



Diabetes friendly Indian food chart

Carbohydrate and fibre per serving. By The DietGhar Team.

General education, not medical advice. People respond differently to the same food, and medicines change the picture. Your doctor or diabetes nutritionist sets your targets.

Foods grouped by carbohydrate in one household serving, with fibre, protein and calories alongside. Mithai and sweetened drinks are left out because their carbohydrate is mostly added sugar.

Lower carbohydrate load (under 10 g of carbohydrate per serving)

Food	Serving	Carbs g	Fibre g	Protein g	kcal
Ghee	1 teaspoon, about 5 g	0	0	0	45
Roasted chicken breast	1 small piece, about 100 g	0	0	31	165
Paneer	50 g, about 4 to 5 cubes	0.6	0	9.2	133
Boiled egg	1 egg, about 50 g	0.6	0	6.3	78
Tandoori chicken	2 pieces, about 150 g	0.6	0	33.8	284
Egg omelette	2 egg omelette, about 110 g	1.7	0.2	12.7	200
Walnuts	4 halves, about 14 g	1.9	0.9	2.1	92
Almonds	10 almonds, about 12 g	2.6	1.5	2.5	69
Peanut butter	1 tablespoon, about 16 g	3.6	0.8	3.6	96
Egg bhurji	2 eggs, about 130 g	3.8	0.7	13	218
Paneer bhurji	1 katori, about 120 g	4.1	0.7	13.3	262
Mutton curry	1 katori, about 150 g	4.2	0.8	15.8	246
Vegetable raita	1 katori, about 100 g	4.5	0.2	2.9	52
Cashews	10 cashews, about 15 g	4.5	0.5	2.7	83
Kachumber salad	1 bowl, about 100 g	4.6	1.1	0.8	20
Curd (dahi)	1 katori, about 100 g	4.7	0	3.5	61
Butter chicken	1 katori, about 180 g	4.8	1.1	23.6	320
Peanuts	1 handful, about 30 g	4.8	2.6	7.7	170
Paneer butter masala	1 katori, about 150 g	5	0.9	11.2	287
Moong sprouts	1 katori raw, about 100 g	5.9	1.8	3	30
Lauki sabzi	1 katori, about 150 g	6	1	1.1	69
Palak paneer	1 katori, about 150 g	6.4	1.4	8.1	152
Bhindi sabzi	1 katori, about 100 g	8.6	3.4	2.1	100
Punjabi kadhi	1 katori, about 150 g	9	1.1	4.7	126
Coconut water	1 glass, about 250 ml	9.3	2.8	1.8	48
Chaa (buttermilk)	1 glass, 200 ml, about 205 g	9.8	0	6.8	82
Chicken curry	1 katori, about 150 g	9.8	2.1	9.7	161
Matar paneer	1 katori, about 150 g	9.9	3.1	11.9	251
Full cream milk	1 glass, 200 ml, about 206 g	9.9	0	6.5	126

Moderate carbohydrate load (10 to 25 g of carbohydrate per serving)

Food	Serving	Carbs g	Fibre g	Protein g	kcal
Fish curry	1 katori, about 150 g	10	2.1	7.4	140
Soya chunks	30 g dry, about 1 small katori cooked	10.2	5.3	15.4	98
Baingan bharta	1 katori, about 150 g	11.7	5.1	1.9	121
Pakora	5 pieces, about 80 g	13	2.6	3.9	100



