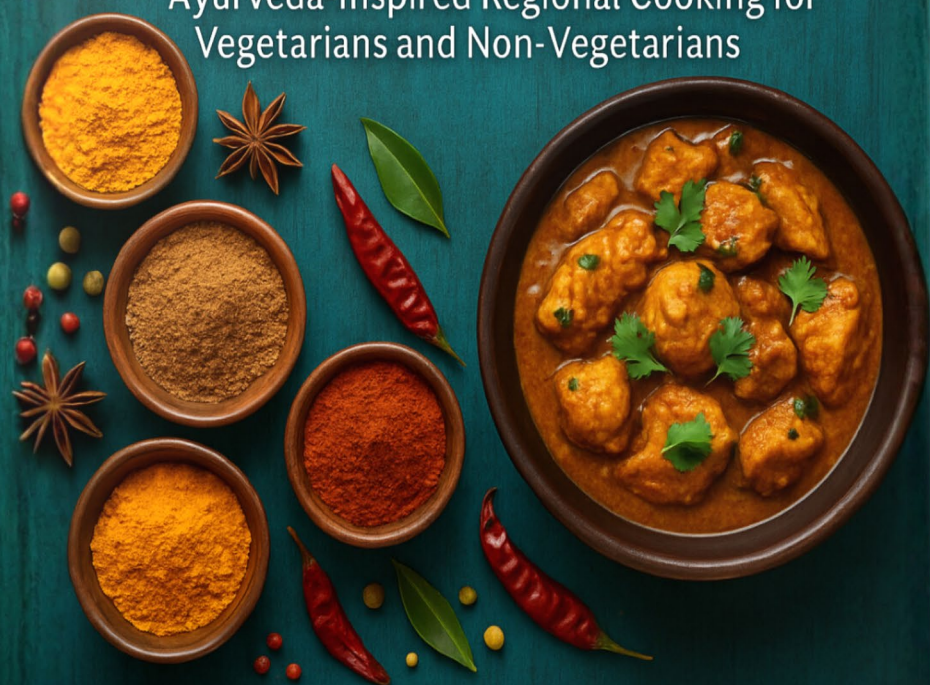


MASALA BALANCE

Everyday Indian Recipes
Reinvented for Type 2 Diabetes

Ayurveda-Inspired Regional Cooking for
Vegetarians and Non-Vegetarians



Dr. Mary Allison Smorrey

Diabetes Food Bible Publishing

Masala Balance

Everyday Indian Recipes Reinvented for Type 2 Diabetes

Ayurveda-Inspired Regional
Cooking for Vegetarians and
Non-Vegetarians

Adapted to Indian cuisine with
diabetes-friendly methods, portions, and
ingredients.

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Masala Balance

Everyday Indian Recipes Reinvented for Type
2 Diabetes

Ayurveda-Inspired Regional Cooking for
Vegetarians and Non-Vegetarians

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Introduction

Managing type 2 diabetes can be challenging—but making nutritious meals doesn't have to be. This book is designed to help you eat well, enjoy your food, and feel confident about your choices every day. With quick, simple recipes, practical tips, and clear nutrition guidance, you'll find the support and motivation you need at every meal.

What Is Type 2 Diabetes?

Type 2 diabetes is a common condition in which the body becomes resistant to insulin or doesn't produce enough of it, leading to elevated blood sugar levels. The World Health Organization (WHO) notes that type 2 diabetes is the most prevalent form globally and is strongly linked to excess body weight and physical inactivity. With the right approach—healthy eating, regular movement, and medication when needed—many people with type 2 diabetes can maintain an active, healthy life.

This guide was created to make living with type 2 diabetes more transparent and more manageable. Inside, you'll find:

- 60+ quick, easy recipes that are low in sugar yet full of flavor
- Everyday ingredients you can find easily
- Practical nutrition info for each recipe
- Simple tools to track meals and blood sugar

Everything is crafted for real, busy lives. Whether you're cooking for yourself or for family, you'll find options to fit different tastes and schedules. Use the tracking section at the end of the book to record your meals and blood sugar levels, so you can see what works best for you.

Feel free to combine, adapt, and personalize recipes to your preferences or dietary needs. Remember: diabetes management is a journey—small, consistent steps lead to meaningful results over time.

Food Tips for Managing Blood Sugar

The American Diabetes Association (ADA) recommends prioritizing foods that are low in added sugars, high in fiber, and well-balanced in carbohydrates, protein, and healthy fats. Choosing whole grains, lean proteins, vegetables, and healthy oils can help keep blood sugar steadier throughout the day.

Getting started:

- Focus on whole grains, lean proteins, healthy fats, and a variety of vegetables.
- Limit refined sugars and simple carbohydrates.
- Watch portion sizes and aim for consistent mealtimes.
- Include fiber-rich foods to slow sugar absorption.
- Choose water or unsweetened beverages over sugary drinks.

- Use herbs and spices to boost flavor without adding sugar or excess calories.

Ayurveda and Diabetes Care

Ayurveda—India’s traditional system of medicine—views food not only as fuel but as a form of daily medicine. While modern nutrition focuses on calories and macronutrients, Ayurveda emphasizes balance, digestion, and the supportive role of spices and herbs.

For people living with type 2 diabetes, several Ayurvedic practices align naturally with modern dietary advice:

- Spices that may support balance: turmeric (haldi), fenugreek (methi), cinnamon (dalchini), cumin (jeera), and ginger (adrak).
- Meal timing: consistent mealtimes and avoiding very late-night meals can support digestion and glucose control.
- Simple, fresh meals: prefer freshly prepared, lightly spiced foods over heavily processed or reheated ones.
- Hydration & mindfulness: regular water intake and eating in a calm state may support steadier blood sugar.

This book does not replace professional medical advice. Instead, it blends modern nutrition principles with time-tested Ayurvedic wisdom to offer a practical, holistic approach to everyday diabetes care.

How This Book Is Organized

To reflect how Indian meals actually work, recipes are not locked into “breakfast/lunch/dinner.” Instead, they’re grouped by type of dish so you can build plates that suit your routine and preferences:

- Dal & Legumes — high-fiber, protein-rich mains and sides
- Curries & Stir-Fries — vegetable-forward and protein options with moderated oil
- Grains & Breads — brown basmati, millet, and whole-wheat chapati/roti
- Vegetable Sides & Bowls — quick mixes and plate-method helpers
- Snacks & Chai Time — smart bites to avoid glucose spikes
- Occasional Sweet Bites — small-portion, low-GI adaptations

Each recipe includes clear tags (e.g., Veg / Non-veg · Low-GI · 30 min · Breakfast · Lunch · Dinner · Snack), plus why it’s diabetes-friendly, portion guidance, and Indian swaps (e.g., brown basmati or millet for refined rice; whole-wheat chapati for naan).

All dishes follow the Plate Method — ½ non-starchy vegetables · ¼ lean protein · ¼ whole grains/low-GI carbs.

Disclaimer

This book is intended for informational purposes only and is not a substitute for professional medical advice. Always consult your physician or a registered dietitian before making dietary changes, particularly if you are on medication or have other health conditions.

Chapter 1 – Dal & Legumes

Lentils and legumes are at the heart of Indian cuisine — and they are also one of the most intelligent choices for people managing type 2 diabetes.

Packed with fiber and plant-based protein, they help slow down the absorption of sugar, keep you full for longer, and support steady blood sugar levels throughout the day.

In India, dal is more than just food — it's comfort, tradition, and nourishment.

By making minor adjustments, you can keep this beloved staple on your table while still protecting your health.

Why Dal & Legumes Work for Diabetes:

- Low Glycemic Index – they release sugar slowly into the bloodstream.
- Protein-Rich – helps with satiety and muscle maintenance.
- Heart-Friendly – naturally free of cholesterol and high in soluble fiber.
- Versatile – soups, curries, salads, snacks — endless possibilities.

Smart

Tips:

- ✔ Choose split or skinned dals (like moong or masoor) for quick cooking — many are ready in under 30 minutes.
- ✔ If using whole beans (chickpeas, kidney beans, black gram), soak them overnight to improve digestibility.
- ✔ Limit ghee and oil in tempering; spices themselves add plenty of flavor.
- ✔ Pair dal with brown basmati rice, millet, or whole-wheat roti instead of refined grains.
- ✔ Watch portion sizes: $\frac{1}{2}$ to 1 cup of cooked dal or beans is generally enough per meal.

Moong Dal Tadka



Tags: Veg · Low-GI · 30 min · Everyday Meal

Why It's Diabetes-Friendly

Moong dal is light, quick-cooking, and has a naturally low glycemic index.

Ingredients

- 1 cup split yellow moong dal, rinsed
- 3 cups water
- 1 small onion, finely chopped
- 1 small tomato, chopped
- 1 green chili (optional), slit
- 1 tsp ginger-garlic paste
- ½ tsp turmeric powder
- 1 tsp cumin seeds
- 1 tsp coriander powder
- 1 tbsp oil (or ½ tbsp oil + ½ tbsp ghee, optional)
- Fresh cilantro leaves, chopped
- Salt to taste

Method

1. Cook dal with water, turmeric, and salt until soft (15–20 min). Mash lightly.
2. Prepare tadka: heat oil, add cumin seeds, onion, chili, and ginger-garlic paste. Sauté until golden.
3. Add tomato and coriander powder. Cook until soft.
4. Mix tadka into dal. Simmer 2–3 min.
5. Garnish with cilantro and serve.

Serving Suggestion

Pair with brown basmati rice, millet, or whole-wheat roti.

Masoor Dal (Red Lentil Curry)



Tags: Veg · Low-GI · 25 min · Everyday Meal

Why It's Diabetes-Friendly

Red lentils cook very quickly and provide fiber and protein to balance blood sugar.

Ingredients

- 1 cup masoor dal (red lentils), rinsed
- 3 cups water
- 1 small onion, finely chopped
- 1 tomato, chopped
- ½ tsp turmeric powder
- 1 tsp cumin seeds
- 1 tsp ginger-garlic paste
- 1 tsp coriander powder
- 1 tsp garam masala (optional)
- 1 tbsp oil
- Salt to taste
- Fresh cilantro to garnish

Method

1. Cook masoor dal with water, turmeric, and salt until soft (12–15 min).
2. Heat oil, add cumin seeds, onion, and ginger-garlic paste. Sauté until golden.
3. Add tomato, coriander powder, and garam masala. Cook until the tomato softens.
4. Mix with dal, simmer 3–4 min.
5. Garnish with cilantro.

Serving Suggestion

Serve with brown rice or whole-wheat chapati.

Sprouted Moong Salad



Tags: Veg · Low-GI · 10 min · Snack / Light Meal

Why It's Diabetes-Friendly

Sprouted moong is high in enzymes, fiber, and vitamins, excellent for steady blood sugar.

Ingredients

- 1 cup sprouted green moong
- 1 cucumber, diced
- 1 tomato, diced
- 1 small onion, finely chopped
- 1 green chili (optional), chopped
- Juice of 1 lemon
- Fresh coriander leaves
- Salt & pepper to taste
- Chaat masala (optional)

Method

1. Mix sprouts, cucumber, tomato, and onion in a bowl.
2. Add lemon juice, coriander, salt, pepper, and optional spices.
3. Toss gently and serve fresh.

