

ASIAN INDIAN MEAL PLANNING



HEALTHY MEAL = A PORTION OF CARBOHYDRATE + PROTEIN + LOTS OF VEGETABLES!

Per meal minimum:

2 slices of bread/3 chapati

OR 1 cup of carbohydrate

(less than 45g per meal)

CARBOHYDRATES

Carb rich foods include: sugar, all fruit and fruit juice, dates, guava, potatoes, yams, turnips, rajma, peas, corn, all rice, poha (rice flakes), murmura (puffed rice), all breads (including whole wheat), pita, naan, chapatti, roti, bagels, English muffin, all cereals, pretzels, crackers, khakra, wraps, paratha, papadum cracked wheat, ragi, oats, chips, quinoa, oats, upma/sooji (cream of wheat), crackers, yogurt (not Indian yogurt, Greek plain, vanilla or honey), tabouli, pastas or noodles (including whole grain), vermicelli, dosa, thepla, pancakes, waffles, puri, tapioca (sabudana) cakes, cookies, candy, ice cream, soda and milk.

BREAKFAST (COMBINE ITEMS FROM BOTH COLUMNS)

PROTEIN/HEALTHY FAT (PICK ONE OR MORE) +	CARBOHYDRATE/STARCH (45 GRAMS)
Eggs	Cereal, dietary fiber 3 g or more and sugars 6 g or less
Cheese	Bread, dietary fiber 2 g or more
Avocado or guacamole	Roti or chapati
Almond butter or peanut butter	English muffin or bagel thin, dietary fiber 2 g or more
• 2 tablespoons and no sugar added	Dosa (more beans – less rice)
Nuts (at least ¼ cup)	Granola bar, dietary fiber 3 g or more
Walnut, peanut or coconut chutney	and sugars 6 g or less
Chickpeas	Oatmeal, old fashioned or steel cut
Indian or Greek yogurt (plain, honey or vanilla)	Fruit *fruit at breakfast may elevate blood sugars
Dal (eat plenty)	Potato
Nutri nuggets	Brown rice
Soy milk	8 oz. cow's milk

Continued on the other side

DIABETES CENTER OF EXCELLENCE

AMBULATORY CARE CENTER (ACC), SECOND FLOOR
55 LAKE AVENUE NORTH, WORCESTER, MA 01655

NEW PATIENTS: **855-UMASS-MD** (855-862-7763)

EXISTING PATIENTS: **508-334-3206**



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LUNCH/DINNER (COMBINE ITEMS FROM BOTH COLUMNS)

PROTEIN/HEALTHY FAT (PICK ONE OR MORE) +	CARBOHYDRATE/STARCH (45 GRAMS)
Chicken or ground chicken	Whole wheat bread, buns, rolls, naan (1-2 slices per meal)
Lean beef or mutton	Roti/paratha
Fish and seafood	Chapati/dosa
Tofu	Crackers or chips, dietary fiber 2 grams or more
Eggs	Pasta, macaroni, or noodles with dietary fiber 4 g or more
Cheese	Rice (more beans and dal – less rice)
Lentils, beans or dal (eat plenty)	Quinoa
Hummus (at least 1/3 cup)	Winter squash/pumpkin
Avocado or guacamole	Potato, sweet potato or yam
Greek yogurt (plain or Chobani for less sugar)	Corn (one ear = 1/2 cup)
	Fruit

Beans, hummus or lentils contain both protein and carbohydrates.

SNACK IDEAS (15-20 GRAMS CARBOHYDRATES)

Healthy snacks include: half sandwich, one piece of fruit, cheese with or without four crackers, nuts and dates, granola bar (less than 20 g carbohydrates and at least 3 g fiber), Nature Valley protein bar, yogurt, roasted chickpeas, hummus and veggies, 20 almonds, sliced avocado, salty lassi, olives, 8 oz. glass of milk

LOW CARB VEGETABLES (UNLIMITED)

Low starch vegetables include: green beans, tomato, cucumbers, carrots, celery, bitter melon, snake melon, asparagus, mushrooms, spinach, zucchini, summer squash, onions, cauliflower, onion, ginger, garlic, greens, kale, lettuce, cabbage, broccoli, spices (turmeric, curry, pepper, cumin, etc.) and chai

GOOD FATS

Good fats include: salmon, avocado or guacamole, any seeds, peanuts, almonds, walnuts, cashews, pistachios, sunflower seeds peanut butter, almond butter, olive oil, and ground flaxseed meal (which can also help with constipation)

CALCIUM

Calcium rich foods include: yogurt, cheeses, sour cream, milk, kale, spinach, dark greens, fortified milks (such as almond milk, hemp milk, oat milk and soy milk)

IRON

Iron rich foods include: dark green vegetables, whole eggs, beans, lentils, hummus, iron fortified cereals, beef, dark meat poultry (thigh and leg), and cooking with a cast iron skillet

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