



## Healthy Food = Good Health

### Benefits of following a diet regimen

- ✓ Including fiber in the diet will improve digestion and help in weight control.
- ✓ Diabetes will be better controlled reducing the risk of complications.
- ✓ Calcium from the diet will strengthen the bones.
- ✓ Helps control cholesterol levels.

### Misconceptions about diet

- ✓ Diabetes requires a special diet rather than simple home made meals - False
- ✓ Complete elimination of dietary carbohydrates leads to diabetes control - False
- ✓ Can use jaggery/honey in diet instead of sugar- False
- ✓ Stop eating fruits, meat - not necessarily
- ✓ Eating only sugar causes diabetes- False
- ✓ During the treatment, you can eat whatever you want - False



## Which items should be included in your breakfast and why?



**Dosa/Idli:** Prepare idli or dosa made from a combination of lentils (20% rice, 80% lentils/40% urad dal, 40% moong dal) and serve it with sambhar.



**Besan Chilla:** Make chilla with various vegetables according to your preference and cook it with minimal oil.



**Thalipeeth:** Combine various types of flour such as gram flour, moong dal flour, horse gram flour, oats flour, jowar flour, bajra flour, and prepare thalipeeth by adding a generous amount of vegetables and a small amount of oil. Enjoy it with yogurt.



**Paratha tip:** Use less oil, add veggies or paneer, and pair with curd. Minimize potato use.



**Oats:** Make dosa, uttapam, upma with cooked oats. Add your preferred veggies for a tasty twist.



**Poha:** Make Poha with 50% Poha and 50% onion, peas, coriander, tomatoes, and Sprouted pulses.



**Upma:** Opt for Dalia (suji) instead of semolina, add lots of green peas, French-bean, Coriander, Peanuts, Moong dal/Urad dal when making upma.



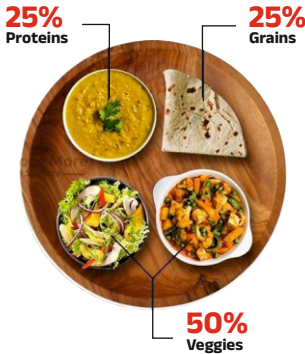
### Use the following to make your smoothie

For a healthy smoothie, use low-fat milk/almond milk, berries, spinach, and add walnuts, pistachios, almonds, chia seeds, flaxseeds, or sunflower seeds.



**Eggs:** Boiled egg whites or omelets without bread

## How should your meal plate look like



- ✔ 70% of Indian food consists of carbohydrates, rice, sorghum, and wheat. This can be an important cause of postprandial blood sugar spikes and weight gain.
- ✔ By simply changing the way we eat, we can control our blood sugar very well. Reduce the amount of carbohydrates (rice, bread, chapati) in the meal plate to a quarter as in the above image.
- ✔ Divide your meal plate in 4 different parts.  $\frac{1}{4}$ th should consist of complex carbs,  $\frac{1}{4}$ th of raw vegetables,  $\frac{1}{4}$ th of cooked vegetables, and  $\frac{1}{4}$ th should necessarily be protein
- ✔ Does your diet contain the right amount of protein? Ask yourself this question at every meal. 25% protein should be on your plate. For that, the meal should include dal, pulses (rajma, chhole, peas, matki, moong, lentil), low fat curd, paneer, boiled egg white, chicken.
- ✔ Ending Your Meal with buttermilk made from low-fat milk makes your meal perfect.
- ✔ In the morning, the sensitivity of insulin production in our body is high, and the metabolism is very easy. But this speed slows down at night. Your daily diet should be in descending order.
- ✔ In the morning breakfast (King size) should be abundant, then (Moderate) your lunch should be in moderate amount, dinner should be early and even (Early & Light) in light amount.
- ✔ Eat salad first while eating, followed by protein foods like dal, curd and lastly carbohydrate foods like chapati.



## What snacks to eat and what to avoid during the middle time?

### Healthy snacks to eat:



Buttermilk or Curd



**Bhel** (Matki, Moong, Lentils, Peas, Rajma, Onion, Tomato, Coriander)



**Handful of Dry fruits.**  
(Almonds, Walnuts, Pistachios)



Roasted Chickpeas,  
Bean Sprouts, Makhana



Toasted Paneer, Dhokla  
(without sugar-syrup)



**Seeds:** Chia seeds, flax seeds,  
pumpkin seeds, sunflower seeds

### Snacks to compulsory avoid



Breads, Biscuits, Cakes, Bakery Products



All Processed Foods



Mithai, Halwa, Shrikhand, Basundi



Potatoes, Sago



Sugar, Honey, Jaggery



Chips, Kurkure, Vadapav



Chocolate

## What snacks to eat and what to avoid during the middle time?

### Healthy snacks to eat:



Spinach soup, mixed vegetable soup, carrot soup (all soups can be made with fenugreek seeds).

