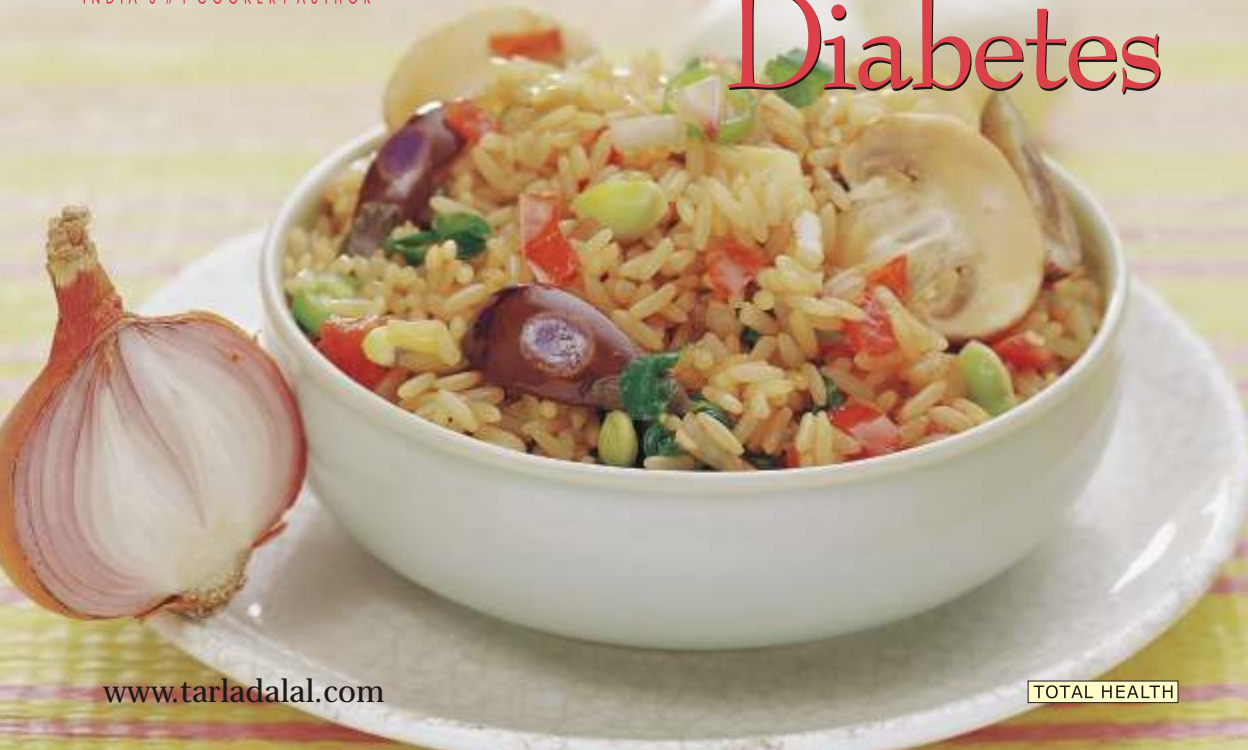


**TARLA DALAL**  
INDIA'S #1 COOKERY AUTHOR

GOOD FOOD FOR  
**Diabetes**



[www.tarladalal.com](http://www.tarladalal.com)

TOTAL HEALTH

# INTRODUCTION

The facts are alarming. According to World Health Organisation (WHO) surveys, 50 million people in India suffer from diabetes. Which means that one in every five Indians has diabetes, and since Indians are predisposed to the disease, that figure will continue to rise!

Diabetes (high blood sugar) is a lifelong condition that needs careful management in terms of diet, medication and exercise, of which diet is an top of the list. It's true that diabetics have to limit high-fat, high-sugar foods, but that doesn't mean they have to abstain from their favourite dishes. What's important is that they are careful about eating balanced meals, cooked healthily. In Good Food For Diabetes, my latest addition to the Total Health Series, I have compiled 44 diabetes-friendly recipes that can be easily worked into a daily diet.

Divided into carefully planned sections - Soups, Salads, Stir-Fries, One-Dish Meals, In-Between-Meals, Main Course and Desserts, these recipes are the result of painstaking research by my efficient team of chefs and nutritionists. We've taken diabetic-friendly ingredients and used them innovatively, such as fenugreek (methi) seeds in Fruity Sprouts Salad, page 35; soya bean in Nutritious Burger, page 52; bitter gourd (karela) in Masala Karela, page 71; and fibre rich apples in Hot Apple Pie with Low Fat Custard, page 97. While the salad and stir-fry recipes are loaded with nutrient and fibre-rich veggies, simple recipes for in-between-meals are ideal to help satiate the frequent hunger pangs diabetics face throughout the day. Popular desserts and accompaniments have been specially modified for diabetics, while the main course offers a selection of recipes from different cuisines that will add spice and variety to a routine diet.

The book also includes useful information such as basic facts about diabetes, making the right food choice, nutrients that help to control diabetes and top 10 natural remedies for diabetes.

If you're a diabetic or have one in the family, you will welcome this little book. I guarantee it will surprise you!

