

# MyCARE

With me, every step of the way



“ Let’s take a look at  
some **DIABETES-FRIENDLY  
HEALTHY DISHES** you  
can easily make ”



# FRUIT CHIA PUDDING DESSERT

**Serves -** 1 person

Ingredients	Amounts
Cow's Milk	½ cup
Chia seeds	2 tsp
Fresh Fruit	½ cup
Honey (optional)	1 tsp



**NOTE:**

1 cup= 200 ml    1 tsp= 5 ml    1 tbsp= 15 ml

## METHOD

### Step 1

Pour chia seeds, milk and honey (optional) into a jar/glass and mix well.



### Step 2

Let it settle for 2-3 minutes and then mix well again

### Step 3

Cover the jar/glass and store in the refrigerator overnight or for at least 2 hours

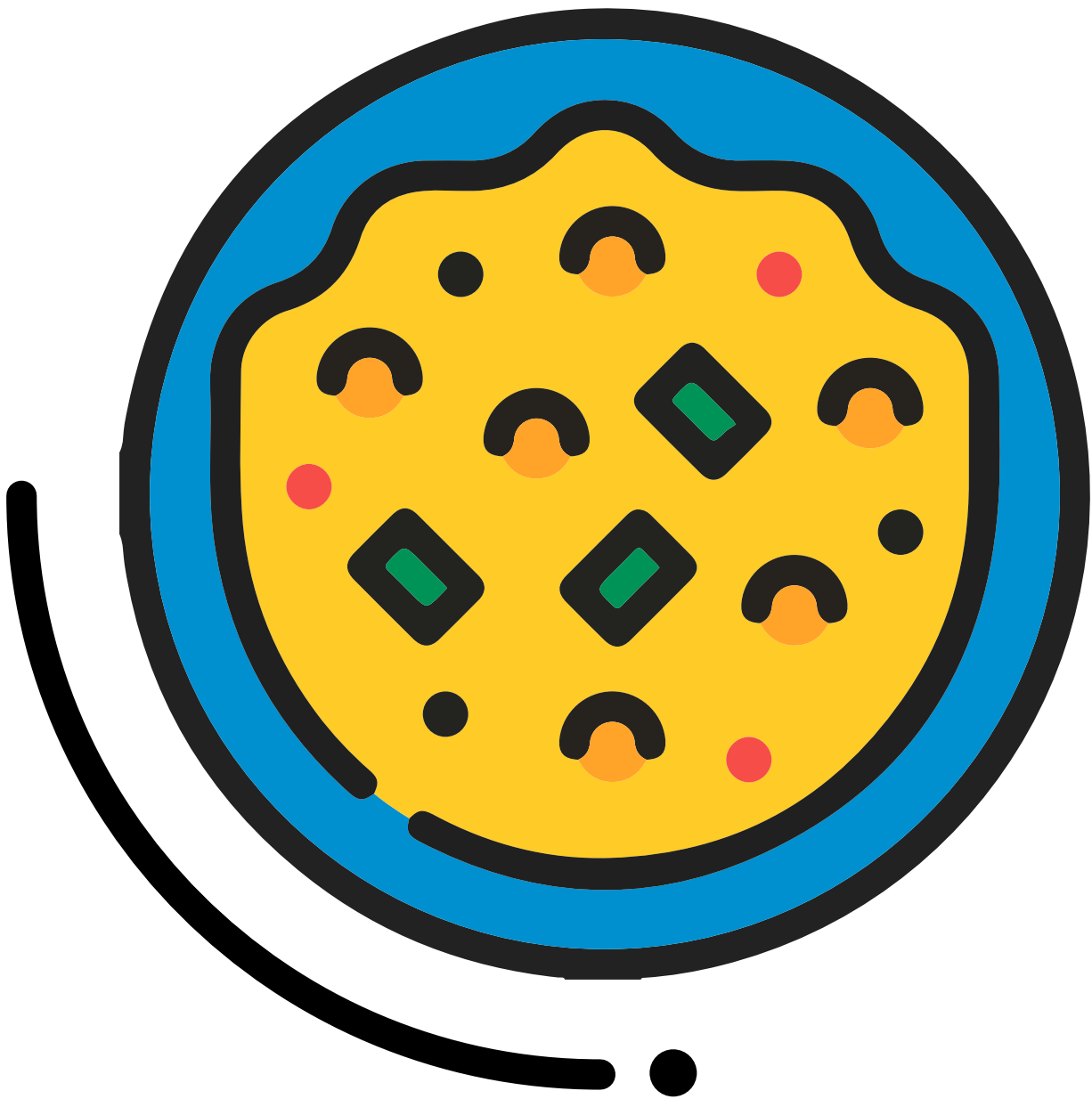


### Step 4

When you are ready to eat it, top it up with your favourite fruit and enjoy!

# NUTRITIVE VALUE PER SERVING

Energy (kcal)	193
Carbohydrates (g)	22
Proteins (g)	6
Fats (g)	9.4




# PALAK RAJMA WRAP

**Serves - 1 person**

Ingredients	Amount
Rajma, soaked overnight & boiled	½ cup
Spinach, chopped	½ cup
Lettuce leaf (shredded)	1 no
Onion, diced	1 no
Whole wheat Chapati	1 no

**NOTE:**

1 cup= 200 ml    1 tbsp = 15 ml    1 tsp = 5 ml



Ingredients	Amount
Hung curd	1 tbsp
Garlic clove, minced	2 no.
Chilli powder	½ tbsp
Fresh tomatoes, chopped	1 cup
Ground cumin	1 tsp
Oil	1 tsp
Salt	To taste