Serving Suggestion

Perfect as a mid-morning or evening snack.

Chana Masala (Chickpea Curry – Quick Version)



Tags: Veg · Low-GI · 30 min · Main

Why It's Diabetes-Friendly

Chickpeas are rich in protein and fiber, making them a slow-digesting carbohydrate.

Ingredients

- 2 cups boiled chickpeas (or 1 cup dried, soaked overnight & boiled)
- 1 onion, chopped
- 2 tomatoes, chopped
- 1 green chili, slit
- 1 tsp ginger-garlic paste
- 1 tsp cumin seeds
- 1 tsp coriander powder
- 1 tsp garam masala
- ½ tsp turmeric powder
- 1 tsp chili powder (optional)
- 2 tbsp oil
- Salt to taste
- Fresh cilantro

Method

1. Heat oil, add cumin seeds, onion, and sauté until golden.
2. Add ginger-garlic paste, chili, and tomatoes. Cook until soft.
3. Add spices, then chickpeas and 1 cup water. Simmer 15 min.
4. Mash a few chickpeas to thicken the sauce.
5. Garnish with cilantro.

Serving Suggestion

Pair with brown rice or whole-wheat roti.

Rajma Masala (Kidney Bean Curry – Quick Version)



Tags: Veg · Low-GI · 30 min · Main

Why It's Diabetes-Friendly

Kidney beans are filling, high in protein, and support slow sugar release.

Ingredients

- 2 cups boiled rajma (kidney beans)
- 1 onion, finely chopped
- 2 tomatoes, pureed
- 1 green chili, slit
- 1 tsp ginger-garlic paste
- 1 tsp cumin seeds
- 1 tsp coriander powder
- 1 tsp garam masala
- ½ tsp turmeric powder
- 1 tsp chili powder (optional)
- 2 tbsp oil
- Salt to taste
- Fresh coriander

Method

1. Heat oil, add cumin seeds and onion, and sauté until golden.
2. Add ginger-garlic paste, chili, and tomato puree. Cook 5–6 min.
3. Add spices, then rajma with 1–2 cups water. Simmer 20 min.
4. Mash a few beans for thickness.
5. Finish with coriander leaves.

Serving Suggestion

Best served with brown basmati rice.

Toor Dal with Spinach (Arhar Dal Palak)



Tags: Veg · Low-GI · 30 min · Everyday Meal

Why It's Diabetes-Friendly

Adding spinach boosts fiber, iron, and antioxidants while keeping the glycemic load low.

Ingredients

- 1 cup toor dal (pigeon peas), rinsed & soaked 30 min
- 3 cups water
- 2 cups fresh spinach, chopped
- 1 onion, chopped
- 1 tomato, chopped
- 1 tsp ginger-garlic paste
- 1 tsp cumin seeds
- ½ tsp turmeric powder
- 1 tsp coriander powder
- 1 tbsp oil
- Salt to taste

Method

1. Cook dal with turmeric and water until soft (20 min).
2. Heat oil, add cumin seeds, onion, and ginger-garlic paste. Sauté until golden.
3. Add tomato, coriander powder, then spinach. Cook until wilted.
4. Mix with dal, simmer 5 min.
5. Adjust salt and serve warm.

Serving Suggestion

Enjoy with millet roti or brown rice.

Panchmel Dal (Mixed Lentil Soup)



Tags: Veg · Low-GI · 30–35 min · Main or Side

Why It's Diabetes-Friendly

Made with five different dals, this dish strikes a balance between nutrition and flavor.

Ingredients

- ¼ cup moong dal

- ¼ cup masoor dal
- ¼ cup toor dal
- ¼ cup urad dal
- ¼ cup chana dal
- 1 onion, chopped
- 1 tomato, chopped
- 1 tsp cumin seeds
- 1 tsp ginger-garlic paste
- ½ tsp turmeric powder
- 1 tsp coriander powder
- 2 tbsp oil
- Salt to taste
- Fresh cilantro

Method

1. Mix and rinse all dals, soak for 30 min.
2. Cook dals with turmeric and water until soft (20–25 min).
3. Heat oil, add cumin, onion, ginger-garlic paste, tomato, and spices.
4. Mix with dal, simmer 5–10 min.
5. Garnish with cilantro.

Serving Suggestion

Pairs well with brown rice or whole-wheat chapati.

Dal & Vegetable Bowl



Tags: Veg · Low-GI · 20 min · Modern Plate

Why It's Diabetes-Friendly

A balanced one-bowl meal combining dal, vegetables, and whole grains.

Ingredients

- 1 cup cooked moong dal
- ½ cup steamed broccoli
- ½ cup sautéed zucchini or carrots
- ½ cup brown rice or quinoa
- 1 tsp olive oil or ghee
- Salt & pepper
- Fresh herbs or cilantro

Method

1. Prepare dal as a base.
2. Steam or sauté vegetables until tender-crisp.
3. Assemble bowl: dal + grains + veggies.
4. Season with olive oil, herbs, salt, and pepper.
5. Serve warm.

Serving Suggestion

A quick lunch or dinner that follows the plate method.

Chapter 2 – Curries & Stir-Fries

Curries and stir-fries are the heart of many Indian meals, offering warmth, flavor, and balance. For people managing type 2 diabetes, the key is to prepare meals with less oil, controlled spices, and ingredients that support stable blood sugar levels. This chapter provides practical, diabetes-friendly versions of popular dishes, designed to fit into everyday routines without compromising taste.

Chana Masala (Chickpea Curry)



Tags: Veg · High-Protein · Low-GI · 25 min ·
Classic Indian

Ingredients:

- 1 cup boiled chickpeas
 - 1 medium onion, finely chopped
 - 2 tomatoes, pureed
 - 1 tsp ginger-garlic paste
 - 1 tbsp olive or mustard oil
 - 1 tsp cumin seeds
 - 1 tsp coriander powder
 - ½ tsp turmeric powder
 - ½ tsp garam masala
- Salt to taste
- Fresh cilantro for garnish

Method:

1. Heat oil in a pan,
2. Add cumin seeds until they splutter.
3. Sauté the onion until golden
4. Add ginger-garlic paste and cook for 1 min.
5. Add pureed tomatoes and spices; cook until oil separates.
6. Add chickpeas and $\frac{1}{2}$ cup water; simmer for 10–12 minutes.
7. Garnish with cilantro before serving.

Why it works for diabetes:

High in fiber and protein, it helps with satiety and stable glucose release.

Baingan Bharta (Smoky Eggplant Mash)



Ingredients:

- 1 large eggplant
- 1 medium onion, chopped
- 2 tomatoes, chopped
- 1 green chili, chopped
- 1 tbsp olive or mustard oil
- 1 tsp cumin seeds
- Salt to taste
- Fresh cilantro

Method:

1. Roast the eggplant over open flame or in the oven until the skin is charred and the inside is soft.
2. Peel, mash, and set aside.
3. In a pan, heat oil and add cumin seeds.
4. Sauté onion, chili, and tomatoes until softened.
5. Add mashed eggplant, mix well, and cook for 5 minutes.
6. Garnish with cilantro.

Why it works for diabetes:

Low in carbs, high in fiber, smoky flavor enhances taste without added calories.

Paneer & Vegetable Stir-Fry



Tags: Veg · · Low-GI · 20 min · Modern plate

Ingredients:

- 200g paneer, cubed
- 1 cup mixed vegetables (bell peppers, carrots, beans, broccoli)
- 1 tbsp olive oil
- 1 tsp soy sauce (low sodium)
- ½ tsp black pepper
- Salt to taste

Method:

1. Heat oil in a nonstick pan.
2. Add vegetables and stir-fry for 5–7 minutes until tender-crisp.
3. Add paneer cubes, soy sauce, salt, and pepper.
4. Stir for 3 minutes and serve warm.

Why it works for diabetes:

Rich in protein and calcium, balanced with fiber-rich vegetables.

Rajma Masala (Kidney Bean Curry)



Tags: Veg · High-Fiber · Low-GI · 35-40 min · Indian Classic

Ingredients:

- 1 cup boiled kidney beans
- 1 medium onion, chopped
- 2 tomatoes, pureed
- 1 tsp ginger-garlic paste
- 1 tbsp olive or mustard oil
- 1 tsp cumin seeds
- 1 tsp coriander powder
- ½ tsp turmeric powder
- ½ tsp garam masala
- Salt to taste
- Fresh cilantro

Method:

1. Heat oil in a pan, add cumin seeds until they splutter.
2. Add onion and sauté until golden.
3. Mix in ginger-garlic paste, tomato puree, and spices; cook until oil separates.
4. Add kidney beans with 1 cup of water; simmer for 15 minutes.
5. Garnish with cilantro before serving.

Why it works for diabetes:

Kidney beans are rich in fiber and plant protein, helping stabilize blood sugar.

Lauki Chana Dal (Bottle Gourd & Lentil Curry)



Tags: Veg · High-Fiber · Low-GI · 25 min · Indian Classic

Ingredients:

- 1 cup bottle gourd (lauki), diced
- ½ cup chana dal (split chickpeas), soaked 1 hour
- 1 onion, chopped
- 1 tomato, chopped
- 1 tsp ginger-garlic paste
- 1 tsp cumin seeds
- ½ tsp turmeric
- 1 tsp coriander powder
- Salt to taste
- 1 tbsp olive oil
- Fresh cilantro

Method:

1. Pressure cook soaked chana dal with 2 cups of water until soft.
2. In a pan, heat oil, add cumin seeds, onion, and ginger-garlic paste.
3. Add tomato and spices, then diced lauki.
4. Cook 5 minutes, add cooked dal, simmer 10 minutes.
5. Garnish with cilantro.

Why it works for diabetes:

Balanced dish with protein from dal and hydration benefits from lauki.

Methi Chicken Curry (Fenugreek Chicken)



Tags: Non Veg · Low-GI · 25 min · Home Style Curry

Ingredients:

- 250g chicken breast, diced
- 1 cup fresh fenugreek (methi) leaves, washed
- 1 onion, chopped
- 2 tomatoes, chopped
- 1 tsp ginger-garlic paste
- 1 tbsp olive oil
- 1 tsp cumin seeds
- 1 tsp coriander powder
- ½ tsp turmeric
- Salt to taste

Method:

1. Heat oil in a pan, add cumin seeds, onion, and ginger-garlic paste.
2. Cook until onion soft.
3. Add chicken, tomatoes, and spices.
4. Cover and cook until chicken is done.
5. Stir in fenugreek leaves and simmer 5 minutes.

Why it works for diabetes:

High-protein dish with the blood sugar-lowering benefits of fenugreek leaves.

Tofu & Broccoli Stir-Fry



Tags: Veg · High-Protein · Low-GI · 20 min · Fusion
Modern

Ingredients:

- 200g firm tofu, cubed
- 1 cup broccoli florets
- 1 tbsp olive oil
- 1 tsp soy sauce (low sodium)
- 1 tsp sesame seeds
- Salt and pepper to taste

Method:

1. Press tofu to remove excess water, then cube.
2. Heat oil in a nonstick pan, add broccoli and stir-fry 5 minutes.
3. Add tofu, soy sauce, salt, and pepper; stir 5 more minutes.
4. Garnish with sesame seeds before serving.

