DR. ALI RAZA NAQVI · CONSULTANT ENDOCRINOLOGIST & DIABETOLOGIST

Healthy Eating for Diabetes

A simple plate guide for everyday Pakistani meals

PATIENT INFORMATION LEAFLET



You do not need special foods. Small changes to portions and choices in your usual meals make a big difference to blood sugar and weight.

1 The healthy plate

- ½ plate vegetables and salad: sabzi, cucumber, tomato, salad
- ¼ plate protein: daal, chana, chicken, fish, eggs, yoghurt
- ¼ plate carbohydrate: 1 small roti OR a fist-sized portion of rice
- Water or unsweetened lassi instead of soft drinks

2 Smarter swaps

- Whole-wheat or chakki atta roti instead of naan or paratha
- Fresh fruit instead of juice
- Grill, bake or use less oil instead of deep frying
- Roasted chana or nuts instead of biscuits and namkeen
- Tea with little or no sugar

3 Limit

- Sweets, mithai, cakes, desserts
- Sugary drinks, packaged juices, sweetened tea
- White rice and maida-based foods in large portions
- Ghee and fried snacks

⚠ When to get medical help

- Unplanned weight loss
- Very high or very low sugar readings after meal changes
- If you take insulin, ask before big changes to your diet

TIP Eat at regular times, eat slowly, and keep the portion of rice or roti the same size each day.

Dr. Ali Raza Naqvi — FRCP (London)
Consultant Physician, Diabetologist & Endocrinologist
154 CCA 1, Plaza, Sector C, DHA Phase 6, Lahore · Mon–Sat 12–3 pm & 7–10 pm

Book online: dralirazanaqviendocrinologist.com

WhatsApp / Call: 0311 7215471

This leaflet gives general information and does not replace advice from your own doctor. Do not change your medicines without medical advice. © Dr. Ali Raza Naqvi · dralirazanaqviendocrinologist.com/leaflets/healthy-eating-for-diabetes