

Caloric value & Carbohydrate (15 grams) content of commonly consumed cooked Indian foods

These values can vary based on size, thickness and amount of fats/sugar added but will give a good start. * Extra fat/sugars can be modified

Roti-x2 ~ 80-90 calories (Guj, thin, 6" without ghee)

*Puri /paratha / thepla-5"~135 calories

Idli~ 2 1/2" ~90-100 cal

*khatta dhokla 2-3 pcs~90-100 calories

1/1/2 Mamra ~80 cal

1c masala chai w/ tsp suga~120 cal;

1c chaas~80-90 cal

Dosa plain 8" diameter ~145 calories

Uttapam 4" diameter ~125

*Handvu 2" square/*Khammand 3" ~120-130 cal

* 1/2 c Khandvi~135 cal

Khichdi/ poha/dalia-1/2 c ~80-100 cal

1 cup very thin Dal /kadi/ sambar w/veg/Rasam~130-140 cal

1/2 thick dal/sambar~ 120-130 cal

Rice plain -1/3 cup ~75-cals

*1/3 c Lemon/tamarind/yogurt/pulao/Upma ~90-100 calories

2 Papad-roasted ~80-85 cal

*Wada med ~35-145 cal

*2Mathia- fried~ 150-160 cal

*1kachoi-dal/peas~130cals

Role of Food in Diabetes Management

Food as Medicine- Nutrition information and resources

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* Undhyu ½ c ~125 cal

* 6 pani puri ~125-130 cal

(30 grams of carbohydrates)

*Med Gulab jamun- 150-170 cal

*Ras malai 1 pc 1/3 cup 150-170 cal

*Shrikhand-1/4 cup 120-135 cal

*Samosa ~180 cal

* Bati med/churma ladoo- 180 cal

*½ c kheer w/ sevia (vermicelli)~175

Foods to limit/avoid on regular basis- fried snacks-gathia, chevdu, papdi, sev, mathias etc, pickles, jeeravan, papads, excessive oils (even if it is healthy oils), calorie dense desserts, sweetened beverages w/ sugar- lassi, shakes , sweet chutney, jams/jelly etc.

Some of these salts are high in sodium content table salt, baking soda, baking powder, sanchar (black or rock salt), papad khar, sea salt etc. Limit intake of these salts and foods cooked with these salts. People who are sodium sensitive will have elevated blood pressure.