

CARB COUNTER

For People Living with Diabetes

කාබේහයිල්ලේට් ගණනය

දියවැඩියාව සමඟ ප්‍රවත්තන ඔබට

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Edited by: Maulee Arambewela | Chandrika Subasinghe | Sonali Gunatilake

Carb Counter

Counting carbs for people with diabetes

Edited by

Maulee Arambewela

Chandrika Subasinghe

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The information contained in this book is not a substitute for professional medical guidance. Please consult your clinical practitioner before you consider making any alterations to medications. The Sri Lanka College of Endocrinologists will not be liable for any personal injury or other consequences, damages or losses arising from the use of information contained within this book

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This book belongs to :

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Preface

Diabetes is a life long chronic debilitating disease requiring many dietary changes. Carbohydrate is the main nutrient in food affecting blood glucose. Therefore carbohydrate counting is an important part of managing the disease especially for people living with type 1 diabetes.

Sri Lanka College of Endocrinologists, together with Sri Lanka Diabetes Federation has launched the project StEP-D (Structured Education Program in Diabetes) to support and uplift the care given for people with type 1 diabetes in Sri Lanka and this book is one of it's initiatives.

This book will serve as a tool for those living with diabetes to count the carbohydrate in food to achieve better glycemic control. Using the images shown here as a visual guide, the amount of carbohydrate of the food planned to be consumed can be calculated. Furthermore knowing the amount of calories in the food will also help those who are trying to lose weight. We have tried our best to provide the information in a simplified manner to the reader. This book has also been translated to Sinhala and Tamil languages.

We hope that the information provided here will help those living with diabetes to make healthier food choices and take control of their diabetes for a healthier tomorrow.

StEP-D Team

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All who contributed in numerous ways to make this book a possibility.

Introduction

If you are someone living with diabetes this book is for you.

What is diabetes?

Diabetes is a condition where the glucose level in blood is too high. This means your body is unable to handle glucose properly. Insulin is the primary hormone important in controlling your blood glucose levels. There are two main types of diabetes.

Type 1 diabetes – These people do not have any insulin in the body at all and need insulin injections.

Type 2 diabetes – These people do have some insulin but the body is unable to handle it properly (insulin resistance).

Diabetes can also occur due to pregnancy, various drugs, diseases of the pancreas and other hormones.

Controlling your diet is cornerstone in managing your blood glucose as well as weight to prevent complications of diabetes and heart disease.

What are the main types of nutrients in food?

The main energy containing nutrients in our food are carbohydrate (carbs), protein and fat.

Nutrient	Examples
Carbohydrate	<p>There are 5 main types of food groups containing carbohydrates</p> <ol style="list-style-type: none">1. Grains (rice and foods made with flour)2. Starchy vegetables (potatoes, sweet potatoes, jackfruit, breadfruit etc)3. Foods with sugar (sugar, honey, jaggery, sweets)4. Fruits5. Milk
Protein	<p>Fish, meat, eggs, cheese, pulses such as dhal, green gram (Note that pulses contain moderate amounts of carbs as well)</p>
Fat	<p>Butter, margarine / fat spreads, oil, nuts, oily fish and coconut</p>

Carbohydrate is the main nutrient in our food which is responsible for the rise in blood glucose. Therefore, being aware of the amount of carbohydrates in your meal becomes important for you to control your blood glucose levels.

Protein and fat do not directly affect your blood glucose. However, eating too much of protein and fat can cause increase in total calories leading to an increase in body weight.

Most green vegetables and green leaves do not have significant amounts of carbs. They provide many important micronutrients, vitamins and fibre.

What are the foods that do not have carbohydrates?

- Fish, Meat, Eggs*
- Cheese*
- Butter, margarine / fat spreads oil*
- Green vegetables (green beans, cabbage, ladies fingers 'bandakka', snake gourd 'pathola', ridged gourd 'watakolu', bitter gourd 'karawila', drumsticks 'murunga', all types of 'batu', cucumber, broccoli etc)
- Green leaves (mukunuwenna, kankun, gotukola, kathurumurunga, saarana, manioc leaves, passion fruit leaves etc)
- Unsweetened beverages (water, tea, coffee)
- Salt, pepper & spices

**These foods have high amounts of calories and if consumed in excess will lead to weight gain.*

What is carbohydrate (carb) counting ?

