

# Dr. Deep Dutta

MBBS (JIPMER), MD, DM (Endo), DNB (Endo), MNAMS, FRCP (UK)

Consultant Endocrinologist (Adult & Pediatric) & Diabetes Super-specialist

CEDAR SUPERSPECIALTY CLINICS, Plot-107 & 108, Block-A, Sector-12A DWARKA,  
NEW DELHI 110078 (behind Bikaner Wala & Modern Bazaar Sec-12 Dwarka)

Former, A. Prof. Endocrinology & Member Ethics Committee, PGIMER & Dr. RML Hospital, New Delhi

Former, Safdarjung Hospital, New Delhi

## 1400 kcal with 52 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>• one can replace milk with yoghurt (curd), buttermilk, milk and curd products, paneer</li></ul>
Cereals	175g*	<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), sprouts.</li></ul>
Vegetable	400g (3 medium size bowls) + lots of salad	<ul style="list-style-type: none"><li>• Eat all vegetables</li><li>• Eat less of root vegetables like potato, sweet potato, Colocasia, yam, beet root.</li></ul>
Fruits	100g (1 small fruit)	<ul style="list-style-type: none"><li>• Eat all seasonal fruits</li><li>• Eat less amount of mango, banana, grapes, sapota, custard apple</li></ul>
Fat	15g-20g (3-4 teaspoons)	<ul style="list-style-type: none"><li>• Oils: vegetable refined, olive, canola, mustard, groundnut, soya bean</li></ul>

\*175gm cereals mean 7 exchanges of cereals

# Dr. Deep Dutta

MBBS (JIPMER), MD, DM (Endo), DNB (Endo), MNAMS, FRCP (UK)  
Consultant Endocrinologist (Adult & Pediatric) & Diabetes Super-specialist  
CEDAR SUPERSPECIALTY CLINICS, Plot-107 & 108, Block-A, Sector-12A DWARKA,  
NEW DELHI 110078 (behind Bikaner Wala & Modern Bazaar Sec-12 Dwarka)

Former, A. Prof. Endocrinology & Member Ethics Committee, PGIMER & Dr. RML Hospital, New Delhi  
Former, Safdarjung Hospital, New Delhi

## SAMPLE MENU FOR 1400 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 2 Lots of
Mid morning (carry vegetable fruit chaat or carry fruits if one working)	Vegetable+ fruit	1 big bowl in the form of salad (avoid any salad dressinas)
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/ sandwich (refer cereal exchanges)	1 cup/ 1 glass 2/ 1 slice without butter with vea
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.**

# Dr. Deep Dutta

**MBBS (JIPMER), MD, DM (Endo), DNB (Endo), MNAMS, FRCP (UK)**  
**Consultant Endocrinologist (Adult & Pediatric) & Diabetes Super-specialist**  
**CEDAR SUPERSPECIALTY CLINICS, Plot-107 & 108, Block-A, Sector-12A DWARKA,**  
**NEW DELHI 110078 (behind Bikaner Wala & Modern Bazaar Sec-12 Dwarka)**

Former, A. Prof. Endocrinology & Member Ethics Committee, PGIMER & Dr. RML Hospital, New Delhi  
Former, Safdarjung Hospital, New Delhi

- 1 exchange = 1 chapati (made up of whole wheat grain flour or atta)**  
**= 1 piece-1 <sup>1</sup>/<sub>2</sub> 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 <sup>1</sup>/<sub>2</sub> 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 yolk, 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 fibrous 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.