

Diabetes & Diet

Vegetarian Regular Menu - 1200 to 1500 Calories

1200 Calorie			
Meal	Menu	Wt.	Measure
Breakfast	Chapati	25 g (raw)	1 No.
	Milk cow	140 ml	1 Cup
Mid morning Snack	Apple/Orange/Guava	100 g	1 No.
Lunch	Chapati (6" dia) or	50 g (raw)	2 Nos.
	Cooked Rice	50 g (raw)	1.5 cup
	Dal	25 g (raw)	1.0 cup
	Assorted vegetables		1 cup
	Cooking Oil	5 g	1 tsp
	Curds	75 g	0.5 cup
Tea	Marie Biscuits	10 g	2 Nos.
	Apple/Orange/Guava	100 g	1 Nos.
Dinner	Chapati (6" dia) or	50 g (raw)	2 Nos.
	Cooked Rice	50 g (raw)	1.5 cup
	Dal	25 g (raw)	1.0 cup
	Assorted vegetables		1 cup
	Cooking Oil	5 g	1 tsp
	Curds	75 g	0.5 cup
Bed Time	Milk	70 ml	0.5 Cup

1300 Calorie			
Meal	Menu	Wt.	Measure
Breakfast	Chapati	25 g (raw)	1 No.
	Milk (cow)	140 ml	1 Cup
Mid morning Snack	Apple/Orange/Guava	100 g	1 No.
Lunch	Chapati (6" dia) or	50 g (raw)	2 Nos.
	Cooked Rice	50 g (raw)	1.5 cup
	Dal	25 g (raw)	1.0 cup
	Assorted vegetables		1 cup
	Cooking Oil	10g	2 tsp
	Curds	75 g	0.5 cup
Tea	Marie Biscuits	10 g	2 Nos.
	Apple/Orange/Guava	100 g	1 Nos.
Dinner	Chapati (6" dia) or	50 g (raw)	2 Nos.
	Cooked Rice	50 g (raw)	1.5 cup
	Dal	25 g (raw)	1.0 cup
	Assorted vegetables		1 cup
	Cooking Oil	5 g	1 tsp
	Curds	75 g	0.5 cup
Bed Time	Milk	140 ml	1 Cup

1400 Calorie			
Meal	Menu	Wt.	Measure
Breakfast	Bread	40 g	2 Slices
	Milk	140 ml	1 Cup
Mid morning Snack	Marie Biscuits	10 g	2 Nos.
	Apple/Orange/Guava	100 g	1 No.
Lunch	Chapati (6" dia) or	50 g (raw)	2 Nos.
	Cooked Rice	50 g (raw)	1.5 cup
	Dal	25 g (raw)	1.0 cup
	Assorted vegetables		1.5 cup
	Cooking Oil	10 g	2 tsp
	Curds	75 g	0.5 cup
Tea	Marie Biscuits	10 g	2 Nos.
	Apple/Orange/Guava	100 g	1 No.
Dinner	Chapati (6" dia) or	50 g (raw)	2 Nos.
	Cooked Rice	50 g (raw)	1.5 cup
	Dal	25 g (raw)	1.0 cup
	Assorted vegetables		1 cup
	Cooking Oil	5 g	1 tsp
	Curds	75 g	0.5 cup
Bed Time	Milk	140 ml	1 Cup

1500 Calorie			
Meal	Menu	Wt.	Measure
Breakfast	Bread	40 g	2 Slices
	Milk	140 ml	1 Cup
Mid morning Snack	Marie Biscuits	10 g	2 Nos.
	Apple/Orange/Guava	100 g	1 No.
Lunch	Chapati (6" dia) or	75 g (raw)	3 Nos.
	Cooked Rice	75 g (raw)	2.25 cup
	Dal	25 g (raw)	1.0 cup
	Assorted vegetables		1.5 cup
	Cooking Oil	10 g	2 tsp
	Curds	75 g	0.5 cup
Tea	Marie Biscuits	10 g	2 Nos.
	Apple/Orange/Guava	100 g	1 No.
Dinner	Chapati (6" dia) or	50 g (raw)	2 Nos.
	Cooked Rice	50 g (raw)	1.5 cup
	Dal	25 g (raw)	1.0 cup
	Assorted vegetables		1.5 cup
	Cooking Oil	10 g	2 tsp
	Curds	75 g	0.5 cup
Bed Time	Milk	140 ml	1 Cup

Issued in public interest by
Novo Nordisk the makers of
Mixtard[®] 30 FlexPen[®]



