



Diet Plan to Help with Diabetes

Managing diabetes involves careful monitoring of blood sugar levels, regular exercise, and maintaining a healthy diet. A healthy diet is crucial for managing blood sugar levels and preventing complications associated with diabetes.

Here is a sample diet plan for a person with diabetes:

Diet Plan

Breakfast:

- 1 serving of whole grains (e.g., oatmeal, whole grain toast)
- 1 serving of lean protein (e.g., eggs, low-fat yogurt)
- 1 serving of fruit (e.g., berries, apple)

Mid-Morning Snack:

- 1 serving of nuts (e.g., almonds, walnuts)
- 1 serving of vegetables (e.g., carrot sticks, cucumber slices)

Lunch:

- 1 serving of lean protein (e.g., grilled chicken, tofu)
- 1 serving of whole grains (e.g., quinoa, brown rice)
- 2 servings of vegetables (e.g., steamed broccoli, salad with low-fat dressing)

Afternoon Snack:

- 1 serving of fruit (e.g., apple, orange)
- 1 serving of dairy or dairy alternative (e.g., low-fat cheese, almond milk)

Dinner:

- 1 serving of lean protein (e.g., baked fish, turkey)
- 1 serving of whole grains (e.g., whole wheat pasta, brown rice)
- 2 servings of vegetables (e.g., roasted carrots, sautéed spinach)

Evening Snack:

- 1 serving of nuts (e.g., almonds, walnuts)

General Tips

- **Portion Control:** Be mindful of portion sizes to avoid overeating.
- **Carbohydrate Counting:** Be aware of the carbohydrates in your diet and try to distribute them evenly throughout the day.
- **Choose Whole Grains:** Opt for whole grains like brown rice, quinoa, and whole wheat bread instead of refined grains.
- **Lean Protein:** Include lean protein sources like chicken, turkey, fish, legumes, and tofu in your diet.
- **Healthy Fats:** Include healthy fats like avocados, nuts, and olive oil in your diet, but in moderation.
- **Limit Sugar and Salt:** Reduce the intake of added sugars and salt in your diet.
- **Stay Hydrated:** Drink plenty of water throughout the day.
- **Regular Exercise:** Incorporate regular physical activity into your daily routine.

It is important to note that this is a general diet plan and may not be suitable for everyone. Individual needs may vary, and it is recommended to consult with a healthcare professional or a registered dietitian for a personalized diet plan.



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