

## DIET CHART FOR DIABETIC, HYPERTENSIVE & OVERWEIGHT PATIENTS

**BREAKFAST**  
(Ideally before 8am)

**Eat within 55min.**

For those who leave early in the morning, prepare breakfast ingredients (soaked dals, chopped vegetables, batter ready) the night before to save time.

\*\*For best results, do not eat anything else between breakfast and lunch. Can drink plenty of water.

Eating fruits and dry fruits are healthier as their fiber doesn't readily release sugars in our body, whereas juices filter out fiber and cause rapid sugar rise. So eat fruits and dry fruits, do not drink their juices. Also fruits & dry fruits alkalize our body.

All millets / black rice/ red rice/ brown rice are available on [amazon.in](http://amazon.in)

- **Fruits**- Apple, Pineapple, Guava, Pear, Orange, Mosambi, plum, Watermelon, Muskmelon, Jamun, Strawberry, Kiwi, Dragonfruit, Papaya, Amla, Starfruit, Bel, Ber, tadgola (ice-apple), Kait fruit (wood apple), Coconut water (not malai), Pomegranate, Avocado, jaam fruit (wax apple).
- **Dry fruits**- Cashewnuts, Almonds, Walnuts, Pistachios, anjeer(figs), khajur (dates), manuka (raisins), jardalu (apricot), kharik (dry dates), peanuts.
- **Drinks**:- Black tea, Black coffee, Green tea (teas without milk/sugar/honey/jaggery/sugar-free crystals), Buttermilk, Plain lemon water (no sugar/honey/jaggery/salt), Jeera + ajwain + dhana seeds water – boiled and cooled,
- **Nuts milk** =Almond milk, pistachio milk, cashewnut milk, peanut milk (can add seeds sesame / pumpkin /sunflower/chia etc); coconut milk, soy milk, ragi milk
- **Vegetable juices/soups**- palak / methi / laalmath / bhendi/ corn(maize), dalpani etc,
- **Green salad**: cucumber + radish + carrot + beetroot + tomato +onion + chat masala + lemon; \*Green smoothie
- **Whole daal Thalipeeth** + pudina chutney/peanut +garlic chutney/red gram chutney/ thecha (green/red chillis + garlic chutney), bhendi chutney, coconut chutney.
- **Besan chilla/omelet with vegetables** – Besan + onion + tomato + capsicum + coriander- tawa roasted, methi thepla + chutneys.
- **Dal chilla/ dosa/ appe** - moong / masoor / chana / matki / urad/chawli dal batter with grated vegetables + chutneys (don't mix all dals together)
- **Millet chilla**- Jowar (sorghum)/Bajra (pearl millet) /Ragi (finger millet)/kodra (kodo millet)/kangni (foxtail millet)/kutki (little millet)/ samwa (barnyard millet), chena (proso millet), andua (browntop millet) flour + vegetables+ chutneys. All these millets can be cooked like rice plate, poha, biryani, pulav, roti, bhakri, idli, dosa, upma, payasam, utthapam, etc. (Don't mix all millets together/no white rice)
- **Boiled sprouts/usal/misal**:- Moong, Masoor, Matki, Chana, Watana (green peas), Kulith (horse gram), Rajma (kidney beans), soyabean, chawli (black eyed peas) + onion + dhaniya + pinch of salt + lemon (one type of sprouts /day)
- **Sprouts idli / dhokla**:-Use sprouts of moong / masoor / matki /chana, etc.& ground into batter; ferment and steam (no rava or rice). Do not mix all sprouts together.
- **Ragi porridge / Nachni satva (salted)** – Ragi cooked in water with little jeera, grated vegetables and coriander (no sugar/jaggery), **Bajra khichdi, jowar khichdi** (no rice/wheat)
- **Eggs**: Boiled eggs, Egg omelet, Egg bhurji, Egg half fry, scrambled eggs, tofu scramble
- **Seeds mix** – flax (jawas), chia, pumpkin, sunflower, melon, til (sesame) (1–2 tsp/day).
- **Black rice, red rice, brown rice**: Rice plate/idli / dosa/ kanji /biryani/ pulav (½–1 plate & only once a day-not all meals)