**NOTE:**

1 cup= 200 ml

1 tbsp = 15 ml

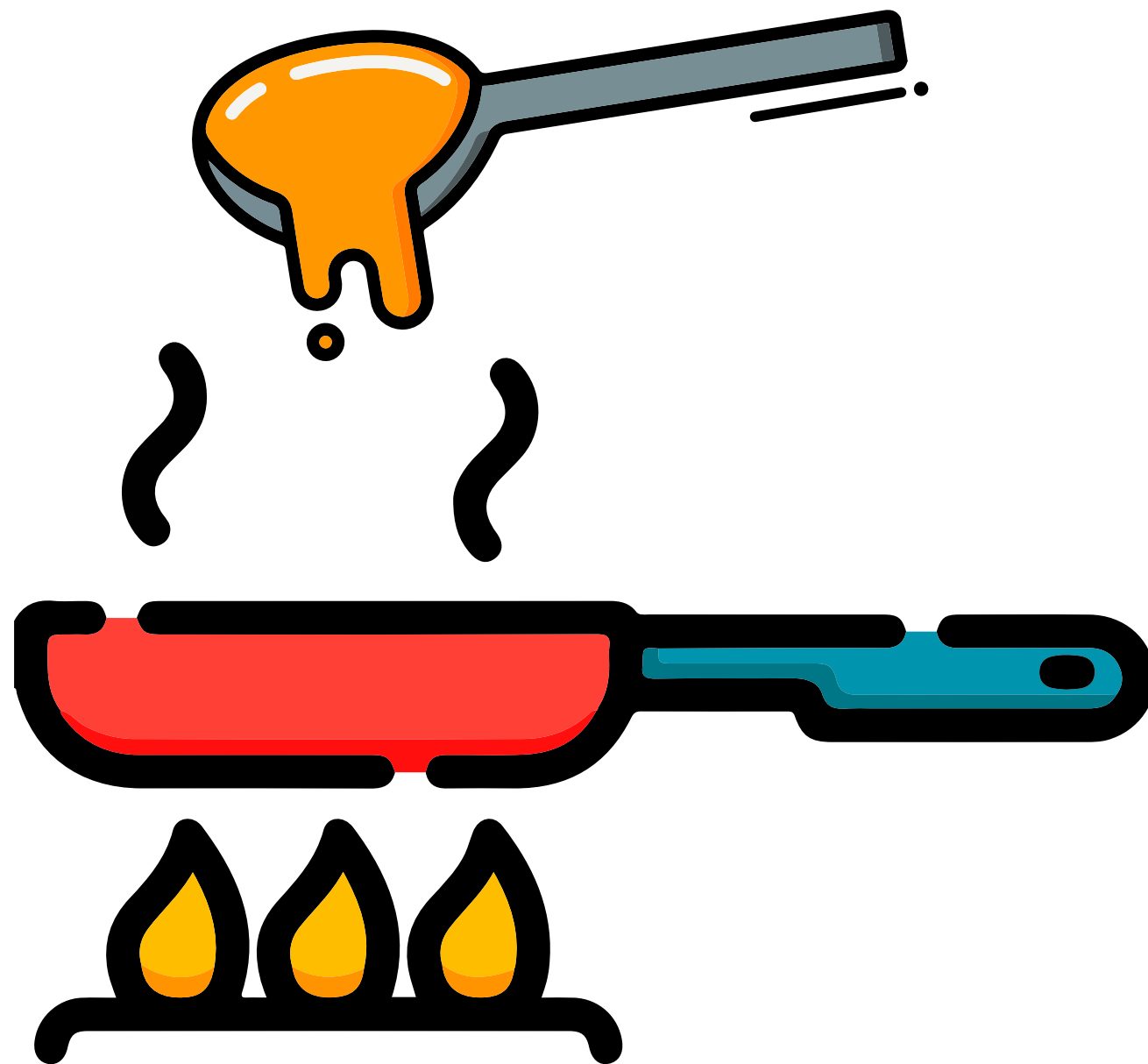
1 tsp = 5 ml



## METHOD

### Step 1

Heat oil in a large frying pan on medium-high heat.