Why it works for diabetes:

A light, plant-based protein option that helps manage glucose levels.

Cabbage & Peas Sabzi



Tags: Veg · High-Fiber · Low-GI · 20 min · Everyday
Cooking

Ingredients:

- 2 cups cabbage, shredded
- ½ cup green peas
- 1 onion, sliced
- 1 tomato, chopped
- 1 tsp cumin seeds
- 1 tsp coriander powder
- ½ tsp turmeric powder
- 1 tbsp olive oil
- Salt to taste
- Fresh cilantro

Method:

1. Heat oil in a pan, add cumin seeds and onion.
2. Cook until translucent.
3. Add tomato and spices.
4. Mix in cabbage and peas, stir, cover, and cook until tender.
5. Garnish with cilantro.

Why it works for diabetes:

Low-calorie, fiber-rich dish that supports digestion and steady blood sugar.

Chapter 3 – Grains & Breads

Grains and breads are a foundation of Indian meals, but refined white rice and processed flours can cause rapid spikes in blood sugar. For people managing type 2 diabetes, choosing whole grains and low-glycemic alternatives provides sustained energy, fiber, and essential nutrients — without giving up the comfort of familiar foods.

This chapter includes diabetes-friendly adaptations of traditional grains and breads, designed to keep the plate balanced and enjoyable.

Brown Basmati Rice Pilaf



Tags: Veg · Low-GI · 30 min · Whole grain plate

Ingredients:

- 1 cup brown basmati rice (soaked 30 min)
- 1 tbsp olive oil
- 1 tsp cumin seeds
- 1 onion, thinly sliced
- 1 carrot, diced
- ½ cup green beans, chopped
- 2 cups water
- Salt to taste

Method:

1. Heat oil, add cumin seeds, then onions until golden.
2. Add vegetables and sauté 2–3 minutes.
3. Stir in the soaked rice, add water, and salt.
4. Cover and cook 25–30 minutes until fluffy.

Why it works for diabetes:

Low-GI brown basmati digests slowly, reducing post-meal sugar spikes.

Millet Khichdi



Tags: Veg · One pot comfort meal · Low-GI · 25 min ·
Indian Classic

Ingredients:

- ½ cup foxtail millet (or little millet), rinsed
- ¼ cup yellow moong dal, rinsed
- 1 tsp cumin seeds
- 1 tsp grated ginger
- 1 carrot, chopped
- 1 tomato, chopped
- 2 ½ cups water
- 1 tsp ghee (optional, small amount)
- Salt to taste

Method:

1. Dry roast millet and dal lightly.
2. Add all ingredients to a pressure cooker.
3. Cook for 3–4 whistles until soft.

Why it works for diabetes:

Millet is high in fiber and magnesium, helping control blood glucose and improve satiety.

Quinoa Upma



Tags: Veg · Low-GI · 20 min · Modern Plate

Ingredients:

- 1 cup quinoa, rinsed
- 1 onion, chopped
- 1 green chili, chopped
- 1 carrot & ½ cup peas
- 1 tsp mustard seeds
- 1 tsp urad dal (optional)
- 2 tsp olive oil
- 2 cups water
- Salt & lemon juice to taste

Method:

1. Heat oil, add mustard seeds, onion, and chili.
2. Add vegetables and sauté.
3. Stir in quinoa, add water, cover, and cook 15 min.
4. Finish with lemon juice.

Why it works for diabetes:

Gluten-free, high-protein grain with low glycemic impact.

Whole-Wheat Chapati



Tags: Veg · Low-GI · 15 min · Indian Bread

Ingredients:

- 2 cups whole-wheat flour (atta)
- ½ tsp salt
- 1 tsp olive oil
- Water as needed

Method:

Mix flour, salt, oil, and water into a soft dough. Rest 20 minutes. Roll small balls into thin circles. Cook on a hot skillet until golden spots appear.

Why it works for diabetes:

Whole wheat adds fiber and slows down carbohydrate absorption.

Ragi Roti (Finger Millet Flatbread)



Tags: Veg · Low-GI · 20 min · Sides

Ingredients:

- 1 cup ragi flour (finger millet)
- 1 onion, finely chopped
- 1 green chili, chopped
- 2 tbsp chopped coriander leaves
- Salt to taste
- Warm water to knead

Method:

1. Mix all ingredients into a soft dough.
2. Pat into thin rounds using wet hands.
3. Cook in a skillet for 2–3 minutes on each side.

Why it works for diabetes:

Ragi is rich in calcium, iron, and fiber, making it excellent for diabetes and bone health.

Vegetable Oats Porridge



Tags: Veg · Low-GI · Hight Fiber · 20 min · Breakfast

Ingredients:

- ½ cup rolled oats
- 1 carrot, chopped
- ½ cup beans & peas
- 2 cups water or low-fat milk
- Salt & pepper to taste

Method:

1. Cook vegetables in water until soft.
2. Add oats and simmer until creamy.
3. Season lightly.

Why it works for diabetes:

Oats are rich in soluble fiber (beta-glucan) that lowers cholesterol and slows sugar absorption.

Barley & Lentil Khichdi



Tags: Veg · Low-GI · Hight Fiber · 25 min · Ayurvedic

Ingredients:

- ½ cup pearl barley, soaked overnight
- ¼ cup green moong dal
- 1 onion, chopped
- 1 tomato, chopped
- 1 tsp cumin seeds
- 1 tsp turmeric
- 1 tbsp olive oil
- 3 cups water
- Salt to taste

Method:

1. Heat oil, add cumin and onion.
2. Add tomato, spices, barley, and dal.
3. Add water, cook until soft (pressure cooker recommended).

Why it works for diabetes:

Barley's high soluble fiber improves insulin sensitivity and keeps blood sugar steady.

Stuffed Paratha (Low-Oil, Whole Wheat)



Tags: Veg · Whole Grain · Low oil · 20 min · Home Style

Ingredients:

- 2 cups whole-wheat flour dough (prepared as for chapati)
- Filling: 1 cup grated cauliflower or radish, seasoned with chili, coriander, and salt
- 1 tsp olive oil for cooking

Method:

1. Roll the dough ball, place the filling, seal, and roll again.
2. Cook in a skillet with a light brush of oil until golden.

Why it works for diabetes:

Using whole-wheat flour and a vegetable filling makes this paratha fiber-rich and lower-GI than traditional versions.

Chapter 4 – Vegetable Sides & Bowls

Vegetables are the foundation of diabetes-friendly eating, following the Plate Method ($\frac{1}{2}$ non-starchy vegetables, $\frac{1}{4}$ lean protein, $\frac{1}{4}$ whole grains/low-GI carbs). These quick, simple recipes pair well with dal, light curries, or whole-wheat chapati to help keep blood sugar steady without giving up flavor.

Bhindi Masala (Okra stir-fry with mild spices)



Tags: Veg · Low-GI · Hight Fiber · 20 min · Simple Home Style

Ingredients

- 250 g fresh okra, sliced
- 1 small onion, chopped
- 1 medium tomato, diced
- 1 tbsp mustard oil or neutral oil
- ½ tsp turmeric
- ½ tsp cumin seeds
- Salt to taste

Method:

1. Heat oil in a pan, add cumin seeds until they crackle.
2. Add onion and sauté until golden.
3. Stir in tomato, turmeric, and cook until softened.
4. Add okra, mix well, and cook covered 10–12 min.

Diabetes-friendly tip

Okra is high in soluble fiber, helping slow glucose absorption.

Perfect with whole-wheat chapati or as a side to dal.

Cabbage Poriyal (Cabbage stir-fry with coconut)



Tags: Veg · Low-GI · Hight Fiber · 15 min · South India

Ingredients

- 300 g cabbage, finely shredded
- 2 tbsp fresh grated coconut
- 1 tsp mustard seeds
- 1 green chili (optional)
- 1 tbsp coconut oil
- Salt to taste

Method:

1. Heat oil, add mustard seeds.
2. Add chili and cabbage, stir well.
3. Cook 5–7 minutes until tender-crisp.
4. Sprinkle with grated coconut before serving.

Diabetes-friendly tip

Low-GI, fiber-rich, and vitamin C-packed.

Serve with brown rice or roti.

Palak Stir-Fry (Spinach with garlic and ginger)



Tags: Veg · Low-GI · Iron rich · 10 min · Simple Sabzi

Ingredients

- 300 g spinach leaves
- 2 garlic cloves, minced
- 1 small piece of ginger, grated
- 1 tbsp oil
- Salt & pepper to taste

Method:

1. Sauté garlic and ginger in oil until fragrant.
2. Add spinach and stir-fry 3–4 minutes until wilted.
3. Season with salt and pepper.

Diabetes-friendly tip

Very low in carbs, rich in antioxidants and iron.

Great side for lentil curry or grilled fish.

Lauki Chana Dal (Bottle gourd with lentils)



Tags: Veg · Low-GI · Hight Protein · Hight Fiber · 25 min · Comfort Bowl

Ingredients

- 250 g lauki (bottle gourd), cubed
- ½ cup chana dal, soaked 1 hr
- 1 small onion, chopped
- 1 small tomato, chopped
- 1 tsp cumin seeds
- ½ tsp turmeric
- 1 tbsp oil
- Salt to taste

Method

1. Pressure cook soaked chana dal until tender (3–4 whistles).
2. In a pan, heat oil, add cumin, onion, tomato, and turmeric.
3. Add lauki and water, cook until soft.
4. Stir in cooked dal and simmer 5 minutes.

Diabetes-friendly tip

Combines fiber-rich vegetables + protein for steady energy.

Works as a light main with chapati.

Karela Sabzi (Bitter gourd stir-fry)



Tags: Veg · Low-GI · Diabetes Friendly · 20 min · Sabzi

Ingredients

- 200 g karela (bitter gourd), thinly sliced
- 1 small onion, sliced
- 1 tbsp mustard oil
- ½ tsp turmeric
- ½ tsp fennel seeds
- Salt to taste

Method:

1. Soak karela slices in salted water for 20 min to reduce bitterness.
2. Heat oil, add fennel seeds, then onion and turmeric.
3. Add karela and sauté 10–12 min until browned.

Diabetes-friendly tip

Karela is valued in Ayurveda for its ability to improve insulin sensitivity.

Best served in small portions with dal or curry.

Tinda Masala (Apple gourd curry)



Tags: Veg · Low-GI · Hight fiber · 20 min · North India

Ingredients

- 300 g tinda (apple gourd), peeled and cubed
- 1 medium onion, finely chopped
- 1 medium tomato, chopped
- 1 tsp ginger-garlic paste
- ½ tsp turmeric
- ½ tsp cumin seeds
- 1 tbsp oil
- Salt to taste

Method:

1. Heat oil, add cumin seeds until they splutter.
2. Add onion and ginger-garlic paste, sauté until golden.
3. Stir in tomato and turmeric, cook until soft.
4. Add tinda cubes, salt, and ½ cup water.
5. Cover and cook 10–12 minutes until tender.

Diabetes-friendly tip

Low in calories, hydrating, and gentle on digestion.
Serve with whole-wheat chapati or as a side with dal.

