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1600 kcal with 60 gm protein DIET PLAN

Food	Amount (gm)	Instructions
Milk	500 ml (2 glasses)	<ul style="list-style-type: none">• Use skimmed milk• one can replace milk with yoghurt (curd), buttermilk, milk and curd products. paneer
Cereals	200 g*	<ul style="list-style-type: none">• Prefer whole cereals Like wheat breads, multigrain breads• Avoid white bread
Pulse	60g (2 bowls)	<ul style="list-style-type: none">• Consume more of whole pulses like cow pea, rajmah etc• Pulses can be replaced by other pulses products like besan, roasted channa (Bengal gram), sprouts.
Vegetable	500g (3 medium size bowls) + lots of salad	<ul style="list-style-type: none">• Eat all vegetables• Eat less of root vegetables like potato, sweet potato, Colocasia, yam, beet root.
Fruits	200g (2 small fruit)	<ul style="list-style-type: none">• Eat all seasonal fruits• Eat less amount of mango, banana, grapes, sapota, custard apple
Fat	15g (3 teaspoons)	<ul style="list-style-type: none">• Oils: vegetable refined, olive, canola, mustard, groundnut, soya bean

*200gm cereals mean 8 exchanges of cereals

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SAMPLE MENU FOR 1600 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 (200g)	1 big 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	3 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.**

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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 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.