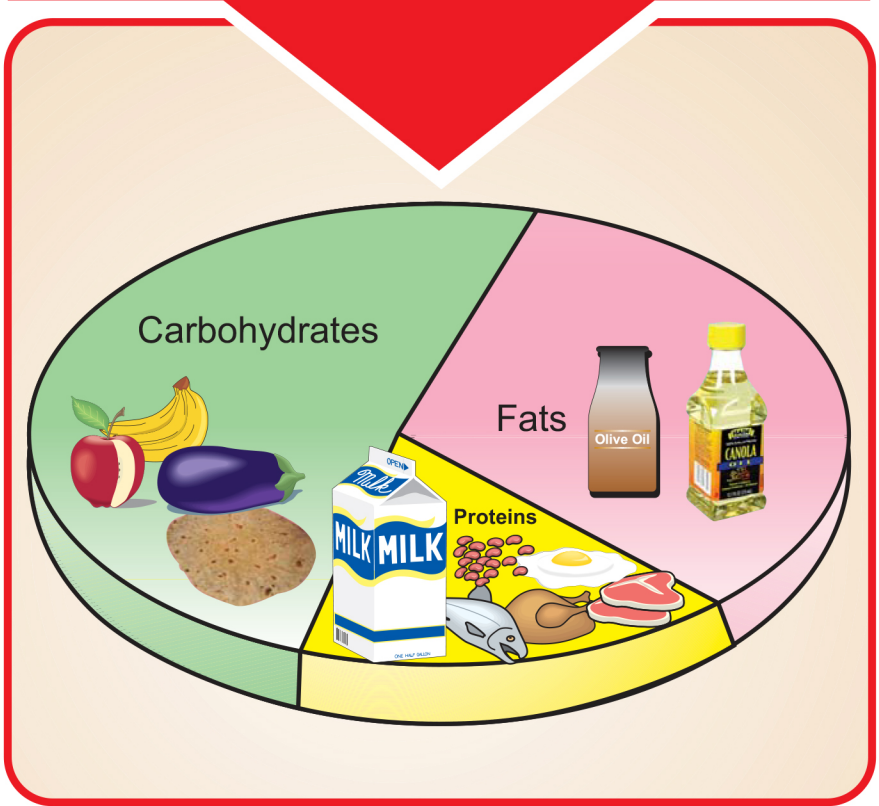


Nutritional Tips for Diabetics

A Guide For Patients/Families



Department of Nutrition and Food Services



آغا خان یونیورسٹی ہسپتال، کراچی

The Aga Khan University Hospital, Karachi






The Aga Khan University Hospital Diabetic Food Chart







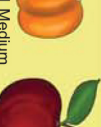





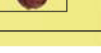
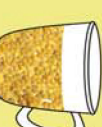
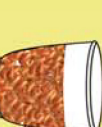













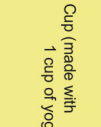




AVOID 



Carrot, Butter, Sugar, Sweets, Juice, Honey, Jam, Dates

These food items can be taken in moderation 

 <p>Pomegranate 1/2 Cup</p>	 <p>Water Melon 1 Cup</p>	 <p>Papaya 1 Cup</p>	 <p>Strawberries 4-5</p>	 <p>Grape Fruit 1/2 Medium</p>	 <p>Guava 1 Medium</p>	 <p>Peach 1 Medium</p>	 <p>Apple 1 Medium</p>	 <p>Pear 1 Medium</p>	 <p>Orange 1 Medium</p>	 <p>Banana 1 Medium</p>	 <p>Jaman 6-8 Medium</p>	 <p>Cheeko 1 Medium</p>	<p>Dates 2-3</p>
 <p>Lentils 3/4 Cup Cooked</p>	 <p>Beans 3/4 Cup Cooked</p>	 <p>Chickpeas 3/4 Cup Cooked</p>	 <p>Chicken 1 Ounce</p>	 <p>Egg 1 Medium</p>	 <p>Meat 1 Ounce</p>	 <p>Fish 1 Ounce not fried</p>							
 <p>Pop Corn 1 Cup</p>	 <p>Chappati 1</p>	 <p>Rice 1/2 Cup Cooked</p>	 <p>Corn 1/2 Cup</p>	 <p>Brown Bread 1 Slice</p>	 <p>Porridge 1/2 Cup</p>	 <p>Noodles 1/2 Cup</p>							
 <p>Lassi 1 Cup (made with 1 cup of yogurt) low fat</p>	 <p>Yogurt 1 Cup low fat</p>	 <p>Cheese 1 oz</p>	 <p>Milk 1 Cup low fat</p>										

Eat as desired 



Corn, Peas, Carrots, Eggplant, Tomatoes, Onions, Leafy Greens

Nutritional Tips

Good control of diabetes cannot be obtained with medicine alone. Dietary/nutritional management is essential in its management. Following points should be kept in mind while planning a menu:

- Eat five - six small frequent meals,
- Eat high-fibre foods such as vegetables and fruits, pulses such as dals, beans and chollay, and high-fibre cereals.
- Take fresh vegetable salad with each meal like lettuce, cucumber, carrot etc,
- Eat less fat and oil - minimize your over all oil intake,
- Reduce your intake of sugar and sugary foods.
- Replace beef with fish and chicken or dals and beans.
- Try to reduce the amount of salt in the diet,
- Use low fat (cream/*balai* removed) milk and low fat milk products.
- Avoid special diabetic food and slimming foods, e.g. diabetic rasmalai or sweets and chocolate.

Glycemic Index

Is a measure of blood glucose response to certain foods containing 100 gms of carbohydrate foods containing

- GI of 55 or less = Low GI foods are good for Diabetes
- GI of 56 or 69 = Medium GI
- GI of 70 or more = High GI

Example:

Carrot GI = 47

Peas GI = 48

Apple GI = 38

White bread = 70

Potato Raw = 57

Rice = 58

Sample Menu

Breakfast

1 chapati/2 slices of brown bread
2 egg white/ boiled 1 egg
or
1/2 cup porridge with low fat milk
1 cup tea

Mid Morning

1 Fruit prefer with peel or 1 cup salad or 3/4 cup boiled chickpeas
1 cup green tea

Main Meal

1 chapati whole wheat/Roti
1 cup vegetables
2 oz. chicken or fish or
Dal or lobia 1/2 cup cooked

The above sample menu is for general information only and not for a individualized nutrition advice. For modified individualized dietary consultation/advice, please contact AKUH out patient nutrition care clinics.

Food provided during hospitalization to pateints is disease specific and during stay food from outside hospital is not permitted. Written and verbal instruction related to dietary restrictions is explained by Clinical Nutrition staff, where applicable.

Outpatient Nutrition Care Clinics

Nazerali walji building (NW 2)

Phone: (021) 3486-5789-90
Monday to Thursday
Timings: Morning 9.00am -11.00am

Consulting Clinic (CC 4)

Phone: (021) 3486-1034
Friday
Timings: Afternoon 2.00pm - 4.00pm

Gastroenterology Clinic (JHS Building)

Phone: (021) 3486-1055/ 3486-6308
Thursday
Timings: Morning 9.00am - 12.00pm

Sports & Rehabilitation Clinic (Sports Centre)

Phone: (021) 3486-1662
Tuesday
Timings: Morning 9.00am -11.00am