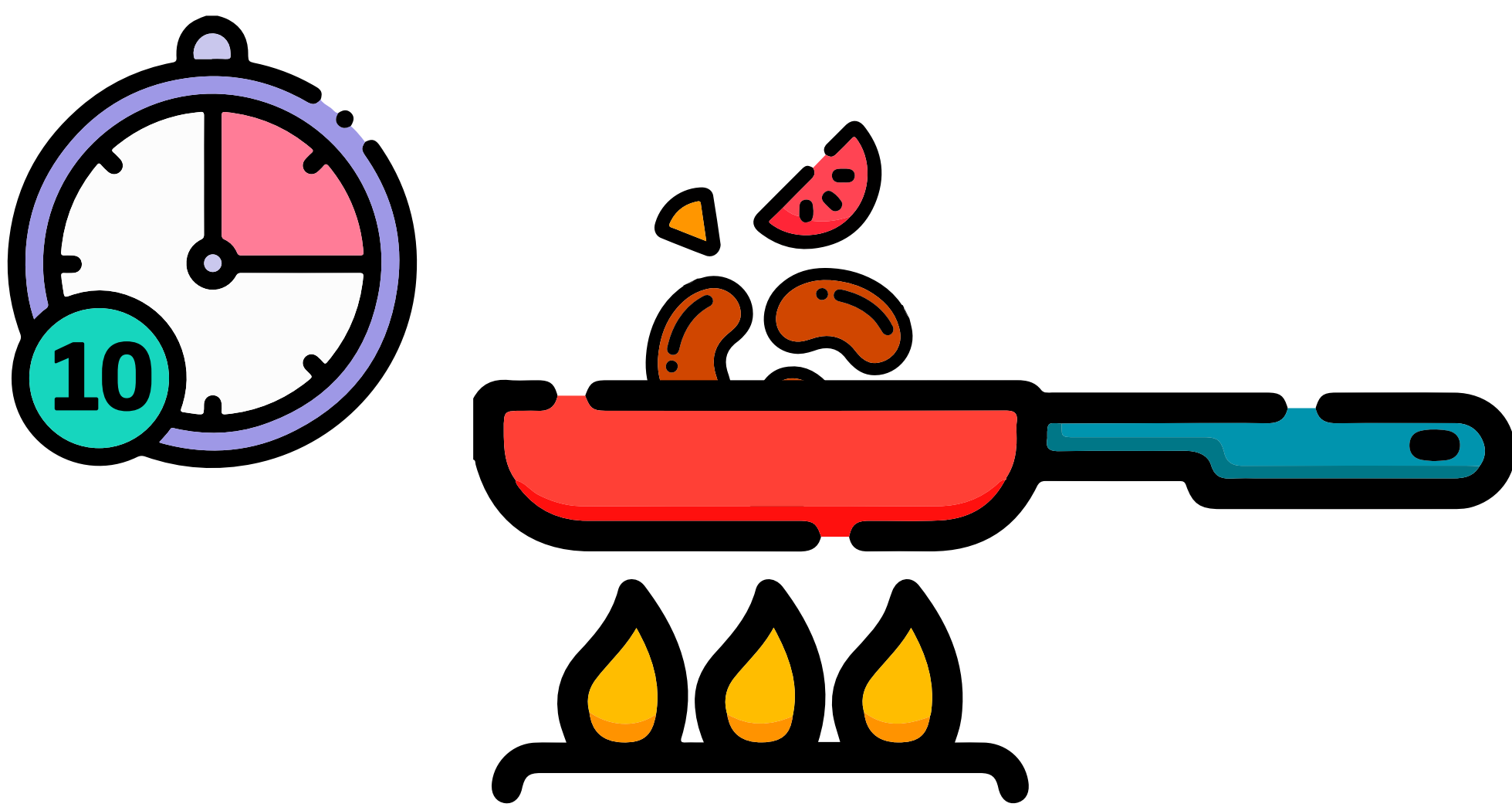
### Step 2

Sauté onion and garlic for 5 minutes, then stir in chilli powder and cumin, and cook for 1 minute.



### Step 3

Stir in tomato, rajma, and salt and bring to a boil, then reduce heat and simmer for 10 minutes.

