

## A Complete Guide for Having a better diet for controlling sugar Level

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Disclaimer: This Diet Plan or guideline is only advisory in nature and you are always advised to consult a Doctor or Qualified Nutritionist to suit your personal requirement

### **Diet Plan/Guideline for Diabetics**

We don't recommend a set diet plan rather we believe in variety of food intake depending upon the availability and choices. We will discuss here the same and you can yourself prepare a diet plan out of the same on your own.

**A Sample Indian diet: This is just a sample. You must design your diet plan as per the full reading of article and availability of options in your area.**

#### ***06:00 Hrs Good Morning***

- Wake up in the morning and mix lemon juice in lukewarm water.
- Walk for 10 minutes.
- Attend nature's call
- Do Yoga & Meditation.
- Pranayama

#### ***07:00 Hrs Morning Drink***

- Drink Cucumber and Lemon Detox Water.
- Drink Fenugreek Water / Wheat Grass Juice / Gooseberry (Amla) Juice / Alovera Juice
- Seeds – Pumpkin Seeds, Sunflower Seeds, Water Melon Seeds, Soaked Almonds.

Note – Take anyone drink at a time.

#### ***08:00 Hrs Breakfast***

- Fruits – Papaya, Apple, Guava
- One Or Two Cups Of Porridge Or Two Brown Bread Boiled Egg White Or Two Small Parathas (Without Ghee Or Butter) And A Bowl Of Yogurt.
- Sprouts – Green Gram, Chickpeas, Peanuts.
- Usual Breakfast –Upma, Poha, Chilla, Idli Etc.

Note – take one breakfast at a time. You can use Desi Cow Ghee if it is available

#### ***10:00 Hrs Health Drink***

- Bitter Guard Juice

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- Tender Coconut
- Butter Milk
- Make a salad by mixing cucumbers, tomatoes, carrots, and beets and add lemon juice, coriander leaves and mint leaves to taste. If you do not like to eat raw vegetables, you can also drink soup by boiling all the vegetables, adding a pinch of salt, pepper and a little butter in it.

Note – Take one at a time.

### **13:00 Hrs Lunch**

- 2 Phulka / 2 Cups Brown Rice /2 Cups Khichdi.
- Barley / Bajra / Jwar Roti/Mixed Grain Roti
- 100 gm Leafy Vegetables
- 100 gm Boiled Vegetables
- ½ Cup Dal
- 1 Cup Vegetables Soup
- 1 Cup Butter Milk / Raita
- Green Chutney- Coriander / Mint / Garlic /Till Etc
- Fresh Coriander Leaves
- You can make vegetables by mixing carrot, cabbage, capsicum, brinjal or ladyfinger. If you are a non-vegetarian, you can bake the fish and take a piece of it.

### **14:00 Hrs Health Drink**

- Cinnamon Drink / Butter Milk / Lemon Water/ Arjun Tea

### **16:30 Hrs Herbal Drink & Snacks**

- Any Seasonal Fruits
- Smoothie
- Chini Mukti Tea/Herbal Drink
- Snack – Dry Fruits / Peanuts Etc.
- Apart from this, a bowl of Bhelpuri or Bake Snacks can also be eaten.

### **19:00 Hrs Dinner**

- 2 Phulka / Dalia
- Barley / Bajra / Jwar Roti / Mixed Grains Roti
- Vegetables Dalia
- Steamed Vegetables
- Vegetables Soup
- Green Chutney- Coriander / Mint / Garlic /Till Etc

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- Fresh Coriander Leaves
- If you eat non-veg, you can have two boiled chicken stew and a small bowl of yogurt.

### **21:00 Hrs Digestive Drink**

- Herbal Tea
- Tulsi Tea
- Fennel Water
- Trachyspermum (Ajowan) Water
- Cumin seeds, fenugreek seeds, & Trachyspermum seeds powder – 1 tsp/day
- ½ spoon Daily Detox Powder with warm water

### **11:00 Hrs Good Night**

- Do Meditation
- Go to Sleep

### ***Does a diabetic patient really need a special diet?***

Diabetic patients need no special diet. A balanced diet is good enough to fix your health. All you need is to be alert about your diet. A normal person can get away by eating something unhealthy but you can't. That's all.

