Plate Method

The plate method is a meal plate that shows the proportion of various foods to be consumed per meal.
## What should I restrict in my diet and How can I replace it with other foods?

### Starters/Appetizers/Mid Meals

#### Choose More Often
- Salads
- Fruits
- Skimmed Milk/Tea or Coffee with skimmed milk
- Buttermilk (Chaach)
- Veg/Non Veg clear soups
- Besan based non fried snacks (Dhokla / Khandvi)
- Roasted namkeens
- Egg white bhurji / boiled egg white
- Sprouts
- Roasted chanas and murmura (moori) with vegetables
- Fistful of Almonds (7-10)/ Walnuts(1-2)

#### Foods to Avoid
- Salads with Dressings
- Fruits (Banana/Litchi/Chikoo/Grapes/Muskmelon/ Shareefa) or Frozen Fruits
- Full Cream / Buffalo's Milk
- Cream / Cheese
- Thick Corn Flour Soups
- Fried Maida Snacks (Samosa/Mathris/Kachori etc.)
- Fried Namkeens / Chips / Nachos
- Fried Eggs / Omelet
- Biscuits / Cookies
- High Salted Namkeens / Peanuts
- Cashewnuts / Dates / Hazelnuts

### Main Course

#### Choose More Often
- Multigrain Chapattis / Steamed Rice / Whole Wheat Breads / Bhakri **quantity as suggested by your doctor**
- Wheat/ Bajra Dalia / Whole Wheat Pastas/ Oats
- Whole Wheat/ Multigrain Bread/Vegetable or Chicken Sandwich
- Whole Dals (Pulses and Legumes)
- Green Vegetables / other Vegetables / Baked or Boiled Potatoes
- Skimmed Milk Curd / Chaach / Vegetable Raitas
- Lean Meats / Chicken / Fish
- Tofu / Soy Products
- Whole wheat upma / Idli / Dosa / Adai

#### Foods to Avoid
- Paranthas / Fried Rice / White Breads
- Maida / Sooji (Upma/Chilla) / Sevian Sago
- White Bread Cheese / Butter/ Mayonnaise Sandwiches
- Washed Dals (Pulses and Legumes)
- Fried or Raw Potatoes / Zimikand / Arbi (Colocasia)
- Full Cream Milk Curd/Boondi Raita/Lassi
- Mutton/Fried Chicken / Fried Fish
- Pizza/Burger
- Sooji Upma/Iddiyappam/Vadai/Bonda/Bajji

### Desserts

#### Choose More Often
- Sugar Free Custard
- Skimmed Milk Fruit Shakes
- Cut Fruits
- Sugar Free Carrot Kheer
- Raisin’s 3-4 Per Day
- Fruit Curd

#### Foods to Avoid
- Rolls / Cakes / Pastries
- Mithaai / Halwa (Gajar/ Sooji / Aata)
- Ice Cream
- Juices / Ice-cream Shakes
- Chocolates / Sweets
### Sample Menu Plan - 1600kcal

#### Early Morning
- Tea / Coffee/ Milk (1 Cup without Sugar) + 5-7 Almonds or 1 Walnut* or 1 Multigrain / Oat Biscuit

#### Breakfast
- 1 Med. Katori Poha/ Vegetable Wheat Upma / 2 Vegetable Idly with Tomato Chutney / 1 Small Vegetable Dosa/ Wheat Dalia with Milk or Vegetables/ 1 Toast (Brown / Multigrain Bread) with Paneer or Vegetables / 1 Stuffed Chapatti (Methi / Palak / Cauliflower/ Radish)/ 1 Thalipeeth / 1 Bowl Oats / Wheat Flakes with Milk (60ml)

#### Mid Morning
- Fruit [Apple (1)/Papaya (100gms) /Apricots (2-3)/Peaches (2-3)/ Cherries (8-10) /Pear (1)/Watermelon (150gms)/Guava (1)/ Orange (1)] or Green Tea + 5-7 Almonds or 1 Walnut* or coconut water (1 small glass) or 1 Glass Buttermilk.