Happy cooking!

Regards

*Tarda Datal*

# CONTENTS

What is Diabetes? .....	8
Types and Causes of Diabetes .....	8
Symptoms of Diabetes .....	9
Dealing with Diabetes .....	9
Make the Right Food Choice .....	11
Nutrients that Help Control Diabetes .....	15
Top 10 Natural Remedies for Diabetes .....	17

## SOUPS

Moong Soup with Paneer .....	20
Roasted Capsicum Soup .....	22
Healthy Lentil Soup .....	24
Mushroom Soup .....	26
Vegetable Broth .....	27

## SALADS

Mexican Salad .....	29
Cabbage and Pineapple Salad .....	31
Fruit and Vegetable Salad with Apple Dressing .....	32
Mixed Sprouts Salad .....	33
Minty Couscous .....	34
Tropical Salad .....	35

## STIR-FRIES

Indian Stir-Fry .....	38
French Beans Foogath .....	40
Broccoli Stir-Fry .....	42
Stir-Fried Tofu, Mushrooms and Capsicum .....	43
Chilli Garlic Stir-Fry .....	45
Karela Stir-Fry .....	47

## ONE DISH MEALS

Methi Dal Dhokli.....	49
Nutritious Burger .....	52
Spicy Baked Dish.....	56
Double Decker Parathas.....	59

## IN-BETWEEN-MEALS

Nutritious Thalipeeth .....	61
Paneer Phudina Tikkis.....	63
Apple Cinnamon Soya Shake.....	64
Crispy Karela .....	66

## MAIN COURSE

Stuffed Capsicum .....	68
Masala Karela .....	71
Gavarfali ki Sukhi Subzi .....	73
Fatless Maa ki Dal .....	76
Panchkuti Dal .....	78
Kashmiri Rotis .....	80

Methi and Moong Stuffed Rotis .....	82
Wholesome Pulao .....	84
Gehun ki Bikaneri Khichdi .....	87

## DESSERTS

Black Jamun Ice-cream .....	89
Paneer Kheer .....	91
Diabetic Puranpoli .....	92
Rose Sandesh .....	94
Fruit Mould .....	96
Hot Apple Pie with Low Fat Custard .....	97

## BASIC RECIPES

Low Fat Milk.....	99
Low Fat Curds .....	100
Low Fat Paneer .....	100
Whole Wheat Chapattis .....	102

## ❁ Tropical Salad ❁

*Fenugreek does wonders to control blood sugar levels, and also provides fibre when sprouted. Here it is imaginatively combined with fruit and vegetables to create an unusual salad.*

Preparation time: 15 minutes. No cooking. Serves 4.

¼ cup sprouted fenugreek (*methi*) seeds  
½ cup apple cubes, with the skin  
½ cup pomegranate (*anar dana*)  
½ cup roughly chopped spinach (*palak*)  
Salt to taste

