Boiled/steamed new or baby potatoes (with skin)</p> <p>Homemade chips/sweet potato fries (skin on)</p>
<b>Snacks</b>	Wholewheat crackers, Rye crispbread with seeds (e.g. Ryvita®) and oatcakes. Popcorn (preferably unsalted)
<b>Fruit /veg</b>	Good choices include: Apple, pear, peaches, plums, berries, fresh figs, kiwi, oranges, grapefruit ( <i>Only 1 at a time and not at breakfast</i> )
<b>Milk &amp; Yoghurt</b>	<p>Plain, Greek, natural, “diet” and no added sugar flavoured yoghurts (<i>Aim less than 12g carbohydrate per serving</i>).</p> <p>Natural yoghurt or curd</p> <p>Raita</p> <p>Whole, low-fat, skimmed and butter milks. Milk alternatives (soy, nut and oat milks) with <u>no added sugar</u> (<i>aim for 5g total carbohydrate per 100ml, or less</i>).</p>



## Carbohydrate Portions

The foods listed below all contain similar amounts of carbohydrate (10-15g) in one serving (or “choice”). As a general guide, most women will need to eat:

- ✓ **1-2 carbohydrate “choices”** at breakfast
- ✓ **3-4 carbohydrate “choices”** at other main meals
- ✓ **and 1 carbohydrate “choice”** at snack

<b>1 carbohydrate choice equals:</b>	
<b>Food</b>	<b>Serving size</b>
All Bran®(sticks)	30g
Shredded Wheat®	1 biscuit (22g)
Porridge (jumbo oats)	20g / ¼ cup/ 2 tbsp (oats)
Bread (e.g. wholegrain, stoneground or low GI)	1 medium slice (30-35g)
Chapatti/roti	½ of 8” chapatti/roti (60g)
Wholegrain/seeded oat crackers /seeded crispbread	2 crackers
Rice(wholegrain/basmati), wholegrain freekah, pasta or egg noodles/poha/idli	50g / ½ cup (cooked) or 20g (uncooked)
Cheela/Besan (gram flour)	75g (cooked)
Wholewheat dosa	50g cooked (or 1 small 8 cm)
Bulgar/buckwheat/quinoa	75g (cooked )
Sweet potato	75g (boiled) or 50g (baked)
New or baby potato (boiled)	100g or 3 baby potatoes
Couscous (semolina)	70g (cooked) or 20g (uncooked)
Apple, orange or pear	1 medium fruit
Kiwi, mandarin or plum	2 small fruit
Berries	1 cup/ handful
Yoghurt (plain, natural)	125g pot
Cow’s milk /Buttermilk/lassi (plain)	200ml glass
<i><b>Milk alternatives (e.g. soy, nut, oat drinks) with <u>no added sugar</u> contain varying amounts of carbohydrate. Aim for 5g total carbohydrate per 100ml, or less.</b></i>	

Use the **sample meal-plan** below and the list of **carbohydrate “choices”** to help plan your meals.

Meals should be adjusted to suit your individual needs. Talk to your dietitian about a plan that is right for you.

**Breakfast:** (1-2 carbohydrate choices)

- ✓ 1 x (8inch/60g) large wholewheat or 2 x small (4inch/30g) roti/small chapatti/phulka with panneer/ egg/ omelette
- or Vegetable curry with 1 x medium (8 inch/60g) chickpea roti
- or 100g idli (2 x small, steamed)
- or 140g cooked ragi/millet (soaked overnight) or upma
- or 3 x tablespoons jumbo oats (uncooked) made with 200ml milk + boiled egg
- or 1 cup cooked basmati rice with curry
- or 1 Shredded Wheat<sup>®</sup> /30-40g All-Bran<sup>®</sup> sticks + 150-200ml milk

*Hormones can make managing blood glucose levels at breakfast harder than after other meal. Eating a small meal at this time can help.*

**Mid-morning snack:** (1 carbohydrate choice)

- ✓ 2 Ryvita<sup>®</sup> /whole-wheat crackers + 30g light cheese
- or 1 pot of yoghurt with 3 spoons of berries
- or 200ml milk /buttermilk or plain lassi (small glass)
- or 1 piece of fruit (pear/apple/orange)+ small handful of nuts or nut butter (no sugar)
- or 1 slice of bread + turkey/chicken/cheese + salad.
- or popcorn (15g bag) + handful of nuts
- or ½ cup poha (50g)
- or cucumber with 125g curd + handful nuts

**Lunch:** (3-4 carbohydrate choices)

- ✓ 1-1½ chapatti/roti/dosa or 100-150g cooked rice/broken wheat/steamed idli or 200-300g boiled potatoes
- ✓ **and** curry (aloo gobi/choolay/sambhar/rasam/rajmah) or meat or fish or chicken or eggs or cheese (panneer) or beans
- ✓ **and** vegetables or salad or homemade soup
- ✓ **and** 1 fruit/1 milk/1 yoghurt
- ✓

**Afternoon snack:** (1 carbohydrate choice)- See morning snack ideas

**Dinner:** (3-4 carbohydrate choices)

- ✓ 1-1½ chapatti/roti/dosa or 100-150g cooked rice/broken wheat/steamed idli or 200-300g boiled potatoes
- ✓ **and** curry (aloo gobi/choolay/sambhar/rasam/rajmah) or meat or fish or chicken or eggs or cheese (panneer) or beans
- ✓ **and** vegetables or salad or homemade soup
- ✓ **and** 1 fruit/1 milk/1 yoghurt

**Supper:** (1 carbohydrate choice and protein)

- ✓ 1 slice of bread/ 2 Ryvita®/ 3 oat crackers  
+ cheese/ egg/ peanut butter  
**or** 200ml milk /buttermilk or plain lassi (small glass)  
and handful nuts

***You should not go hungry. If you feel hungry or notice any weight loss, ask to speak with your dietitian to make sure you are getting enough nourishment.***

The following foods should be considered as 1 starchy carbohydrate choice if you are eating more than ½ cup, and so you will need to slightly reduce your portion of starchy carbohydrate (rice/chapatti)

- Moong beans, peas, beans (rajmah)
- Dishes made with lentils such as dahl, sambhar, rasam
- Dishes made with chickpeas such as sundal
- Dishes such as aloo gobi which contain a small amount of potatoes should also be considered as 1 starchy carbohydrate choice
- Homemade vada/bada (lentils, green chilli, spices)- fried in a small amount of oil

**The following are carbohydrate free snack ideas and can be included if you are feeling hungry outside of meal and snack times:**

- ✓ Hard-boiled egg and fresh cut vegetables
- ✓ Ground flax seeds
- ✓ Panneer  
Rasam soup
- ✓ Roasted peanuts/nuts
- ✓ Vegetables and salad (e.g. tomatoes, carrot, cucumber) with hummus
- ✓ Chai tea (limit caffeine intake to 2-4 cups/day)
- ✓ Olives
- ✓ Cottage cheese
- ✓ Cucumber with cheese

Dont forget all vegetables and salads are carbohydrate free too including: bhindi(okra), baingain (eggplant), karela (bitter melon), gobi (cauliflower)/phul gobi, palak (spinach)