



MAKE YOUR OWN PLATE

- Diet of a person with diabetes is the same as a healthy balanced diet
- Moderation is the key to good health
- Avoid oversized portions of any food and nothing is prohibited.
- Limit intake of empty calories foods containing high sugar, high fat, having less fiber and essential vitamins and minerals. Eg : cookies, soft drinks, candy, chocolate, jam, cake, namkeens, samosa.

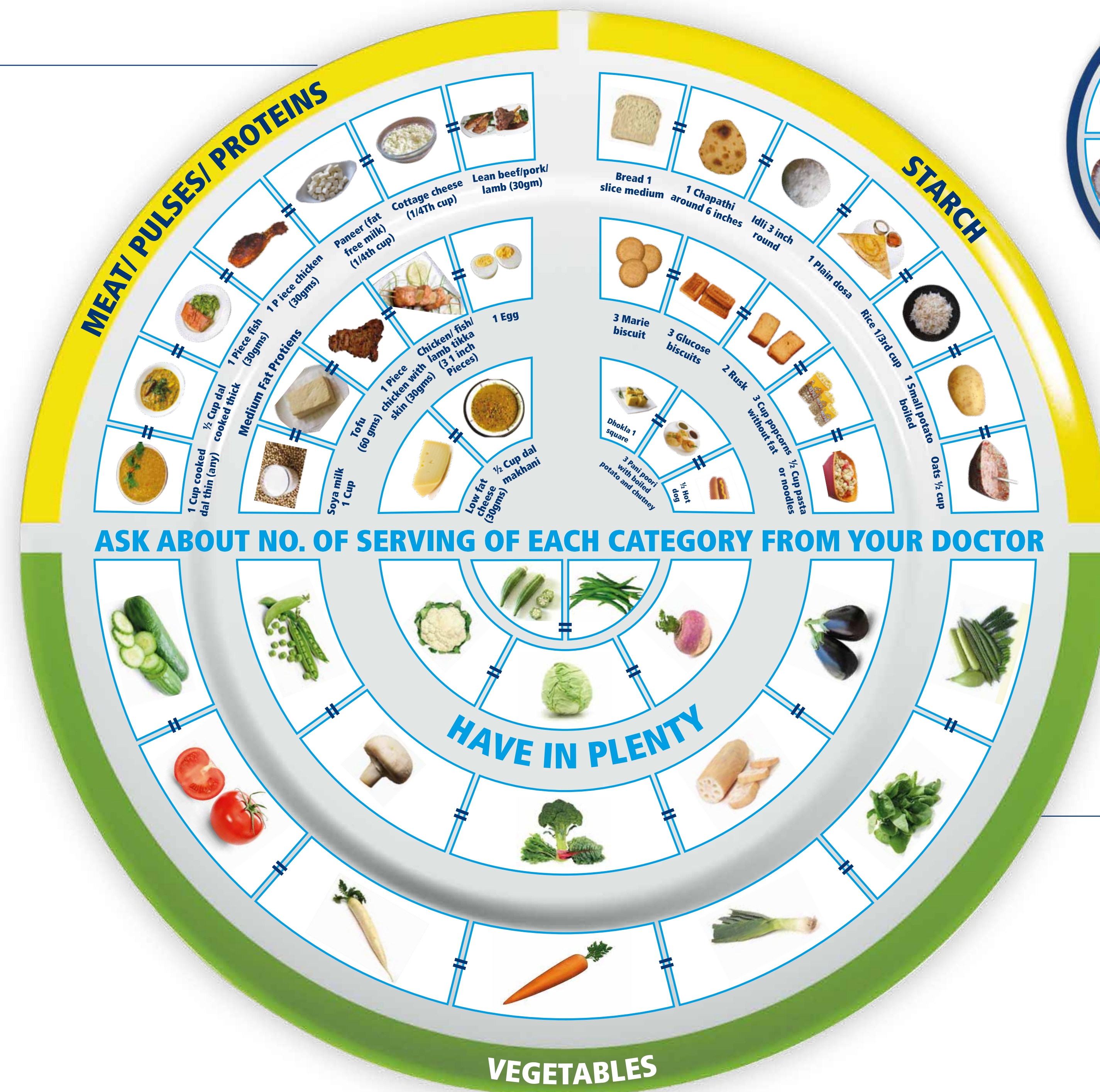
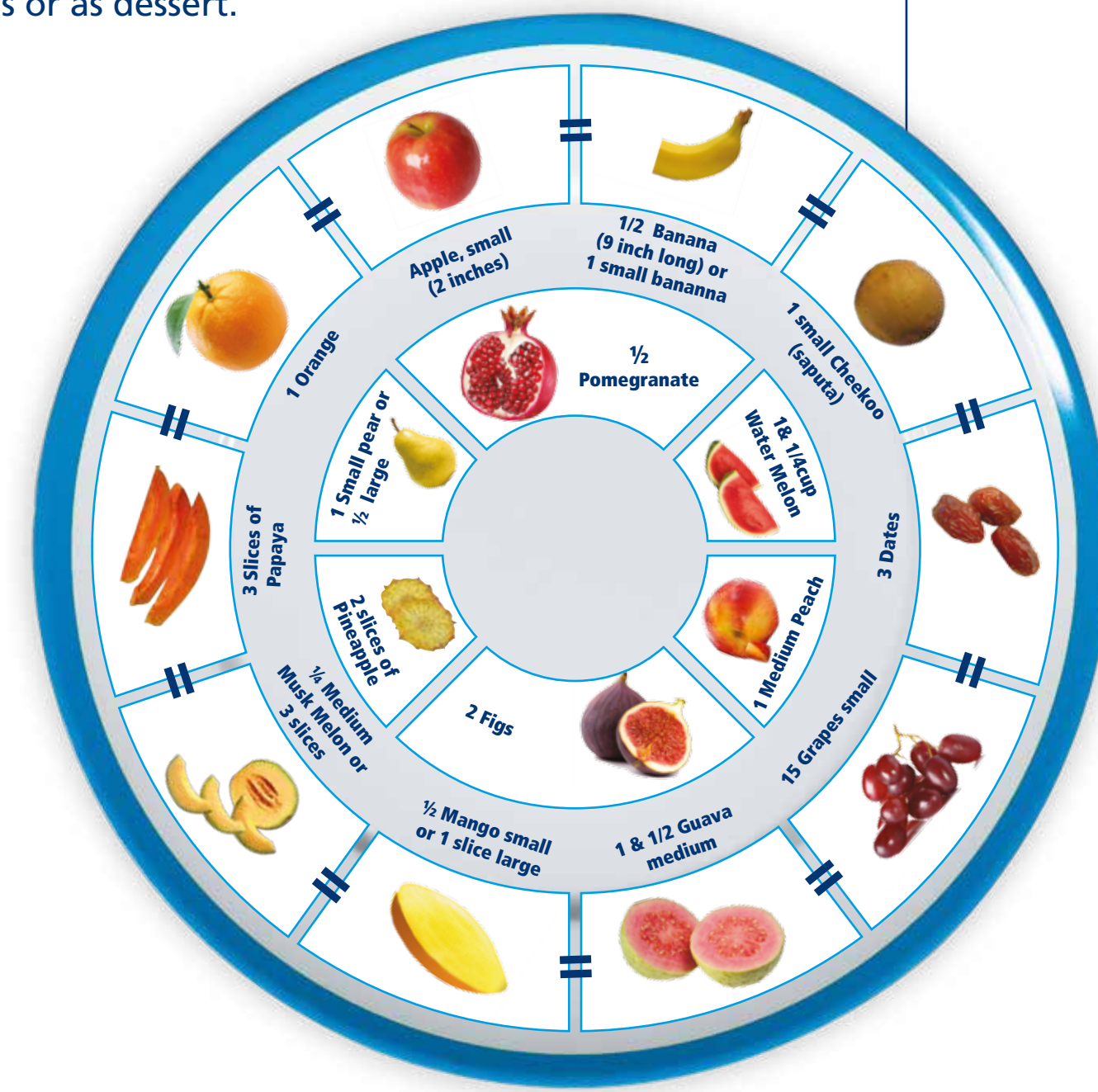
Food Exchange Lists To help you exchange foods within a group.