**LUNCH**  
 (~12.30-1.30 pm)  
**Eat within 55min.**

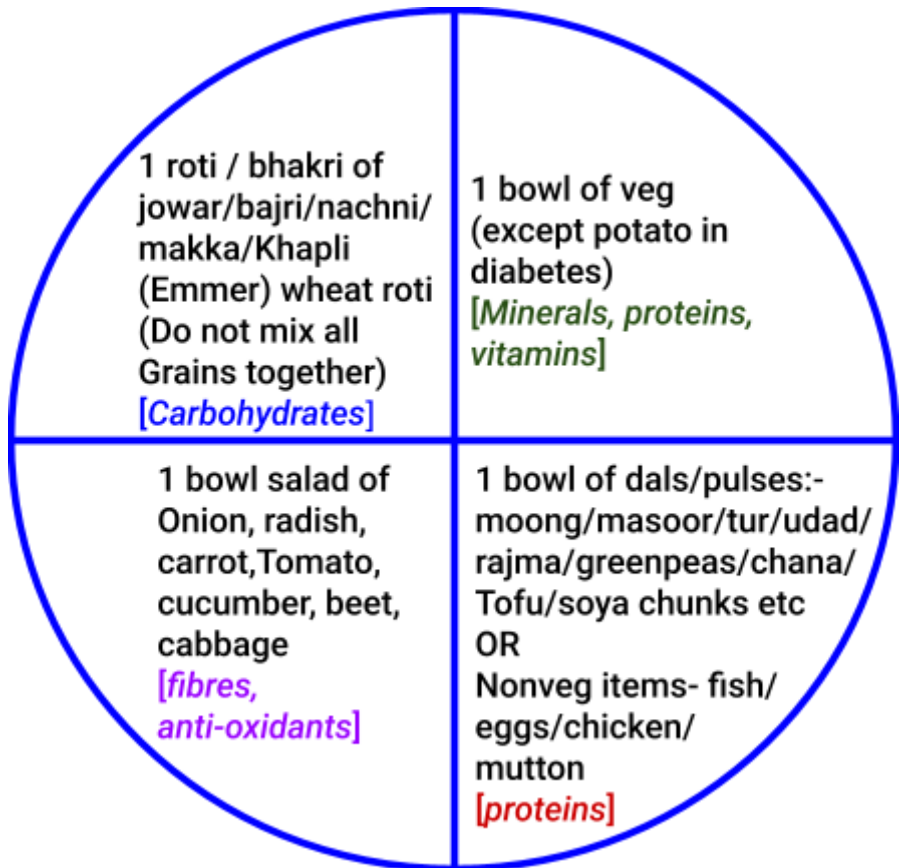
Roughly divide your plate into the following 4 parts ----->

**For best results, do not eat anything else between lunch and dinner. Can drink plenty of water**

#½-1 tsp cow ghee/day acceptable.

#For hypertensive patients, only 1 teaspoon(<5 grams) of salt is allowed per day.

#Ideally cold pressed unrefined oils (kachi ghani tel) of groundnut /sesame/coconut /mustard/ sunflower are better than refined oils. (use only 500ml per person / month)



👉 Finish all above 4 parts in plate together. Then only take the 2nd serving of each part.

Veggies to be eaten in ample quantities viz.

- Bhindi(okra), patta gobi (cabbage), phool gobi (cauliflower).
- Tondli (ivy gourd), karela (bitter-gourd), lauki(bottle-gourd), kanturle (spiny gourd), padwal (snake gourd), dodka/tori (ridge gourd), gilka (sponge gourd).
- Gavar (cluster beans), waal (fava beans), farasbi (french beans), Rajma (kidney beans), shevga (drumstick).
- Green leafy vegs-palak (spinach), methi (fenugreek), shepu (dillweed), laal math (red amaranthus leaves), hari chaulai (green amaranthus leaves), celery, lettuce, parsley, radish leaves, broccoli
- Pumpkin, shimla mirch (capsicum- green/red/yellow bell peppers), baingan (brinjal), Chole (white chickpeas), chawli (black-eyed peas), mushrooms etc

