



**HOME BASED SNACK RECIPES FOR**  
**GESTATIONAL**  
**DIABETES MELLITUS**



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## Important Instructions

1. Wash your hands with soap before cooking.
2. Cook your food on a medium flame.
3. While cooking, cover the utensils with their lids.
4. Wash the vegetables before cutting them, not after that.
5. While preparing rice & pulses, ensure that you soak them in water for around 15 minutes. Use the same water for cooking them.
6. Use vegetable oils. Avoid Vanaspati as it is harmful.

# Rationale

Gestational Diabetes Mellitus (GDM) is defined as Impaired Glucose Tolerance (IGT) with onset or first recognition during pregnancy. Undiagnosed or inadequately treated GDM can lead to significant maternal & fetal complications. To address the urgent need to prevent and minimize maternal and fetal morbidity associated with GDM, Ministry of Health and Family Welfare released a national guideline for provision of universal screening and management of GDM. All Pregnant women who test positive for GDM for the first time should walk/exercise for 30 mins a day and eat carbohydrate controlled balanced meal plan which promotes optimal nutrition for maternal and fetal health. Individualisation in meal plan is important when determining energy requirement and adjustments should be made based on weight change patterns.

Energy requirement during pregnancy includes the normal requirement of adult and an additional requirement for fetal growth plus the increase in the body weight of pregnant woman. Energy requirement does not increase in the first trimester unless a woman is underweight. Energy requirement increases during second and third trimester. Energy intake should be adequate enough to provide appropriate weight gain during pregnancy. For an average weight gain of 10-12 Kg, an addition of 350 kcal/ day above the adult requirement is recommended during second and third trimester.

Carbohydrate foods are essential for a healthy diet of mother and baby. Once digested, carbohydrate foods are broken down to glucose

which goes into blood stream. The type, amount and frequency of carbohydrate intake has a major influence on blood sugar readings. Spreading carbohydrate foods over the day will help to prevent fluctuations in the blood sugar level. It is better to spread carbohydrate foods over 3 small meals and 2-3 snacks each day. Counting the number of carbohydrate serves that a mother eats during the day will help her to eat the right amount of carbohydrate. As a guide, aim should be for 2-3 carbohydrate serves at each major meal and 1-2 carbohydrate serves at each snack. One serve is approximately 15 grams of carbohydrate.

The recommended dietary allowances (RDA) for sedentary women is 1900 kcal and 55g of protein. The additional requirements of energy during pregnancy is 350 kcal of energy and 23 g of protein making their RDA; 2250 Kcal of energy and 78 g of protein. In this case 3 small meals (2-3 carbohydrate serve, i.e. 30-45 gm carbohydrate each meal) and 2-3 snacks (1-2 carbohydrate serve, i.e. 15-30 gm carbohydrate each snack) are recommended in a day.

Each snack provides nearly 300 kcal, >5 gm protein and 1-2 carbohydrate serve (15-30 gm carbohydrate).



***The recipes for Gestational Diabetes Mellitus in this booklet have been conceptualized, standardized and prepared by the National Centre of Excellence & Advanced Research on Diets, Department of Food & Nutrition, Lady Irwin College.***

**Table 1.**

**RECOMMENDED DIETARY ALLOWANCES OF SEDENTARY AND PREGNANT WOMEN**

NUTRIENT	RECOMMENDED DIETARY ALLOWANCE OF SEDENTARY WOMAN	ADDITIONAL REQUIREMENTS DURING PREGNANCY	RECOMMENDED DIETARY ALLOWANCE OF PREGNANT WOMEN
ENERGY (kcal)	1900	350	2250
PROTEIN (g)	55	23	78
IRON (mg)	21	14	35
VISIBLE FAT (g)	20	10	30
VITAMIN C (mg)	40	20	60
VITAMIN A (mcg)	600	200	800
CALCIUM (mg)	600	600	1200





**FRESHLY PREPARED RECIPES**



## Sattu kebab

Cost (Rs): 8/-



### Nutrient

Energy (Kcal)	292
Protein (g)	11.2
Carbohydrate (g)	28
Fat (g)	14.2
Beta carotene (mcg)	68
Total Fibre (g)	8
Sodium (mg)	12.5
Vitamin C (mg)	10
Iron (mg)	3
Calcium (mg)	35





**Serving size:** 4 Kebab

### Ingredients

- ✔ *Sattu* (Roasted Bengal gram whole): 40g
- ✔ Potato: 20g
- ✔ Onion: 50g
- ✔ Peanuts: 5g
- ✔ Oil: 10g

### Spices and condiments

- ✔ Garlic: 5g
- ✔ Green chilli: 1.5g
- ✔ *Kalonji*: 1/4 tsp
- ✔ *Saunf*: 1/4 tsp
- ✔ Salt: 1/2 tsp



**Preparation time:** 20-25 minutes

### Method of preparation

- ✔ In a bowl add *sattu*, chopped onion, boiled potato, coarsely ground peanuts, chopped green chilli, garlic (grated), *saunf*, *kalonji* and salt.
- ✔ Mix them well.
- ✔ Make kebab shapes.
- ✔ In a flat heavy based pan add little oil and roast the kebabs for 5 minutes.





