

# South Asian Sample Menu for the southern culture

**\*Note:**

1 cup of Lentils, Chickpeas, Dhal and Pulses counted as 15g of CHO because of low GI

2 Small Rusks counted as 15 g of CHO

Low-Fat Cheese and Paneer counted as 0 g CHO

1 cup Sambhar counted as 15g of CHO

1 cup of sundal counted as 15 g of CHO

1 Idli (3") counted as 15g of CHO

¾ cup Upma counted as 30 g of CHO

2 Small Whole Wheat Dosa and 2 Whole Wheat Chapati counted as 30g of CHO

¾ cup of Pongal counted as 30g of CHO

3 String Hoppers (4" each) counted as 30g of CHO

**\*CHO = carbohydrate**

| Smaller Appetite Sample Menu  |  |   |
|---|--|---|
| Day 1   | Day 2  | Day 3   |
| <p><b>Breakfast (CHO: 45 g)</b><br/>                     Upma (¾ cup, 150 mL)<br/>                     Vegetable chutney (2 tbsp, 30 mL)<br/>                     Low-fat yogurt (¾ cup, 75 mL)<br/>                     Chai tea-no sugar (with low-fat milk ½ cup, 125 mL)</p> <p><b>Lunch (CHO: 60 g)</b><br/>                     3 String hoppers (4", 10 cm each)<br/>                     Fish (2 oz, 60 g)<br/>                     Low-fat yogurt (¾ cup, 175 mL)<br/>                     Green salad (low-calorie dressing 1 tsp, 5 mL)<br/>                     Sabji (no potato)<br/>                     ½ Medium mango<br/>                     Black coffee-no sugar</p> <p><b>Dinner (CHO: 60 g)</b><br/>                     Rice, basmati/brown (¾ cup, 150 mL)<br/>                     Sambhar (1 cup, 250 mL)<br/>                     Tofu curry (1 oz, 30 g)<br/>                     Green salad<br/>                     1 Medium orange<br/>                     Water</p> <p><b>Evening Snack (CHO: 15 g)</b><br/>                     Low-fat milk (1 cup, 250 mL)</p> | <p><b>Breakfast (CHO: 45 g)</b><br/>                     1 Small whole wheat dosa (6", 15 cm)<br/>                     Sambhar (1 cup, 250 mL)<br/>                     Low-fat yogurt (¾ cup, 75 mL)<br/>                     1 Small kiwi<br/>                     Black coffee-no sugar</p> <p><b>Lunch (CHO: 60 g)</b><br/>                     Pongal (¾ cup, 175 mL)<br/>                     Vegetable chutney<br/>                     Lean chicken (2 oz, 60 g)<br/>                     Low-fat yogurt (¾ cup, 175 mL)<br/>                     Green salad<br/>                     Saag<br/>                     1 Small banana<br/>                     Water</p> <p><b>Afternoon snack (CHO: 15 g)</b><br/>                     Whole grain crackers (4)<br/>                     Hummus (2 tbsp, 30 mL)<br/>                     Water</p> <p><b>Dinner (CHO: 60 g)</b><br/>                     1 Whole wheat chapati (6", 15 cm)<br/>                     Dhal (1 cup, 250 mL)<br/>                     Tofu curry (1 oz, 30g, )<br/>                     Low-Fat yogurt (¾ cup, 175 mL)<br/>                     Green salad (low-calorie dressing 1 tsp, 5 mL)<br/>                     1 Medium apple<br/>                     Black coffee-no sugar</p> | <p><b>Breakfast (CHO: 45 g )</b><br/>                     2 whole wheat idli (3", 8 cm each)<br/>                     Sambhar (1 cup, 250 mL)<br/>                     Black coffee-no sugar</p> <p><b>Lunch (CHO: 60 g)</b><br/>                     2 Whole wheat chapati (6", 15 cm each)<br/>                     Lean lamb (2 oz, 60 g)<br/>                     Low-fat yogurt (¾ cup, 75 mL)<br/>                     Green salad (low-calorie dressing 1 tsp, 5mL )<br/>                     Sabji (no potato)<br/>                     1 Small banana<br/>                     Chai tea-no sugar (with low-fat milk ½ cup, 125 mL)</p> <p><b>Dinner (CHO: 60 g)</b><br/>                     3 String hoppers (4", 10 cm each)<br/>                     Dhal (1 cup, 250 mL)<br/>                     Lean chicken (1 oz, 30 g)<br/>                     Green salad<br/>                     Vegetable curry<br/>                     1 Peach<br/>                     Black coffee-no sugar</p> <p><b>Evening Snack (CHO: 15 g)</b><br/>                     Whole grain crackers (4)<br/>                     Water</p> |

