



# Diabetes Care Centre

## South Asian meal planning guide

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Food Group	Breakfast	Snack	Lunch	Snack	Dinner	Snack
Starchy Foods						
Milk						
Sugar						
Fruit and Sweet Vegetables						
Protein Foods						
Fats and Oils						
Extras						
Carbohydrates						

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**Starchy Foods: 1 choice = 15 grams carbohydrate****Beans/Peas/Dahl**

Chana (Bengal Gram).....	1/2 cup
Dahl .....	1/2 cup
Kabuli Chana (Chickpeas) .....	1/2 cup
Moong (Greengram) .....	1/2 cup
Rajmah .....	1/2 cup
Sambar .....	1 cup
Legumes.....	1/2 cup

**Starchy Vegetables**

Potato, mashed .....	1/2 cup
Corn.....	1/2 cup
Plantain (cooked).....	1/3 cup
Potato/Sweet Potato/Yam.....	1/2 small

**Cereals/Grains/Bread/Flour**

Bread, whole grain, slice.....	1
High fibre cereal .....	1/2 cup
Poha (unsweetened).....	1/2 cup
Rice/Parboiled Rice (cooked) ...	1/3 cup
Coconut Rice/Lemon Rice .....	1/3 cup
Curd rice .....	1/2 cup
Khichri.....	3/4 cup
Poories* .....	1

Rice Kheer .....	3/4 cup
Carrot Halwa* .....	3/4 cup
Gulab Jamun* .....	1 1/4 cup
Suji Halwa*.....	1/2 cup
Bhatura* .....	1/2 medium
Naan* .....	1/2 medium
Upma .....	1/2 cup
Pakora* (4 small pieces) .....	1 serving
Samosa* .....	3/4 medium
Khamon Dhokla (3"x2" square) .....	1 serving
Murruka (Chakli)* .....	7-8 medium
Capatti (about 6" wide).....	1
Dosa (about 10" wide).....	1
Flours: Rice/Wheat/Dahl .....	3 tbsp
Pau Roti (sliced loaf) .....	1 slice
Parantha* (plain) .....	1 medium
Atta, whole wheat.....	1/6 cup
Flour.....	1/6 cup
Pasta, noodles (cooked) .....	1/2 cup
Popcorn.....	3 cups
Soup (noodles, beans) .....	1 cup
Crackers, soda or small .....	6 to 7
Other: _____	

\* These items also contain 5 grams of fat. They are counted as both a starch and a fat.

**Milk: 1 choice = 15 grams carbohydrate**

**Choose lower fat milk products (1% or skim) more often.**

Cow/Goat milk .....	1 cup	Dahi (yogurt) .....	3/4 cup
Soy milk, plain .....	1 cup	Kefir .....	1 cup
Evaporated milk.....	1/2 cup	Yogurt with sweetener .....	3/4 cup

**Sugars: 1 choice = 15 grams carbohydrate**

Sugar/honey/jaggery.....	1 tbsp	Ice cream, frozen yogurt .....	1/2 cup
Sweet relish .....	1 tbsp	Hard candy.....	3
Jam.....	1 tbsp	Regular pop/fruit juice .....	1/2 cup
Light jam and syrup .....	6 tbsp	Chocolate, 50 g.....	1/2 bar

**Fruits and Sweet Vegetables: 1 choice = 15 grams carbohydrate****Fruit**

Aam (mango), medium .....	1/2
Ananas (pineapple) .....	3/4 cup
Anjir (fig), medium .....	2
Apple, medium.....	1
Apricot, date, plum, prune .....	3
Fana (jackfruit).....	1/2 cup
Galia melon/cantaloupe.....	1 cup
Grapes, cherries .....	15
Kela (banana) .....	1 small
Kismish (raisins) .....	2 tbs
Orange, peach, nectarine .....	1
Papita (papaya), medium .....	1/2
Watermelon, strawberries.....	2 cups
Other: _____	

**Fruit Juices**

Apple/Pineapple/Papaya/ Orange.....	1/2 cup
Grape/Mango.....	1/3 cup

**Sweet Vegetables**

Gaajar (carrot) .....	1 cup
Lauki (bottle gourd) .....	1 cup
Mutter (peas) .....	1 cup
Mixed vegetables .....	1 cup
Petha (gourd ash) .....	1 cup
Turiya (ridge gourd) .....	1 cup
Turnips.....	1 cup
Tomato sauce .....	1/2 cup
Canned tomatoes .....	3
Other: _____	

**Protein Foods: Contain no carbohydrate.**  
**Choose lean meats, fish and poultry.**  
**Trim all visible fat and remove skin.**  
**Choose lower fat cheese**  
**(less than 15% MF more often).**  
**Limit to 6 to 8 choices a day.**

Anda (egg).....	1	Murgh (chicken) .....	1 oz
Bakri (goat).....	1 oz	Paneer (cottage cheese).....	1/4 cup
Cheese MF 15%.....	1 oz	Lean deli meats .....	1 oz
Gai-ka-gosht (beef).....	1 oz	Tofu firm.....	1/4 cup
Keema (ground meat).....	1 oz	Peanut butter .....	1 tbs
Jhinga (prawns) .....	3	Legumes .....	1/2 cup
Machchi (fish) .....	1 oz	Other: _____	

**Fats and Oils: Contain no carbohydrate.**  
**1 choice = 5 grams of fat.**  
**Limit to 3 to 6 choices a day.**

Butter.....	1 tsp	Oil, canola, olive, sunflower, flax.....	1 tsp
Chitterlings .....	2 tbs	Pistachios .....	20
Coconut (fresh).....	3 tbs	Salad dressing .....	2 tsp
Coconut (dried).....	1 tbs	Light salad dressing.....	2 tbs
Cream (10% MF).....	2 tbs	Sunflower/sesame seeds.....	1 tbs
Margarine, soft tub.....	1 tsp	Tahini paste .....	2 tsp
Nuts.....	6 to 8	Other: _____	

<b>Extra Vegetables: Contain very little carbohydrate and lots of fibre. Eat lots!</b>	
Beans (green and yellow)	Gherkins
Bittergourd	Ginger
Broccoli	Lettuce
Brussel sprouts	Okra (Bhindi)
Cabbage	Onions
Cauliflower	Parsley
Chilies	Peppers
Cucumber	Radish
Eggplant	Spinach
Garlic	Tomato

<b>Free Foods Contain very little or no carbohydrate.</b>	
Coffee	Clear broth
Tea	Lemon juice
Diet soft drinks	Vinegar
Artificial sweeteners	Mustard
Water	Ground pepper
Mineral water	Salsa
Soda water	Herbs
Sugar free jello	Spices

## Tips for healthy eating

- Eat 3 meals every day including breakfast.
- Have a snack if there is more than 4 hours between your meals.
- Choose foods high in fibre such as whole grains, legumes, fruits and vegetables.
- Limit foods high in fat such as fried foods, chips and pastries.
- Add physical activity to your life.

Adapted with permission from St. Michael's Hospital, Toronto, 2008