

Diabetes Nutrition Lists for Indian Foods

Starches/Breads/Pulses/Dals

(15 grams carbohydrate, 3 grams protein, 1 gram fat and 80 calories per serving)

Aviyal	½ cup
Chapati/Sookhi/Roti/Phulka, 6"	1
Cassave	½ cup
Chickpeas, cooked	½ cup
Dalia, cooked	½ cup
Dhansak*	½ cup
Dhokla*, 1" square	1
Dosa, plain	1
Idli, plain	3"
Kasha	½ cup
Matki usal*	½ cup
Mumra (puffed rice)	1 ½ cup
Naan, 8"x2"	¼
Paratha/Thepala*, 6"	1
Plaintain	½ cup
Plaintain, green	1/3 cup
Poha*	1 cup
Potato Subji, low fat	½ cup
Puries*, 5"	2
Rasam	1 cup
Rice milk	½ cup
Rice, cooked	1/3 cup
Roti (bajra, corn, juwar), 6"	½
Sambar	½ cup
Sweet potato (shakarkhandi)	1/3 cup
Yam (suran)	1/3 cup

**1 cup cooked (thin) or
½ cup cooked (thick):**

Dal, Masoor
Dal, Arhar
Dal, Urad
Dal, Chana (Bengal gram)
Dal, Moong (greengram)
Dal, Mooth (mothbeans)
Dal, Toor
Dal, Tomato
Val (field beans)
Vatana (peas, dry)
Cow Pea (Lobiya)
Muth (mothbeans)
Moong (greengram)
Rajmah
Chana (Bengal gram)



**Remember: a healthy diet
and daily exercise are good
for you AND your baby!**

Fruit

(15 grams carbohydrate and 60 calories per serving)

Banana chips*	1 oz.
Figs, fresh	2
Guava	1 ½
Jambu	6
Loquat	4
Passion Fruit	½
Sapota (chiku)	1 med.
Seetaphal	1 med.

Milk and Yogurt

(12 grams carbohydrate, 8 grams protein, 1 gram fat and 90-110 calories per serving)

Milk, fat free, 1%, 2% or whole	1 cup (8 oz.)
Evaporated skim milk	½ cup
Buttermilk	1 cup (8 oz.)
Yogurt, plain	1 cup (8 oz.)
Yogurt, flavored	See label
Lassi, fat free, sugar free	1 cup (8 oz.)
Masala Tea, 1% milk	1 cup (8 oz.)

Other Carbohydrates: Sweets and Snacks

(15 grams carbohydrate, 3grams protein, 0-5 grams fat, > 80 calories per serving)

Bhel puri*	1 oz.
Bhujjia*	1 oz.
Cauliflower Bhajia*	2 pieces
Chevda mix*	1 oz.
Chhunda (mango pickle)	2 Tbsp.
Chutney, tamarind	2 Tbsp.
Dahi vadai, non fat yogurt*	2 pieces
Ghari, no ghee*	1
Gulabjammun*	2 med.
Halwa, carrot & milk*	1 piece
Halwa, sooji & milk*	¼ cup
Handava*, small	1
Kachories, vegetable*	2
Kachories, mungdhal*	2
Kadhi*	1 cup
Khandavi*	6 pieces
Khichadi, no ghee	½ cup
Kulfi*	½ cup
Kheer*	½ cup
Ladoo, wheat*	1 small
Magas*	1 ½" x 1 ½"
Mathia*	2 thin
Mohanthal*	1 ½" x 1 ½"
Muthia, dudhi + wheat flour*	4 pieces
Namkeen (snack mix)*	½ cup
Nankhatai*	2 small
Pakoda, spinach*	3 pieces
Pani puri*	6
Papad	2
Pav Bhaji, small*	3 oz.
Petha, pumpkin, 2"	½ piece
Potato Paratha*, 6"	1
Rasagolla*	2 med.
Rasmalai, in reg milk*	2 small
Samosa, vegetable*	2/3
Shrikhand*	¼ cup
Undhiyu, w/1 tsp oil*	½ cup
Uppuma, w/1 tsp oil*	1/3 cup
Uttapam, vegetable*	½ small
Vegetable cutlet*	1 med.

**Indicates carbohydrate item includes fat: avoid or limit to prevent excess weight gain!*

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Vegetables

(5 grams carbohydrate, 2 grams protein, 25 calories per serving)

In general:

Cooked vegetables ½ cup
Raw vegetables 1 cup

Bean sprouts (mung)
Beets (chukandar)
Brinjal
Broad beans (papdi)
Cauliflower (gobi)
Cluster beans (guvar)
Cow pea pods
Cucumber raita
Dill (suva bhaji)
Drumsticks (surgavo)
Eggplant (brinjal)
Fenugreek leaves (methi)
Green papaya
Kankoda (golkandra)
Karela
Kohlrabi
Leeks
Okra (lady's fingers)
Parwar
Pea pods
Pink beans (valore)
Ridge gourd (torai or turia)
Taro leaves
Taro roots

NOTE: Avoid Bitter melon (Momordica charantia), also known as Momordica charantia, Balsam Apple, Balsam Pear, Bitter Gourd or Karela, during pregnancy. This herb may cause miscarriage or preterm labor.

Fats

(5 grams fat and 45 calories per serving)

Sesame seeds 1 Tbsp.
Tahini paste 2 tsp.
Oils 1 tsp.
Ghee 1 tsp.
Coconut, shredded 2 Tbsp.
Sunflower seeds 1 Tbsp.
Pumpkin seeds 1 Tbsp.

Meat and Meat Substitutes

(7 grams protein, 35-100 calories per serving)

Cooked dhal or legumes ½ cup
(contains 15 grams carbohydrate)
Paneer, 1% milk ¼ cup
Paneer, whole milk ¼ cup
Ground meat kabab 1 oz.
Tandoori chicken 1 oz.
Goat meat 1 oz.
Chicken/fish/lamb tikka 1 oz.
Tempeh ¼ cup
Tofu 2 oz.
Egg 1

Free Foods

(Contain fewer than 20 calories per serving. Read the Nutrition Facts Label for more information)

Coriander Chutney 1 tsp.
Coriander, fresh ½ cup
Ginger, fresh ¼ cup
Jheera pani ½ cup
Marinated chilies 1
Raita 3 Tbsp.
Rasam 1 cup



For More Information:

Traditional Indian Food Charts

http://www.diabetesindia.com/diabetes/diets_charts.htm

American Association of Physicians of Indian Origin, listing information on diabetes in English, Hindi and Gujarati

<http://aapiusa.org/care/healthandnutrition.htm>

American Diabetes Association

<http://www.diabetes.org>

Free nutrition database

<http://www.calorieking.com>

Healthy recipes w/nutrition facts

<http://www.cookinglight.com>

Indian Pregnancy information

<http://www.indianwomenshealth.com>

Pregnancy information

<http://www.babycenter.com>

Pregnant Women with Diabetes chat room

<http://boards.babycenter.com/n/pf/x/forum.aspx?listMode=-1&nav=messages&webtag=bcus143961>