| <b>Bigger Appetite Sample Menu</b>   |   |   |
|--|---|---|
| <b>Day 1</b>   | <b>Day 2</b>  | <b>Day 3</b>  |
| <p><b>Breakfast (CHO: 60 g)</b><br/> Upma (⅔ cup, 150 mL)<br/> Vegetable chutney (2 tbsp, 30 mL)<br/> Low-fat yogurt (⅓ cup, 75 mL)<br/> 1 Small banana<br/> Chai tea-no sugar (with low-fat milk ½ cup, 125mL)</p> <p><b>Lunch (CHO: 60 g)</b><br/> 3 String hoppers (4", 10 cm each)<br/> Fish (2 oz, 60 g)<br/> Low-fat yogurt (¾ cup, 175 mL)<br/> Green salad (low-calorie dressing 1 tsp, 5 mL)<br/> Sabji (no potato)<br/> ½ Medium mango<br/> Black coffee-no sugar</p> <p><b>Afternoon Snack (CHO:15 g)</b><br/> Plain cookies (2)<br/> Black coffee-no sugar</p> <p><b>Dinner (CHO: 75 g)</b><br/> Rice, basmati/brown (1 cup, 250 mL)<br/> Sambhar (1 cup, 250 mL)<br/> Tofu curry (1 oz, 30 g)<br/> Green salad<br/> Vegetable curry<br/> 1 Medium orange<br/> Water</p> <p><b>Evening Snack (CHO: 15 g)</b><br/> Low-fat milk (1 cup, 250 mL)</p> | <p><b>Breakfast (CHO: 60 g)</b><br/> 2 Small whole wheat dosa (6", 15 cm each)<br/> Vegetable chutney (2 tbsp, 30mL)<br/> 1 Egg<br/> Low-fat yogurt (¾ cup, 175 mL)<br/> 1 Medium pear<br/> Black coffee-no sugar</p> <p><b>Lunch (CHO: 60 g)</b><br/> Pongal (¾ cup, 175 mL)<br/> Lean chicken curry (2 oz, 60 g)<br/> Low-fat yogurt (¾ cup, 175 mL)<br/> Green salad<br/> Vegetable curry<br/> Grapes (15)<br/> Water</p> <p><b>Afternoon Snack (CHO: 15 g)</b><br/> 1 Small rusk<br/> Chai Tea-no sugar (with low-fat milk ½ cup, 125 mL)</p> <p><b>Dinner (CHO: 75 g)</b><br/> 2 Whole wheat chapati (6", 15 cm each)<br/> Dhal (1 cup, 250 mL)<br/> Tofu (1 oz, 30 g)<br/> Low-fat yogurt (¾ cup, 175 mL)<br/> Green salad (low-calorie dressing 1 tsp, 5 mL)<br/> Vegetable curry<br/> 1 Medium apple<br/> Black coffee-no sugar</p> <p><b>Evening Snack (CHO: 15 g)</b><br/> Melba toast (4)<br/> Low-fat cheese (1 oz, 30 g)</p> | <p><b>Breakfast (CHO: 60 g )</b><br/> 2 whole wheat idli (3", 8 cm each)<br/> Sambhar (1 cup, 250 mL)<br/> Low-fat yogurt(⅓ cup, 75 mL)<br/> Chai tea-no sugar (with low-fat milk ½ cup, 125mL)</p> <p><b>Lunch (CHO: 60 g)</b><br/> 2 Whole wheat chapati (6", 15 cm each)<br/> Lean lamb curry (2 oz, 60 g)<br/> Low-fat yogurt (⅓ cup, 75 mL)<br/> Green salad (low-calorie dressing 1 tsp, 5 mL)<br/> Vegetable curry<br/> Blueberries (1 cup, 250 mL)<br/> Chai tea-no sugar (with low-fat milk ½ cup, 125mL)</p> <p><b>Afternoon Snack (CHO: 15 g)</b><br/> Sundal (1 cup, 250 mL)</p> <p><b>Dinner (CHO: 75 g)</b><br/> 3 String hoppers (4", 10 cm each)<br/> Dhal (1 cup, 250 mL)<br/> Lean chicken curry (1 oz, 30 g)<br/> Green salad<br/> Vegetable curry<br/> Low-fat yogurt (¾ cup, 175 mL)<br/> Pineapple (¾ cup, 175 mL)<br/> Water</p> <p><b>Evening Snack (CHO: 15 g)</b><br/> 1 Medium orange<br/> Almonds (7)</p> |

For more tips for healthy eating and diabetes management, see the South Asian *Just the Basics* resource available from the Canadian Diabetes Association's website at [www.diabetes.ca](http://www.diabetes.ca).