# Karela Thepla

Cost (Rs): 4/-



## Nutrient

Energy (Kcal)	281
Protein (g)	6.8
Carbohydrate (g)	30
Fat (g)	14
Beta carotene (mcg)	55
Fibre (g)	7
Sodium (mg)	6.7
Vitamin C (mg)	12
Iron (mg)	3.1
Calcium (mg)	21



**Serving size:** 2 Thepla

### Ingredients

- ✔ Bajra flour: 25g
- ✔ Whole wheat flour: 15g
- ✔ Besan: 10g
- ✔ *Karela* (Bitter gourd): 25g
- ✔ Oil: 12g

### Spices and condiments

- ✔ Garlic: 5g
- ✔ Turmeric powder: 1/2 tsp
- ✔ Chilli powder: 1/2 tsp
- ✔ Coriander powder: 1/2 tsp
- ✔ Whole coriander: 1/4 tsp
- ✔ Dry *methi* leaves: 2g
- ✔ Salt: 1/2 tsp



**Preparation time:** 15-20 minutes



### Method of preparation

- ✔ Wash bitter gourd, remove the seeds, grind bitter gourd and mix with all the ingredients in a deep bowl and knead into a semi-stiff dough using enough water and knead well.
- ✔ Divide the dough into small portions and roll each portion using a little whole wheat flour for rolling.
- ✔ Heat a non-stick *tava* (griddle) and cook them using oil, till golden brown spots appear on both sides.
- ✔ Serve immediately.



## Lauki ki burfi

Cost (Rs): 18/-



### Nutrient

Energy (Kcal)	328
Protein (g)	7.9
Carbohydrate (g)	21
Fat (g)	23.7
Beta carotene (mcg)	320
Fibre (g)	8.8
Sodium (mg)	19.4
Vitamin C (mg)	4
Iron (mg)	2.3
Calcium (mg)	80



**Serving size: 6 Pieces**

### Ingredients

- ✔ Lauki (Bottle gourd): 30g
- ✔ Coconut powder: 25g
- ✔ Milk: 40ml
- ✔ Bengal gram flour: 20g
- ✔ Dates: 10g
- ✔ Oil: 5g

### Spices and condiments

- ✔ Cardamom: 2.5g



**Preparation time: 20-25 minutes**

### Method of preparation

- ✔ Put a deep-bottomed and heavy based pan on medium flame and add water in it. Bring the water to a boil and then add grated bottle guard. Stir to mix well and let it simmer for about 10-15 minutes.
- ✔ Roast Bengal gram flour in another pan to light brown colour.
- ✔ Add coconut powder, milk, chopped dates and steamed bottle gourd in the pan and stir, cook well till the milk is absorbed by the bottle gourd and thickens in consistency.
- ✔ Add cardamom powder. Stir to mix once again.
- ✔ Take a large plate and grease with oil. Once the milk is absorbed completely, turn off the burner and transfer the prepared material into the plate.
- ✔ Keep it aside to cool at room temperature.
- ✔ Cool the mixture till set or refrigerate for one hour. Cut into desired shapes and sizes.
- ✔ Serve immediately.





# Roasted Channa Murmura Chaat

Cost (Rs): 10/-



Energy (Kcal)	281
Protein (g)	9.3
Carbohydrate (g)	32
Fat (g)	11.9
Beta carotene (mcg)	83
Fibre (g)	10.3
Sodium (mg)	11.0
Vitamin C (mg)	13
Iron (mg)	3.4
Calcium (mg)	60



**Serving size:** 1 big bowl



**Preparation time:** 5-10 minutes



### Ingredients

- ✔ Roasted *channa*: 30g
- ✔ Puffed rice: 20g
- ✔ Onion: 25g
- ✔ Green peas: 25g
- ✔ Mustard oil: 10g

### Spices and condiments

- ✔ Green chilli: ¼
- ✔ Salt: ¼

### Method of preparation

- ✔ Combine roasted *channa*, puffed rice, chopped onion, raw green peas, green chilli
- ✔ Add mustard oil and salt
- ✔ Serve



## Bajra ke Ladoo

Cost (Rs): 11/-



### Nutrient

Energy (Kcal)	307
Protein (g)	5.8
Carbohydrate (g)	31
Fat (g)	17
Beta carotene (mcg)	304
Fibre (g)	6.1
Sodium (mg)	3.9
Vitamin C (mg)	2
Iron (mg)	2.8
Calcium (mg)	24





**Serving size: 4**

### Ingredients

- ✔ Bajra atta: 30g
- ✔ Besan: 10g
- ✔ Oil: 15g
- ✔ Seedless dates: 10g
- ✔ Water: 75 ml

### Spices and condiments

- ✔ Cardamom: 2.5g



**Preparation time: 15-20 minutes**



### Method of preparation

- ✔ Heat oil in a non-stick pan. Add dates and sauté for 30 seconds. Add bajra atta, mix and cook on low heat for 2 minutes.
- ✔ Add cardamom powder.
- ✔ Add water, mix the above mixture.
- ✔ Cook the mixture for 10 minutes.
- ✔ Roll the above mixture in small balls.
- ✔ Serve.





