

# Dr. (Prof.) Deep Dutta

MBBS (JIPMER), MD (Medicine) (CMCH), DM, DNB (Endocrinology), MNAMS  
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## 1200 kcal with 45 gm protein diet plan

Food	Amount (gm)	Instructions
Milk	500 ml (2 glasses)	<ul style="list-style-type: none"><li>• Use skimmed milk</li><li>• Instead of milk one can consume yoghurt (curd), buttermilk, milk and curd products, paneer</li></ul>
Cereals	150g*	<ul style="list-style-type: none"><li>• Prefer whole cereals Like wheat breads, multigrain breads</li><li>• Avoid white bread</li></ul>
Pulse	60g (2 bowls)	<ul style="list-style-type: none"><li>• Consume more of whole pulses like cow pea, rajmah etc</li><li>• Pulses can be replaced by other pulses products like besan, roasted channa (Bengal gram).</li></ul>
Vegetable	300g (3 medium size bowls)	<ul style="list-style-type: none"><li>• Eat all vegetables</li><li>• Eat less of root vegetables like potato, sweet potato, colocasia, yam</li></ul>
Fruits	100g (1 small fruit)	<ul style="list-style-type: none"><li>• Eat all seasonal fruits</li></ul>
Fat	15g-20g (3-4 teaspoons)	<ul style="list-style-type: none"><li>• Oils: vegetable, olive, canola, mustard, groundnut, soyabean</li></ul>

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## SAMPLE MENU FOR 1200 Kcal DIET

Meal	Menu	Amount
Early morning	Tea Biscuits(Marie gold/fiber)	1 cup(without sugar) 2
Breakfast	Milk Chapati Vegetable in the form of sabzi	1 glass 1 ½ bowl
Mid morning (carry vegetable fruit chaat or carry fruits if one working)	Vegetable+ fruit	1 bowl in the form of salad (avoid any salad dressings)
Lunch (one can carry lunch if working)	chapati (refer cereal exchanges given above) Pulse Vegetable salad	2 1 bowl 1 bowl Lots of
Evening	Tea/ lemonade Biscuits	1 cup/ 1 glass 2
Dinner	Chapati Pulse Vegetable Salad	2 1 bowl 1 bowl Lots of
Post dinner/ bed time	Milk	1 glass (250 ml)

- **For variety refer the exchanges of cereals.**
- **Important is to learn diet plan, not the menu, one can eat anything any time but meals should be properly distributed whole day.**
- **6 meals important.**
- **Post dinner milk intake is mandatory for diabetics.**

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- 1 exchange = 1 chapati (made up of whole wheat grain flour or atta)  
= 1 piece-1 1/2 piece brown bread  
= 1 ladle or serving spoon of rice  
= 25 gm of rice flakes, Dalia, oats, suji product like upma (1 small bowl of  
each)  
= 1 small dosa  
= 1 1/2 piece idli  
= 4 plain biscuits

## RESTRICTIONS:

- Fried foods(patty, samosa, bhature, poori)
- Sweets like chocolates, honey, glucose, jam, jelly, sugar and sugar products
- Excess of dry fruits like cashew nuts, raisins, peanuts
- Fruit juices, soups, colas, aerated drinks, alcohol
- Egg yellow, meat(one can take white meat like chicken and fish)
- Saturated fats like ghee, vanaspati oil, dalda, butter, cream, cheese
- Maida and maida products like white bread, noodles, pasta, bhatura, Maggie)
- Excess of vegetables like potato, sweet potato, yam, Colocasia, beetroot
- Excess of fruits like mango, banana, grapes, custard apple, sapota

## TAKE AS DESIRED:

- Lots of salad, raw vegetables
- Egg white, chicken, fish

## OTHER INSTRUCTIONS:

- Preferable Methods of cooking: baking, roasting, boiling, pressure cooking, steaming
- Drink lot of water
- **Exercise daily**
- **Do not skip any meal, have 6 meals in a day, small but frequent, it helps you in reducing your weight**
- **MEALS:** Breakfast, Mid morning, Lunch, Evening Snack, Dinner, Bed Time (6 meals)

## IMPORTANT TIPS:

- Food items in the restricted list can be eaten but not very frequently.
- U can eat vegetables and fruits in the restricted list but it should be combined with other more fiberous vegetables and fruits like cucumber, tomato, apple, guava etc in chaat form.
- In case if u eat any of the restricted food once in a month or once in 2 weeks in less quantity then don't worry.

**\*150gm cereals mean 6 exchanges of cereals**

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