

'Diet' betic

Balanced diet and nutrition have an important role in wellness. Very often modern lifestyle diseases like diabetes are linked to the wrong kind of food, faulty diet and irregular eating habits. Twenty-three-year-old Kajal has just completed her post graduation in Sports Science and Nutrition from SNT University, Matunga. "I stood second in my college," she states with pride. Kajal is also very fond of writing poetry based on relationships. Talking about her future plans she states, "I am working on a thesis titled Assessment of Physical Fitness and I am concentrating on the age group 25-40 years." Kajal shares with our readers some innovative recipes which can be safely consumed even by those suffering from diabetes. By her own admission, a diabetic diet is no longer boring. Kajal has devised imaginative ways to enliven her menu which food connoisseurs would certainly relish. Sample her delicacies which are easy to prepare and can suit every kind of meal, every taste and every occasion.



WHEATFLAKES BHEL

Ingredients:

Wheat flakes	30gms.
Tomato	1 small size. (50gms)
Onion	1 small size. (50gms)
Capsicum	1 small size. (50gms)
Garlic pods	2-3 in nos.
Other ingredients	
1 teaspoon ginger juice	
Salt (to be restricted in case of high BP)	
Lemon (according to taste)	

Calories per serving:

Energy 188(kcals) Carbohydrates 39(gms)
Proteins 7.65 (gms) Fat 0.4 (gms)

Method:

- ◆ Chop capsicum, onion and tomato into very fine cubes.
- ◆ Crush the garlic pods and mix it with the cut vegetables.
- ◆ Add 1 teaspoon ginger juice, salt and lime juice as per taste to the above ingredients.
- ◆ Mix well and finally add the wheat flakes to it.
- ◆ Decorate with finely chopped coriander leaves.

Note: Wheat flakes and other vegetables are good source of fibre & also are low in glycemic index