Carb counting means estimating the amount of carbs in your food and drinks. For people with type 1 diabetes, carb counting helps them to adjust insulin according to the carb intake. For people with type 2 diabetes, this will help manage carb intake and help in controlling blood glucose levels as well as weight.

Carbs can be counted in many ways. This book intends to help estimate the amount of carbs in your food.

How to count carbohydrates in grams?

If you are someone with type 1 diabetes on multiple daily injections or insulin pump, you will need to count the carbohydrates in your meal to inject a specific amount of insulin to cover your meal.

This book shows the carbohydrate content in food items in grams. Using this as a visual guide, estimate the amount of carbohydrates in the food you are going to eat.

Eg - You are going to eat the following food items for your lunch. Calculate the total amount of carbohydrates in your meal using this book as a guide.

Food	1 cup white rice	3 table spoons of dhal	1 piece of chicken	3 table spoons of green beans	3 table spoons of green leaves	Kohila salad
Carbs (g)	30	15	0	0	0	0

Total carbs in your meal = 30g + 15g

= 45g

After calculating the carbs in your meal in grams you will then need to decide how much insulin to inject.

This will depend on your insulin to carb ratio. Insulin to carb ratio will vary from person to person and can also vary on different times of day. Discuss with your doctor to find out what insulin to carb ratio suits you.

How to count carbohydrates using exchanges ?

If you are on the same amount of insulin (This means that you do not change the dose of insulin depending on what you eat) you will need to eat a fixed amount of carbohydrates on a daily basis. This can be done by counting carbohydrates in grams or exchanges.

A carb exchange is the amount of food containing approximately 15g of carbs. A carb exchange list provides information on the serving size of food that is equal to 1 exchange. Please see Page 60 for carb exchange list.

Different carbohydrate foods can be exchanged for one another so that you can consume a similar amount of carbs in your meal on a daily basis. This will minimize blood glucose fluctuations.

Eg - You are eating the following for your dinner,

Food item	1 cup of rice	3 table spoons of beans	3 table spoons of green leaves	2 pieces of fish	Total carbs in meal
Carbs (g)	30	0	0	0	30
Exchanges	2	0	0	0	2

You will need to plan to have a total of 2 exchanges (30 g of carbs) for your dinner in other days as well. Some options are given below.

Option 1

Food item	2 slices of bread	1 bowl of non starchy vegetable soup	3 tablespoons of salad	1 egg	Total carbs in meal
Carbs(g)	30	0	0	0	30
Exchanges	2	0	0	0	2

Option 2

Food item	1 Roti (small)	Onion sambol	2 pieces of fish	3 table spoons of Vegetable Salad	Total carbs in meal
Carbs(g)	30	0	0	0	30
Exchanges	2	0	0	0	2

How to read and understand food labels?

Reading food labels is important to find out the amount of carbs in the food you eat.

Eg - This is the food label of a packet of cream crackers. Let's assume you are going to eat 3 cream crackers.

Nutrition Information		
Servings per package : 7		
Serving size	: 27g / 3 Biscuits	
Energy	502 kJ 120 kcal	Average Quantity per 100g 1852 kJ 443 kcal
Protein	2.9 g	10.8 g
Fat - Total	3.5 g	13.0 g
- saturated	1.5 g	5.7 g
Carbohydrate - Total	19.1 g	70.8 g
- sugars	Less than 0.14 g	Less than 0.5 g
Dietary fiber	1.2 g	4.5 g
Sodium	194 mg	720 mg

To calculate the amount of carbs, look for the **total carbohydrate** amount. This is given as carbs per serving (serving is equivalent to 3 biscuits in this packet) or amount of carbs per 100g. You can use whichever is easier.

In this example the amount of carbohydrates in 3 cream crackers is **19.1g**.

How to use this book?

The images in this book will help you to calculate the amount of carbohydrates in your food.

1. Look at the food in your plate.
2. Decide if the food you are going to eat has carbohydrates.
3. If so, using the images and the carbohydrate values in the book, calculate the amount of carbohydrates in your meal.
4. Be aware of the calorie values in your food, as this will contribute to your weight.

