

Diabetes-Friendly Plate Guide

Simple visual meal planning without complicated calculations

A practical plate pattern

- About half the plate: non-starchy vegetables.
- About one quarter: protein such as dal/pulses, egg, fish, chicken, paneer or other appropriate protein.
- About one quarter: rice/roti/other grain or starchy food, with portion size individualized.
- Add water and a sensible portion of fruit rather than sugary drinks.

Helpful habits

- Keep meal timing reasonably consistent if using glucose-lowering medicines that can cause hypoglycaemia.
- Prefer whole foods and higher-fibre choices.
- Limit sweet drinks, refined snacks and oversized portions.

Pregnancy, kidney disease, undernutrition and insulin use may require a personalized diet plan.

Important: This resource is for general education and does not replace an individual medical consultation. Seek urgent medical care for severe, rapidly worsening or emergency symptoms.