

South Asian Vegetarian Menu for the southern culture

Breakfast

2 Small whole wheat dosa (6", 15 cm each) or 2 whole wheat iddlies (3", 8 cm each)
Savoury chutney
Sambhar (1 cup, 250 mL)
Clear tea or black coffee – no sugar

Lunch

Thin vegetable soup
Rice, basmati/brown (2/3 cup, 150 mL)
Sambhar (1 cup, 250 mL)
Green leafy vegetable
Low-fat yogurt (1/3 cup, 75 mL)
Cooked lentils (1/2 cup, 125 mL)

Mid-afternoon Snack

1 Slice whole grain bread with vegetable filling
Clear tea or black coffee - no sugar

Dinner

2 Small whole wheat chapati (6", 15 cm each)
Dhal (1 cup, 250 mL)
Low-fat yogurt (3/4 cup, 175 mL)
Green vegetables
Sabji (no potato)
1 Medium apple
Water

Evening Snack:

Low-fat milk (1 cup, 250 mL)

(Modeled after Dr. V. Mohan's Diabetes Specialist Centre)

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.