

ON DIET- DIABETES MELLITUS

TO BE TAKEN	TO BE AVOIDED
<ul style="list-style-type: none"> ● Whole wheat, whole grains cereals, Oats ● Apple (only 1 apple weekly twice or thrice), Guava, Papaya, Melon, Plum Pear, Apricot, Pomegranate, Gooseberry ● Bottle gourd, ridge gourd, round gourd, radish pumpkin, peas, fenugreek, cucumber, beetroot, ginger, green pepper, coriander ● Almond, Walnuts, Pumpkin seeds, Chia seeds, Flax seeds, Sesame seeds 	<ul style="list-style-type: none"> ● Whole refined flour, refined sugar, rice ● Mango, litchi, grapes, dates ● Potato, taro root, yam ● Whole milk and cream, butter, full fat yogurt, cheese, condensed milk ● Carbonated beverages, packaged soup & fruit juices ● Red meat, prawns, egg yolk ● Pistachio, cashew, Raisins, Peanuts