Special notes :

- *Weight of each food item is mentioned below it's image.*
- *This weight is the edible part of the food.*
- *The carbohydrate and calorie values of cooked food items can vary depending on how they are cooked. Please note that these are approximate values.*

All food items in the book are displayed using dinnerware shown below.



Dinner plate (10 ½ " diameter)



Side plate (8 ½" diameter)



Bowl (7 ½" diameter)



Dessert cup (3 ½" diameter)

Measures referred in the book are as follows,



Cup – 200ml



Tablespoon – 10ml



Teaspoon – 5 ml



Food Images

ਆਹਾਰ ਰੇਸ਼ੇ ਕਿਤਨੇ ਉਣੇਵਿੰਂ ਪਟਾਂਕਾਂ

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Main Foods

White rice 1 cup (6 tablespoons)
සුද බත් කේප්ප 1 (මේස හඳු 6)
වෙළුණා අරිසිස්සොරු 1 කොපපෙ
(6 මෙශෙක්කරණයි)



100g

=



100g

Carbs | කාබේනයිල් | මාප්පොරුන් - 30g
Cals | කලර් | කලොරි - 123kcal

Red rice 1 cup (6 tablespoons)
රතු බත් කේප්ප 1 (මේස හඳු 6)
සිවපු අරිසිස්සොරු 1 කොපපෙ
(6 මෙශෙක්කරණයි)



106g

=



106g

Carbs | කාබේනයිල් | මාප්පොරුන් - 30g
Cals | කලර් | කලොරි - 129kcal

Main Foods

White rice 2 cups (12 tablespoons)

සුද බත් කේප්ප 2 (මේය නැඳී 12)

බෙල්ලෙ අරිචිස්සොරු 2 කොප්පෙ
(12 මෙශකකරණයි)



200g

=



200g

Carbs | කාබේහයිටි | මාප්පොරුන් - 60g

Cals | කැලරි | කලොරි - 246kcal

Red rice 2 cups (12 tablespoons)

රතු බත් කේප්ප 2 (මේය නැඳී 12)

සිවපු අරිචිස්සොරු 2 කොප්පෙ
(12 මෙශකකරණයි)



212g

=



212g

Carbs | කාබේහයිටි | මාප්පොරුන් - 60g

Cals | කැලරි | කලොරි - 258kcal

Main Foods

Pittu (2½" length)
පිටු (2½" දිග)
පිටු (2½" න්‍යාම)



92g

Carbs | කාබේනයිඩ්‍රේර් | මාප්පොරුන් - 30g
Cals | කැලර් | කොළඹ - 141kcal

Pittu (6" length)
පිටු (6" දිග)
පිටු (6" න්‍යාම)



260g

Carbs | කාබේනයිඩ්‍රේර් | මාප්පොරුන් - 85g
Cals | කැලර් | කොළඹ - 400kcal

Pol roti (3" diameter, 0.5 cm thick)
පොල් රෝටි (3" විෂ්කමිනය, 0.5 cm සිතමත්)
තෙන්කාම රෝටි (3" බිත්තම, 0.5 cm තුළපු)



50g

Carbs | කාබේනයිඩ්‍රේර් | මාප්පොරුන් - 24g
Cals | කැලර් | කොළඹ - 150kcal

Pol roti (7" diameter, 0.2 cm thick)
පොල් රෝටි (7" විෂ්කමිනය, 0.2 cm සිතමත්)
තෙන්කාම රෝටි (7" බිත්තම, 0.2 cm තුළපු)



177g

Carbs | කාබේනයිඩ්‍රේර් | මාප්පොරුන් - 85g
Cals | කැලර් | කොළඹ - 534kcal

Main Foods

Milk rice (3" x 3")
കിർഭൻ (3" x 3")
പാൺശോരു (3" x 3")



150g

Carbs | കാർബോഹൈഡ്രേറി | മാപ്പബോറുൺ - 45g
Cals | കാലറി | കലോറി - 320kcal

Hopper
ഘാൽപ്പ
അപ്പമ്



33g

Carbs | കാർബോഹൈഡ്രേറി | മാപ്പബോറുൺ - 13g
Cals | കാലറി | കലോറി - 81kcal

'Kola kande' 200ml (30g red rice added)
കോല കുടുംബം 200ml (ഒരു സ്വാലിൽ 30g സമം)
ഇല്ലെങ്കിൽ 200ml
(30g ചിവിപ്പു അരിചിംശോരു ചേർത്തതു)



