

How can I exchange one food from the other to add variety in my meals?

1 medium katori	=	150ml
1 cup	=	200ml
1 glass	=	250ml
1 teaspoon	=	5gms
1 tablespoon	=	15gms

1 Cereal Exchange (25gms) gives 85kcal = 1 chapatti/1 slice of bread/1 medium katori cooked rice/1 medium katori cooked Dalia or oats or upma or Poha/1 medium size idli/2 Marie biscuits

1 Pulse Exchange (30gms) gives 100kcal = 1 medium katori of cooked dal (any)

1 Fruit Exchange (80-100gms) gives 60kcal = 1 medium size apple/orange/pear/guava/banana/pomegranate/10-12 pieces of 2" cubes of papaya/5-6 plums or strawberries

1 Vegetable Exchange (100gms) gives 25-50kcal = 1 medium katori of cooked vegetable like green leafy (spinach, bathua leaves, mustard leaves) and other vegetables (ladyfinger, beans, cauliflower, cabbage, capsicum, carrots, brinjal, onion)

1 Milk Exchange (200ml) gives 130kcal = 1 cup toned milk/1 medium glass

1 Meat Exchange (75gms) gives 85kcal = 3 small pieces of meat/chicken/fish

1 Fat Exchange (5gm) gives 45kcal = 1 teaspoon of oil, ghee, butter, nuts

**Note:** For those who wish to drink alcohol, never take it empty stomach. Always eat a small snack along with it. Take advice from your health care professional.

- Calorie conversions used to develop this sample diet plan is adapted from ICMR Nutritive Value of Indian Foods, by C Gopalan, National Institute of Nutrition, Hyderabad
- Gopalan C Nutritive Value of Indian Foods, National Institute of Nutrition, ICMR, Hyderabad: Food exchange system, 1991;41,
- Raghuram T.C., Pasricha Sawran Sharma, RD Diet and Diabetes, National Institute of Nutrition ICMR, Hyderabad 2000; 40-63
- [www.diabetes.org/food-and-fitness/food/planning-meals/create-your-plate](http://www.diabetes.org/food-and-fitness/food/planning-meals/create-your-plate)

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*Lilly* | DIABETES

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## MY DIET ROUTINE

### 1200kcal Day Meal Plan



## Plate Method

The plate method is a meal plate that shows the proportion of various foods to be consumed per meal



## What should I restrict in my diet and how can I replace it with other foods?

### Starters/Appetizers/Mid Meals

Choose More Often	Foods to Avoid
Salads	Salads with Dressings
Fruits	Fruits (Banana/Litchi/Chikoo/Grapes/Muskmelon/Shareefa) or Frozen Fruits
Skimmed Milk/Tea or Coffee with skimmed milk	Full Cream/Buffero's Milk
Buttermilk (Chaach)	Cream/Cheese
Veg/Non Veg clear soups	Thick Corn Flour Soups
Besan based non fried snacks (Dhokla/Khandvi)	Fried Maida Snacks (Samosa/Mathris/Kachori etc.)
Roasted Namkeens	Fried Namkeens/Chips/Nachos
Egg white bhurji/boiled egg white	Fried Eggs/Omelet
Sprouts	Biscuits/Cookies
Roasted chanas and mummura (moon) with vegetables	High Salted Namkeens/Peanuts
Fistful of Almonds (7-10)/ Walnuts(1-2)	Cashewnuts/Dates/Hazelnuts