Gobi Matar (Cauliflower & Peas Stir-Fry)



Tags: Veg · Low-GI · Hight Fiber · 20 min · Modern Plate

Ingredients

- 300 g cauliflower florets
- ½ cup green peas (fresh or frozen)
- 1 small onion, chopped
- 1 small tomato, chopped
- 1 tsp cumin seeds
- ½ tsp turmeric
- 1 tsp coriander powder
- 1 tbsp oil
- Salt to taste

Directions

1. Heat oil, add cumin seeds until fragrant.
2. Add onion and cook until translucent.
3. Stir in tomato, turmeric, and coriander powder.
4. Add cauliflower and peas, cover, and cook 8–10 minutes.

Diabetes-friendly tip

Cauliflower is low on the glycemic index (GI), and peas provide fiber and plant-based protein.

Great with chapati or brown basmati rice.

Mixed Veg Bowl with Paneer



Tags: Veg · Low-GI · Hight fiber · 20 min · Modern Plate

Ingredients

- 1 cup mixed non-starchy vegetables (carrot, beans, zucchini, bell pepper)
- 100 g paneer, cubed
- 1 tsp cumin seeds
- 1 tsp ginger-garlic paste
- 1 tsp coriander powder
- ½ tsp turmeric
- 1 tbsp oil
- Salt to taste

Method:

1. Heat oil, add cumin seeds, then ginger-garlic paste.
2. Add mixed vegetables and stir-fry 5–7 minutes.
3. Stir in turmeric, coriander powder, and salt.
4. Add paneer cubes and cook 3–4 minutes until lightly browned.

Diabetes-friendly tip

Balances protein + fiber for steady glucose release. Works as a complete light meal with roti or on its own.

Chapter 5 – Snacks & Chai Time

Between meals is where blood sugar often slips. Smart snacks can smooth those gaps, curb cravings, and keep energy steady—without heavy oils or refined carbs. This chapter focuses on fiber-rich, protein-forward Indian bites you can enjoy with chai (unsweetened or lightly sweetened), on busy afternoons, or pre- or post-gentle walk.

Snack principles (for steadier glucose):

- Favor protein + fiber (legumes, sprouts, oats, peanuts, foxnuts).
- Go low-oil: roast, air-fry, or bake instead of deep-frying.
- Keep portions mindful: ~100–150 kcal per snack (or ~½–1 cup), unless using as a light mini-meal.
- Pair with unsweetened beverages (masala chai with low-fat milk, green tea, lemon water).

Roasted Chana (Crispy Chickpeas)



Tags: Veg · High-fiber · Protein · 20–25 min · Snack

Ingredients (serves 2–4):

- 2 cups cooked chickpeas, well dried (or canned, drained & patted dry)
- 1 tbsp oil
- ½ tsp turmeric · ½ tsp cumin powder · ½ tsp chili powder (optional)
- Salt, pepper, lemon wedge

Method:

1. Toss chickpeas with oil, spices, and salt.
2. Bake at 200°C / 400°F for 18–22 min (shake halfway) or air-fry 12–15 min until crisp.
3. Finish with pepper and a squeeze of lemon.

Why it's diabetes-friendly: Protein + soluble fiber slows glucose absorption and increases fullness.

Portion: ~½ cup per snack.

Spiced Moong Dal Sundal



Tags: Veg · Low-oil · 15 min · Snack/Side

Ingredients (serves 2–4):

- 1 cup yellow moong dal, soaked 20 min, then boiled till tender
- 1 tsp oil · ½ tsp mustard seeds · 6–8 curry leaves
- 1 green chili, chopped (optional)
- 2 tbsp fresh grated coconut (optional)
- Salt, lemon juice

Method:

1. Heat oil; crackle mustard seeds, add curry leaves & chili.
2. Stir in cooked moong dal, salt; toss 2–3 min.
3. Finish with coconut and lemon.

Why it's diabetes-friendly: Lean plant protein with fiber; light tempering keeps fats low.

Portion: ½–¾ cup.

Masala Foxnuts (Makhana)



Tags: Veg · Light & crunchy · 10 min

Ingredients (serves 2–4):

- 3 cups makhana (foxnuts/lotus seeds)
- 1 tsp ghee or 1½ tsp oil
- ½ tsp chaat masala · ¼ tsp turmeric · pinch black pepper
- Salt

Method:

1. Dry-roast makhana 4–5 min till crisp.
2. Add ghee/oil + spices; toss 30–60 sec off heat.

Why it's diabetes-friendly: Low calorie per cup, decent satiety; avoid sugary coatings.

Portion: 1 cup.

Vegetable Poha Chivda (Low-GI Version)



Tags: Veg · Baked · 20 min

Ingredients (serves 2–4):

- 3 cups thick/red rice poha (lower-GI than thin white)
- 1 tbsp peanuts + 1 tbsp roasted chana dal (dalia)
- 1 small onion, finely chopped (optional)
- ½ cup finely diced veggies (carrot, capsicum)
- 1 tbsp oil · ½ tsp mustard seeds · 6 curry leaves
- ¼ tsp turmeric · chili flakes optional · salt
- Lemon juice

Method:

1. Dry-roast poha 6–8 min on low or bake at 160°C/320°F till crisp.
2. In a pan: oil, mustard, curry leaves, peanuts, dalia; add onion & veggies 2–3 min.
3. Toss in poha, turmeric, salt; switch off heat. Finish with lemon.

Why it's diabetes-friendly: Whole/colored poha + nuts for better glycemic response; baked/roasted, not fried.

Portion: ~ $\frac{3}{4}$ cup.

Cucumber Peanut Salad



Tags: Veg · Fresh · 10 min

Ingredients (serves 2–4):

- 2 cucumbers, diced · 2 tbsp roasted peanuts, lightly crushed
- 1 tbsp chopped coriander · 1 tsp lemon juice
- Pinch cumin powder · salt & pepper

Method:

Mix all, serve chilled.

Why it's diabetes-friendly: High water + fiber; peanuts add protein/fats → slower glucose rise.

Portion: 1 cup.

Stuffed Besan Chilla Rolls



Tags: Veg · Protein-rich · 25 min

Ingredients (serves 2–4):

- Batter: 1 cup besan (chickpea flour), $\frac{3}{4}$ –1 cup water, salt, $\frac{1}{4}$ tsp turmeric, pinch ajwain (carom).
- Filling: 1 cup finely grated/carrot + cabbage + capsicum mix, pinch salt & pepper.
- Plus: 1–2 tsp oil total for pan.

Method:

1. Whisk batter (pourable). Sauté filling 2–3 min (or keep raw for crunch).
2. On a non-stick, spread batter thin → cook with a few drops of oil, flip.
3. Add filling, roll like a crêpe; slice into bite-size rolls.

Why it's diabetes-friendly: Chickpea flour = protein + fiber; low-oil technique.

Portion: 1 medium chilla (rolled).

Sprouted Moong Chaat



Tags: Veg · No-cook/Quick · 10 min

Ingredients (serves 2–4):

- 2 cups sprouted moong (raw or lightly steamed 2–3 min)
- 1 small tomato & 1 small onion, finely chopped
- 1 green chili (optional) · coriander leaves
- ½ tsp roasted cumin powder · ¼ tsp chaat masala
- Salt · lemon juice

Method:

Combine all, toss, adjust lemon & salt.

Why it's diabetes-friendly: Very high in fiber, low in calories; great for snack cravings.

Portion: $\frac{3}{4}$ -1 cup.

Baked Oats & Vegetable Cutlets



Tags: Veg · Baked · 30–35 min

Ingredients (serves 2–4):

- $\frac{3}{4}$ cup rolled oats (pulse to coarse meal)
- 1 cup mixed grated veg (carrot, zucchini, boiled peas)
- 1 small boiled potato (or $\frac{1}{2}$ cup mashed chickpeas)
- 1 tsp ginger-garlic paste · $\frac{1}{2}$ tsp cumin powder
- 1 tbsp chopped coriander · salt & pepper
- 1–2 tsp oil (brush)

Method:

1. Mix everything; form 8 small patties.
2. Brush with a bit of oil;
3. Bake 200°C/400°F for 18–22 min,
4. flipping once (or air-fry).

Why it's diabetes-friendly: Oats' beta-glucan + veggies = fiber; baked, not fried → lower fat load.

Portion: 2 cutlets.

Chapter 6 – Occasional Sweet Bites

Living with diabetes doesn't mean saying goodbye to sweets forever. What matters most is portion size, timing, and smart swaps. In this chapter, we reimagine beloved Indian desserts with lower glycemic impact by using fiber-rich flours (ragi, oats, besan), natural sweeteners (dates, a little jaggery), and lighter cooking methods (baked, no deep-frying). Enjoy these treats occasionally, pair them with a protein-rich meal, and consider a short walk after eating to help your blood sugar stay steady.

Date & Nut Ladoo (No refined sugar)



Tags: Veg · No added sugar · Fiber-rich · 15–20 min ·
Makes ~12

Ingredients (serves 2–4):

- 1 cup soft dates, pitted (Medjool or Deglet Noor)
- ½ cup mixed nuts, chopped (almonds, walnuts, pistachios)
- 2 tbsp unsweetened grated coconut (plus extra for rolling, optional)
- 1 tbsp chia or flaxseed (ground)
- ½ tsp cardamom powder
- 1 tsp ghee or neutral oil (optional, for binding)
- Pinch salt

Method:

1. Pulse dates in a processor until a sticky paste forms.
2. Add nuts, coconut, chia/flax, cardamom, and salt; pulse to combine.
3. If needed, add 1 tsp ghee/oil to help bind.
4. Roll into small balls (20–22 g each). Optional: roll in coconut.
5. Chill 20 minutes to set.

Why it's diabetes-friendly: Whole dates (fiber + minerals) sweeten naturally; nuts and seeds slow glucose release.

Portion guidance: 1 laddoo as an occasional treat.

Besan Barfi (Low-Sugar Version)



Tags: Veg · High-protein flour · 25–30 min · Makes ~16

Ingredients (serves 2–4):

- 1 cup besan (chickpea flour)
- 2 tbsp ghee
- $\frac{1}{4}$ cup jaggery powder (or less, to taste)
- 2 tbsp chopped nuts (cashew, almond, pistachio)
- $\frac{1}{2}$ tsp cardamom powder

Method:

1. Dry roast besan in a pan with ghee until golden and nutty (~10–12 min).
2. Add jaggery powder with 2–3 tbsp water; stir until melted.
3. Mix thoroughly and spread into a greased plate.
4. Sprinkle nuts, press lightly, cool, and cut into squares.

Why it's diabetes-friendly: Besan adds protein + fiber; reduced jaggery limits glycemic load.

Portion guidance: 1 small square.

Ragi Halwa (Finger Millet Halwa)



Tags: Veg · High-fiber grain · 20–25 min · 4 servings

Ingredients (serves 2–4):

- ½ cup ragi flour (finger millet)
- 1 tbsp ghee
- 2 tbsp jaggery (grated) or stevia blend
- 1 ½ cups low-fat milk (or unsweetened almond milk)
- ½ tsp cardamom powder
- 1 tbsp chopped nuts

Method:

1. Roast ragi flour in ghee until aromatic.
2. Add warm milk gradually, stirring to avoid lumps.
3. Sweeten with jaggery or stevia, simmer till thick.
4. Finish with cardamom + nuts.

