**Diet List for Diabetic Patients**

### Foods to Include
- Cheese (1 slice)
- Orange (1)
- Grapes (10-12 small)
- Fish (1 fillet)
- Chicken (4-5 ounces)
- Whole egg (on alternate days)
- Lamb/mutton
- Beetroot (1 cup)
- Homemade pancakes

### Foods to Avoid
- Bran flakes
- Corn flakes
- Puffed wheat
- White bread
- Nan
- Sago
- White rice
- Doughnuts
- Waffles
- Biscuits
- Jam
- Honey

### Other Foods
- Mango
- Dates
- Cake/pastry
- Sugar
- Jaggery/Gurr
- Desserts/sweets
- Juices (fresh/canned)
- Cold drinks
- Ice cream
- Potato (fried/baked/mashed)
- Pumpkin
- Jelly beans
- Sweetened milk
- Canned fruit
- Custard
- Sorbets/Syrups
- Chocolates
- Chocolate spreads
- Beef/organ meats
- Butter/Ghee
- Margarine
- Mayonnaise

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### Go- Ideal to Consume

<table>
<thead>
<tr>
<th>Porridge</th>
<th>Oat Bran/Rolled Oats</th>
<th>Egg white</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mixed/Multigrain breads</td>
<td>Whole wheat bread</td>
<td>Brown Rice steamed</td>
</tr>
<tr>
<td>Muesli</td>
<td>Yogurt (low fat)</td>
<td>Nuts (2 tbsp)</td>
</tr>
<tr>
<td>Lentils</td>
<td>Steamed chicken</td>
<td>Skim/semi skim milk</td>
</tr>
<tr>
<td>Cherries (1/2 cup)</td>
<td>Grapefruit (1/2)</td>
<td>Peaches (1-2)</td>
</tr>
<tr>
<td>Apple (1 medium)</td>
<td>Pear (1 medium)</td>
<td>Strawberries (1 cup)</td>
</tr>
<tr>
<td>Apricots (3-4)</td>
<td>Kiwi (1-2)</td>
<td>Zucchini</td>
</tr>
</tbody>
</table>

### Cauliflower | Bitter gourd | Broccoli

### Cabbage | Lettuce | Onions

### Eggplant | Mushrooms | Capsicum

### Carrots (raw/boiled) | Spinach | Tomato

### Green beans | Peas | Beans

### Radish | Chick peas | Lady finger

### Cucumber | Gourds (tenda, kadu) | Turnip

### Use with Caution

<table>
<thead>
<tr>
<th>Shredded Wheat</th>
<th>Weetabix</th>
<th>Whole wheat Roti (6 inches)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bun (1 small)</td>
<td>Muffin/Croissant (1)</td>
<td>Basmati Rice (1 cup)</td>
</tr>
<tr>
<td>Pita bread (1 small)</td>
<td>Noodles</td>
<td>Popcorn (1 cup)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Digestive biscuits (2)</th>
<th>Diet drinks</th>
<th>Diet chewing gums</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bananas (1 small)</td>
<td>Watermelon/melons (1 cup)</td>
<td>Papaya (1 cup)</td>
</tr>
<tr>
<td>Figs (2)</td>
<td>Plums (2-3)</td>
<td>Pineapples (3/4 cup)</td>
</tr>
<tr>
<td>Chickoo (1)</td>
<td>Guava (1 medium)</td>
<td>Raisins (1 tbsp)</td>
</tr>
</tbody>
</table>