

Dr. Aastha Gupta

Consultant Physician (Diabetes & Endocrinology)
MBBS, MD (Medicine),
Certification in Diabetes
(BMJ-Royal College of Physician, London)
DMC Reg.: 5010

TIRATH RAM SHAH CHARITABLE HOSPITAL
2, R.B.L., Isher Das Sawhney Marg,
Rajpur Road, New Delhi-110054
For Apptt.: (011) 23956336, 23972425
Timing: **Mon - Fri : 11am - 4pm**

SANT PARMANAND HOSPITAL
18, Shamnath Marg, Civil Lines,
New Delhi-110054
For Apptt.: (011) 23994401-10
Timing: **Thur - Fri : 4pm - 6pm**

DIABETIC DIET CHART FOR 2000 Kcal

6 AM	1 Cup Tea/Coffee + 2 Sugar free biscuit
8 AM (Breakfast)	1 Katori Salad/ Cooked Vegetables + 2 Small Roti/ 3 Tbsp Cornflakes/ Daliya/ 3 Whole wheat Bread/ 4 Small Idli
10 AM	1 Cup double toned milk without sugar/ 2 Egg White (Boiled)/ 4 piece of Paneer (Ice cube Size)
2 PM (Lunch)	1 Big Katori Salad + 4 Roti (or 2 Katori Boiled Rice) + 1 Katori Vegetable + (1 ½ Katori Dal with 1 Small Katori Curd) or (2 piece of chicken/fish)
4 PM	1 Cup Tea/Coffee + 1 fistful Channa or Sprouted Dal
5 PM	1 Fruit (Apple/ Orange/ Guava/ Pear)/ 1-2 wedges of Pineapple/ Papaya
7 PM (Dinner)	1 Big Katori Salad + 4 Roti (or 2 Katori Boiled Rice) + 1 Katori Vegetable + (1 ½ Katori Dal/ Paneer/ Besan Kadi) or (1 piece of chicken/fish)
10 PM	1 glass double toned milk

- 1 Cup Tea/Coffee = 50 ml of double toned milk without sugar.
- 1 Roti = 20 gm of flour (preferably mix Channa flour and non sieved wheat flour).
- Oil consumption = 15 ml/day.

Residence - Clinic: 2/7, Roop Nagar, Kamla Nagar, Delhi-7
Mon to Sat. By Appointment only

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Former Consultant, Diabetes & Endocrinology, Max Group of Hospitals, Saket
Former Asst. Prof. Hindu Rao Medical College & Hospital
Former Doctor, Endocrinology, Safdurjung Hospital & Vardaman Mahavir Medical College