**DINNER**  
 (~ 8-9 pm)  
**Eat within 55min.**

**Eat in pattern as lunch above. Do not eat anything else after dinner till bedtime. Can drink water between dinner and sleep. Do not sleep/lie down 3 hours post dinner. This will digest food properly and prevent acidity, gaseous bloating, gastric reflux, etc**

## \*GREEN SMOOTHIE RECIPE\*

### (The Gamechanger Drink)

1. Add 5-6 spinach leaves/lettuce leaves/chakvat(green sorrel leaves)/ambat chuka leaves/kardai (safflower leaves)/green chawli leaves/rajgira (amaranth) leaves (use only 1 type of leaves at a time) +
2. Tulsi leaves (5-6) + Pudina leaves (10-12) + Curry (kadipatta) leaves (3-4) +
3. Betel leaf/paan leaves (1-2) + 1-2 fruits viz. apple/banana/guava/chikoo/pear +
4. Cinnamon (dalchini) powder 1 teaspoon + black pepper (kali miri) powder 1 teaspoon +
5. Turmeric (haldi) powder 1 teaspoon+ rock salt 1 pinch +1 lemon juice +
6. 1 glass water +

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Mix all the above contents well in the mixer and drink it without filtering as 1st drink in morning preferably even before water. It will detoxify, alkalise the body and help cleanse the gut too. Can drink before each meal i.e. breakfast/lunch/dinner (within 55 min time frame)

### [A word about our teeth:](#)

- Our teeth are our body's grinder. Without good chewing, there is no good digestion.
- Thoroughly chewed food in the mouth is easy to digest in the stomach as it is already partly digested by salivary enzyme amylase (ptyalin) in the mouth. Half chewed food or almost unchewed food during binge / eating in a hurry is difficult to digest and takes more time to digest in the stomach. Hence gastric acidity, reflux increases.
- So, always care for your teeth in your youth & fit dentures in old age if needed.



**EVERGREEN FAMILY CLINIC**

**A CARE THAT NEVER QUILTS**

## ITEMS TO BE STRICTLY AVOIDED

<p><b>SWEET ITEMS</b>          (Very high in sugars → cause rapid rise in blood sugar and weight gain). High sugar consumption accelerates skin aging through a process called <a href="#">glycation</a>, producing Advanced Glycation End products which break down skin collagen &amp; elastin causing wrinkles, sagging, dull brown/dark skin.  <u>To look &amp; be younger, stop sugar.</u></p>	<p>Tea, Coffee, Barfi, Pedha, Ice cream, Jalebi, Cold drinks, Cake, pastries, Chocolate, Chikki, Rasgulla, Gulab jamun, Basundi, jam, Sweet prasad, Laddoo, Boondi, Rabdi, Rasmalai, Ghevar, Anarsa, Halwa, Kaju katli, Sonpapdi, Lassi, Malpua, Petha, Phirni, Revdi, pickles, sakharfutana, batasha, kalakand, kharvas, sandesh, lollipop, candies etc</p>
<p><b>WHITE ITEMS</b>          (Refined carbohydrates: high glycemic index, quickly convert to sugar in the body—even if not sweet in taste. Many people are misled into thinking they are not consuming sugar, but these foods act like sugar internally. Not tasting sweet does not mean it is not sugar).  <u>To look &amp; be younger, stop white items.</u>          For those who are worried about their calcium intake due to milk avoidance, Til (sesame), green leafy vegs, moringa leaves, dals, nuts-almonds, pista, etc and Ragi give more usable calcium than milk.</p>	<p>White rice, oats, biryani, pulav, poha, upma, rava items, sheera, sabudana, murmura, MILK (contains sugar called lactose made up of glucose + galactose, hence not recommended), dahi, lassi, shrikhand, paneer, kofta, butter, peanut butter, cheese, paav, bread, multigrain bread, brown bread, burgers, pizza, pasta, toast, khari, biscuit, oats biscuits, digestive biscuits, french fries, wedges, sandwiches, wraps/ rolls/ frankies, shawarma, noodles, maggi, momos, chowmein/ hakka noodles, idli, dosa, uthappa, appam, white rice bhakri, white rice kanji, wheat dalia, muesli, momos, dabeli, sandwiches, etc</p>
<p><b>FRIED / PACKAGED &amp; PROCESSED / FAST FOODS</b>          (High in unhealthy fats, excess salt, and hidden sugars; provide mostly “empty calories” with very little nutritional value. These are essentially “dead foods” that do not nourish the body and instead promote obesity, diabetes, hypertension, and heart disease. Fast foods harm us faster. Choose live, natural foods viz. vegetables, fruits, nuts, seeds over ‘dead’ processed foods.) <u>To look &amp; be younger, stop fried / packaged &amp; processed / fast foods.</u></p>	<p>Vada paav, samosa, pakoda/bhajiya, aloo bonda, medu vada, paneer tikka, mirchi bhajiya, kachori, pani puri, sev puri, bhelpuri, ragda pattice, deep fried non veg items, wafers/chips, pretzels, cookies, kurkure, wheels, makhanas, chivda, farsan, packaged fruits juices, energy drinks, milkshakes, flavoured milk, cold coffees, frappes, sauces-ketchup/ schezwan/ mayo etc  <u>(In short avoid everything you see in tv/ads/readily available packaged foods- the biggest reason for obesity, hypertension and diabetes)</u></p>
<p><b>FRUITS</b>          Strictly NO for diabetics (however others can eat)</p>	<p>Mango, Banana, Sitaphal (custard apple), sugarcane, grapes, chikoo, ramphal, hanumanphal, laxmanphal, Jackfruit (fanaskatahal)</p>

