

DIETITIAN'S CHOICE- DIEABETIC DIET**ABOUT US**

We are a team of experienced health professionals in the field of diet therapy. Our team consist of renowned senior Doctors & Nutritionists, those have decade long experience in prescribing diet therapies for different health ailments such as Obesity, Diabetes, Cardiovascular diseases and so on. Our team do not offer general diet plans or scientifically unproven fancy diets, but we offer customized diet plan on the basis of medical reports & history, body's requirements, food preferences, scientific journals and national & international guidelines. Our team treats every client with full attention and customized plans to fulfil actual scientific requirements of not only macronutrients (Calories, Protein, Fat, Carbohydrate, Fibers), but also of micronutrients (Vitamins, Minerals, Antioxidants). By this way clients see results while eating tasty and nutritious meals. Our team breaks myths about food & nutrition and educate people to live healthy lifestyle with the help of our sound and decade-old experience.

Below is the scientific, nutritious and delicious some of the meals, which are easy to cook and are suitable for weight loss goals.

DIABETIC DIET FOR ONE DAY

06:30 AM	WATER	AMOUNT	APPROXIMATE NUTRITIVE VALUES FOR WHOLE DIET FOR ONE DAY- DIABETES	
	LUKE WARM WATER	1 GLASS	TOTAL CALORIES	1570.46 KC
	RAISINS	10 GM	PROTEIN	84.36 GM
			CARBOHYDRATE	133.57 HM
			FIBRES	31.7 GM
07:30 AM	HOT TEA	INGREDIENTS	FAT	15 GM
	Green Tea/Herbal Tea	As per taste	VITAMIN A BETA CAROTENE	26414,67 MCG
	Fresh Almonds	5 No.	VITAMIN B1	0.95 MG
			VITAMIN B2	0.45 MG
			VITAMIN B3	4.27 MG
09:30 AM	SOYA SANDWITCH	INGREDIENTS	VITAMIN B5	2.46 MG
	Brown Bread	2 SLICES	VITAMIN B9	370.35 MCG
	Soya granules	15 gm	VITAMIN C	51.16 MG
			CALCIUM	1681.28 MG
			MAGNESIUM	423.57 MG
	Onion	10 gm	IRON	14.27 MG
	Chopped Tomato	10 gm	SODIUM	595.30 MG
			POTASSIUM	3227.94 MG
	Veg Oil	5 ml		
	Black Pepper	As per taste		
	Low Sodium Salt	As per taste		

11:30 AM	BUTTER MILK	INGREDIENTS
		200 ml

01:30 AM	OATS KHICHDI	INGREDIENTS
	Rolled Oats	30 gm
	Moong Dal	10 gm
	Garlic	5 gm
	Grated Onion	5 gm
	Green Coriander	5 gm
	Turmeric Powder	As per taste
	Low Sodium Salt	As per taste
	Green Chilli	As per taste
	Dried Mango	As per taste
	Oil	5ml
	CURD RAITA	INGREDIENTS
	Curd	200 GM
	Chopped Onion	10 gm
	Chopped Tomato	10 gm
	RAITA MASALA	As per taste

03:30 PM	MILK SHAKE WITH CHIA SEEDS	INGREDIENTS
	Cold Toned Milk	200 ml
	CRUSHED APPLE	25 GM
	CHIA SEEDS	15 GM
	SUGAR FREE	As per taste
	CINNAMON POWDER	As per taste
	GREEN CARDEMOM POWDER	As per taste

05:30 PM	HOT COFFEE	AMOUNT
	TONED MILK	50 ML
	SUGAR	5 GM
	COFFEE POWDER	5 GM OR AS PER TASTE

07:30 PM	4 EGG WHITES	132
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09:30 PM	PALAK PANEER	INGREDIENTS
	Spinach	100 gm
	Paneer	50 gm
	Onion	10 gm
	Ginger (One Teaspoon)	5 gm
	Garlic	5 gm
	Corriander Powder	5 gm
	Garam Masala	5 gm
	Red chilli	As per taste

THINK
YOU

	Lemon Juice	5 ml
	Kasuri Methi	As per taste
	Oil	5 ml
	Low Sodium Salt	As per taste

	Diabetic Roti-1	AMOUNT
	Whole Atta	20 gm
	Soya Flour	5 gm
	grated Onion	5 gm
	White Gingelly Seeds	5 gm
	Garlic	5 gm
	Green Coriander	5 gm
	Low Sodium Salt for taste	

	Diabetic Roti-2	INGREDIENTS
	Whole Atta	20 gm
	Soya Flour	5 gm
	grated Onion	5 gm
	White Gingelly Seeds	5 gm
	Garlic	5 gm
	Green Coriander	5 gm
	Low Sodium Salt for taste	

10:30 PM	HOT MILK	AMOUNT
	MILK	200 ml
	FRESH ALMONDS	20 GM

DO'S

- Use non-stick cooking ware during cooking.
- You can use any type of spices as per your taste.
- If feel hungry, any type of fruit is allowed.
- During the day, any type of without sugar beverage can be taken such as Herbal tea, Green Tea, Lemon Tea can be taken for refreshment.
- Drink 15-20 glasses of water (preferably Luke warm water) every day for improving metabolism, healthy digestion and detoxification.
- Use measuring cups & spoons for measuring ingredients such oil, sugar, vegetables, flour and others before cooking for nutrition values. It is essential for following planned diet.
- Every day 45- 60 minutes of physical activity is essential for weight management such as Cycling, Skipping, Running, Jogging, Surya-namashkar, Swimming or any type of planned exercise is recommended for improving metabolism and burn fat.

- If you have any health condition, please connect to your Dietician before following.
- For more, please visit www.thinkyou.in or email to infor@thinkyou.in
- For More Details Call Now: 9599698563

DON'S

- Don't use junk foods during this diet.
- Don't consume alcohol during this plan.
- Don't skip your prescribed medicines during this plan.