Why it's diabetes-friendly: Ragi is a low-GI grain, rich in calcium + fiber.

Portion guidance: ½ cup.

Apple Cinnamon Kheer



Tags: Veg · Fruit-based · 20 min · 3 servings

Ingredients (serves 2–4):

- 2 cups low-fat milk (or unsweetened soy/almond milk)
- 1 medium apple, grated
- 1–2 tsp stevia or erythritol (optional)
- $\frac{1}{4}$ tsp cinnamon powder
- $\frac{1}{2}$ tsp cardamom
- 1 tbsp chopped nuts

Method:

1. Heat milk until simmering.
2. Add grated apple, cinnamon, and cardamom.
3. Cook 10–12 min until slightly thick.
4. Sweeten with stevia/erythritol if needed.
Garnish with nuts.

Why it's diabetes-friendly: Apple adds natural sweetness + fiber; no rice or refined sugar.

Portion guidance: ½ cup bowl.

Carrot Halwa (Gajar ka Halwa, Sugar-Free)



Tags: Veg · Fiber-rich · 30 min · 4 servings

Ingredients (serves 2–4):

- 2 cups grated carrots
- 1 ½ cups low-fat milk
- 4–5 soft dates, blended into paste (or 1–2 tsp stevia)
- 1 tsp ghee
- ½ tsp cardamom powder
- 2 tbsp chopped nuts

Method:

1. Heat ghee, sauté carrots for 5 min.
2. Add milk, cook until reduced, and carrots are tender.
3. Stir in date paste or stevia, plus cardamom.
4. Garnish with nuts.

Why it's diabetes-friendly: Uses dates or stevia instead of refined sugar; portion-controlled.

Portion guidance: ½ small bowl.

Oats & Almond Kheer



Tags: Veg · Whole-grain · 20 min · 3 servings

Ingredients (serves 2–4):

- ½ cup rolled oats
- 2 cups low-fat milk
- 2 tsp stevia/erythritol or 1 tbsp jaggery
- 2 tbsp chopped almonds
- ½ tsp cardamom
- Pinch saffron (optional)

Method:

1. Cook oats in milk until soft.
2. Add sweetener, cardamom, and saffron.
3. Stir in chopped almonds.

Why it's diabetes-friendly: Oats' soluble fiber slows glucose absorption.

Portion guidance: ½ cup.

Coconut Chia Pudding (Indian Twist)



Tags: Veg · No-cook · 4 servings

Ingredients (serves 2–4):

- ½ cup chia seeds
- 2 cups unsweetened coconut milk
- 1–2 tsp stevia/erythritol
- ¼ tsp cardamom powder
- Pinch saffron
- Toasted coconut flakes (for garnish)

Method:

1. Mix chia, coconut milk, sweetener, cardamom, and saffron.
2. Chill 4+ hours or overnight.
3. Serve topped with toasted coconut flakes.

Why it's diabetes-friendly: Chia = fiber + omega-3; keeps sugar steady.

Portion guidance: ½ cup.

Baked Saffron Yogurt (Light Bhapa Doi)



Tags: High-protein · Baked · 4 servings

Ingredients (serves 2–4):

- 2 cups low-fat Greek yogurt
- ½ cup milk
- 2–3 tsp stevia/erythritol (or 2 tbsp jaggery powder)
- 2–3 strands saffron, soaked in warm milk
- ½ tsp cardamom

Method:

1. Whisk yogurt, milk, sweetener, saffron, and cardamom.
2. Pour into ramekins.
3. Bake in water bath at 160°C / 325°F for 20–25 min.
4. Chill before serving.

Why it's diabetes-friendly: High-protein, low-sugar dessert.

Portion guidance: 1 small ramekin.

Chapter 7 – Regional Favorites: Diabetes-Friendly Adaptations

Sarson ka Saag (Punjab)



Tag: High fiber • High iron • Low GI • Vegetarian •
Gluten-free • Punjab

Ingredients

- Mustard greens (sarson), chopped — 4 cups (≈ 400 g)
- Spinach (palak), chopped — 2 cups (≈ 200 g)
- Bathua leaves (if available) — 1 cup (≈ 100 g)
- Onion — 1 medium, chopped
- Tomato — 1 medium, chopped
- Garlic — 4–5 cloves
- Ginger — 1 inch
- Green chili — 1
- Maize flour (makki atta) — 2 tbsp (for thickening)
- Oil/ghee — 2 tsp
- Salt — to taste

Method

1. Pressure cook mustard, spinach, and bathua with garlic, ginger, chili, and a little water (2 whistles).
2. Blend to a coarse paste.
3. In a pan, heat oil/ghee, sauté onion + tomato until soft.
4. Add the greens paste, simmer 10–12 min. Stir in the maize-flour slurry to achieve the desired thickness.
5. Serve hot with one small makki roti or whole-wheat roti.

Why it's diabetes-friendly

Rich in fiber and phytonutrients, cooked with minimal ghee, balanced with whole-grain roti instead of multiple makki rotis.

Portion guidance

½-¾ katori saag + 1 roti (whole-wheat or small makki).

Gujarati Dal (Gujarat)



Tag: Vegan* High-fiber* High-protein* Diabetes-friendly* Low-glycemic* Comfort food

Ingredients

- Toor dal — ½ cup (≈ 100 g, raw)
- Tomato — 1 medium, chopped
- Curry leaves — 6-8
- Ginger — 1 inch
- Green chili — 1
- Tamarind pulp — 1 tsp
- Jaggery (optional) — ½ tsp
- Mustard seeds — ½ tsp
- Cumin seeds — ½ tsp
- Oil — 2 tsp
- Turmeric, coriander powder — ½ tsp each
- Salt — to taste

Method

1. Pressure cook dal with turmeric until soft; mash.
2. Add tomato, ginger-chili paste, tamarind, little jaggery. Simmer.
3. Temper mustard, cumin, curry leaves in oil; add to dal.
4. Serve with brown basmati rice (small portion).

Why it's diabetes-friendly

Dal provides protein and fiber; jaggery minimized; paired with brown/semi-brown rice in small portion.

Portion guidance

1 katori dal + ½-¾ katori rice + vegetables.

Thalipeeth (Maharashtra)



Tag: High fiber • High iron • Low GI • Whole Grain •
Gluten-free • Traditional Maharashtra

Ingredients

- Multigrain flour (jowar, bajra, whole wheat, besan) — 1 cup
- Onion — 1 medium, finely chopped
- Green chili — 1, chopped
- Fresh coriander — 2 tbsp
- Salt — to taste
- Oil — 2 tsp for cooking

Method

1. Mix flour with onion, chili, coriander, and salt; knead with water into soft dough.
2. Pat small discs (by hand) on a banana leaf or plastic sheet.
3. Cook on tawa with minimal oil until golden on both sides.
4. Serve with low-fat yogurt or chutney.

Why it's diabetes-friendly

Multigrain flour lowers glycemic load; minimal oil is used.

Portion guidance

1-2 thalipeeth + yogurt/vegetable side.

Rasam (Tamil Nadu)



Tag: Light and digestive • Immunity boosting • Low GI • Anti-inflammatory • Tamarind rich • South Indian classic

Ingredients

- Tamarind pulp — 2 tsp
- Tomato — 1 medium, chopped
- Toor dal (cooked) — 2 tbsp mashed
- Rasam powder — 1 tsp
- Mustard seeds — ½ tsp
- Curry leaves — 6–8
- Garlic — 2 cloves
- Oil — 1 tsp
- Fresh coriander — 2 tbsp

Method

1. Dilute tamarind pulp in 2 cups of water; add tomato and rasam powder. Boil.
2. Stir in mashed dal, simmer 5–7 min.
3. Temper mustard, curry leaves, and garlic in oil; add.
4. Garnish with coriander; serve hot as soup or with semi-brown rice.

Why it's diabetes-friendly

Light, low-oil, tangy soup; a small dal portion adds protein.

Portion guidance

1 cup as a starter before a meal; with rice, limit to ½ katori rice.

Ragi Mudde with Sambar (Karnataka)



Tags: High-fiber • Gut-friendly • Low GI • Mineral-rich • Traditional Karnataka dish • Satiety-boosting

Ingredients

- Ragi flour — $\frac{1}{2}$ cup (≈ 60 g)
- Water — $1\frac{1}{2}$ cups
- Salt — pinch
- Oil — $\frac{1}{2}$ tsp

Method

1. Boil water with salt and oil.
2. Add ragi flour gradually, stir vigorously until lump-free.
3. Cook the thick dough, shape into balls (mudde).
4. Serve with vegetable sambar.

Why it's diabetes-friendly

Ragi has high fiber and slower glucose release; paired with dal and vegetables, it balances nutrients.

Portion guidance

1 mudde (~½ cup ragi flour per person) + 1 katori sambar + vegetables.

Khichuri (West Bengal)



Tags: Comforting • Easy to digest • Low GI • High-fiber • Protein-rich • Warming • Bengali classic

Ingredients

- Moong dal (split, roasted) — ½ cup (≈ 100 g)
- Brown rice — ½ cup (≈ 100 g)
- Mixed vegetables (cauliflower, beans, peas, carrot) — 2 cups
- Ginger — 1 inch, grated
- Green chili — 1
- Bay leaf — 1
- Turmeric — ½ tsp
- Oil/ghee — 2 tsp
- Salt — to taste

Method

1. Wash rice and dal; pressure cook with turmeric, ginger, salt, and vegetables (2 whistles).
2. Temper bay leaf, chili in oil/ghee; add.
3. Serve hot with salad or light raita.

Why it's diabetes-friendly

Balanced carb-protein (dal + rice), high fiber from vegetables, low oil.

Portion guidance

1 katori khichuri + salad; limit rice portion.

Fish Paturi (Bengal)



Tags: * Steamed & low-fat * Rich in omega-3 * High-protein * Mustard-flavoured classic * Bengali traditional dish * Anti-inflammatory spices * Gut-friendly yogurt marinade * Wrapped & cooked in banana leaves

Ingredients

- Fish fillets (bhetki or similar) — 300 g
- Mustard paste (made from 2 tbsp mustard seeds + green chili + little water)
- Yogurt (low-fat) — 2 tbsp
- Turmeric — ½ tsp
- Mustard oil — 1 tsp
- Salt — to taste
- Banana leaves — for wrapping

Method

1. Mix mustard paste, yogurt, turmeric, salt, and mustard oil. Coat fish pieces.
2. Wrap each piece in a banana leaf, tie or secure.
3. Steam for 10–12 min until the fish is cooked.
4. Serve with a small portion of brown rice or roti.

Why it's diabetes-friendly

Steamed, not fried; mustard adds flavor without excess oil; good lean protein.

Portion guidance

1 fish fillet + ½ katori rice + vegetables.

Chapter 8 – Balanced Non-Vegetarian Options: Diabetes-Friendly Proteins

Ayurvedic Insight: Balancing Meat and Digestion

In Ayurveda, meat is considered a nourishing food (balya) when consumed mindfully and in moderation, but it can be guru (heavy) for digestion, especially with weak agni (digestive fire). Balance non-vegetarian dishes with warming, digestive spices (ginger, turmeric, pepper, cumin, fenugreek), lemon, leafy greens, and fiber-rich sides. All recipes below minimise oil, avoid refined flours, and pair proteins with vegetables and low-GI grains for steadier blood sugar.

