

# **Good Food For Diabetes By Tarla Dalal**

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Dec 14, 2014 Methi and Moong Sprouts Wrap, use of fibre-rich ingredients like methi, moong and whole wheat flour make this an ideal food for diabetics. Recipe Link

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Garlicky Corn Tomato and Cheese Toast by Tarla Dalal. Spicy Paneer on Toast (Diabetic Snack) by Tarla Dalal

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Sprouting increases the nutrient content manifold thereby topping the list of nutritious foods. Low Calorie and Diabetic) by Tarla This paratha is a good way

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Nov 19, 2013 Nutritious Bhel, Puffed rice is mixed with fibre-rich sprouts and fruits that prevent blood glucose levels from fluctuating. Recipe link :

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Nov 22, 2013 Oats and Poha Chivda, fibre rich oats, poha and khakhra mixed together to improve nutrient quotient of the chivda! Recipe link :

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