

# Diet Plan For Diabetic Patients

By Zainott Pharmaceuticals Pvt. Ltd.

Food Items	Amount
<b>EARLY MORNING</b>	
Eat 1 Tablet of <b>Diabonashak</b> or Mix Well & Drink 1 Pouch of <b>Madhukill Powder</b> with 1 Glass of Luckwarm Water. (30 Minuts Before Eating Anything)	
Tea or Black Coffee	1 Cup
Marie/Digestive Biscuits/ Rusk	2
<b>BREAKFAST</b>	
Stuffed/Methi/Palak Paratha(Olive Oil or less oil)	2
Curd	50 Grams( 1 Cup)
<b>OR</b>	
Egg White/ Paneer Bhurji/ Brown Bread/ Tofu	1 Medium Bowl
Plain Roti	2
<b>OR</b>	
Vagitable Poha/ Upama/ Oats/ Daliya	1 Medium Bowl
<b>MID MORNING</b>	
Green Apple/ Strawberry/ Kiwi/ Papaya/ Grape Pears/ Peaches	1
<b>LUNCH</b>	
Green/Seasonal Vegetables	1 Medium Bowl
Dal (Pulses)	1 Medium Bowl
Plain Roti(No Ghee)	2 to 4
Curd/Brown Rice(Optional)	1 Small Cup
<b>EVENING</b>	
Milk/ Green Tea/ Hearbal Tea/ Leamon Water	1 Cup
Rosted Chana/ Marie/Digestive Biscuits/ Rusk	2
Eat 1 tablet of <b>Diabonashak</b> or Mix Well & Drink 1 Pouch of <b>Madhukill Powder</b> with 1 Glass of Luckwarm Water. (30 Minuts Before or After Eating Anything)	
<b>Dinner</b>	
Green/Seasonal Vegetables	1 Medium Bowl
Dal (Pulses)	1 Medium Bowl
Plain Roti(No Ghee)	2 to 4
Curd/Brown Rice(Optional)	1 Small Cup
For Non Vegetarian- Salmon Fish OR Chicken(No Red Meat)	

## Health Tips:

Brisk Walk for at least 30 Minuts Every Morning  
Eat 5 to 6 Small Meals  
Chew your food properly & eat slowly  
Avoid Drinking & Smoking  
Take Your Prescribed Medicine on Time



Thank for being a part of Zainott Family

Please Save the number **85-888-56-222** as support & quarry contact  
on Phone call/ Whatsapp from Monday to Saturday 10:00 Am to 06:00 PM