Good carbohydrate, protein, and fat with an ample supply of vitamins and minerals are essential for your diet like any other person.

## **Let's start with Carbohydrate**

### ***Which is the best grain for diabetes?***

Any grain containing a moderate amount of fiber is good for diabetes. That includes – semi-polished rice, poha, kholi, muramura, whole wheat flour (atta), suji, dalia, corn, jowar, bajra, ragi, Kodo millet, quinoa, oats, etc.

Try to bring variety in your cereal/grain choices. It's always better to have different grains on different days and timings.

For Example –

- I. Consider having suji/ dalia/ oats/ poha/ ragi for breakfast
- II. Atta/ semi polished rice/ jowar/ bajra/ quinoa for lunch and dinner
- III. Popcorn/ makhana / muramura / kholi for snacks
- IV. Chana Sattu for anytime drink

### ***Is Fiber good for diabetes?***

Always remember **moderate fiber-containing grain is your friend. No fiber grain is your enemy. Very high fiber-containing grain can make your life miserable.**

Fiber remains undigested in our bodies.

**Friend:** Cereal with moderate fiber content like suji, dalia, poha, semi-polished rice, wheat flour, oats, etc. will slow down the digestion process and will release sugar in the bloodstream slowly.

**Enemy:** No fiber-containing cereal like noodles/ pasta/ white rice/ white refined flour/maida will immediately get digested and will raise your blood glucose level sharply.

**Friend if Your digestion has no issue else Enemy:** High fiber-containing cereal like brown rice, millets slows down the digestion process significantly. However, if you have weak digestive capacity then it is most likely to create complications like bloating, indigestion, gas, etc.

### ***How to eat grain/ cereal in diabetes?***

It is always advisable to add vegetables and/or dal and/or nuts/ seeds and/or ghee with cereal. This will slow down the rate of digestion further and will prevent any blood sugar spikes. Also, it enhances the taste and makes it interesting to eat.

**Add 3 handfuls of vegetables and 1 tsp of ghee/oil along with one handful of grain.**

For example – If you are planning to have **UPMA for snack or breakfast**, use 1 handful of suji, 3 handfuls of chopped vegetables, and 1 tsp of ghee along with other spices to prepare the upma.

Or, for lunch, if you are having normal **Dal- Chawal– Sabji**, make sure you follow the same 1:3 ratio. The **rice/ roti** should be **one-third** of the **cooked sabzi** that you are going to eat.

### ***Rice or Roti/Chapati which is better for diabetes patients?***

Rice or Roti/Chapati both are rich in carbohydrates and the staple food for Indians. **You can pick whatever gives you comfort. Eat in moderation and always in combination with Dal, Sabzi, Ghee, etc for better blood glucose control.**

For rice eaters, semi-polished rice is a fantastic choice as it contains a moderate amount of fiber, not too less like white rice or not too much like brown rice.

If you are a Roti eater, you may consider having Mixed grains Atta roti or if you are traditionally habituated to have jowar or bajra roti, you may continue to do that as well.

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You can't stuff yourself with too much rice or too many rotis. A small to medium bowl of rice or 2-3 rotis along with a bowl of dal, 2 types of sabzi and 1 tsp of ghee should be safe.

### ***Which rice is good for diabetic patients?***

**Semi-polished rice is the best choice for diabetics as well as for non-diabetic people.**

White rice loses its fiber content while processing and has a high GI value. On the other hand, brown rice contains too much fiber which may not be easy to digest. Many complain of heaviness, bloating, acidity, indigestion after switching to brown rice.

Eat semi-polished rice in moderation along with dal, loads of vegetables, etc.

### ***Which type of millet is best for diabetes?***

Apart from jawar, bajra, ragi there are many types of millets available in the market. Most of the millets have similar nutrition profiles. Therefore if you are comfortable eating millets since childhood you may pick any of your choices.

