

Breakfast : 8 : 00 am	1 Cup Tea / Milk / Coffee (Low Fat)	+ Sprouts / Boiled Pulses (With onion, Tomato & Vegetable) Egg (White) / Khakhra (Chilla - Besan / Mung)
11 : 00 am	1 Fruit (150 Gms) + 3 Walnuts (Apple, Orange, Mosambi, Pomegranate, Strawberry) Apricot, Blueberry, Cheery, Pear, Grapefruit, Grapes	
01 : 00 pm	_____ Bowl Salad + _____ Bowl Green Vegetable (Sabji) + _____ Bowl Dal + _____ Glass Buttermilk/Curd + _____ Chapati (Without Ghee / Butter) + 1 Roasted Papad (Mung) (Multigrain Atta) (Flour) (Jowar, Bajra, Ragi, Wheat)	
04 : 00 pm	1 Fruit / Salad / Sprout / Boiled Pulses / 1 Khakhra or 1 Bowl Veg. Soup / Tomato Soup or _____ Egg(White)	
07 : 00 pm	_____ Bowl Salad + _____ Bowl Green Vegetable(Sabji) + _____ Glass Butter milk / Curd + _____ Bowl Dal + _____ Chapati (Multigrain Atta, Jowar, Bajra, Ragi, Wheat(Without Butter, Ghee) + 1 Rosted Papad(Mung)	
10 : 00 pm	_____ Cup Milk + 4 Almonds (Low Fat)	

Eat Less

- ▶ Rice / Corn / Suji
- ▶ Potato / Sweet Potato
- ▶ Sugar / Jaggery / Sweets
- ▶ Juices / Sweet Fruit
(Mango, Banana, Chickoo, Sitaphal, Papaiya, Watermelon)
- ▶ Ice Cream / Pastry / Cake / Chocolate
- ▶ Maida (Khari / Toast / Biscuit / Bread, Pav)
- ▶ Kaju / Kismis / Khajur / Anjeer
- ▶ Namkeen / Farsan
- ▶ Fastfood / Junkfood
- ▶ Packaged Food
- ▶ Naan / Kulcha / Tandori / Roti
- ▶ Bhakhri / Thepla / Paratha / Bati
- ▶ Butter / Ghee / Cheese / Paneer
- ▶ Oily / Outside Food

Hypoglycemia Management

- ▶ Check FBS - daily for 5 days and then as directed by doctor.
- ▶ WhatsApp Sugar reading.
- ▶ If sugar level is below 70, it is low sugar
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- ▶ Eat 15 gms (3 Spoon) Sugar or drink 1 cup Juice
- ▶ Check sugar level after 10 - 15 minutes, if it is still below 70 eat sugar/drink juice again.
- ▶ Inform Doctor
- ▶ If it is emergency, contact emergency department of any nearby hospital.
- ▶ Please visit at clinic after 1 month or as directed by doctor.
- ▶ After 1 month consultation on phone will not be provided

Symptoms of Low Sugar

- ▶ Increase heart beat
- ▶ Increase sweating / tremors
- ▶ Giddiness / headache
- ▶ Unconsciousness / convulsion
- ▶ Feeling of Hunger
- ▶

Inform if you get genital itching or burning in urine.

FBS / PPBS	Once in a month
HbA1c	Once in a 3 months
Eye check up (Fundus)	Once in a year
Urine Micro albumin Lipid Profile CBC, Creatinine SGPT, SGOT	Once in a year

Diabetes Control		In Pregnancy
Fasting	< 130	< 95
After Food (2 hours)	< 180	< 120
HbA1c (3 monthly average)	< 7%	-