### Main Course

Choose More Often	Foods to Avoid
Multigrain Chapattis/Steamed Rice/Whole Wheat Breads/Bhakri **quantity as suggested by your doctor	Paranthas/Fried Rice/White Breads
Wheat/Bajra Dalia/Whole Wheat Pastas/Oats	Maida/Sooji (Upma/Chilla)/Sevian Sago
Whole Wheat/Multigrain Bread/Vegetable or Chicken Sandwich	White Bread Cheese/Butter/Mayonnaise Sandwiches
Whole Dals (Pulses and Legumes)	Washed Dals (Pulses and Legumes)
Green Vegetables/Other Vegetables/Baked or Boiled Potatoes	Fried or Raw Potatoes/Zimikand/Arbi (Colocasia)
Skimmed Milk Curd/Chaach/Vegetable Raitas	Full Cream Milk Curd/Boondi Raita/Lassi
Lean Meats/Chicken/Fish	Mutton/Fried Chicken/Fried Fish
Tofu/Soy Products	Pizza/Burger
Whole wheat upma/Idli/Dosa/Adai	Sooji Upma/Iddiyappam/Vadai/Bonda/Bajji

### Desserts

Choose More Often	Foods to Avoid
Sugar Free Custard	Rolls/Cakes/Pastries
Skimmed Milk Fruit Shakes	Mithaai/Halwa (Gajar/Sooji/Aata)
Cut Fruits	Ice Cream
Sugar Free Carrot Kheer	Juices/Ice-cream Shakes
Raisin's 3-4 Per Day	Chocolates/Sweets
Fruit Curd	

## Sample Menu Plan - 1200kcal

	<b>Early Morning</b> Tea/Coffee/ Milk (1 Cup without Sugar) + 5-7 Almonds or 1 Walnut* or 1 Multigrain/Oat Biscuit	
	<b>Breakfast</b> 1 Med. Katori Poha/Vegetable Wheat Upma/2 Vegetable Idli with Tomato Chutney/1 Small Vegetable Dosa/Wheat Dalia with Milk or Vegetables/1 Toast (Brown/Multigrain Bread) with Paneer or Vegetables/1 Stuffed Chapatti (Methi/Palak/Cauliflower/Radish)/ 1 Thalipeeth/1 Bowl Oats/Wheat Flakes with Milk (60ml)	
	<b>Mid Morning</b> Fruit [Apple (1)/Papaya (100gms)/Apricots (2-3)/Peaches (2-3)/Cherries (8-10)/Pear(1) /Watermelon (150gms)/Guava (1)/Orange (1)] or Green Tea + 5-7 Almonds or 1 Walnut* or coconut water (1 small glass) or 1 Glass Buttermilk.	
	<b>Lunch</b> 2 Multigrain Chapattis/1 Multigrain Bhakri/1 Bajra Roti/1 Jowar Roti/1 Katori Rice + 1 Katori Vegetable + 1 Katori Sambhar/Dal/ Curd/Raita/Chicken (2 Small pcs)/1 pc Fish	
	<b>Evening</b> Tea/Coffee/Milk (1 Cup without Sugar) + Roasted Snacks/ Chana or 1 Glass Buttermilk/1 Fruit/1 Qtr. Plate Salad/1 Bowl Veg/Non-Veg Clear Soup/1 Katori Sprouts	
	<b>Dinner</b> 1 Multigrain Chapatti/½ Multigrain Bhakri/1 Small Bajra Roti/1 Small Jowar Roti/1 Multigrain/Oats Dosa + 1 Katori Vegetable + 1 Katori Sambhar/Dal/Curd/Raita/ Chicken (2 Small pcs)/1 pc Fish + 1 Bowl Salad	
	<b>Bed Time</b> 1 cup milk	

\*Once a day only

## Daily Requirement per Food Group

Food Groups (Veg/N.Veg)	Quantity	Household Measures
Milk (toned) or Skimmed	350 ml	1 ½ medium glass
Cereals	125 gm	5 servings
Pulses /Non -Veg (Egg/Chicken/Fish)	30 gm raw/75 gm	1 medium katori/1 Egg/2 piece chicken/2 piece fish
Green Leafy Vegetables	350 gm	3 medium katori
Other Vegetables	100 gm	1 medium katori
Fruits	250 gm	2 medium katori
Cooking Oil	10 ml	2 teaspoon
Nuts	7 gm	5 almonds/2 walnut
Sugar*	nil	*consult your dietician for sugar free substitutes

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