

B K Memorial Hospital - Diabetes Diet Chart

Focus: Low sugar, high fiber, controlled carbohydrates

- 1 Eat whole grains like oats, brown rice
- 2 Include leafy vegetables daily
- 3 Choose low GI fruits (apple, guava)
- 4 Avoid sugary drinks and sweets
- 5 Eat small frequent meals
- 6 Stay hydrated and exercise regularly

Meal	Recommended Food
Breakfast	Oats, boiled egg, green tea
Lunch	Chapati, dal, vegetables
Snack	Nuts, sprouts
Dinner	Light meal, soup