Our kitchen is our actual pharmacy.

If you eat your food like medicine, you won't have to eat medicine like food.

## COMMON DOUBTS AND THEIR ANSWERS

### *How can i give up drinking tea / coffee? I am taking it for years!*

- Many people feel that they cannot function without tea or coffee, especially if they have been consuming it for years. However, tea and coffee are habits, not necessities. The temporary freshness they provide is due to stimulation, which often leads to dependence over time. When you reduce or stop them, you may feel mild withdrawal symptoms like headache, tiredness, or irritability—this is only temporary and your body will adjust within a few days. Replace with healthier options like lemon water or green tea / black tea / black coffee. In the long run, giving up tea and coffee helps reduce diabetes, acidity, reflux, and improves digestion.

### *How can I give up eating rice, poha, upma? I have been eating it for years!*

- Many people feel worried when asked to stop white rice, poha, or upma because they have been eating them for years. But old habits are not always healthy. White rice is highly refined and quickly turns into sugar in the body, which can increase blood sugar and weight over time. You are not left with nothing to eat—there are many healthy options like millets, dals, sprouts, vegetables, and nuts. It is important to understand what is healthy, not just what tastes good. Love your body more than your tongue. Once you start eating right, you will feel better and realize the diet is not restrictive, but healthier and more satisfying.

### *If I don't eat snacks in between meals, I feel hungry and weak and so i eat!*

- Many people feel afraid of hunger and immediately reach for unhealthy snacks, but mild hunger is normal and not harmful. Hunger often comes in waves and settles if you wait for some time. Eating frequently, especially unhealthy snacks, causes more harm than brief periods of hunger. Instead of reacting immediately, pause, drink water, and choose healthy options if truly needed. Learning to tolerate small hunger gaps helps burn fats as body then tries to generate energy from stored body fats.