Food	Serving	Carbs g	Fibre g	Protein g	kcal
Mixed vegetable sabzi	1 katori, about 150 g	13.2	2.7	2.4	129
Guava	1 medium, about 100 g	14.3	5.4	2.6	68
Watermelon	1 bowl, about 200 g	15.1	0.8	1.2	60
Orange	1 medium, about 130 g	15.3	3.1	1.2	61
Aloo gobi	1 katori, about 150 g	15.9	3.2	3.1	135
Moong dal	1 katori, about 150 g	16.2	4.3	6.1	125
Papaya	1 katori cubes, about 150 g	16.2	2.6	0.7	65
Dal makhani	1 katori, about 150 g	16.7	4.9	7	179
Toor dal tadka	1 katori, about 150 g	17.2	4.1	5.7	128
Masoor dal	1 katori, about 150 g	17.3	3.1	6.2	132
Sambar	1 katori, about 150 g	17.7	6	6.5	129
Roasted makhana	1 small bowl, about 30 g	18.1	n/r	4.3	111
Grapes	1 katori, about 100 g	18.1	0.9	0.7	69
Roti (chapati)	1 roti, about 40 g	18.5	3.9	3.1	120
Pomegranate	1 katori seeds, about 100 g	18.7	4	1.7	83
Roasted chana	1 handful, about 30 g	18.9	3.7	6.1	113
Chana dal	1 katori, about 150 g	19.3	3.8	6	158
Bhel puri	1 plate, about 120 g	19.4	1.9	3.9	171
Puri	2 puri, about 50 g	19.6	1.8	3.4	205
Samosa	1 samosa, about 60 g	19.9	1.1	3.1	186
Rajma masala	1 katori, about 150 g	20	4.9	6.7	160
Aloo matar	1 katori, about 150 g	20.1	4.7	4.3	159
Aloo sabzi	1 katori, about 120 g	20.5	2.5	2.4	152
Methi thepla	1 thepla, about 45 g	20.6	3.3	4.7	149
Apple	1 medium, about 150 g	20.7	3.6	0.4	78
Chole masala	1 katori, about 150 g	21.7	4.3	6.6	179
Pani puri	6 puri with pani, about 120 g	22.5	2.2	4.4	185
Banana	1 medium, peeled, about 100 g	22.8	2.6	1.1	89
Boiled sweet potato	1 medium, peeled, about 130 g	23	3.3	1.8	99
Onion uttapam	1 uttapam, about 120 g	23.4	2.3	3.8	156
Mango	1 cup sliced, about 165 g	24.7	2.6	1.4	99
Idli	2 idli, about 100 g	25	5.8	6.4	128

Higher carbohydrate load (more than 25 g of carbohydrate per serving)

Food	Serving	Carbs g	Fibre g	Protein g	kcal
Kachori	1 kachori, about 60 g	26.4	2.1	4.8	227
Plain paratha	1 paratha, about 60 g	27.2	5.8	3.8	196
Upma	1 bowl, about 200 g	27.6	2.6	4	174
Jowar roti	1 roti, about 40 g	29.1	2.5	3.2	136
Khaman dhokla	4 pieces, about 120 g	29.1	4.3	9.6	231
Bajra roti	1 roti, about 45 g	30	1.4	4.3	171
Oats porridge	1 bowl, about 250 g	30.9	3.5	9.3	224
Besan chilla	2 chilla, about 140 g	31.4	5.9	11.5	275
Medu vada	2 vada, about 100 g	33.3	5.8	12.8	266



Food	Serving	Carbs g	Fibre g	Protein g	kcal
Jeera rice	1 katori, about 150 g	33.6	0.5	3	216
Chicken biryani	1 plate, about 250 g	33.9	2.8	17.9	260
Aloo paratha	1 paratha, about 100 g	36.6	5.2	6.1	240
Plain dosa	1 dosa, about 100 g	37	1.8	5.7	210
Poha	1 plate, about 150 g	37.8	1.9	5.4	264
Brown rice	1 katori cooked, about 150 g	38.4	2.4	4.1	185
Bhatura	1 bhatura, about 80 g	38.5	1.4	5.4	311
Moong dal khichdi	1 bowl, about 250 g	39.6	4.5	8.1	241
Veg momos	5 pieces, about 125 g	39.8	3	5.5	223
Steamed rice	1 katori cooked, about 150 g	42.3	0.6	4	195
Vegetable pulao	1 katori, about 180 g	43.4	2.2	4.5	253
Vegetable biryani	1 plate, about 250 g	44.8	3	4.8	273
Sabudana khichdi	1 plate, about 150 g	44.9	2.5	4.8	313
Vada pav	1 vada pav, about 150 g	45	4	9.2	356
Naan	1 naan, about 90 g	45.2	4.7	10	280
Masala dosa	1 dosa with filling, about 200 g	61.6	4.4	10.9	368
Pav bhaji	1 plate with 2 pav, about 350 g	73.8	7.1	14	516

Source: USDA FoodData Central (SR Legacy 2018 and FNDDS 2021 to 2023); paneer from NIN, *Nutritive Value of Indian Foods*. Dishes without a USDA record are calculated from USDA ingredient values for a standard home recipe. Servings are household measures chosen by DietGhar. Checked 13 October 2026. n/r means not reported. Per 100 g values and the source record for every food: www.dietghar.com/foods