For the fruity dressing

½ cup papaya cubes  
¼ cup low fat thick curds (*dahi*), page 100

For the fruity dressing

1. Blend all the ingredients together in a liquidiser till smooth.
2. Refrigerate and use as required.

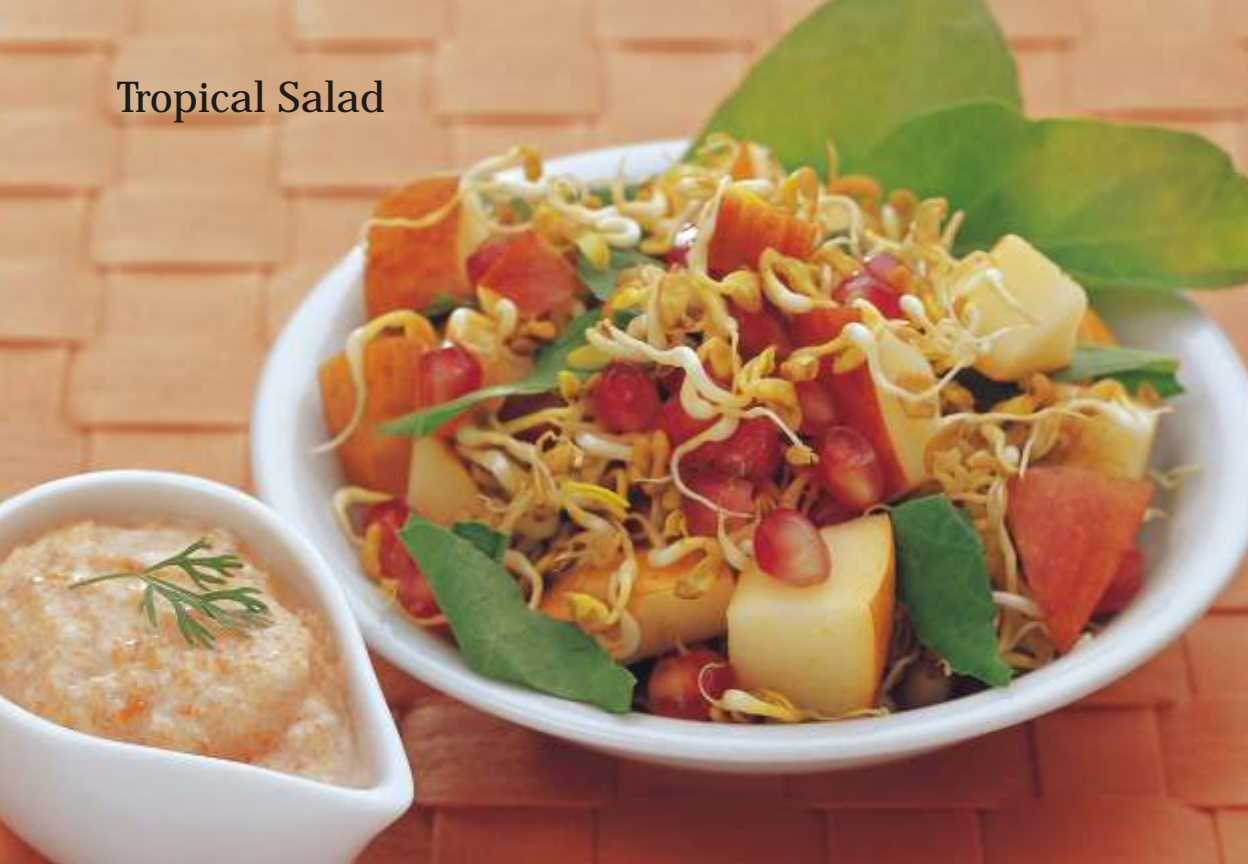
How to proceed

1. Combine all the salad ingredients together in a bowl.
2. Just before serving, add the dressing and toss well.  
Serve immediately.

Nutritive values per serving

Energy	Protein	Carbohydrates	Fat	Fibre	Folic Acid	Potassium
46 cal	2.0 gm	8.6 gm	0.4 gm	1.6 gm	13.8 mcg	86.5 mg

## Tropical Salad



## ❁ Karela Stir-fry ❁

*Karelas are very diabetes-friendly, containing a high plant insulin dose that acts like human insulin in the body and help control blood sugar levels.*

Preparation time: 5 minutes. Cooking time: 20 minutes. Serves 2.

1 cup peeled, deseeded and thinly sliced bitter gourd (*karela*)

1 cup finely chopped onions

A pinch of chilli powder

A pinch of turmeric powder (*haldi*)

A pinch of sugar substitute

1 tsp oil

Salt to taste

1. Apply a little salt to the bitter gourd slices and keep them aside for about 10 minutes.
2. Spoon the salted bitter gourd slices onto a kitchen towel and dab them lightly so that the towel absorbs all the moisture.



3. Spread the slices to form a thin layer in a microwave-safe dish and microwave on HIGH for 3 minutes, stirring once in between. Keep aside.
  4. Meanwhile heat the oil in a non-stick pan add the onions and sauté till the onions turn golden brown.
  5. Add all the remaining ingredients including the microwaved bitter gourd slices.
  6. Allow to cook, stirring continuously till the slices become crisp.
- Serve hot.

*Handy Tip:* The microwave has been used to hasten the process. You can also make this dish on the gas; just remember to cook on a very low flame and stir continuously till the bitter gourd slices become crispy.

Nutritive values per serving

Energy	Protein	Carbohydrates	Fat	Fibre	Sodium	Potassium
68 cal	1.6 gm	9.5 gm	2.7 gm	0.8 gm	3.9 mg	171.0 mg



Karela Stir-fry

## Apple Cinnamon Soya Shake



Diabetes is characterized by high blood sugar (glucose) in the body. A lifelong condition which needs careful management in terms of diet, medication and exercise. It's true that diabetics have to limit high-fat, high-sugar foods, but that doesn't mean they have to abstain from their favourite dishes. What's important is that they are careful about eating balanced meals, cooked differently. In **Good Food For Diabetes**, my latest addition to the Total Health Series, I have compiled 44 diabetes-friendly recipes that can be easily worked into a daily diet.

Divided into carefully planned sections - **Soups, Salads, Stir-Fries, One-Dish Meals, In Between Meals, Main Course, Desserts and Accompaniments**, these recipes are a result of painstaking research by my efficient team of chefs and nutritionists. We've taken diabetic-friendly ingredients such as fenugreek (methi) seeds, black jamun, oats, karela, soya etc and used them innovatively to make healthy yet mouth-watering recipes from different cuisines that will add spice and variety to a routine diet.

The book also includes useful information on **basic facts about diabetes, making the right choice, nutrients that help to control diabetes, how to deal with diabetes** and few interesting **home remedies**.

If you're a diabetic or have one in the family, you will welcome this little book. I guarantee it will surprise you! Happy cooking!

*Tarla Dalal*



“Padma Shri” awardee, Mrs Tarla Dalal is India's best selling author in any field, with over 4 million cookbooks sold to date. She is the first to launch a bi-monthly food magazine, ‘**Cooking & More**’, which is the best selling cookery magazine in India, under her own name.

ISBN 978-8-189491-14-7



9 788189 491147