### *I have to travel daily for my job and eat outside, how can I follow the diet?*

- Whenever you have to eat outside in a hotel, order first a green salad, 1 soup, 1 veg sabzi (diabetics to avoid potato dishes like aloo-palak/alu-gobi/ aloo-matar/ matar methi malai etc; non veg people can order non veg dish- just tell them to make with less oil), 1 roti / chapati (no butter), 1 dal; Can repeat all these items again if needed.
- If you don't have to dine in a hotel, but just need a small snacks for the time being, eat fruits mentioned above, roasted chana (futana)/ boiled chana/ boiled peanuts (sengdana)/ roasted corn (bhutta), can drink coconut water; anticipate your time outside and pre-emptively carry fruits/ dry fruits/ / tomato/ cucumber/ etc, or can eat just misal from the misal pav dish (do not eat farsan but matki in the misal), or can eat just the bhaji from paav-bhaji dish, chole from the chole-bhature dish. Avoid eating paav / bhature. Non vegetarians can eat egg omelets/ boiled eggs etc as snacks.
- Even if you eat outside, see to it that you take only 3 meals per day: Breakfast, lunch and dinner. Because of the number of times you eat, each time insulin gets secreted from pancreas for digestion causing weight gain, insulin resistance and diabetes.

*I reach home very late at night by 10pm - 12 midnight, how do I follow the diet?*

- Ideally take wholesome breakfast and lunch at proper time as above table.
- Eat dinner outside if possible in the evening around 7-9 pm. Finish it within 55 min. Eat in the following pattern: Whenever you have to eat in a hotel, order first a green salad, 1 soup, 1 veg sabzi (diabetics to avoid potato dishes like aloo-palak/alu-gobi/ aloo-matar/ matar methi malai etc; non veg people can order non veg dish- just tell them to make with less oil), 1 bhakri / roti / chapati (no butter), 1 dal; Can repeat all these items again if needed. Or you can daily carry fruits and dry fruits in your tiffin and eat a wholesome meal of just fruits and dry fruits as dinner. Once you reach home, do not consume anything. If you feel hungry, you can have a green tea/ black tea / black coffee / tomato / cucumber. This maintains insulin gaps, prevents night glucose spikes, and helps in metabolic reset.
- If you don't like eating outside a complete dinner, just have a green tea / black coffee/ black tea / coconut water (no malai)/ tomato / cucumber in the evening around 7-9 pm. Then when you reach home at night, have dinner as per above mentioned pattern but try not to sleep at least for 1.5-2 hours post dinner. This will help digest the food, prevent gastric reflux.

*My parents have Diabetes / High Blood Pressure / Obesity, hence I also have it as hereditary condition!*

- Many patients believe that diabetes, hypertension, or obesity are mainly due to heredity. While genetics can play a small role, it is usually not the main cause.
- What often runs in families is not the disease itself, but similar lifestyle habits—such as physical inactivity and unhealthy eating patterns.
- **Remember:** Diabetes / hypertension / Obesity doesn't really “run” in families—it occurs because nobody in the family runs.
- Even if there is a family history, these conditions can be delayed, controlled, or even prevented with the right diet, regular physical activity, and disciplined daily habits. In short, genes may load the gun, but lifestyle pulls the trigger.
- Hence it is an earnest request that if you are suffering from diabetes/ hypertension / obesity, please modify your lifestyle and pass on the good lifestyle habits of physical activity and proper dietary habits to your younger generations.
- India is becoming the world capital of diabetes—not because of our genes, but because of our daily habits. Every time we choose inactivity over movement and processed food over real nourishment, we are silently adding to this growing epidemic. This is not just about statistics—it is about our families, our children, and our future. Let us not pass on disease as a legacy. By choosing better food, staying active, and living consciously, we can change this story. The responsibility is ours—let's not contribute to the problem, let's be part of the solution. Let's make our country strong by staying fit together.



**Main kuch khati hi nahi, fir bhi vajan badhta hai! Shayad thyroid ki wajahse badhta hai! (I don't even eat much, still I gain weight! Maybe it is due to my thyroid condition!)**

- Many patients feel they eat very little yet gain weight, but weight gain is not just about how much you eat—it also depends on how often you eat, what you eat, and how your body responds to it. Even small, frequent bites like tea, biscuits, snacks, or tasting food can trigger insulin release and insulin contributes to weight gain. The number of times you put a single food bolus / snack into your mouth, insulin gets released from pancreas that many times for digestion. Hence, we recommend our patients to eat only thrice i.e. breakfast, lunch and dinner so as to release insulin in the body only thrice and control weight.
- While hypothyroidism can cause some weight gain, it is usually limited (around 2–3 kg); most weight gain is due to lifestyle factors such as improper diet and lack of physical activity. In short, the issue is often not eating in the right way. So modify your eating pattern and do exercises.