Proteins

- 1 serving / exchange of lean protein contains around 7 grams of protein and approximate 55 calories.
- Use preferably lean meat like fish and sea food, poultry without skin and beef, lamb or pork with trimmed fat.
- If you are eating medium fat protein, use less fat in other foods you eat in that meal & add more salads.

Fruits

- One serving / exchange of fruit contains approximate 15 grams of carbohydrate, no protein or fat and 60 calories.
- Fruits should be taken along with skin and seeds wherever edible.
- Add fruit to meals either as part of main course or side dishes or as dessert.



Milk

- One serving / exchange of milk contains about 12 grams of carbohydrate, 8 grams of protein and variable amounts of fat.
- Low-fat milk and milk products - One serving contains zero to 3 grams of fat and 100 calories (Best for overweight or obese people)
- Reduced fat milk and milk products - contains 5 grams of fat and around 120 calories (Good for almost all people)
- Whole milk and milk products - One serving contains 8 grams of fat and around 160 calories. (Ask your doctor before consuming them)

Starches - Rice, Wheat, Potato and Other cereals

- One starch serving / exchange contains approximate 15 grams of carbohydrate, 2-3gm protein, 0-1 gm. fat and 80 calories.
- Whole grains are always a better choice & whole-grain breads, high-fibre cereals, legumes, brown rice & whole wheat pasta.
- Ask your doctor about the right amount of oil needed for you to cook food.

Non Starchy Vegetables

- You can satisfy your appetite with foods from this group.
- Vegetables are full of vitamins, minerals, fiber, and phytochemicals - with less calories and carbohydrates.
- While cooking vegetables use minimum oil and salt. Everyone can enjoy more.

Reference:
1. <http://www.diabetes.org/food-and-fitness/food/planning-meals/create-your-plate/>, 2. http://www.aapiusa.org/uploads/files/docs/ebook/ab_exchange.pdf, 3. <http://www.diabetesindia.com>, 4. <http://www.myfitnesspal.com/food/search>.
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