200ml

Carbs | കാർബോഹൈഡ്രേറി | മാപ്പബോറുൺ - 8g
Cals | കാലറി | കലോറി - 60kcal

Main Foods

Parata (6" diameter)
පරාටා (6" විෂ්කම්හය)
පරොට්ටා (6" බිංජම)



100g

Carbs | කාබේනයිඩ්‍රේරී | මාප්පොරුන් - 52g
Cals | කැලරි | කලොරි - 284kcal

Chapati (8" diameter)
චපාති (8" විෂ්කම්හය)
චප්පාත්ති (8" බිංජම)



52g

Carbs | කාබේනයිඩ්‍රේරී | මාප්පොරුන් - 22g
Cals | කැලරි | කලොරි - 105kcal

Thosei (8" diameter)
තොසේ (8" විෂ්කම්හය)
තොසෑ (8" බිංජම)



100g

Carbs | කාබේනයිඩ්‍රේරී | මාප්පොරුන් - 26g
Cals | කැලරි | කලොරි - 161kcal

Idli (3½" diameter)
ඉඩිලි (3½" විෂ්කම්හය)
ඉඩ්ලි (3½" බිංජම)



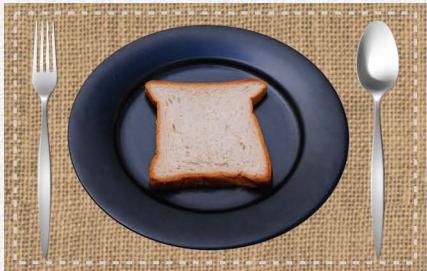
70g

Carbs | කාබේනයිඩ්‍රේරී | මාප්පොරුන් - 17g
Cals | කැලරි | කලොරි - 81kcal

Main Foods

White sandwich bread

සුදු සැහැඩිවිවී පාන්
බෙව්ලෙ සාන්ඩ්විච් පාන්

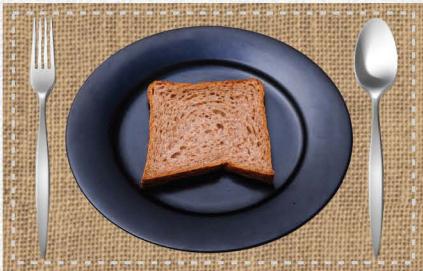


30g

Carbs | කාබේහයිඩ්ට්‍රීර් | මාප්පොරුන් - 15g
Cals | කැලුර් | කලොරි - 70kcal

Brown sandwich bread

දූෂුර සැහැඩිවිවී පාන්
තහිට්ටු සාන්ඩ්විච් පාන්



24g

Carbs | කාබේහයිඩ්ට්‍රීර් | මාප්පොරුන් - 10g
Cals | කැලුර් | කලොරි - 52kcal

Ordinary bread (1" thick)

සාමාන්‍ය පාන් (1" සෙනකම්)
සාතාරණ පාන් (1" තුළුපු)



45g

Carbs | කාබේහයිඩ්ට්‍රීර් | මාප්පොරුන් - 22g
Cals | කැලුර් | කලොරි - 106kcal

Ordinary bread (1/4")

සාමාන්‍ය පාන් (1/4")
සාතාරණ පාන් (1/4")



112g

Carbs | කාබේහයිඩ්ට්‍රීර් | මාප්පොරුන් - 55g
Cals | කැලුර් | කලොරි - 263kcal

Main Foods

Roast bread (6"x 6")
ರೆರೆಣ್ಣಿರೆ ಬ್ರೆನ್ ಇನ್ (6"x 6")
ವಾಟ್‌ಡಿಯ ಪಾಣ್ (6"x 6")