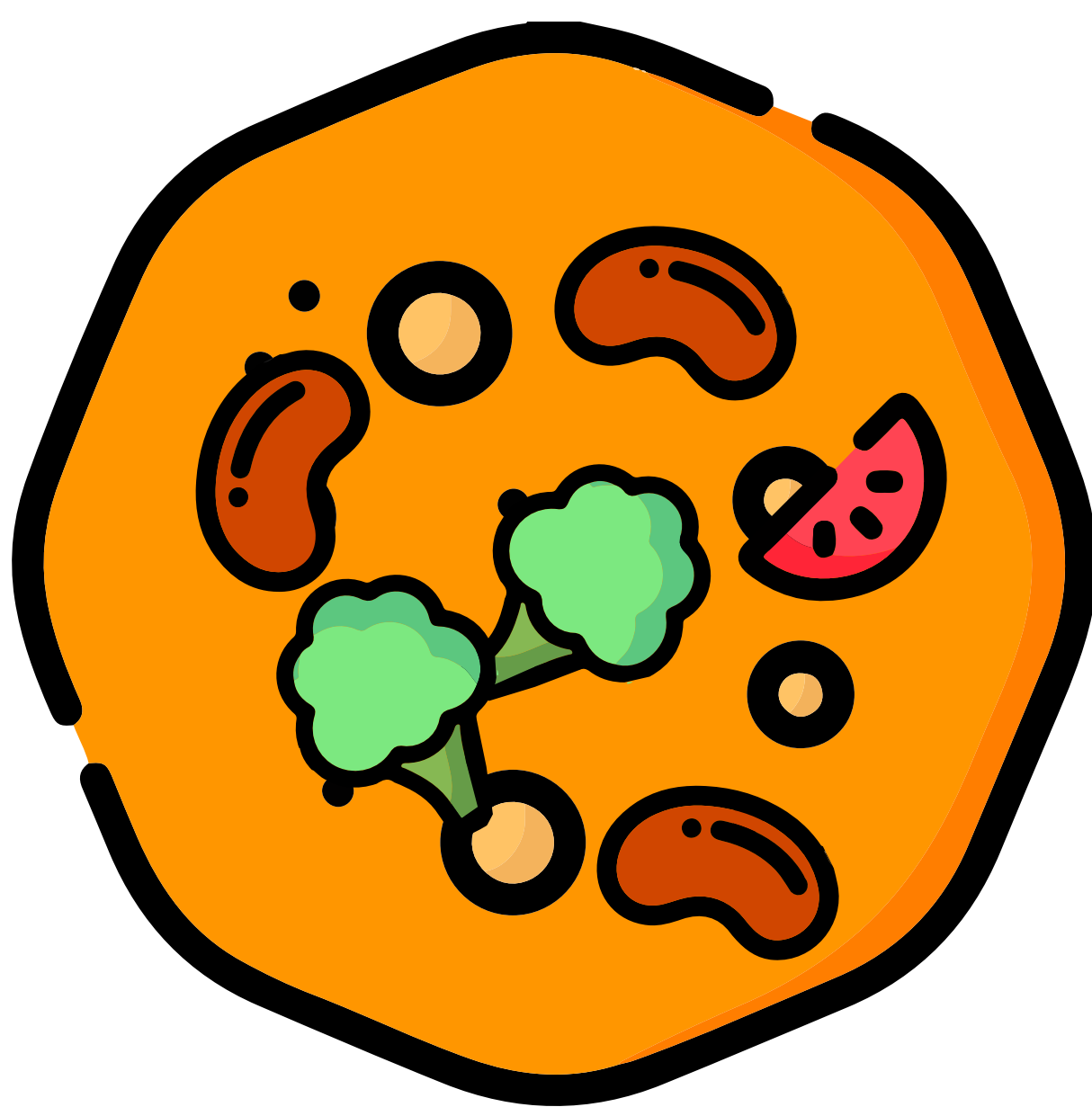


### Step 4

Stir in spinach and cook for 5 minutes more. Remove from heat and let it cool for 10 minutes.