This chapter gathers diabetes-friendly adaptations of classic Indian non-vegetarian dishes—chicken, fish, eggs, and prawns—keeping flavours traditional while aligning portions and cooking methods with glycaemic control.

Tandoori Chicken Light (North India)



Tags: High-protein * Low-fat *Low-carb
*Immuneboosting spices*Yogurt-marinated*Gut-
friendly*Anti-inflammatory *North Indian classic
*Light & flavorful

Ingredients

- Skinless chicken pieces — 500 g (thigh or breast, trimmed)
- Low-fat yogurt — 1/2 cup (120 ml)
- Lemon juice — 1 tbsp (15 ml)
- Ginger-garlic paste — 1 tbsp
- Red chili powder — 1/2 tsp
- Turmeric — 1/4 tsp
- Garam masala — 1/2 tsp
- Kasuri methi (crushed) — 1/2 tsp (optional)
- Salt — to taste
- Mustard or olive oil — 1 tsp

Method

1. Whisk yogurt, lemon juice, spices, salt, and oil into a smooth marinade.
2. Score thick chicken pieces lightly; coat well. Marinate 3–4 hours (or overnight).
3. Bake on a lined tray at 200°C/400°F for 20–25 minutes, turning once; or grill till cooked (internal temp ~74°C).
4. Rest 5 minutes. Serve with onion, lemon wedges, and mint yogurt.

Why it's diabetes-friendly

High-protein, minimal oil, no refined carbs. Yogurt and spices aid digestion; grilling reduces fat.

Portion guidance

1–2 pieces (~100 g cooked) + salad or 1 small whole-wheat roti.

Fish Curry without Coconut Cream (Coastal)



Tags: Low-fat curry *Coconut-free *Protein-rich
*Light & flavorful *Diabetic-friendly option*Coastal
Indian classic *Spiced but balanced

Ingredients

- White fish fillets (pomfret, rohu, tilapia) — 300 g

- Onion — 1 small, finely chopped
- Tomato — 1 medium, chopped
- Ginger-garlic paste — 1 tsp
- Mustard seeds — 1/2 tsp
- Turmeric — 1/4 tsp; Red chili powder — 1/2 tsp; Coriander powder — 1 tsp
- Tamarind pulp — 1 tsp (or 1/2 tsp kokum)
- Oil — 2 tsp
- Water — 1 cup (240 ml)
- Salt — to taste; fresh coriander for garnish

Method

1. Warm oil in a pan; splutter mustard seeds. Add onion; sauté till translucent.
2. Add ginger-garlic and powdered spices; stir 30 seconds. Add tomato; cook till soft.
3. Pour water, add tamarind, salt; simmer 5 minutes to a light gravy.
4. Slide in fish pieces; cover and cook 7–8 minutes till just done.
5. Garnish with coriander. Serve immediately.

Why it's diabetes-friendly

Lean fish protein, light gravy with tamarind; avoids coconut cream and excess fat.

Portion guidance

1 fillet (~120 g) + 1/2 katori (75–90 g) brown/semi-brown rice or millet, plus vegetables.

Egg Bhurji with Vegetables (Pan-India)



Tags: * Protein-rich • Quick & easy • Low-carb friendly • High-satiety • Diabetes-friendly • Anti-inflammatory spices • Versatile Indian classic

Ingredients

- Eggs — 3
- Onion — 1 small, chopped
- Tomato — 1 small, chopped
- Capsicum — 1/2, chopped
- Green chili — 1, chopped (optional)
- Turmeric — 1/4 tsp; cumin seeds — 1/4 tsp
- Oil — 1 tsp
- Salt — to taste; coriander leaves — garnish

Method

1. Heat oil; add cumin, then onion and chili. Sauté 2–3 minutes.
2. Add tomato and capsicum; cook till soft.
3. Beat eggs with turmeric and salt. Pour into pan; scramble gently till just set (keep moist).
4. Garnish with coriander. Serve warm.

Why it's diabetes-friendly

High-quality protein with fibre-rich vegetables; very low carb; quick meal preventing glucose spikes.

Portion guidance

1 serving (~1.5 eggs) + salad or 1 small whole-grain toast.

Kerala Chicken Stew (South India)



Tags: Creamy & comforting • Mildly spiced • Coconut-based • South Indian stew • Gut-friendly

Ingredients

- Chicken breast — 400 g, cubes
- Onion — 1 medium, thinly sliced
- Ginger — 1 inch, julienned; Green chili — 1, slit
- Curry leaves — 8
- Black pepper — 1/2 tsp, coarsely ground
- Thin coconut milk — 1/4 cup (diluted)
- Oil — 2 tsp
- Salt — to taste

Method

1. Heat oil; sauté onion, ginger, chili, and curry leaves till fragrant.
2. Add chicken, pepper, and salt; sauté 3–4 minutes.
3. Add 1/2 cup water; cover and simmer 10 minutes till tender.
4. Finish with thin coconut milk; heat gently (do not boil).

Why it's diabetes-friendly

Lean chicken, minimal oil; uses thin coconut milk for flavour without heavy fat.

Portion guidance

1 katori (~100 g chicken) + sautéed vegetables or 1 small millet appam/roti.

Grilled Fish Tikka (East India)



Tag: High-protein • Low-fat • Smoky flavor •
Mustard-spiced • Quick grill • East Indian classic

Ingredients

- Firm fish cubes — 250 g
- Low-fat yogurt — 2 tbsp
- Mustard paste — 1 tsp (or kasundi)
- Turmeric — 1/4 tsp; chili powder — 1/4 tsp
- Lemon juice — 1 tsp; oil — 1 tsp
- Salt — to taste

Method

1. Mix yogurt, mustard, spices, lemon, oil, and salt. Coat fish; marinate 30 minutes.
2. Thread onto skewers; grill or bake at 200°C/400°F ~10 minutes till just done.
3. Rest briefly; serve with lemon and sautéed greens.

Why it's diabetes-friendly

Grilling keeps fat low; mustard aids digestion; no refined carbs.

Portion guidance

4–5 cubes (~100 g) + vegetables; skip naan, add salad.

Chicken Saagwala (North India)



Tags: * Iron-rich • High protein • Spinach-based • Low carb • North Indian classic • Nourishing & earthy • Anti-inflammatory

Ingredients

- Chicken breast — 400 g, bite-size
- Spinach — 3 cups (blanched and blended)
- Onion — 1 medium, finely chopped
- Tomato — 1 medium, chopped
- Ginger-garlic paste — 1 tbsp
- Cumin seeds — 1/2 tsp
- Garam masala — 1/2 tsp; turmeric — 1/4 tsp
- Oil — 2 tsp; salt — to taste

Method

1. Heat oil; add cumin. Sauté onion till light golden.
2. Add ginger-garlic; cook 30 seconds. Add tomato and spices; cook to a soft masala.
3. Add chicken; stir 5–6 minutes. Pour in spinach puree; simmer 8–10 minutes till tender.
4. Adjust seasoning. Finish with a squeeze of lemon if desired.

Why it's diabetes-friendly

High-protein + leafy greens for fibre and minerals; moderate fat; low glycaemic load.

Portion guidance

1 katori (~100 g chicken) with 1 small whole-wheat roti or cauliflower rice.

Methi Chicken (North-West India)



Tag: Iron-rich • Low-carb • Anti-inflammatory • Fenugreek powered • North-West Indian classic

Ingredients

- Chicken pieces — 400 g
- Fresh methi (fenugreek) leaves — 1 cup, chopped (or 1 tsp kasuri methi)
- Onion — 1 small, chopped
- Tomato — 1 small, chopped
- Ginger-garlic paste — 1 tbsp
- Turmeric — 1/4 tsp; red chili powder — 1/2 tsp; cumin powder — 1/2 tsp
- Oil — 2 tsp; salt — to taste

Method

1. Heat oil; sauté onion till translucent. Add ginger-garlic; cook 30 seconds.
2. Add chicken and dry spices; sauté 5 minutes.
3. Add methi leaves and tomato; cover and cook 8–10 minutes till chicken is tender.
4. Open lid to reduce slightly to a semi-dry consistency.

Why it's diabetes-friendly

Fenugreek can improve insulin sensitivity; low oil and no refined carbs keep load moderate.

Portion guidance

1 katori chicken + large portion of non-starchy vegetables.

Doi Maach – Fish in Yogurt Sauce (East India)



Tags: • Cooling & soothing • High-protein • Low-fat • Gut-friendly • Yogurt-based curry • East Indian classic

Ingredients

- Fish steaks (rohu/bhetki) — 400 g
- Low-fat yogurt — 1/2 cup, whisked
- Onion paste — from 1 small onion
- Ginger paste — 1 tsp
- Turmeric — 1/4 tsp; green chilies — 1-2, slit
- Mustard oil — 2 tsp (or neutral oil)
- Salt — to taste

Method

1. Rub fish with turmeric and salt; sear lightly in 1 tsp oil; remove.
2. In the same pan, add remaining oil; sauté onion paste 2 minutes; add ginger paste.
3. Reduce heat; add whisked yogurt and chilies; stir gently (avoid splitting).
4. Return fish; simmer 5 minutes till cooked and sauce coats.

Why it's diabetes-friendly

Yogurt provides creaminess with less fat than cream/coconut; fish offers lean protein.

Portion guidance

1 fish piece (~120 g) + sautéed greens or 1/2 katori brown rice.

Chettinad Prawn Masala (South India)



Tags: Fiery & aromatic • Protein-rich • South Indian classic • Spice-forward • Low-fat gravy • Metabolism boosting • Curry leaves infused

Ingredients

- Prawns — 300 g, cleaned
- Onion — 1 small, sliced; tomato — 1 small, chopped
- Ginger-garlic paste — 1 tsp
- Chettinad masala powder — 1 tsp (or pepper + fennel + coriander mix)
- Curry leaves — 8
- Oil — 2 tsp; salt — to taste

Method

1. Heat oil; sauté onion, tomato, and curry leaves till soft.
2. Add ginger-garlic and masala; fry 30 seconds.
3. Add prawns; cook 3–4 minutes till pink and just done. Do not overcook.

Why it's diabetes-friendly

Seafood is lean and cooks fast with little oil; aromatic spices add flavour without sugar.

Portion guidance

1 katori prawns (~100 g) + vegetables; limit grain to 1/2 katori if used.

Egg Curry Light (Pan-India Comfort Dish)



Tag: Protein-rich • Light curry • Comfort food • Pan-India classic • Mild spices • Easy & quick • Home-style dish • Low-fat option

Ingredients

- Eggs — 4, boiled and halved
- Onion — 1 medium, chopped
- Tomato — 1 medium, chopped
- Ginger-garlic paste — 1 tsp
- Turmeric — 1/4 tsp; coriander powder — 1 tsp; chili powder — 1/4 tsp

- Oil — 1.5 tsp; salt — to taste

Method

1. Heat oil; sauté onion till golden. Add ginger-garlic; cook 30 seconds.
2. Add spices and tomato; cook to a soft masala. Add water to make light gravy.
3. Slide in boiled eggs; simmer 5 minutes. Adjust seasoning.

Why it's diabetes-friendly

Eggs provide complete protein and satiety; gravy is tomato-based with minimal fat.

