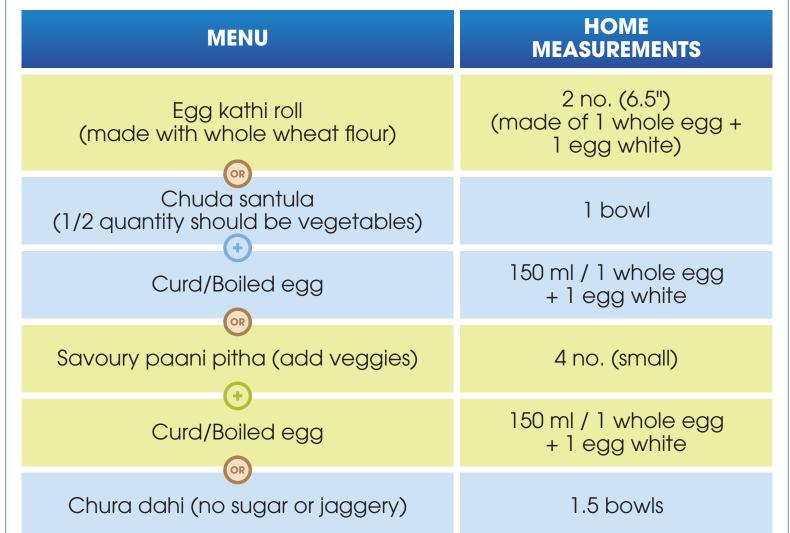


# DIABETES NON-VEG PLAN

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.





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