










DIET LIST FOR DIABETIC PATIENTS

Cheese (1 slice)	Orange (1)	Grapes (10-12 small)
		
Fish (1 fillet)	Chicken (4-5 ounces)	Whole egg (on alternate days)
		
Lamb/ mutton	Beetroot (1 cup)	Homemade pan cakes
		

Stop- Try To Avoid

Bran Flakes	Corn Flakes	Puffed wheat
		
White bread	Nan	Sago
		
White rice	Doughnuts	Waffles
		
Biscuits	Jam	Honey
		

Mango	Dates	Cake/pastry
		
Sugar	Jaggery / Gurr	Desserts/ sweets
		
Juices (fresh/ canned)	Cold drinks	Ice cream
		
Potato (fried/ baked/mashed)	Pumpkin	Jelly beans
		
Sweetened milk	Canned fruit	Custard
		
Sorbets/Syrups	Chocolates Chocolate spreads	Beef/organ meats
		
Butter / Ghee	Margarine	Mayonnaise
		

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Go- Ideal to Consume

Porridge	Oat Bran/ Rolled Oats	Egg white
		
Mixed/Multigrain breads	Whole wheat bread	Brown Rice steamed
		
Muesli	Yogurt (low fat)	Nuts (2tbsp)
		
Lentils	Steamed chicken	Skim/ semi skim milk
		
Cherries (1/2 cup)	Grapefruit (1/2)	Peaches (1-2)
		
Apple (1 medium)	Pear (1 medium)	Strawberries (1 cup)
		
Apricots (3-4)	Kiwi (1-2)	Zucchini
		

Cauliflower	Bitter gourd	Broccoli
		
Cabbage	Lettuce	Onions
		
Eggplant	Mushrooms	Capsicum
		
Carrots (raw/boiled)	Spinach	Tomato
		
Green beans	Peas	Beans
		
Radish	Chick peas	Lady finger
		
Cucumber	Gourds (tenda, kadu)	Turnip
		
	Lemon	
		

Use with Caution

Shredded Wheat	Weetabix	Whole wheat Roti (6 inches)
		
Bun (1 small)	Muffin/Croissant (1)	Basmati Rice (1 cup)
		
Pita bread (1 small)	Noodles	Popcorn (1 cup)
		
Digestive biscuits (2)	Diet drinks	Diet chewing gums
		
Bananas (1 small)	Watermelon/ melons (1 cup)	Papaya (1 cup)
		
Figs (2)	Plums (2-3)	Pineapples (3/4 cup)
		
Chickoo (1)	Guava (1 medium)	Raisins (1tbsp)