Millets are high in fiber. Fiber is good for diabetes but at the same time, it also hampers the absorption of calcium and iron. **Therefore do not continue to eat the same millet every day. It's very important to bring variety to your cereal choice.**

### ***What are the 4 EVILS for diabetics?***

**The 4 EVILS - White Sugar, White Refined Flour (Maida), White Salt, Refined Oil**

### ***Avoid processed food***

Most ultra-processed food – **biscuits, instant breakfast, cornflakes, muesli, instant noodles/ pasta/ soup/fruit juice**, etc – contains refined flour, loads of refined sugar and refined salt, additives, preservatives, etc. These foods are generally high in sugar as well as sodium content. Excess sugar and sodium both are harmful to diabetic patients.

### ***Which sugar-free is the best in diabetes?***

Artificial or natural zero-calorie sweeteners are very tempting for any diabetes patient. We love sugar and these sweeteners give you the taste without any guilt.

However, any type of sweetener is **NOT** advisable for diabetic patients. Shocked? Let me explain.

**People become addicted to sweeteners in the long run. Needless to say, addiction is not desired at any point of time.**

Therefore be it stevia, sugar-free, or zero cal – avoid using all types of sweetener. Rather, if you get the craving feel free to add 1 tsp of Jaggery in daily diet.

### ***How much salt should a diabetic have?***

Most diabetic patients either already have high blood pressure or prone to develop blood pressure problems. Therefore It's mandatory to control salt consumption along with sugar intake. Avoid White refined salt. Better to **have rock salt** which is easily available nowadays.

### ***How important is the protein in diabetes?***

Protein is the building block of our body and there is no exception for diabetics. **Protein itself does not influence the blood sugar level much. A diabetic needs 0.8 g – 1 kg/ body weight of protein depending on his condition and activity level.**

Therefore you do not need to go crazy for a protein supplement. A well-balanced diet is enough to meet the requirement. The best part of eating protein-rich food is that you feel full after eating it. Being a diabetic by now you know how a frequent hunger pang disturbs. So **protein-rich foods like dal, sprouts, milk, curd, paneer, egg, fish, chicken, peanut, etc are your best friend.**

### ***Which Dal is good for diabetes?***

Pick any dal of your choice. Most of the dal has a similar nutritional profile. However, **you must keep variety in your dal choices. Feel free to have moong, masoor, tur, chana, rajma, chole, matar, horse gram, or their sprouts as per your preference.**

Dal is not only rich in protein but also a good source of soluble fiber. Thus, while mixed with roti or rice, it delays digestion and promotes the slow release of sugar in the bloodstream.

Don't forget to soak dal for at least 2-3 hrs and discard the water before you cook. This will help you to remove the anti-nutritional factors from the pulse. If you are someone who faces chronic gas, stomach ache, and acidity, cook the dal in an open pot and discard the white scum from the top for better digestion.

### ***Two most recommended drinks one can have***

#### ***Buttermilk***

These traditional Indian drinks have no introduction. Buttermilk is nothing but a diluted version of curd. Take home set curd to prepare buttermilk. It's rich in protein, micronutrients, and also a rich source of probiotics. Regular consumption of buttermilk will help to fix your gut health.

#### ***Sattu Drink***

If you are from Bengal or Bihar, you are aware of the power of sattu. Sattu is roasted Bengal gram flour. It has 22.5 g of protein. **Sattu water** is a kind of desi protein drink for

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bodybuilders, physical laborers. Since its high in protein and fiber, it is one of the best drink options for diabetes also.

### ***How many eggs can a diabetic have in a day? Can eggs lower blood sugar?***

Diabetes is often coupled with high blood pressure. Controlling BP and cholesterol is one of the major concerns in a diabetes diet. One whole egg a day is perfectly okay without causing any side effects. Yes, even if you have a high cholesterol level, you can still enjoy one whole egg a day.

**A small study found eating an egg regularly significantly lower fasting blood sugar level.**

### ***Is dairy good for diabetics?***

**Milk and milk products have minimum impact on blood glucose levels. Thus it is safe for diabetic patients.**

If you have no milk allergy or lactose intolerance, consider adding milk, curd, paneer, buttermilk to your daily diet.

