FREE · Family Guide 💚



Healthy Thali Guide

Ek ghar, ek thali: diabetes wale member ke liye chhote badlav 🍛

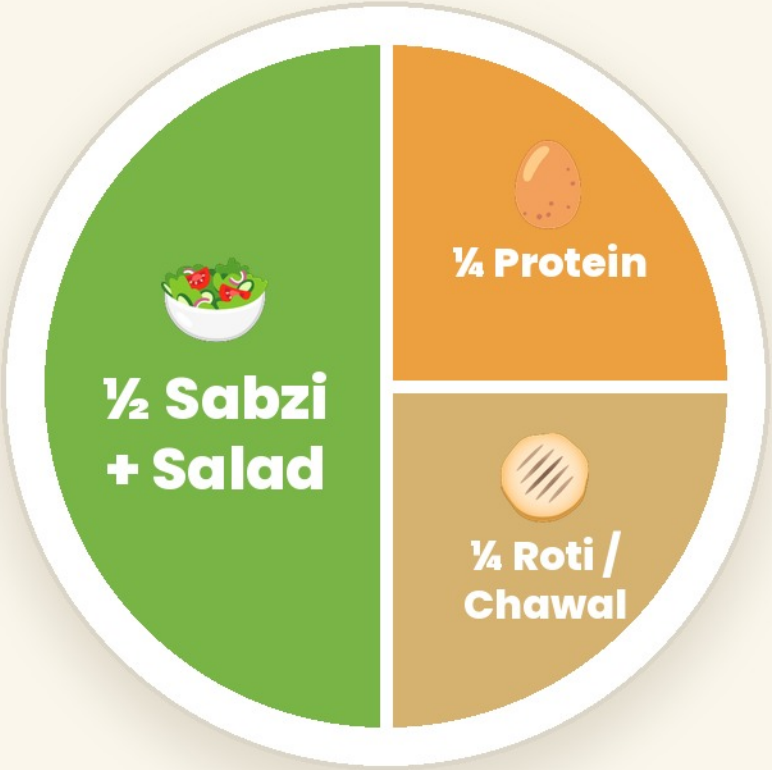
🥗 Plate method · 🔄 Smart swaps · 👩‍🍳 Rasoi tips · 🌿 Sample day thali

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STEP 1 · PLATE METHOD

Thali wahi, bas hissa badlo

Ghar me alag “parhez ka khana” banane ki zaroorat nahi. Sabke liye ek hi khana, bas diabetes wale member ki plate aise lagao:



Aadhi plate
Hari sabzi, salad, koshimbir, raita

Chauthai plate
Protein: dal, paneer, chana, dahi, egg

Chauthai plate
Roti, bhakhri ya chawal

Fibre first: khane ka order

1. **Salad / sabzi** pehle
2. **Dal / protein** phir
3. **Roti / chawal** last me

⚠ **Insulin/dawai le rahe hain to apne doctor se apna plan zaroor confirm karein.**

STEP 2 · SMART SWAPS

Chhote swaps, bada badlav 🔄

Khana chhodna nahi hai, bas cheez badalni hai. Ye swaps poore ghar ke liye healthy hain:

PEHLE		AB
Maida: naan, white bread, biscuit 🍞	➡️	Atta, multigrain, bajra, jowar
Fruit juice 🧃	➡️	Poora fruit, chaba ke khao 🍎
Fried farsan: pakoda, bhajiya	➡️	Roasted chana, makhana 🥜
Chai me zyada cheeni ☕	➡️	Cheeni dheere-dheere kam
Thali bhar ke chawal 🍚	➡️	Thoda chawal, zyada dal + sabzi
Cold drink, sherbet 🥤	➡️	Chaas, nimbu paani bina cheeni

🪔 Tyohaar / Diwali tip

Mithai ko “na” nahi, chhota piece bolo, khane ke baad, khali pet nahi. Mehmaano ki plate me roasted makhana, chana, dry fruits bhi rakho. Aur tyohaar me bhi walk mat chhodo 🚶

STEP 3 · RASOI TIPS

Jo rasoi sambhalte hain, unke liye 👩‍🍳

- 🫙 Tel chammach se daalo, bottle se seedha nahi
- 🫓 Roti ke atte me besan, methi ya dal ka aata milao
- 🥗 Thali me salad sabse pehle parso
- 🥦 Har dal/sabzi me extra sabzi: lauki, palak, gajar
- 🍳 Deep fry ki jagah roast, steam ya kam tel
- 🥛 Dahi/chaas roz ki thali ka hissa banao

FAMILY SUPPORT 🤝

Taane nahi, saath do 💚

"Ek aur le lo na"	➡️	"Thodi aur sabzi lo na"
Sabke saamne roka-toki	➡️	Akele me pyaar se yaad dilao
Unke liye alag "bechara" khana	➡️	Sab milke wahi healthy thali
Khana khake seedha TV	➡️	Saath me walk 🚶

STEP 4 · SAMPLE DAY

Ek din ki Gujarati thali ideas 🌿

Poori family ke liye same menu. Diabetes wale member ki plate me bas plate method follow karo.

🌅 NASHTA	**Methi thepla (atta + besan) + dahi + phiki chai** Ya: sabzi wala poha/upma + sprouts, ya besan chilla + chutney
🍛 LUNCH	**Rotli ya bajra rotla + sabzi + dal + salad pehle + chaas** Chawal ho to thoda, dal-sabzi zyada
☕ SHAAM	**Kam cheeni ki chai + roasted chana / makhana ya mutthi bhar nuts** Ya ek poora fruit, juice nahi
🌙 DINNER	**Veg khichdi: moong dal + lauki, gajar, matar + kadhi/dahi + salad** Ya lighter dal-dhokli: dal + sabzi zyada, dhokli kam (atta + besan), kam tel ka vaghar

💡 Har body alag hai. Quantity aur timing apne doctor/educator ke saath personal plan me fix karein.



Apne ghar ke liye personal plan chahiye? 💚

Consultation pe ghar ke us member ko bhi saath laao jo khana banata hai.

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⚠️ **Insulin/dawai le rahe hain to apne doctor se apna plan zaroor confirm karein.**

Bahana nahi, Badlav chuno 💚

Ye guide sirf jaankari ke liye hai; ye medical advice ka substitute nahi hai.