Portion guidance

1 egg + 1/2 katori gravy + vegetables; pair with 1 small roti if needed.

Chicken Soup with Lentils & Turmeric (Wellness Bowl)



Tags: Light & nourishing • Immune-boosting • Anti-inflammatory • High-protein • Gut-healing • Wellness bowl

Ingredients

- Chicken breast — 200 g, shredded
- Masoor dal (red lentils) — 1/4 cup (50 g), rinsed
- Onion — 1/2 small, chopped; garlic — 1 clove, minced
- Turmeric — 1/4 tsp; black pepper — 1/8 tsp
- Carrot or spinach — 1/2 cup
- Salt — to taste; lemon juice — 1 tsp

Method

1. Simmer masoor dal with 2 cups of water, turmeric, garlic, and onion for 12–15 minutes until soft.
2. Add shredded chicken and vegetables; cook 5–7 minutes.
3. Season with salt and pepper; finish with lemon juice.

Why it's diabetes-friendly

Protein + fibre in a light broth; easy to digest; low glycaemic impact for an evening meal.

Portion guidance

1 bowl (~250 ml) with a side of salad.

Tandoori Shrimp Skewers (Coastal Fusion)



Tags: High-protein • Low-fat • Gut-friendly spices • Quick grill • Coastal fusion • Light & aromatic

Ingredients

- Shrimp — 200 g, deveined
- Low-fat yogurt — 2 tbsp; garlic paste — 1 tsp
- Chili powder — 1/4 tsp; turmeric — 1/8 tsp; cumin powder — 1/4 tsp
- Lemon juice — 1 tsp; oil — 1/2 tsp; salt — to taste

Method

Mix marinade; coat shrimp and rest 20–30 minutes.
Thread onto skewers; grill or broil 4–6 minutes until pink and cooked through.
Serve with lemon and a leafy salad.

Why it's diabetes-friendly

Very lean protein, fast cooking with minimal oil; pairs well with high-fibre sides.

Portion guidance

5–6 shrimp (~100 g cooked) + salad or sautéed vegetables.



Tips for Non-Vegetarian Balanced Meals

- Always pair animal protein with at least half a plate of non-starchy vegetables.
- Prefer grilling, baking, steaming, pressure-cooking; avoid deep-frying.
- Use spice tempering with minimal oil; finish with lemon or fresh herbs for brightness.
- Keep grains to 1/4 plate: 1 small roti or 1/2 katori brown/parboiled rice or millet.
- Monitor 2-hour post-meal glucose; adjust grain portion $\pm 20\%$ based on response.

Chapter 9 – Meal Planning, Eating Out & Lifestyle (India Edition)

A practical chapter to transform the recipes from Chapters 1–6 into everyday, diabetes-friendly meal patterns. Written in clear English, with Indian cultural references, household measures (katori, cup, spoon), and guidance for both vegetarians and non-vegetarians.

9.1 The Indian Plate Method

Plate structure

- **½ plate**: non-starchy vegetables (sabzi, kachumber, bharta, poriyal, tinda, lauki, palak, bhindi).
- **¼ plate**: proteins (dal/legumes; paneer/tofu; eggs; grilled or tandoori chicken/fish).
- **¼ plate**: whole grains or low-GI carbs (roti from jowar/bajra/ragi; brown or semi-brown basmati; millet; quinoa; dalia).

Quick portions (general guide)

- Whole-wheat/millet roti (15–18 cm): **1–2** per meal.
- Cooked brown/semi-brown rice: **½–¾ katori**.
- Cooked dal/legumes: **½–1 katori**.

- Paneer/tofu: **60–80 g**. Chicken/Fish (cooked): **90–120 g**.

- Total oil per person per day: **2–3 tsp**.

Meal timing: 3 main meals + 1–2 small snacks; avoid long fasting followed by very heavy meals.

9.2 7-Day Meal Plans

> Use recipes from Chapters 1–6. Portions are for moderately active adults; personalize with your healthcare professional.

9.2.1 Vegetarian Plan

Day 1

- Breakfast: Ragi dosa (2 small) + light chutney.
- Lunch: Bajra roti (1–2) + Palak dal + kachumber.
- Snack: Homemade yogurt (½–1 katori) + pumpkin seeds (1 tbsp).
- Dinner: Moong khichdi (1 katori) with vegetables + buttermilk (200 ml).

****Day 2****

- Breakfast: **Oats idli** (2-3 small) + sambar.
- Lunch: **Semi-brown rice** ($\frac{3}{4}$ katori) + **Rajma** ($\frac{1}{2}$ -1 katori) + salad.
- Snack: **Chana chaat** without potato ($\frac{1}{2}$ katori).
- Dinner: **Paneer tikka** (baked) + **Methi roti** (1-2) + cauliflower sabzi.

****Day 3****

- Breakfast: **Besan chilla** stuffed with paneer (1 medium).
- Lunch: **Quinoa upma** ($\frac{3}{4}$ katori) + **Sprouted moong salad** .
- Snack: **Makhana** (1 cup, dry-roasted).
- Dinner: **Panchmel dal** + **Jowar bhakri** (1) + seasonal vegetables.

****Days 4-7****

Rotate: ****Toor dal palak****, ****Millet dosa****,
****Vegetable oats porridge****, ****Lauki chana dal****,
****Gobi matar****, ****Dal & vegetable bowl****.

9.2.2 Non-Vegetarian Plan

Day 1

- Breakfast: Masala omelette (2 eggs) + Multimillet dosa (1-2 small).
- Lunch: Brown basmati rice ($\frac{3}{4}$ katori) + Chicken curry (light oil) + salad.
- Snack: Buttermilk (200 ml) or light salted lassi.
- Dinner: Fish tandoori + Jowar roti (1) + seasonal sabzi.

Day 2

- Breakfast: Moong chilla with scrambled egg filling.
- Lunch: Bajra roti (1-2) + Egg curry + kachumber.
- Snack: Yogurt + 4-5 almonds .
- Dinner: Mutton stew (light) + Ragi roti (1) + vegetables.

Days 3-7

Rotate: **Prawn masala** (low oil) + semi-brown rice, **Grilled chicken** + quinoa/millet, **Lean keema** + whole-wheat roti.

****Portion tip****: If 2-hour post-meal glucose is above target → cut grain portion by 20–30%. If too low → increase protein or add ½ katori of vegetables.

9.3 Snack & Chai Time (quick guide)

****Principles****: pair protein + fiber; bake/air-fry instead of deep-fry; avoid sugary drinks.

****Snack matrix (typical portion)****

- ****Roasted chana**** → ½ katori.
- ****Sprouted moong chaat**** → ¾–1 katori.
- ****Masala makhana**** → 1 cup.
- ****Cucumber peanut salad**** → 1 cup.
- ****Besan chilla roll**** → 1 medium

9.4 Eating Out (street food & restaurants)

<p>- Street food: choose idli sambar, grilled tikka, ragi dosa. If fried (samosa, pakora) → take half portion and share.</p>
<p>- North Indian restaurants: pick tandoori items, dal tadka (low ghee). Swap naan for whole-wheat roti.</p>
<p>- South Indian: rasam, sambar, veg thali with half rice + extra sabzi.</p>
<p>- Indo-Chinese: ask for less oil, semi-brown rice, and sauces on the side.</p>
<p>- Drinks: water, chaas, light salted lassi; avoid sweet sodas/juices.</p>
<p>Tricks: use smaller plate, start with vegetables + protein, keep desserts to 3 bites.</p>

9.5 Festivals & Real Life

- Navratri/Ramadan/Diwali : plan one safe anchor dish (tikka, dal + veggies, millet khichdi). Take mini sweets only after a protein meal; walk 10–20 min after.
- Family gatherings : carry an extra sabzi or sprouts chaat to balance heavy dishes.
- Travel : pack nuts/seeds, roasted chana, yogurt; try to keep mealtime routine.

9.6 Pantry & Smart Swaps

- Grains : replace half rice/roti with millets (ragi/jowar/bajra), quinoa , dalia .
- Flours : use whole-wheat atta , mix with besan/soy flour ; avoid refined maida.
- Fats : rotate oils (peanut, mustard, sunflower, olive); ghee in small amounts only.
- Sweeteners : reduce sugar; use cardamom/cinnamon; stevia/erythritol if needed.
- Condiments : yogurt-mint chutney, diluted tamarind; limit jaggery/honey

9.7 Monitoring, Targets & Troubleshooting

Typical targets (to individualize with doctor):

- Fasting: 80–130 mg/dl .
- 2-hour post-meal: <180 mg/dl .

If... then...

- **Post-meal high** → reduce grains, add more veg + protein, walk 10–20 min.

- **Hunger between meals** → add ½ katori sprouts/legumes or 1 yogurt.

- **Constipation** → more leafy veg, flax/chia, water; check meds.

- **Hypoglycemia (<70 mg/dl)** → take 3–4 glucose candies; recheck after 15 min; follow with a small protein snack.

Tracking your blood sugar helps you understand how your meals affect your body, and can be a powerful tool in managing type 2 diabetes.

While every person is different, many doctors recommend checking your glucose at these times:

- First thing in the morning (fasting)
- Before meals
- 2 hours after meals
- Before going to bed
- After physical activity or stress

Keeping a record helps you see patterns, avoid

surprises, and talk more effectively with your doctor or dietitian.

Tip: When trying a new recipe from this book, try checking your glucose 2 hours after eating to see how your body responds.

Date	Meal	What I ate	Glucose pre	Glucose 2h post	Activity	Notes

9.8 Quick FAQs

- **Can I eat rice?** Yes: type (brown/semi-brown basmati), portion ($\frac{1}{2}$ – $\frac{3}{4}$ katori), and pairing (protein/vegetables) matter most.
- **Is jaggery better than sugar?** Less refined but still raises glucose: use rarely and in small amounts.
- **Fruit at night?** Fine in small portions, better with nuts or after meals.
- **Is ghee healthy?** Small amounts can fit into a balanced diet; watch calories.
- **Are millets unlimited?** No: they are carbs; portion control is key.

9.9 Glossary & Conversions

- Katori \approx 150 ml; cup = 240 ml; tblsp = 15 ml; tsp = 5 ml.
- Bhakri : thick flatbread (jowar/bajra).
- Tadka : spice tempering (use minimal oil).
- Chaas : spiced buttermilk.
- Sambar/Rasam : South Indian soups, excellent low-GI fillers.

9.10 Ethical Note & Personalization

These guidelines do not replace medical care. Adapt portions and combinations with your healthcare provider, guided by your ****personal response**** (self-monitoring).

9.11 Regional Adaptations — North India (Punjab, Delhi, Haryana, Himachal)

Staples : chapati/whole-wheat roti, missi roti (atta + besan), bhakri, rajma/chole, paneer, dahi/chaas.
Smart swaps : missi roti instead of plain roti; paratha with gobi/mooli filling cooked low-oil; rajma/chole with brown basmati ($\frac{1}{2}$ – $\frac{3}{4}$ katori).
Breakfast : besan chilla stuffed with paneer; oats poha with veg.
Lunch plate : $\frac{1}{2}$ gobi matar + $\frac{1}{4}$ rajma + $\frac{1}{4}$ roti (1–2) + chaas.
Eating out : tandoori chicken/paneer tikka, dal tadka (low ghee); avoid bhatura, swap naan for roti.
Festivals : Lohri/Diwali → mini chikki, sarson ka saag with fewer makki roti, more saag.