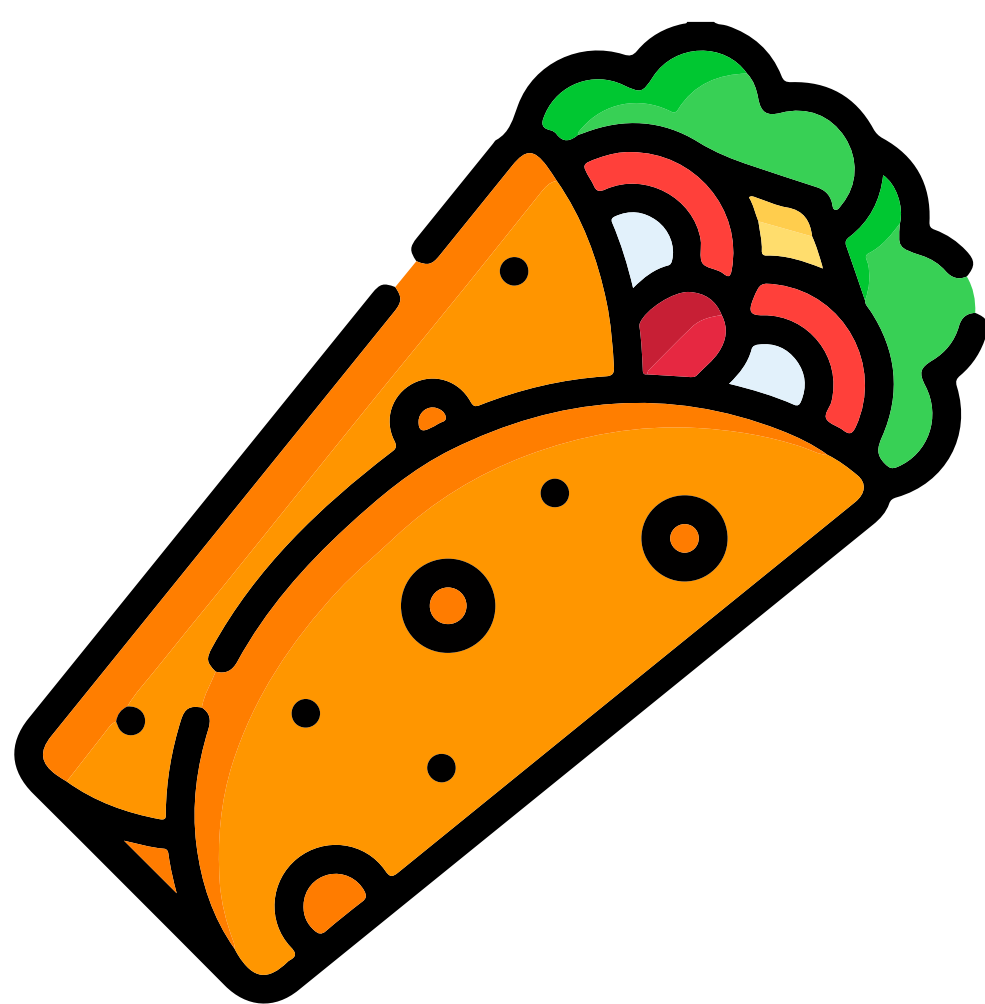
## Step 5

Spoon the mixture into the middle of a warm chapati. Top it up with shredded lettuce and hung curd. Wrap and serve.



# NUTRITIVE VALUE PER SERVING

Energy (kcal)	228
Carbohydrates (g)	33
Proteins (g)	7
Fats (g)	7.5




# VEGETABLE BARLEY KHICHDI

Serves - 1-2 people

Ingredients	Amount
Pearl Barley (Soaked for 4-5 hrs)	½ cup
Toor dal	½ cup
Onion	½ cup
Tomato	½ cup
Capsicum	¼ cup

**NOTE:**

1 cup = 200 ml    1 tsp = 5 ml    1 tbsp = 15 ml



Ingredients	Amount
French beans	¼ cup
Cumin Seeds	½ tsp
Turmeric powder (Haldi)	¼ tsp
Asafoetida (Hing)	¼ tsp
Ghee	1 tsp
Salt	To taste

