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2000 kcal with 75 gm protein DIET PLAN

Food	Amount (gm)	Instructions
Milk	600 ml (2 glasses+ 100 ml)	<ul style="list-style-type: none">• Use skimmed milk• one can replace milk with yoghurt (curd), buttermilk, milk and curd products, paneer
Cereals	275g*	<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	20g (4 teaspoons)	<ul style="list-style-type: none">• Oils: vegetable refined, olive, canola, mustard, groundnut, soyabean

*275gm cereals mean 11 exchanges of cereals

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SAMPLE MENU FOR 2000 Kcal DIET

Meal	Menu	Amount
Early morning	Tea Biscuits(Marie gold/fiber)	1 cup(without sugar) 4
Breakfast	Milk Chapati Vegetable in the form of sabzi	1 glass 3 Lots of
Mid morning (carry vegetable fruit chaat or carry fruits if one working)	Vegetable+ Fruit (200gm)	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 curd	3 1 bowl 1 bowl Lots of 1 bowl
Evening	Tea/ lemonade Biscuits/ sandwich (refer cereal exchanges)	1 cup/ 1 glass 4/ 2 slice without butter with veg
Dinner	Chapati Pulse Vegetable Salad	3 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 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.