**How are sugars harmful to our body?**

- Sugar creates an acidic environment in the body, promotes bacterial growth causing tooth decay (as bacteria get instant energy from sugar), increases stomach acidity and reflux. To balance this acidity, the body uses calcium from bones. Over time, this weakens bones=> osteoporosis. In blood, high sugar damages blood vessels from inside by glycation, leading to inflammation & narrowing of vessels. This reduces blood flow to organs, causing faster aging of the skin & body, & increasing the risk of heart disease, strokes, kidney disease, etc. To look & be younger & live longer, stop sugar.

**What is mindless eating?**

- Mindless eating means eating without awareness—such as while watching TV, using the phone, working, or out of boredom or stress. In such situations, we often eat more than our body actually needs because we are not paying attention to hunger and fullness signals. This leads to overeating, weight gain, and poor digestion. Many times, it is not real hunger but habit or emotions that drive eating. Becoming aware of when and why you are eating, and focusing on your food without distractions, helps prevent unnecessary eating.

**What is mindful eating?**

- Nowadays in our fast paced life, we hardly have any close relationship with our food. Every time while eating we are on the tv / phone / laptop we are killing our relationship with our food. Mindful eating means being fully aware of what, when, and how you eat. Practice the Japanese style of eating “Hara Hachi bu” i.e. Keep your stomach only 80% full, keep 20 % empty. It encourages mindful eating to stop at satiety rather than fullness, aiding weight management, improved digestion, and longevity- live long life.

### **Key principles of Mindful eating:**

- **Eat Slowly:** Avoid rushing; allow time to savor, which aids digestion.
- **Remove Distractions:** Eat without phones, televisions, or computers to focus on food.
- **Engage the Senses:** Notice the colors, smells, textures, and flavors of food.
- **Listen to Your Body:** Recognize physical hunger vs. emotional cravings, and stop when full.
- **Appreciate Food:** Pause to appreciate the effort and ingredients that went into the meal.

### **How to Practice Mindful Eating**

- **Reflect Before Eating:** Ask if you are truly hungry, or just bored/stressed.
- **Start with Small Portions:** Use smaller plates to control portions without restricting.
- **Chew Thoroughly:** Chew until the essence of the food is released.
- **Put Down spoons:** If you are eating with spoons, put down your spoons on the plate on the table after each and every bite. This slows the pace of eating.
- **Slowing Down:** Eating slowly allows the brain 15–20 minutes to receive satiety signals from the stomach.
- **Stop Before Full:** Stop eating when you feel satisfied, not fully stuffed. Remember the “Hara hachi bu” principle - 80% stomach full is enough. If you feel the food in your plate may go waste as your stomach feels already satisfied, it is natural to feel guilty about throwing food away as we consider food as “Purna Brahma”. Hence practice taking food in smaller portions in your plate as you can finish the smaller portion and not feel bad as food will not go waste.

### **Benefits of Mindful Eating**

- **Weight Management:** Helps reduce binge eating and overeating.
- **Improved Digestion:** Slower eating allows better nutrient absorption
- **Better Relationship with Food:** Reduces guilt, shame, and stress around eating
- **Greater Satisfaction:** Increases enjoyment of food.

### **A FINAL WORD ABOUT EATING:**

\*Some people feel that life revolves only around eating food, but in reality,

**“WE SHOULD EAT TO LIVE—NOT LIVE TO EAT.”**

God has given us human life which has a higher purpose beyond just eating food & routine living. We are here to live, laugh, enjoy, be the best version of ourselves & make ours as well as other’s lives better because-

**“KHUD KE LIYE TOH SABHI JEETEIN HAIN, PAR JO DUSRON KE LIYE JEETA HAI- WOHI ASLI INSAN HOTA HAI”**

But to help others, we must first be strong ourselves, hence follow the above diet chart and do exercises.\*