9.12 Regional Adaptations — South India (Tamil Nadu, Kerala, Karnataka, Andhra/Telangana)

Staples : rice (prefer parboiled/semi-brown), millets (ragi, foxtail, little), idli/dosa.
Smart swaps : ragi/millet dosa/idli with sambar; parboiled/semi-brown rice with rasam. Limit coconut milk, use light tempering.
Breakfast : oats idli (2-3) + sambar; quinoa upma.
Lunch plate : ½ poriyal + ¼ toor dal/sambar + ¼ brown rice + buttermilk.
Eating out : idli sambar, grilled fish, pepper chicken low-oil; ragi dosa instead of masala dosa.
Festivals : Onam Pongal → focus on avial/olan/rasam; payasam in small portion after protein meal.

9.13 Regional Adaptations — West India (Maharashtra, Gujarat, Rajasthan, Goa)

Staples : jowar/bajra, wheat, rice (Goa). Many sabzi and farsan snacks.
Smart swaps : Gujarati thali → half khichdi + extra shaak, whole-wheat rotli, mini dessert. Maharashtra → jowar bhakri + varan dal + koshimbir; poha with red rice variety. Rajasthan → bajra roti + panchmel dal; limit ghee in dal-baati. Goa → fish curry with semi-brown rice; reduce coconut.
Breakfast : thalipeeth (multigrain flatbread) low-oil + yogurt; sprouts usal.
Lunch plate : ½ koshimbir + ¼ chana dal + ¼ jowar bhakri (1).
Eating out : misal pav → half portion, skip pav or swap with roti; pani puri → baked shells + unsweetened tamarind water.
Festivals : Ganesh Chaturthi → mini modak, bhapa doi as lighter shrikhand.

9.14 Regional Adaptations — East India (West Bengal, Odisha, Bihar, Jharkhand)

****Staples****: parboiled rice, wheat in Bihar, fish curries, lentils, shaak.

****Smart swaps****: parboiled/brown rice; light moong/masoor dals with lauki/spinach; low-sugar mishti doi/bhapa doi.

****Breakfast****: red poha with peanuts + veg; dalia.

****Lunch plate****: ½ shaak + ¼ moong dal + ¼ parboiled rice + fish curry (optional).

****Eating out****: jhal muri (without potato, with red poha); fish paturi steamed; kathi roll with chapati wrap.

****Festivals****: Durga Puja → khichuri with moong + veg; sweets only as tasting size after meals.

9.15 Regional Adaptations — North-East India (Assam, Nagaland, Manipur, Mizoram, Meghalaya, Arunachal, Tripura, Sikkim)

****Staples****: steamed/smoked/fermented foods, leafy vegetables, herbs, freshwater fish, lean meats.

****Smart swaps****: semi-brown/parboiled rice, more fermented greens (bamboo shoot, axone). Use herbs/spices instead of heavy oil.

****Breakfast****: pitha baked with whole flours, minimal sweetener; yogurt.

****Lunch plate****: ½ steamed greens + ¼ light dal + ¼ parboiled rice + steamed fish.

****Eating out****: thukpa with whole-wheat noodles + vegetables; avoid fatty broths.

****Festivals****: small rice sweets; walk post-meal.

9.16 How to Personalize by Region

1. ****Choose your base grain**** (wheat/rice/millet) → keep to ¼ plate, rotate type (brown/parboiled/millet).
2. ****Add regional legume**** (moong, chana, rajma, toor) at ½–1 katori per meal.
3. ****Double seasonal local vegetables**** to ½ plate.
4. ****Light tempering****: spices yes, oil minimal.
5. ****Check your response****: if two h post-meal high → cut grain 20–30% or shift to millet/parboiled. If low → add protein.

9.17 Ayurveda-informed eating (practical & safe)

This section expands on the introduction to Ayurveda, providing operational guidance without replacing medical advice.

Key principles (aligned with diabetes care)

- Agni (digestion) : prefer warm, freshly prepared, lightly spiced foods. Avoid very late-night meals.
- Dinacharya (routine) : regular mealtimes; short post-meal walk (10–20 min).
- Sattva (clarity) : simple, balanced meals: dal, seasonal vegetables, whole grains/millet, homemade yogurt; limit excess fried, overly spicy, or heavy sweets.

Culinary spices & herbs (culinary use only, not therapeutic dosing)

- Turmeric (haldi) : ¼–½ tsp per dish, with pepper/oil for better absorption.
- Cumin, coriander, ginger : light tempering for digestion and tolerance.
- Fenugreek (methi) seeds/leaves : in sabzi or dough; caution with glucose-lowering meds → risk of hypoglycemia.
- Cinnamon (dalchini) : choose Ceylon when possible; limit cassia (coumarin content).
- Karela/neem : use as occasional vegetables; avoid concentrated extracts/supplements unless supervised.

Meal timing & sequencing

- Start meals with **non-starchy vegetables** or a warm soup (rasam/sambar) → then protein → finally grains; supports satiety and smoother glucose curve.
- Keep dinner light, at least 2–3 hours before sleep.

Dairy, yogurt & buttermilk

- Prefer **dahi/chaas** at lunch (esp. in warm climates). Use low-fat or small portions. Limit at night if it causes bloating.

Sweet “occasionally” in Ayurvedic style

- Small portions, after a protein-rich meal. Use sweet spices (cardamom/cinnamon) to reduce sugar load.

Safety notes

- If on **metformin/insulin/sulfonylureas**, monitor more closely when adding bitter spices (methi/karela).

- **Pregnancy/breastfeeding**: avoid high-dose herbal decoctions; stick to culinary spice levels.

- **Interactions**: avoid DIY high-dose remedies; always confirm with physician/qualified vaidya.

How we tag recipes (light Ayurvedic lens)

- **Digestive-friendly** (light tempering, carminative spices).

- **Sattvic-style** (freshly cooked, low-oil, no heavy sauces).

- **Cooling/Warming** (e.g., yogurt/mint vs. ginger/pepper) for seasonal adaptation.

> Note: tags are not “treatment,” but cues to help readers choose dishes suited to the season and their personal tolerance.

Appendix – Conversion Table (Cups ↔ Grams)

Dry Ingredients (uncooked)

Ingredient	1 cup	½ cup	1 tbsp / Notes
Raw rice (basmati, semi-brown)	~180 g	~90 g	~12 g (cooks ~3x volume)
Raw millets (ragi, jowar, bajra)	~120 g	~60 g	~9 g (cooks ~2.5-3x volume)
Wheat flour (atta)	~120 g	~60 g	~8 g (for roti/paratha)
Besan (chickpea flour)	~100 g	~50 g	~7 g
Rolled oats	~90 g	~45 g	~6 g (cooks ~2.5x)
Dried lentils (moong,	~200 g	~100 g	~15 g (cooks ~2.5-3x)

masoor, toor, chana dal)			
Dried chickpeas (kabuli chana)	~190 g	~95 g	~15 g (soaked=~2x, cooked=~3x)
Dried kidney beans (rajma)	~200 g	~100 g	~16 g (soaked/cooked=~2.5x)

Cooked Ingredients

Ingredient	1 katori (≈150 ml)	1 cup (240 ml)
Cooked rice	~90 g	~140 g
Cooked dal (plain)	~120 g	~190 g
Cooked legumes/chickpeas	~130 g	~200 g
Cooked vegetables (sabzi)	~80-100 g	~160 g

Liquids & Oils

Ingredient	1 tbsp	1 tsp	Notes
Oil/ghee	15 ml ≈ 13.5 g	5 ml ≈ 4.5 g	Limit to 2–3 tsp/day
Yogurt/dahi	—	—	1 cup = 240 ml ≈ 230 g; ½ katori ≈ 75 g
Buttermilk/chaas	—	—	1 cup = 240 ml; 1 katori = 150 ml


Spices (approximate, ground)


Spice	1 tsp	1 tbsp
Turmeric, cumin, coriander, chili powder	2–3 g	6–9 g
Ginger/garlic paste	5 g	15 g
Fresh coriander (cilantro) chopped	≈3 g	≈25 g (1 cup packed)


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If you would like to learn more about managing type 2 diabetes, these websites and organizations offer up-to-date and evidence-based information. Always refer to your healthcare provider for personalized advice.

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About the Author – Dr. Mary Allison Smorrey

Dr. Mary Allison Smorrey is a 52-year-old American author and health researcher based in Burlington, Vermont. For over a decade, she has dedicated her work to helping individuals and families manage type 2 diabetes through practical nutrition, accessible cooking, and sustainable lifestyle habits.

After publishing the first edition of **The Diabetes Food Bible**, Dr. Smorrey became

increasingly aware of the unique and rapidly growing challenges faced by the Indian

population regarding diabetes. She learned how deeply food, tradition, and regional culture shape everyday eating patterns in India — and how essential it was to offer guidance that respected this richness rather than replacing it.

This Indian edition of **The Diabetes Food Bible** is the result of months of study,

collaboration, and cultural adaptation. Together with Alessandra Cavuoto — project

researcher and regional adaptation consultant — and with the support of local experts deeply connected to Indian culinary traditions, Dr.

Smorrey helped shape a version of the book that honors India's diverse flavors, ingredients, and cooking practices.

Their shared goal was simple yet profound: to create diabetes-friendly recipes that feel familiar, comforting, and truly Indian — recipes that empower individuals and families to care for their health without giving up the foods that connect them to home, culture, and heritage.

This book reflects Dr. Smorrey's belief that good health and good food can coexist

beautifully, regardless of where we live. With gratitude for the Indian community and great respect for its culinary wisdom, she offers this edition as a bridge between medical guidance and cultural authenticity.

About This Indian Edition

This India Edition began with a promise: to make diabetes care feel natural inside an Indian kitchen. Over the past year, our team has listened to families and home cooks across various regions—Punjab to Bengal, Maharashtra to Tamil Nadu—and studied their daily eating patterns, market availability, and festive habits. We also consulted with Indian dietitians and an Ayurveda advisory circle to integrate practical insights on agni (digestive fire), seasonal rhythms, and the balance of spices.

Every recipe here is an adaptation, not a compromise. We keep the soul of traditional dishes—jeera’s warmth, mustard’s bite, the comfort of *ghar ka khaana*—while adjusting portions, oils, and grains to be diabetes-friendly. You’ll find millet and semi-polished rice options, *katori-based serving guidance*, and clear ingredient swaps commonly found in Indian markets. Most recipes are vegetarian, as many Indian households prefer, with a dedicated section featuring balanced non-vegetarian options for readers who include chicken, fish, eggs, or prawns.

This book honours the diversity of Indian food culture: light tadka for legumes in the North, coastal tang from tamarind in the South, mustard-and-yogurt comforts from the East, and multigrain traditions from the West. It is the result of careful research, testing in real kitchens, and deep respect for tradition—where modern nutrition meets the everyday Indian thali.

From our kitchen to yours—may these recipes bring steadiness, satisfaction, and joy to your table.

सप्रेम, स्वास्थ्य और संतुलन के साथ — हमारी रसोई से आपकी रसोई तक।

