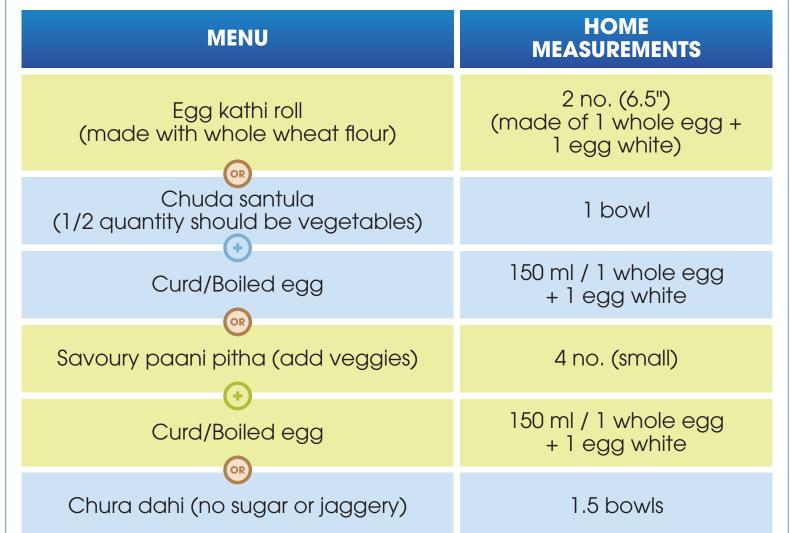


DIABETES NON-VEG PLAN

1200 KCALS

BREAKFAST



MID-MORNING

Fruit	1 medium / 1 bowl (if big fruit)
Unsalted almonds / walnuts / groundnuts	5-6 no. / 2 halves / 10 no.

LUNCH		
Salad (cucumber, tomato, carrot, lettuce, onion, radish)	1 quarter plate	
Chapati / Roti / Litti (made with whole wheat flour)	1 no. (6.5″ diameter) /2 no.	
Unpolished rice / Brown rice	1/2 bowl	
Xaak aruu bhaji / Chokha Shukto / Vegetable	1 bowl	
Baanhgajor Lagot Kukura / Mustard fish Doi Mach / Chicken or fish curry	100g	
Dalma / Dal (medium thick consistency)	1/2 bowl	
Curd / Thick buttermilk (unsalted / unsweetened)	1/2 bowl / 1 glass	

MID-EVENING



Ghugni (pulse : veggies = 1:1)	1 bowl	
DINNER		
Salad (cucumber, tomato, carrot, lettuce, onion, radish)	1 quarter plate	
Chapati / Roti / Litti (made with whole wheat flour)	1 no. (6.5″ diameter) / 2 no.	
Unpolished rice / Brown rice	1/2 bowl	
Xaak aruu bhaji / Chokha Shukto / Vegetable	1 bowl	
Baanhgajor Lagot Kukura / Mustard fish Doi Mach / Chicken or fish curry	100g	
Dalma / Dal		

Dalma / Dal (medium thick consistency)

Curd / Thick buttermilk (unsalted / unsweetened)

1/2 bowl / 1 glass

1/2 bowl

Total oil consumption/day: 4 tsp

*Preferred oil: Groundnut oil, rice bran oil, canola oil, mustard oil 1 Bowl = 200 ml, 1 Glass = 250 ml, 1 Tablespoon(tbsp) = 15g.

Eat healthy and visit intolife.in for more tips on diabetes management.

This diet chart is basis the details shared by you. Please discuss this with your doctor before proceeding.





Issued in public interest by:

SANOFI Sanofi India Ltd., Sanofi House, CTS No. 117-B, L&T Business Park,	Saki Vihar Road, Powai, Mumbai - 400072.
---	--