Diabetes & Diet Vegetarian Regular Menu - 1600 to 1900 Calorie

1600 Calorie			
Meal	Menu	Wt.	Measure
Breakfast	Bread	40 g	2 Slices
	Milk	140 ml	1.0 Cup
	Butter	6.3 g	1 tsp
	Assorted vegetables		1 Cup
Mid morning Snack	Marie Biscuits	10 g	2 Nos.
	Apple/Orange/Guava	100 g	1 No.
Lunch	Chapati (6" dia)	75 g (raw)	3 Nos.
	or		
	Cooked Rice	75 g (raw)	2.25 cup
	Dal	25 g (raw)	1.0 cup
	Assorted vegetables		1.5 cup
	Cooking Oil	10 g	2 tsp
	Curds	75 g	0.5 cup
Tea	Marie Biscuits	10 g	2 Nos.
	Apple/Orange/Guava	100 g	1 No.
Dinner	Chapati (6" dia)	50 g (raw)	2 Nos.
	or		
	Cooked Rice	50 g (raw)	1.5 cup
	Dal	25 g (raw)	1.0 cup
	Assorted vegetables		1.5 cup
	Cooking Oil	10 g	2 tsp
Curds	75 g	0.5 cup	
Bed Time	Milk	140 ml	1 Cup

1700 Calorie			
Meal	Menu	Wt.	Measure
Breakfast	Bread	60 g	3 Slices
	Milk	140 ml	1.0 Cup
	Butter	6.3 g	1 tsp
	Assorted vegetables		1 Cup
Mid morning Snack	Marie Biscuits	10 g	2 Nos.
	Apple/Orange/Guava	100 g	1 No.
Lunch	Chapati (6" dia)	75 g (raw)	3 Nos.
	or		
	Cooked Rice	75 g (raw)	2.25 cup
	Dal	25 g (raw)	1.0 cup
	Assorted vegetables		1.5 cup
	Cooking Oil	10 g	2 tsp
	Curds	75 g	0.5 cup
Tea	Marie Biscuits	10 g	2 Nos.
	Apple/Orange/Guava	100 g	1 No.
Dinner	Chapati (6" dia)	50 g (raw)	2 Nos.
	or		
	Cooked Rice	50 g (raw)	1.5 cup
	Dal	25 g (raw)	1.0 cup
	Assorted vegetables		1.5 cup
	Cooking Oil	10 g	2 tsp
Curds	75 g	0.5 cup	
Bed Time	Milk	140 ml	1 Cup

1800 Calorie			
Meal	Menu	Wt.	Measure
Breakfast	Bread	60 g	3 Slices
	Milk	140 ml	1.0 Cup
	Butter	6.3 g	1 tsp
	Assorted vegetables		1 Cup
Mid morning Snack	Marie Biscuits	10 g	2 Nos.
	Apple/Orange/Guava	100 g	1 No.
Lunch	Chapati (6" dia)	75 g (raw)	3 Nos.
	or		
	Cooked Rice	75 g (raw)	2.25 cup
	Dal	25 g (raw)	1.0 cup
	Assorted vegetables		1.5 cup
	Cooking Oil	10 g	2 tsp
	Curds	75 g	0.5 cup
Tea	Marie Biscuits	10 g	2 Nos.
	Apple/Orange/Guava	100 g	1 No.
Dinner	Chapati (6" dia)	75 g (raw)	3 Nos.
	or		
	Cooked Rice	75 g (raw)	2.25 cup
	Dal	25 g (raw)	1.0 cup
	Assorted vegetables		1.5 cup
	Cooking Oil	10 g	2 tsp
Curds	75 g	0.5 cup	
Bed Time	Milk	140 ml	1 Cup

1900 Calorie			
Meal	Menu	Wt.	Measure
Breakfast	Bread	80 g	4 Slices
	Milk	140 ml	1.0 Cup
	Butter	6.3 g	1 tsp
	Assorted vegetables		1 Cup
Mid morning Snack	Marie Biscuits	10 g	2 Nos.
	Apple/Orange/Guava	100 g	1 No.
Lunch	Chapati (6" dia)	100 g (raw)	4 Nos.
	or		
	Cooked Rice	100 g (raw)	3 cup
	Dal	25 g (raw)	1.0 cup
	Assorted vegetables		1.5 cup
	Cooking Oil	10 g	2 tsp
	Curds	75 g	0.5 cup
Tea	Marie Biscuits	10 g	2 Nos.
	Apple/Orange/Guava	100 g	1 No.
Dinner	Chapati (6" dia)	75 g (raw)	3 Nos.
	or		
	Cooked Rice	75 g (raw)	2.25 cup
	Dal	25 g (raw)	1.0 cup
	Assorted vegetables		1.5 cup
	Cooking Oil	10 g	2 tsp
Curds	75 g	0.5 cup	
Bed Time	Milk	140 ml	1 Cup

Novo Nordisk India Private Limited,
Plot No. 32, 47-50, EPIP Area,
Whitefield, Bangalore- 560 066, India
visit us at: www.novonordisk.co.in



Novo Nordisk India Private Limited - 1600 to 1900 Calorie

DIABETES & DIET