

IDHAYANGAL CHARITABLE TRUST

DIET PLAN

Morning: 6.00 am - 7.00 am

- Coffee, Milk, Tea (Green Tea, Black Tea, Lemon Tea, Ginger Tea)

Note: (Without Sugar)

Morning: 8.00 am - 9.30 am

- Items made with millets (Idli, Dosa, Wheat Roti, Upma, Vegetable Khichdi)
(Avoid porridge or liquid foods.)

Morning: 10.00 am - 11.00 am

- Fruits: Small Apple - 1 / Guava - 1 / Orange - 1 / Sweet Lime (sathukudi) - 1 /
Cucumber - 1
- A slice of Watermelon / Papaya or Buttermilk / Lemon juice with salt (Without
Sugar)
- Small cup of Tender Coconut Water / Gooseberry Juice

Avoid Fruit Juices

- Because liquid food stays longer in the digestive tract, and the sugar present in it will
increase blood sugar levels.

Afternoon: 12.30 pm - 1.30 pm

- Include millets in moderate quantities.
- Along with that, definitely include all types of greens (spinach) and local/country
vegetables.
- Brinjal (Kathirikai), Tomato (Thakkali), Onion (Vengayam), Ladies finger/Okra
(Vendakkai), Drumstick (Murungakkai), Cabbage (Muttaikose), Cauliflower
(Pookose), Beans (Avarakkai), Bitter gourd (Pavakkai), Bottle gourd (Suraikkai),
Ridge gourd (Peerkangai), Snake gourd (Pudalangai), Pumpkin (Poosanikai), Spinach
(Keerai).
- Rasam, Buttermilk
- Egg (White portion only)
- Avoid underground grown vegetables (root vegetables/tubers).

- Avoid : Potato (Urulaikizhangu), Sweet potato (Sarkaraivalli kizhangu), Tapioca/Cassava (Maravalli kizhangu), Elephant foot yam (Senai kizhangu), Taro (Seppankizhangu), Yam (Karunai kizhangu), Beetroot, Carrot.
- **Non-vegetarian foods:** Chicken and Fish (Gravy/Curry only)
- Avoid fried foods.

Afternoon / Evening: 4:00 PM – 5:00 PM

- **Pulses / Legumes:** 1 cup
- Beans (Avarai), Peas (Pattani), Green gram (Pachai payaru), Black gram (Ulundhu), Chickpea (Kondakadalai), Cowpea (Karamani), Horse gram (Kollu), Field bean (Mochai), Kidney beans (Rajma).
- **Beverages:** Coffee, milk, or tea (Green tea, Black tea, Lemon tea, Ginger tea).
- **Note:** Must be without sugar

Night / Dinner: 7:00 PM – 8:00 PM

- **Millet-based dishes:** Idli, Dosa, Wheat Roti, Upma, or Vegetable Khichdi.

Night: 8:00 PM

- **Milk:** 1 glass (Without sugar).

Foods that can be consumed generously:

- Buttermilk, salted lemon juice (without sugar), mushroom, vegetable soup, cucumber, greens varieties, and country (native) vegetables.

Foods to avoid:

- Avoid fruit juices
- Avoid porridge and fermented rice water
- Avoid vegetables grown underground (Beetroot, potato, elephant foot yam, purple yam, tapioca/cassava, sweet potato)
- Fruits: Mango, jackfruit, banana, sapota (sapodilla), custard apple, grapes, jamun fruit,
- **Avoid very sweet and overripe fruits.**
- Avoid oily foods
- Even though food is medicine, along with food, the correct dosage of medicine, insulin, and physical exercise—all of these together help keep blood sugar levels under control.