**NOTE:**

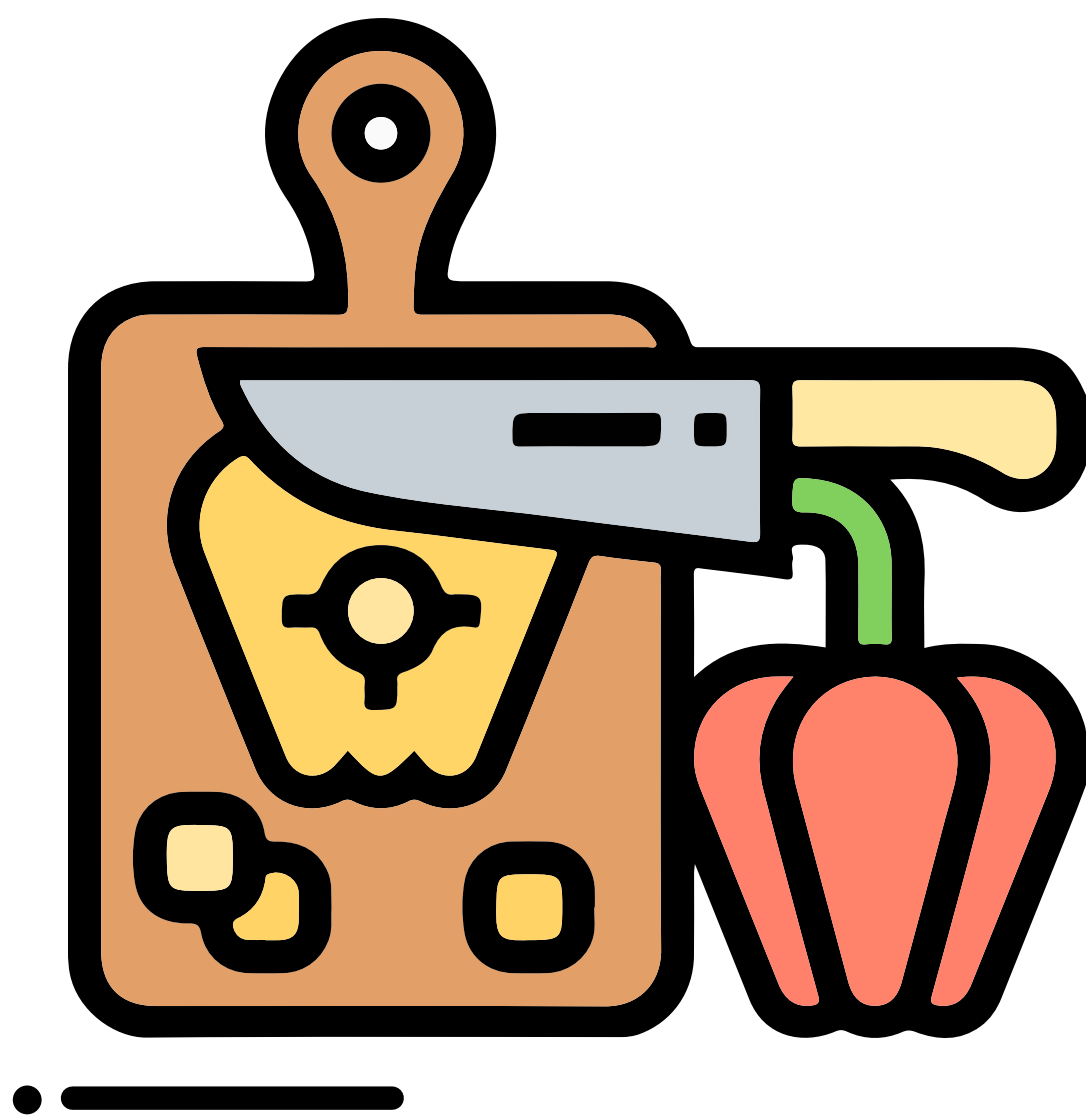
1 cup = 200 ml    1 tbsp = 15 ml    1 tsp = 5 ml



## METHOD

### Step 1

Chop all the vegetables finely



### Step 2

Add ghee to the pressure cooker and add the cumin seeds, turmeric, and asafoetida and mix well.

Step 3

Add the chopped vegetables and sauté well

Step 4

Add the soaked barley along with 2 cups of water. Add salt as per taste. Mix well.






