

SUGGESTED DIETARY MODIFICATIONS

FOODS TO USE MORE OFTEN

South Asian/ Sub-population-Indian, Pakistani and Nepali.

Breads

1. Rotis, phulkas, chappatis with little or no added fat (limit to ½ cup, cooked, to limit carbohydrates)
2. Brown rice preferred over white rice (replace refined grains with whole grains)
3. Steamed idlis
4. Dosas made on non-stick pans
5. Cracked wheat upma
6. Roasted, puffed, or beaten rice in snack preparations

Lentils, legumes, meat, fish, poultry

1. Cooked dal using minimal oil
2. Sprouted dals
3. Grilled, baked, pan-fried meats and fish

Dairy

1. Skim milk, fat-free, 1% milk
2. Fat-free yogurt and low-fat yogurt
3. Low-fat paneer/part-skim ricotta cheese

Vegetables and fruits

1. Seasonal vegetables stir-fried or sautéed.
2. Gravy-mixed dishes with minimal oil (stir-fried vegetables is the substitute for curried or gravy-based dishes; Curried vegetables with low fat coconut milk would also be a substitute.)
3. Fresh fruit such as berries, kiwi and apples with skin are better choices-higher in fiber
4. Fresh herbs

Nuts, Fats and oils

1. Canola oil for cooking and olive oil for dressing foods
2. Almonds, walnuts and peanuts (these are healthy but include in moderation as they are high in calories)

Processed foods

FOODS TO USE LESS OFTEN

Food groups in **bold** contain carbohydrates-breads, dairy, fruits and certain vegetables.

1. Parathas, puris, kachoris, lachchas, naan, bhaturas
2. Pulao, fried rice, and biriyani
3. Idlis topped with lots of oil
4. Dosa prepared using extra oil/ butter
5. Semolina upma using generous quantities of oil

1. Creamed dal
2. Fried chicken, fish, calorie-rich meat dishes

1. Whole milk paneer/ ricotta cheese
2. Whole milk
3. Whole cream and half and half

1. Aloo (potatoes), peas, corn, acorn squash, butternut squash, pumpkin squash.
2. Roasted vegetables using lots of oil
3. Curried vegetables using generous quantities of coconut
4. Creamed or fried vegetables
5. Fruits in creamed desserts, custards
6. Dried fruits such as dates, figs and raisins (high in sugar)
7. Fresh fruits such as bananas, mango and pineapple
Nutrition breakdown:
a. 1 small banana (6 inch) = 23 gms of carbs.
b. 1 small mango = 24 gms of carbs.
c. 1 cup diced pineapple = 19 gms of carbs.
(They are all high on the glycemic index, which means they convert to sugar in the blood stream quickly and raise blood sugar levels. We do not eat the skin on these fruits, so they are low in fiber.)

1. Butter, ghee can be used if limited to 2 tbsp/day
2. Coconut
3. Vegetable and corn oil

1. Bottled Indian pickles or achar should be used sparingly (1-2 tsps. at a time), ramen noodles, sweets

DIABETES AMONG SOUTH ASIANS IN THE U.S. PATIENT CARD



MY PLATE FORMAT

To learn more about the nutrition guide consult with your Doctor or your Dietician/ Diabetes Educator.

1 small fruit



1/4 starch (whole grains such as Brown rice, wheat chapatti)



1/2 plate non-starchy vegetables



1/4 meat/ lean protein



1% milk or fat free/skim milk and water

TAKING CONTROL OF YOUR HEALTH

Collaborate effectively with your providers:

- 1 Request a medical interpreter in advance, if needed. Let your provider know what your concerns are, including understanding your risks for diabetes and heart disease.
- 2 Get to know what your medical insurance plan offers: Call your insurance medical team and request to speak to a benefit representative – explore how many nutritional consult benefits or dietician visits are covered per year; what is the co-pay per visit, if any?
- 3 Explore your medical benefit further and know the basics: What is your deductible/ have you met your annual deductible? Does your medical plan need a referral to see a specialist including a dietitian, a Certified Diabetes Educator or an Endocrinologist? Additionally, ask help finding an In-Network dietitian for medical cost savings.
- 4 Arrange your medical appointment when your spouse/ partner/ parent/ child is also available, especially if he/ she is the primary person responsible for preparing meals at home.

Questions to ask the dietician:

What are sources of healthy carbohydrates? How much of these should I eat per meal, per snack?
The goal is to be able to eat a meal together with the rest of the family members and not prepare a completely different meal just because you have elevated blood sugars.

5 Medical Doctor – Appointment:

- If diagnosed with prediabetes or diabetes, clarify how often your doctor wants to see you for routine follow-up.
- Review lifestyle modifications: What is the safe physical activity regimen for me?
- Ask your provider if there are any on-site local, group diabetes education classes available? Call in advance to find out if they are available for free or if there is any co-pay involved.
- Review medications including side effects; discuss what other supplements, Ayurveda or herbal medications you are taking or plan on taking.
- Review if at-home blood sugar checks are recommended; how often to check, target blood sugars and when to call the doctor, including during illness.
- Review diabetes related screenings/ routine care needs: Eye exam, kidney function test, comprehensive foot exam, hemoglobin A1c test, cholesterol, blood pressure checks.
- Review with your insurance/ benefit specialist if recommended screenings/ tests are covered and at what co-pay costs.
- Reach out to your local community health organization, including any South Asian organizations – explore if they offer any educational resources around diabetes cooking classes and getting to know the health insurance industry.

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