

Diabetes

Diet Plan

Diabetes is a metabolic disorder which can be controlled by proper diet and exercise. Just for Hearts unique diabetes diet plan includes foods high in fibers, proteins, vitamins and minerals whereas high glyceimic, fatty and calorie dense foods have no place in this diet plan. Our diabetes diet program not only focuses on diet but also motivates our clients for physical activity for better results.



Sample Menu Plan

Time	Meal	Menu	Quantity
7.00 am	Early morning	Warm water with 1 pinch of cinnamon powder	1 glass
7.30 am	Morning meal	Green Tea 1 Cup Almonds +Walnut	1 Cup 3 - 4
9.00 am	Breakfast	Wheat flakes Milk (No sugar)	1 Bowl 1 Cup
11.00 am	Mid morning	*Any seasonal fruit	1
1.30 pm	Lunch	Wheat roti (no oil) Vegetable Salad Low fat curd	1 1 Bowl 1 Bowl 1 Bowl
4.30 pm	Snacks	Steamed sprouts	1 Bowl
8.30pm	Dinner	Bhakari+ veg Salad Buttermilk	1 no 1 Bowl 1 Glass

For better results, we recommend personalized consultation.

Contact us on **94229 67051 / 98509 11269**

(Personalised consultation starts from Rs.500/- Only)

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Foods To Include	Foods To Avoid
Raw whole fruits, vegetables, green vegetables, oats, whole grains, pulses, skimmed milk, egg white, lean chicken, lean fish etc.	sugar, jaggery, fruit juices with sugar, sweets, fried food, bakery items, processed food, packed foods, butter, margarine, cream, mayonnaise, mutton, meat, fried chicken, chocolate, ice-cream etc

Dietary Tips:

- Take small, frequent meals. Prefer 5-6 small meals instead of 3 big meals.
- Never skip breakfast. It is the most important meal of the day.
- Avoid binging & eating between the meals.
- Use non-stick pots and pans & use minimal quantities of oil.
- Avoid mango, banana, chikoo, grapes and custard apple
- Drink at least 15-16 glasses of water daily. Have a glass of water before every meal.

Just for Hearts[®]
An Initiative for Healthy Life

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