Step 5

Pressure cook for  
4 whistles

Step 6

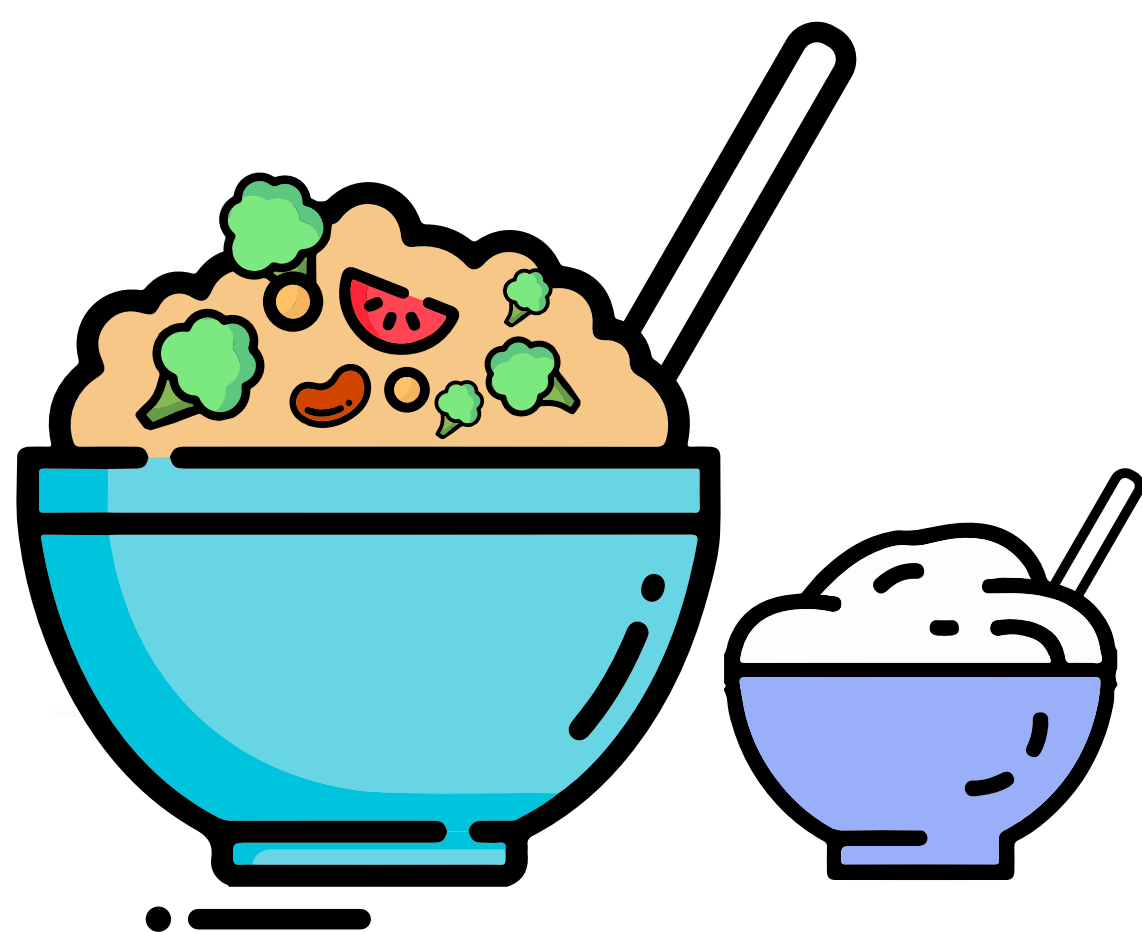
Allow the steam to  
escape before opening  
the lid. Serve hot with a  
bowl of curd.





# NUTRITIVE VALUE PER SERVING

Energy (kcal)	201
Carbohydrates (g)	30
Proteins (g)	7
Fats (g)	5.7



“ For more information,  
contact your doctor or your  
**MyCARE Diabetes Educator.**”



The guide/presentation/content/literature is for general information, guidance and educational purposes only and is not complete or exhaustive. The guide /presentation/content/literature is not intended or implied to replace or substitute any current practice and or advice/guidance/diet provided by healthcare professionals. This guide/presentation/content/literature does not constitute any treatment/therapy/medication/diet/opinions for any patients who are on diabetes medication, the patients are required to prior consult their healthcare professional before acting on any change on treatment/therapy/ medication/diet and/or opinions. USV Private Limited makes no representations as to accuracy, completeness, correctness, suitability or validity of any information contained in this guide/presentation/content/ literature and will not be liable for any losses, injuries or damages arising from its use.

