

South Asian Sample Menu for the northern culture

***Note:**

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

1 cup of Sundal counted as 15 g CHO

2 Small Rusks counted as 15g of CHO

Low-fat cheese and paneer counted as 0 g CHO

2 Whole Wheat vegetable stuffed paratha counted as 30 g of CHO

1 cup of Rajmah counted as 15g of CHO because of low GI

1 cup of Chole counted as 15g of CHO because of low GI

¾ cup of Dalia counted as 15g of CHO

1 cup of Khichri counted as 30g of CHO

***CHO = carbohydrate**

Smaller Appetite Sample Menu		
Day 1	Day 2	Day 3
<p>Breakfast (CHO: 45 g) 2 Slices whole grain bread Peanut butter (2 tbsp, 30 mL) Low-fat yogurt (½ cup, 75 mL) Chai tea—no sugar (with low-fat milk ½ cup, 125 mL)</p> <p>Lunch (CHO: 60 g) 2 Whole wheat chapati (6", 15 cm each) Low-fat yogurt (¾ cup, 175 mL) Green salad Sabji with low-fat paneer (¼ cup, 60 mL) - no potato ½ Medium mango Black coffee-no sugar</p> <p>Dinner (CHO: 60 g) Rice, basmati/brown (⅔ cup, 150 mL) Dhal (1 cup, 250 mL) Fish (1 oz, 30 g) Green salad (low-calorie dressing 1 tsp, 5 mL) Sabji (no potato) 1 Medium orange Water</p> <p>Evening Snack (CHO: 15 g) Low-fat milk (1 cup, 250 mL)</p>	<p>Breakfast (CHO: 45 g) 2 Whole wheat vegetable stuffed paratha (6", 15 cm each) Cheese (1 slice) or low-fat paneer (¼ cup, 60 mL) Low-fat yogurt (¾ cup, 175 mL) Black coffee—no sugar</p> <p>Lunch (CHO: 60 g) Khichri (1 cup, 250 mL) Low-fat yogurt (¾ cup, 175 mL) Green salad (low-calorie dressing 1 tsp, 5 mL) Blueberries (1 cup, 250 mL) Water</p> <p>Afternoon Snack (CHO: 15 g) 1 Fresh peach</p> <p>Dinner (CHO: 60 g) 2 Whole wheat chapati (6", 15 cm each) Rajmah (1 cup, 250 mL) Green salad Sabji (no potato) 1 Medium apple Water</p>	<p>Breakfast (CHO:45 g) Dalia (¾ cup, 175 mL) 1 Egg Low-fat milk (1 cup, 250 mL) 1 Medium orange Black coffee-no sugar</p> <p>Lunch (CHO: 60 g) 2 Whole wheat chapati (6", 15 cm each) Lean chicken (2 oz, 60 g) Low-fat yogurt (½ cup, 75 mL) Green salad Sabji (no potato) Grapes (15) Chai tea—no sugar (with low-fat milk ½ cup, 125 mL)</p> <p>Dinner (CHO: 60 g) Rice, basmati/brown (⅔ cup, 150 mL) Chole (1 cup, 250 mL) Green salad (low-calorie dressing 1 tsp, 5 mL) Sabji (no potato) with tofu (1 oz, 30 g) 1 Small pear Water</p> <p>Evening Snack (CHO: 15g) Whole grain crackers (4) Low-fat cheese (1 oz, 30 g)</p>

Bigger Appetite Sample Menu		
Day 1	Day 2	Day 3
<p>Breakfast (CHO: 60 g) 2 Slices whole grain bread Peanut butter (2 tbsp, 30 mL) Low-fat yogurt (½ cup, 75 mL) 1 Small banana Chai tea–no sugar (with low-fat milk ½ cup, 125 mL)</p> <p>Lunch (CHO: 60 g) 2 Whole wheat chapati (6", 15 cm each) Lean chicken (2 oz, 60 g) Low-fat yogurt (¾ cup, 175 mL) Green salad Sabji (no potato) with low-fat paneer (¼ cup, 60 mL) ½ Medium mango Black coffee-no sugar</p> <p>Afternoon Snack (CHO: 15 g) Melba toast (4) Water</p> <p>Dinner (CHO: 75 g) Rice, basmati/brown (1 cup, 250 mL) Dhal (1 cup, 250 mL) Fish (1 oz, 30 g) Green salad (low-calorie dressing, 1 tsp, 5 mL) Sabji (no potato) 1 Medium orange Water</p> <p>Evening Snack (CHO: 15 g) Low-fat milk (1 cup, 250 mL)</p>	<p>Breakfast (CHO: 60 g) 2 Whole wheat vegetable stuffed paratha (6", 15 cm each) Cheese (1 slice) or low-fat paneer (¼ cup, 60 mL) Vegetable curry Low-fat yogurt (¾ cup, 175 mL) 2 Kiwi fruit Black coffee- no sugar</p> <p>Lunch (CHO: 60 g) Khichri (1 cup, 250mL) Low-fat yogurt (¾ cup, 175 mL) 1 Small banana Green salad (low-calorie dressing 1 tsp, 5 mL) Sabji (no potato) with tofu (2 oz, 60 g) Water</p> <p>Afternoon snack (CHO: 15g) 2 Plain cookies</p> <p>Dinner (CHO: 75 g) 2 Whole wheat chapati (6", 15 cm each) Rajmah (1 cup, 250 mL) Lean lamb curry (2 oz, 60 g) Low-fat yogurt (¾ cup, 175 mL) Green salad Saag 1 Medium apple Black coffee-no sugar</p> <p>Evening Snack (CHO: 15 g) 2 Small rusks Low-fat cheese (1 oz, 30 g)</p>	<p>Breakfast (CHO:60 g) Dalia (¾ cup, 175 mL) 1 Slice whole grain bread 1 Egg 1 Medium orange Low-fat milk (1 cup, 250 mL) Black coffee-no sugar</p> <p>Lunch (CHO: 60 g) 2 Whole wheat chapati (6", 15 cm each) Lean chicken (2 oz, 60 g) Low-fat yogurt (½ cup, 75 mL) Green salad Sabji (no potato) Grapes (15) Chai tea-no sugar (with low-fat milk ½ cup, 125 mL)</p> <p>Afternoon Snack (CHO: 15 g) Unsalted chickpeas (1 cup, 250 mL)</p> <p>Dinner (CHO: 75 g) Rice, basmati/brown (1 cup, 250 mL) Chole (1 cup, 250 mL) Green salad (low-calorie dressing 1 tsp, 5 mL) Sabji (no potato) with tofu (1 oz, 30 g) 1 Medium pear Water</p> <p>Evening Snack (CHO: 15 g) Whole grain crackers (4) Hummus (2 tbsp, 30 mL)</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.