Ideally, whole milk or full-fat milk works better because of its high-fat content. However, study shows toned, double toned and even skimmed milk and products has a positive impact on the blood glucose level. 250 – 500 ml of milk can be a part of your diet depending on other sources of proteins. However knowing the source of milk is safe. If you get Desi cow milk supply easily in your area, consider it as better option.

### ***Can diabetics eat fish?***

Fish is not only a great source of protein but also a wonderful source of omega 3 fatty acids. Feel free to add a good portion – 50-100 g of fish of your choice in your daily diet.

### **Let's not forget fats –**

Diabetes is a condition where fat is your friend. Fat helps to delay digestion and thus slowly release sugar in the bloodstream giving a steady blood glucose level.

However, if you are diabetic you might also have problems managing cholesterol and blood pressure. Thus you need to carefully manage the quality and quantity of fat in your daily diet.

**Use Mustard or coconut oil for cooking but try to add a teaspoon of Desi Cow ghee in lunch and dinner for steady blood sugar response.**

### ***What is the best cooking oil?***

Stop using the colorless, odorless white refined oil for cooking. Use kachhi ghani oil for cooking. Pick your cooking oil as per your tradition. If you are from the south, feel free to use coconut oil. If from the west or middle part of India, filtered sesame oil, groundnut oil may be your choice. If from the eastern part consider using kachhi ghani mustard oil. Do not use olive oil for Indian cooking.

### ***Does Ghee cause insulin spike?***

Good quality ghee or butter helps to control the blood sugar spike, thus shows better insulin response. Adding a teaspoon of ghee with rice/ roti for lunch or dinner is an excellent way to control blood glucose levels. However it is always better to have Desi Cow Ghee prepared with Bilona method to get maximum benefits.

### ***Do nuts affect blood sugar levels?***

Nuts and seeds have a positive impact on blood glucose levels. Nuts and seeds are rich sources of protein and good fat. They are rich in omega 3 and omega 6 fatty acids. Nuts and seeds take time to get digested and control the sudden rise of blood sugar levels. Adding a handful of overnight soaked nuts and seeds in breakfast porridge or roasted nuts and seeds as an evening or late-night snack is a good choice.

Always remember, **it's the food combination that makes the difference, not any individual food.**

### ***What fruits can diabetics eat?***

Diabetic patients can eat all types of fruits including sweet ones. But you got to keep few points in mind –

1. **Eat two fruits a day – one sour/ citrus fruit (lemon/ mosambi/ amla/grapefruit/ guava/ orange etc) and any other fruit (watermelon/papaya/pomegranate/banana/chikoo/mango etc).**
2. **Always have whole fruits not the fruit juice. The fiber of whole fruit will keep your blood sugar in control**
3. **Eat the sweet fruits in moderation. Don't start having 2-3 mangoes/ banana/ chickoo/ custard apple etc at one go.**
4. **Eat fruits as a separate meal. Don't finish or start any meal with fruits. Midmorning is the best time to enjoy your fruits.**
5. **Eat one fruits at a time.**
6. **Avoid consuming packaged vegetable or fruit juice as they are loaded with sugar.**

### ***Should diabetics eat frequently?***

Polyphagia that is frequent hunger is common among diabetic patients. Small frequent meal with proper distribution of carbohydrate load is effective as well as easy to follow for the long run.



## Is diet enough to control diabetes?

Dietary management is essential for diabetes but not enough. You must be active throughout the day. Remember sitting is the new smoking. Get up every 30-40 minutes, walk around for 2-3 minutes. Don't mix activity with exercise. Engage yourself with some form of exercise on a regular basis. It could be as simple as going for walk or jog or run or yoga or anything that you enjoy.

Manage your stress. Stress increases the secretion of stress hormone which drops the insulin level. This makes your blood glucose level increase.

Try to sleep deep. Good deep sleep helps to control the blood sugar level.

So in order to fix diabetes, you cannot keep any stone untouched.

## Bottom line

Reversing diabetes is possible. Lifestyle and dietary modification can help you to control the situation to a large extent. It will help you to reduce your drug dosage. Instead of following an unnecessarily restrictive diet, adopt a doable Indian diet as suggested above. You are not alone. Bring discipline in life. Stay focused.

For Any further queries: Please get in touch with our health coach