Chicken Soup / Paya Soup

### Fruits



Apple



Guava



Orange



Pomegranate



Sweet lime



Pineapple



Jamun



Papaya

### Drinks



Lemonade



Buttermilk



Coconut water



Green tea



Cinnamon water

### Snacks to compulsory avoid

#### Fruit juices



#### Allowed in small quantities



Bananas



Chikoo



Mangoes



Custard Apple



Graps



Coffee



Cold drinks



Frooty



Milk Shake

## How to reduce the glycemic index of chapatis?

### Use



**Oat flour**  
(fibrous)



**Almond flour**  
(rich in calcium)



**Ragi flour**  
(rich in calcium)



**Buckwheat flour**  
(with folic acid)



**Gram flour**  
(protein rich)



**Amaranth flour**  
(protein & calcium rich)



**Millet Flour**



**Sorghum Flour**



**Paneer**

### Avoid using



**Refined wheat flour**



**Corn Flour**



**White Rice**

## How Much Oil Should be Used in Daily Meals?

- ✓ The quantity of cooking oil used is more important than the type of cooking oil used.
- ✓ 15-20 ml of edible oil per day should be consumed.  
(half a liter per person every month)

### Some important facts about using oil in diet -

- ✓ Oil containing MUFA & OMEGA should be preferably used in the diet.  
(e.g Rice bran oil, groundnut oil, sesame oil, mustard oil, flaxseed oil, olive oil, avocado oil, and canola oil.)
- ✓ Include moderate amount of PUFA-rich oils (e.g., sunflower, safflower, mustard).
- ✓ Avoid saturated fatty oils (butter, palm, coconut, dalda).
- ✓ Limit ghee to 5 ml per day.

## Follow these rules if you have diabetes and want to eat meat :

- ✓ Limit meat to twice a week, no fried dishes.
- ✓ Choose grilled or curry meat.
- ✓ Skip meat at dinner.
- ✓ Egg whites are okay.
- ✓ Avoid egg yolks in excess.

## Have a light and early Dinner

veg	Non-veg
 <p>Sautéed paneer with vegetables in low amount of oil</p>	<p>Omelette made from egg whites with greens</p>
 <p>Besan Dhokla (Without Sugar Syrup)</p>	<p>Chicken soup with salad</p>
 <p>Moong dal dosa</p>	<p>Chicken with fish &amp; soup or salad</p>
 <p>Sprouted Bhel.</p>	<p>Grilled Chicken with Sauteed Green Vegetables in Low Oil</p>
 <p>Thalipeeth</p>	
 <p>Moong Dal soup and vegetable cutlets</p>	
 <p>Porridge made from oats and peas</p>	
 <p>Varanfali</p>	
 <p>Small bhakri, legumes, leafy vegetables and pithala</p>	

## Dr. Nikita Doshi -

MBBS, MD Medicine DM Endocrinology (Mumbai)

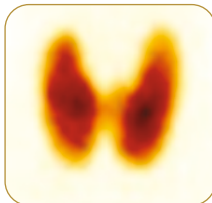
Diabetes, Thyroid, Hormone Super Specialist

- ✓ Dr. Nikita Doshi has completed her M.B.B.S. (6 years) and pursued her M.D. in Medicine (3 years) in B.O.M.C Pune.
- ✓ After her M.D. education, she completed 3 years of specialization in Diabetes, Thyroid and Hormonal Diseases at T.N.M. C. Hospital, Mumbai and Graduated in D.M. Endocrinology Super Specialization.
- ✓ She is one of the renowned hormone and diabetes Super specialists in Kolhapur with 15 years of experience in the medical field.

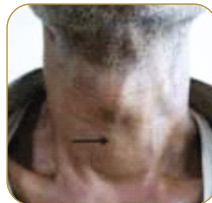
### Available Health Services



**Advanced diabetes care center**



**Thyroid disease / Thyroid Cancer**



**Obesity**



**PCOD / Unwanted facial hairs**



**Diseases of pituitary, adrenal and other glands**



**(Mahatma Phule  
Jan Arogya Yojana Beneficiary)**



**Dexa Scan with Advanced Osteoporosis Care**





# DOSHI

Orthopedics & Endocrine Centre

📞 952 90 93 195 | 93221 28115

**C.B.S New Shahupuri, Kolhapur**

    [www.kiothospital.org](http://www.kiothospital.org)