

South Asian Meal Plan for Diabetes – 30 gram Carbohydrate

This meal plan contains ideas for meals that each have 30 grams of carbohydrates

Tips for Healthy Eating

- ✓ Chose healthy fats in moderate amounts (olive oil, canola, non-hydrogenated margarine).
- ✓ Chose lower glycemic foods more often (chana flour, whole grain toast, bulgur).
- ✓ Include protein with each meal:
 - Replace homemade yogurt with plain Greek yogurt.
 - Use a variety of lentils, legumes, and beans.
 - Add nuts to cooked cereals and salads.
- ✓ Try to eat 7 to 10 servings of vegetables and fruits per day.
 - Include extra veggies as snacks. Add chopped raw vegetables, such as cucumber and radishes, to yogurt for a snack.
 - Add mixed vegetable salads to meals.
- ✓ Include vegetarian meals using beans, lentils, peas or tofu.
- ✓ Chose low fat dairy products (skim or 1% milk and yogurt).
- ✓ Try to have dinner no less than 3 hours before bedtime.
- ✓ Eat your meals every 4 to 6 hours apart. If your meals are spaced more than 4 to 6 hours apart, enjoy a healthy snack between meals.

Tips for Saving Money

- ✓ Try buying items in bulk such as pasta, cereal, oatmeal, nuts, etc.
- ✓ Buy in-season fruits and vegetables.
- ✓ Buy day-old bread and store bread in freezer.
- ✓ Buy no-name brand products.
- ✓ Check flyers and watch for coupons.

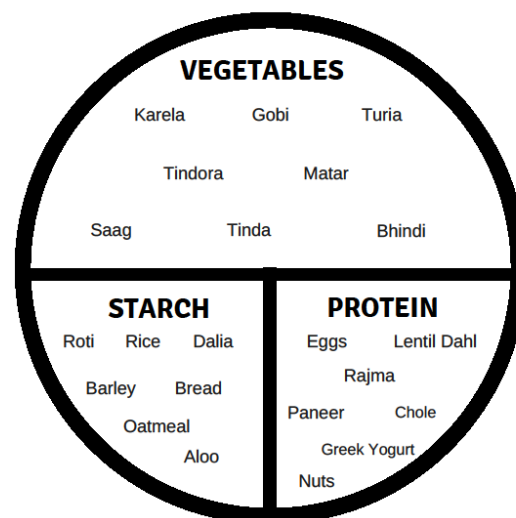
Variations of roti

Methi roti: Chopped fenugreek leaves added to atta for making roti

Missi roti: black chickpeas flour, chopped onions with spices added to atta for making dough

Parantha roti: dough ball stuffed with any grated, chopped, cooked vegetable with spices (popular stuffing choices: gobi, mooli, aloo etc.)

Try not to use a traditional style of making of above rotis or paranthas. Stay away from pooris or other deep fried choices.



Example meal plans

	Monday	Tuesday	Wednesday	General Tips:
Breakfast	1 slice whole grain toast 50g cheddar cheese 1 small orange (santra) 1 cup chai (no sugar)	$\frac{3}{4}$ cup dalia (sweetened with stevia/Splenda) $\frac{3}{4}$ cup plain Greek yogurt $\frac{1}{2}$ cup blueberries 1 cup chai (no sugar)	1 slice whole grain toast 1 Tbsp. peanut butter 2 boiled eggs $\frac{1}{2}$ medium guava (amrood) 1 cup chai (no sugar)	<p>Carb Counting Sabji (per $\frac{1}{2}$ cup serving):</p> <ul style="list-style-type: none"> – Gobi ki sabji (no aloo) = 0g carbohydrate – Lauki tamatar sabji = 0g carbohydrate – Kadai Bhindi = 10g carbohydrate – Matar ki sabji = 15g carbohydrate – Aloo Gobi = 15g carbohydrate – Kaddu ki sabji = 15g carbohydrate <p>Comparing Grains: 15 grams carbohydrate =</p> <ul style="list-style-type: none"> – 1/3 cup rice – 1/2 cup barley – 2/3 cup bulgur – 3/4 cup dalia/oatmeal <p>Tips to reduce carbohydrate content: Mix rice with cauliflower: 1/3 cup rice + desired amount of cauliflower = 15g carbohydrate</p> <p>Make roti/chapatti with a mixture of high fibre atta (whole grain, chana, soy bean) One 6" roti made of refined atta = 15g carbohydrate One 6" roti made with whole grain atta = 10 to 11g carbohydrate, 2g fibre</p> <p>To make a smaller roti, try making the dough ball the size of a table-tennis ball.</p>
Lunch	1 cup tinda masala 1.5 small 6" whole grain roti 1 cup cucumber raita Water	1 cup saag $\frac{1}{2}$ cup paneer 1 small 6" whole grain roti $\frac{1}{2}$ cup papaya (papita) Water	$\frac{1}{2}$ cup lentil dhal 1 small 6" roti 1 cup cucumber and radish raita 1 cup mixed vegetable salad with low fat dressing Water	
Afternoon Snack	1 cup chai (no sugar) $\frac{1}{4}$ cup nuts	1 cup chai (no sugar) $\frac{1}{4}$ cup nuts	1 cup chai (no sugar) $\frac{1}{4}$ cup nuts	
Dinner	$\frac{1}{2}$ cup lentil dhal 1 small 6" whole grain roti 1 cup saag $\frac{1}{4}$ cup paneer 1 cup mixed vegetable salad with low fat dress	1 cup tofu curry $\frac{2}{3}$ cup brown rice 1 cup gobi ki sabji $\frac{1}{2}$ cup plain Greek yogurt Water	$\frac{1}{2}$ cup chhole 1 small 6" whole grain roti $\frac{3}{4}$ cup lauki tamatar sabji 1 cup baked karela Water	

*Tbsp. = Tablespoon, tsp = teaspoon, g = gram