





















Indian Foods



Grains/Beans/Starchy Vegetables	Serving Size	Carb Choices
Alu	½ cup	.1
 Aviyal	½ cup	.1
Chapati, 6" (15 cm) across	1 chapati	.1
Chole (spicy garbanzo beans)	½ cup	.1
  Dhakla, 1" x 1" (2.5 cm x 2.5 cm) square	1 dhakla	.1
Dhal, cooked, thick	½ cup	.1
 Dhansak	½ cup	.1
 Dosa, 10" (25 cm) across	1 dosa	.1
Idli, 3" (7.5 cm) round, plain, steamed	1 idli	.1
Kaddu (pumpkin) cooked	1 cup	.1
 Matki usal	¾ cup	.1
Mattar (green peas)	½ cup	.1
Naan, 8" x 2" (20 cm x 5 cm)	¼ naan	.1
  Pesrattu, 9" (23 cm) round	1 pesrattu	.1
Plaintain, cooked, mashed	¼ cup	.1
Plaintain, cooked, sliced	⅓ cup	.1
Plaintain, raw, sliced	⅓ cup	.1
  Poha	½ cup	.1
 Pappadum, 5" (12.5 cm) across	2 pappadums	.1
 Puri, 5" (12.5 cm) across	1 puri	.1
Rajmah (curried red beans)	½ cup	.1
Rice	⅓ cup	.1
Roti, 6" (15 cm) across	1 roti	.1
 Upma	½ cup	.1

Fruits	Serving Size	Carb Choices
Date, deglet	3 dates or 2 Tbsp chopped	.1
Date, medjool	1 date	.1
Fig, dried, uncooked, 2" (5 cm) across	2 figs	.1
Guava, medium, raw	1½ cup	.1
Mango	½ small or ½ cup	.1
Melon	1 cup	.1
Papaya	1 cup or ½ medium	.1
Plum, uncooked, 2" (5 cm) across	2 small	.1



Milk/Yogurt	Serving Size	Carb Choices
Buttermilk, low-fat	1 cup	.1
Dahi (yogurt, plain)	1 cup	.1
 Lassi, salty	1 cup	.1
Lassi, sweet	¾ cup	.1
Tea with milk	1 cup	.1

Sweets	Serving Size	Carb Choices
 Kheer (rice pudding)	½ cup	.2
 Halva	½ cup	.2
 Barfi, 1" x 2" (2.5 cm x 5 cm)	1 piece	.1

Combination Foods*	Serving Size	Carb Choices
Biryani (with meat or vegetables)	¾ cup	.2
Matter paneer (cheese with peas)	¾ cup	.1
 Pakora, potato	2 small	.1
Rice with vegetables (pilaf)	¾ cup	.2
Sambar	½ cup	.1
 Samosa, meat	1 medium	.1
 Samosa, potato and pea	1 medium	.1

*Recipes can be modified to reduce fat and salt content.  High in fat  High in salt (sodium)

Vegetables	Serving Size	Carb Choices
Bitter melon	1 cup	.0
Lady fingers (okra)	8 pods or ½ cup	.0
Raita	¾ cup	.0
Saag (mixed greens)	½–1 cup	.0

Meats/Meat Substitutes	Serving Size	Carb Choices
 Keema (ground meat)	¼ cup	.0
 Meat kofta, 15" (4 cm) across	1 kofta	.0
Paneer (cheese)	¼ cup	.0

Fats	Serving Size	Carb Choices
Coconut milk	1 Tbsp	.0
Tahini paste	2 Tbsp	.0

Sample Menu for Indian Foods

Most food plans include three to four carbohydrate choices (45–60 carbohydrate grams) at each meal and one to two choices (15–30 carbohydrate grams) at each snack.

Carbohydrate Grams	=	Carbohydrate Choices
15 grams	=	1 choice
30 grams	=	2 choices
45 grams	=	3 choices
60 grams	=	4 choices
75 grams	=	5 choices

Breakfast (4 choices)

- 1 egg
- 2 toast or roti (small)
- 1 teaspoon butter
- ½ cup juice
- 1 cup tea with milk

Snack (2 choices)

- 4 crackers or 1 cookie, 3" (7.5 cm)
- 1 cup tea with milk

Lunch (4 choices)

- 2 chapatis (small)
- 1 cup dhal
- ½ cup yogurt, plain
- 1 cup curried cauliflower

Tea (2 choices)

- 4 crackers or 1 cookie, 3" (7.5 cm)
- 1 cup tea with milk

Dinner (4 choices)

- 1½ cups basmati rice
- 4 ounces (120 grams) curried chicken
- ¾ cup cucumber, tomato, yogurt salad (raita)
- 1 cup curried eggplant

This Indian food plan insert can be downloaded free from idcpublishing.com. It is designed as a supplement to *My Food Plan*, item # 2058-25.

This publication is intended for informational purposes only and cannot serve as a substitute for the care provided by a licensed physician or healthcare provider. Readers are advised to seek medical guidance before making any changes in self-care practices or medical therapies.

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