TAMHANE CLINIC

DIABETES DIET GUIDE

Dr. Apurva Tamhane (BHMS, MD, CCMP) | Dr. Rajendra Tamhane (BAMS)

A Maharashtra-kitchen guide: foods and drinks to avoid or limit, with suggested alternatives

No.	Avoid / Limit	Why limit it?	Better alternatives
1	**Semolina / Sooji (Rava)**	A finely processed wheat product with a high glycaemic index (GI 70–75).	Coarse dalia (bulgur wheat), oats, or finger-millet (ragi) semolina.
2	**Refined flour (Maida) and products**	Most of the fibre is removed; it can raise blood glucose quickly.	Whole-wheat flour with bran or pulse-based flour such as gram flour (besan).
3	**Sabudana (Tapioca pearls)**	Consists mainly of starch and carbohydrates, with virtually no fibre.	Amaranth (rajgira) or barnyard millet (vari / bhagar).
4	**White poha (flattened rice)**	Digested quickly and may cause a rapid rise in blood glucose.	Red-rice poha or poha made with sprouted green gram.
5	**Polished white rice**	The bran has been removed; it can cause blood glucose to rise rapidly.	Hand-pounded or unpolished brown rice, or unpolished Ambemohar rice.
6	**Dehusked green gram / red lentils**	Lower in fibre and digested more quickly than whole pulses with their skins.	Whole green gram or whole/split red lentils with the skin.
7	**White bread and bakery pav**	Often made with refined flour and may contain added sugar; can raise blood glucose quickly.	Whole-grain bread or a finger-millet (ragi) bhakri.
8	**Vermicelli (seviyan)**	Usually made from refined flour or semolina; can be high in refined starch.	Wheat-dalia vermicelli or finger-millet (ragi) vermicelli.
9	**Idli / dosa made only with rice-and-urad batter**	The batter may contain a high proportion of rice; the document notes that fermentation may further increase GI.	Oats idli, finger-millet (ragi) dosa, or green-gram (moong dal) chilla.
10	**Urad dal in large quantities / papad / medu vada**	May be heavy to digest; preparations with less fibre or deep-frying may affect blood glucose and overall meal quality.	Horse gram (kulith / hulga) or Bengal gram (chana dal).
11	**Corn / corn flour**	High in starch (GI > 70), according to the source document.	Sorghum (jowar) flour or pearl-millet (bajra) flour.
12	**Cornflakes / ready-to-eat cereals**	Processing may reduce fibre; these products can contain high amounts of sugar and starch.	Rolled oats or makhana (fox nuts).
13	**Finely milled white wheat flour**	The bran is removed, leaving a finely milled flour that may cause a rapid rise in blood glucose.	Multigrain flour containing sorghum, pearl millet, chickpea, and finger millet.
14	**Barnyard millet (vari / bhagar) in excess**	Although commonly used as a fasting rice substitute and easy to digest, large portions may raise blood glucose.	Amaranth flour or buckwheat flour.
15	**Puffed rice (kurmura / murmura)**	The source document describes it as having a very high GI (GI 80+) and notes that hunger may return quickly.	Roasted chickpeas or makhana (fox nuts).
16	**Besan in deep-fried foods (bhaji, vada)**	Although made from pulses, deep-frying adds substantial fat and may make the meal less suitable for blood glucose management.	Boiled or roasted preparations, or green-gram (moong dal) pancakes.

TAMHANE CLINIC

DIABETES DIET GUIDE — PART 2: FOODS, TEA / COFFEE & DRINKS

Dr. Apurva Tamhane (BHMS, MD, CCMP) | Dr. Rajendra Tamhane (BAMS)

No.	Avoid / Limit	Why limit it?	Better alternatives
17	**Crispy rice vermicelli / rice papdi**	High starch and salt content may contribute to blood-glucose fluctuations.	Finger-millet (ragi) papad in limited amounts, or roasted sesame-and-flaxseed makhana.
18	**Sabudana vada / sabudana khichdi**	The combination of sabudana, potato, peanuts, and oil may cause a sharp rise in blood glucose.	Amaranth flatbread (thalipeeth) or a barnyard-millet and green-gram khichdi.
19	**Grain dishes containing potato / sweet potato**	The source document notes that the high GI of potato (GI 80+) may add to the blood-glucose impact of the grain-based dish.	Vegetable-rich thalipeeth with fenugreek leaves, spinach, or bottle gourd.
20	**Ready-made dosa batter**	May contain a high proportion of rice and preservatives.	Fresh homemade green-gram-and-spinach batter or sorghum-based batter.
21	**Rice flour (for bhakri / modak)**	Mostly refined starch, with much less fibre than sorghum or pearl-millet flour.	Sorghum (jowar) bhakri or finger-millet (ragi) bhakri.
22	**Instant flavoured oats**	May contain added sugar, flavourings, and finely processed oats.	Steel-cut oats or rolled oats.
23	**Biscuits and khari (Marie, digestive, puff pastry)**	Despite 'multigrain' or 'diet' claims, these may contain refined flour, vegetable shortening, and sugar.	Roasted chickpeas, walnuts, almonds, or flaxseeds.
24	**Upma made only with semolina**	The starch in semolina is digested quickly.	Dalia upma or vegetable oats upma.
25	**Sheera / sweet vermicelli**	The combination of grain, sugar, and ghee may cause a sharp rise in blood glucose.	Unsweetened finger-millet (ragi) malt or oats kheer (with stevia, as suggested in the source).
26	**Rice kheer / payasam**	The combination of rice, milk, and sugar can provide a high carbohydrate and sugar load.	Makhana kheer or an unsweetened pearl-millet preparation (as listed in the source).
27	**Sweetened masala tea / cutting chai**	Milk and added sugar may raise blood glucose; the source also mentions acidity from strongly boiled tea.	Unsweetened black tea, cinnamon-ginger herbal tea, or boiled dry-ginger water.
28	**Cappuccino / instant coffee with sugar and cream-rich milk**	Added sugar and milk lactose contribute carbohydrates; the source also mentions a caffeine crash.	Unsweetened black coffee or filter coffee with cinnamon.
29	**Commercial tea premixes / flavoured green-tea bags**	May contain added sugar, artificial flavours, and carbohydrates.	A fresh infusion of tulsi (holy basil) and lemongrass.
30	**Maida shankarpali / anarsa (festive sweets)**	Made with refined flour and/or sugar syrup and usually fried; may cause a sharp rise in blood glucose.	Roasted edible-gum laddoo made with dates, or flaxseed barfi (as suggested in the source).

Medical note: This leaflet is for educational reference only. Consult your personal doctor before making any dietary changes. | © Tamhane Clinic