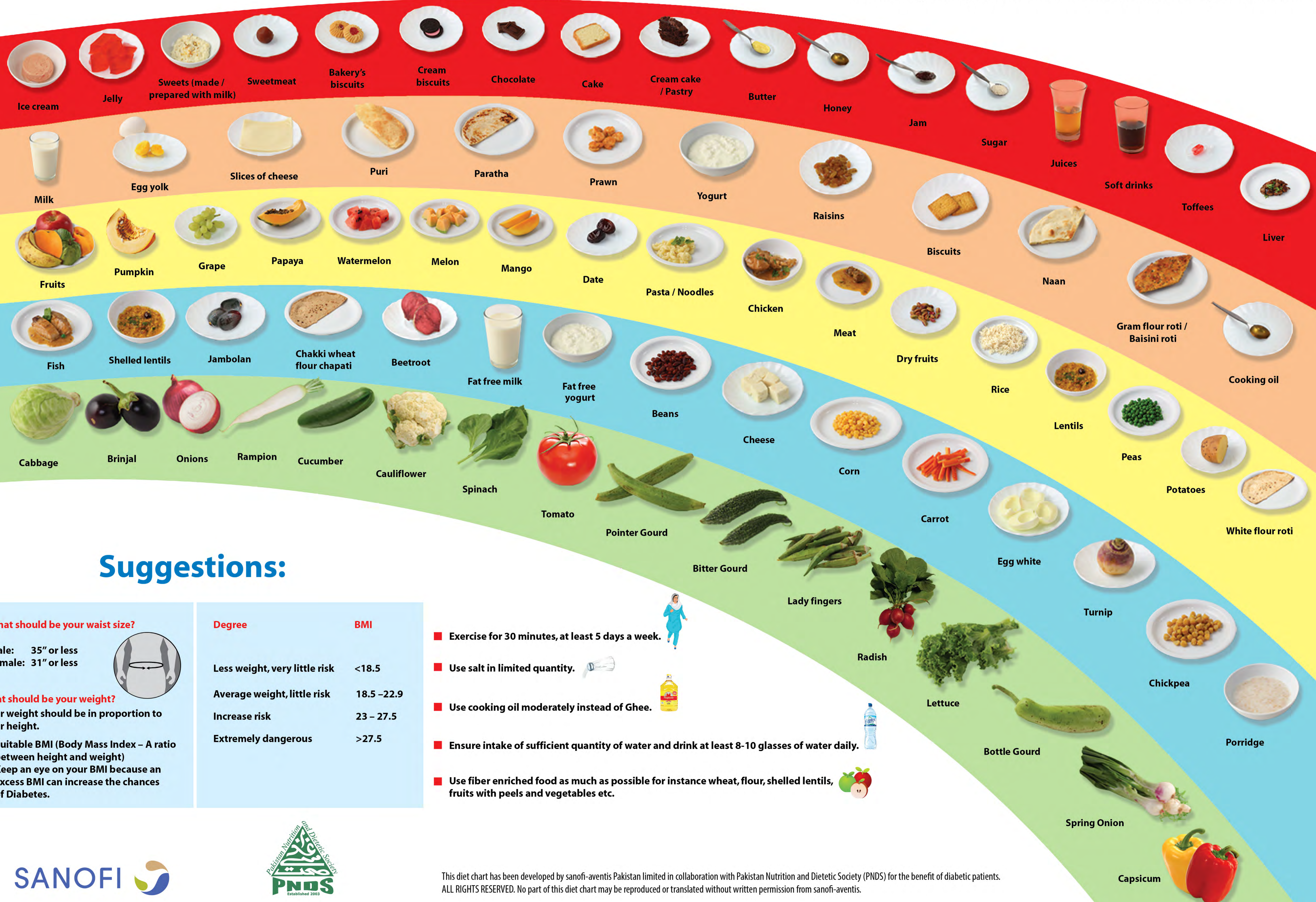


# Healthy food for Diabetic Patients

\*These are general guidelines, for individual plans contact your doctor / nutritionist.

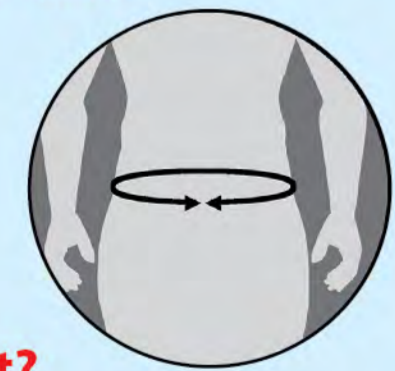
- RED** ■ Use these items in minimum quantity, whenever required. Do not use more than the quantity displayed.
- ORANGE** ■ Use these items carefully and occasionally.
- YELLOW** ■ Be careful about the ratio of these items and use only to fulfill the need of calories.
- BLUE** ■ Use these items frequently, but in an appropriate quantity.
- GREEN** ■ Use in any quantity but while cooking, use minimum quantity of oil.



## Suggestions:

### What should be your waist size?

Male: 35" or less  
Female: 31" or less



### What should be your weight?

Your weight should be in proportion to your height.

- Suitable BMI (Body Mass Index – A ratio between height and weight)
- Keep an eye on your BMI because an excess BMI can increase the chances of Diabetes.

### Degree

Less weight, very little risk  
Average weight, little risk  
Increase risk  
Extremely dangerous

### BMI

<18.5  
18.5 – 22.9  
23 – 27.5  
>27.5

■ Exercise for 30 minutes, at least 5 days a week.

■ Use salt in limited quantity.

■ Use cooking oil moderately instead of Ghee.

■ Ensure intake of sufficient quantity of water and drink at least 8-10 glasses of water daily.

■ Use fiber enriched food as much as possible for instance wheat, flour, shelled lentils, fruits with peels and vegetables etc.