#### Lunch
- 2 Multigrain Chapattis / 1 Multigrain Bhakri / 1 Bajra Roti / 1 Jowar Roti / 1 Katori Rice + 1 Katori Vegetable + 1 Katori Sambhar / Dal / Curd / Raita / Chicken (2 Small pcs)/ 1 pc Fish

#### Evening
- Tea / Coffee/ Milk (1 Cup without Sugar) + Roasted Snacks / Chana or 1 Glass Buttermilk / 1 Fruit / 1 Qtr. Plate Salad / 1 Bowl Veg / Non-Veg Clear Soup / 1 Katori Sprouts

#### Dinner
- 1 Multigrain Chapatti / ½ Multigrain Bhakri / 1 Small Bajra Roti / 1 Small Jowar Roti / 1 Multigrain / Oats Dosa + 1 Katori Vegetable + 1 Katori Sambhar / Dal / Curd / Raita / Chicken (2 Small pcs)/ 1 pc Fish + 1 Bowl Salad

#### Bed Time
- 1 cup milk

*Once a day only

### Daily Requirement per Food Group

<table>
<thead>
<tr>
<th>Food Groups (Veg/ N.Veg)</th>
<th>Quantity</th>
<th>Household Measures</th>
</tr>
</thead>
<tbody>
<tr>
<td>Milk (toned) or Skimmed</td>
<td>500 ml</td>
<td>2 medium glass</td>
</tr>
<tr>
<td>Cereals</td>
<td>150 gm</td>
<td>6 servings</td>
</tr>
<tr>
<td>Pulses/Non - Veg(Egg/Chicken/Fish)</td>
<td>60 gm/ 75gm</td>
<td>2 medium katori /1 Egg / 2 piece chicken / 2 piece fish</td>
</tr>
<tr>
<td>Green Leafy Vegetables</td>
<td>350 gm</td>
<td>3 medium katori</td>
</tr>
<tr>
<td>Other Vegetables</td>
<td>100 gm</td>
<td>1 medium katori</td>
</tr>
<tr>
<td>Fruits</td>
<td>250 gm</td>
<td>2 medium katori</td>
</tr>
<tr>
<td>Cooking Oil</td>
<td>15 ml</td>
<td>3 teaspoon</td>
</tr>
<tr>
<td>Nuts</td>
<td>10 gm</td>
<td>7 almonds / 4 walnut</td>
</tr>
<tr>
<td>Sugar*</td>
<td>nil</td>
<td>*consult your dietician for sugar free substitutes</td>
</tr>
</tbody>
</table>

Calorie conversions used to develop this sample diet plan is adopted from ICMR Nutritive Value of India Foods, by C.Gopalan, National Institute of Nutrition, Hyderabad.
How can I exchange one food from the other to add variety in my meals?

<table>
<thead>
<tr>
<th>Exchange Type</th>
<th>Equivalent</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 medium katori</td>
<td>150ml</td>
</tr>
<tr>
<td>1 cup</td>
<td>200ml</td>
</tr>
<tr>
<td>1 glass</td>
<td>250ml</td>
</tr>
<tr>
<td>1 teaspoon</td>
<td>50gms</td>
</tr>
<tr>
<td>1 tablespoon</td>
<td>15gms</td>
</tr>
</tbody>
</table>

1 Cereal Exchange (25gms) gives 85kcal = 1 chapatti / 1 slice of bread / 1 medium katori cooked rice / 1 medium katori cooked Dalia or oats or upma or Poha / 1 medium size idli / 2 Marie biscuits

1 pulse exchange (30gms) gives 100kcals = 1 medium katori of cooked dal (any)

1 Fruit Exchange (80-100gms) gives 60kcals = 1 medium size apple / orange / pear / guava / banana / pomegranate / 10-12 pieces of 2” cubes of papaya / 5-6 plums of strawberries

1 Vegetable exchange (100gms) gives 25-50kcals = 1 medium katori of cooked vegetable like green leafy (spinach, bathua leaves, mustard leaves) and other vegetables (ladyfinger, beans, cauliflower, cabbage, capsicum, carrots, brinjal, onion)

1 Milk exchange (200ml) gives 130kcals = 1 cup toned milk / 1 medium glass

1 Meat exchange (75gms) gives 85kcals = 3 small pieces of meat / chicken / fish

1 fat exchange (5gm) gives 45kcals = 1 teaspoon of oil, ghee, butter, nuts

**Note:** For those who wish to drink alcohol, never take it empty stomach. Always eat a small snack along with it.

Take advise from your health care professional.

*1. Calorie conversions used to develop this sample diet plan is adapted from ICMR Nutritive Value of Indian Foods, by C Gopalan, National Institute of Nutrition, Hyderabad
*2. Gopalan C Nutritive Value of Indian Foods, National Institute of Nutrition, ICMR, Hyderabad: Food exchange system, 1991;41;
   • Raghuram T.C., Pasricha Sawran Sharma, RD Diet and Diabetes, National Institute of Nutrition ICMR, Hyderabad 2000; 40-63
   • www.diabetes.org/food-and-fitness/food/planning-meals/create-your-plate

For further details contact:
ELI Lilly and Company (India) Pvt. Ltd.
Plot No. 92, Sector-32, Gurgaon-122001, Haryana | www.lillyindia.co.in