100g

Carbs | ಕಾರ್ಬೋಹಾಡಿಟ್ರೈ | ಮಾಪ್‌ಪೊರ್ಗ್ರಾಂ - 49g
Cals | ಕಾಲರಿ | ಕಲೋರಿ - 235kcal

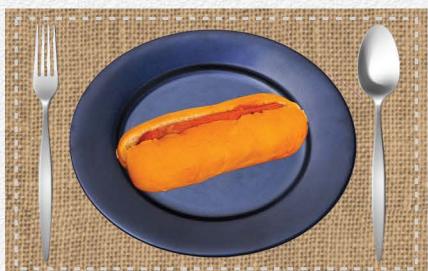
Dinner bun
ಬೀನರೆ ಬ್ರೆನ್
ಇನ್‌ರೆ ಪಣಿಲ್ಸ್



60g

Carbs | ಕಾರ್ಬೋಹಾಡಿಟ್ರೈ | ಮಾಪ್‌ಪೊರ್ಗ್ರಾಂ - 29g
Cals | ಕಾಲರಿ | ಕಲೋರಿ - 158kcal

Hot dog
ಹೊರೆ ವೆಿನ್
ಖ್ರೊಟ್ ಟೋಕ್



74g

Carbs | ಕಾರ್ಬೋಹಾಡಿಟ್ರೈ | ಮಾಪ್‌ಪೊರ್ಗ್ರಾಂ - 33g
Cals | ಕಾಲರಿ | ಕಲೋರಿ - 199kcal

Burger
ಬರ್ಗರೆ
ಪೇಕರ್



122g

Carbs | ಕಾರ್ಬೋಹಾಡಿಟ್ರೈ | ಮಾಪ್‌ಪೊರ್ಗ್ರಾಂ - 23g
Cals | ಕಾಲರಿ | ಕಲೋರಿ - 292kcal

Main Foods

String hoppers (thin) 8

ଓଡ଼ିଆ ଅହେପ (ତୁଳି) ୪

இடியப்பம் (மெல்லியது) 8



100g

Carbs | කාබේහයිඩ් තේරි | මාප්පොරුන් - 33g
Cals | කැලරි | කලොම් - 136kcal

String hoppers (thick) 4

ଓଡ଼ିଆ ଅଧ୍ୟେତ୍ର (କନକମ) 4

இடியப்பம் (கடிக்கது) 4



100g

Carbs | කාබෝහයිඩ්‍රොට් | මාප්පොරුන් - 33g
Cals | කැලැරි | කලොම් - 136kcal

Ulundu wadei (3 ½" diameter)

സ്റ്റീଲ വൈഡി (3½" വിശ്വകമിഡ)

உழந்து வடை (3 ½" விட்டம்)



85g

Carbs | කාබේහයිංචිවි | මාප්පොරුණ් - 23g

Cals | കുറേറി | കലോറി - 144kcal

Main Foods

Noodles 1 cup

නුඩ්ල්ස් කේප්ප 1
න්‍රාඩල්ස් 1 කොප්පෙ



75g

Carbs | කාබේනයිඩ්‍රීර් | මාප්පොරුන් - 16g

Cals | කැලුර් | කලොරි - 67kcal

Spaghetti 1 cup

ස්පැගේට් කේප්ප 1
ස්පැකේට් 1 කොප්පෙ



72g

Carbs | කාබේනයිඩ්‍රීර් | මාප්පොරුන් - 23g

Cals | කැලුර් | කලොරි - 102kcal

Pasta 1 cup

පැස්ටා කේප්ප 1
පාස්තා 1 කොප්පෙ



90g

Carbs | කාබේනයිඩ්‍රීර් | මාප්පොරුන් - 33g

Cals | කැලුර් | කලොරි - 152kcal

Main Foods

Cornflakes (plain without milk) 1 cup
කෝර්න්ෆ෬ක්ස් (කිරි රහිත) කෝල්ප 1
කොන් පිලොක්ස් (පාල තුන්නි) 1 කොප්පෙ



30g

Carbs | කාබේනයිඩ්‍රීර් | මාප්පොරුන් - 25g
Cals | කැලෝරි | කලොරි - 108kcal

Oats 1 cup (without milk)
චිරිස් කෝල්ප 1 (කිරි රහිත)
ඉට්ස් 1 කොප්පෙ (පාල තුන්නි)



190g

Carbs | කාබේනයිඩ්‍රීර් | මාප්පොරුන් - 23g
Cals | කැලෝරි | කලොරි - 87kcal

Corn cob (boiled) 7" length
බඩ ඉරිගු (තම්බනලු) 7" දිග
ශොළාක කාම්පු (අවිත්තතු) 7" න්‍යීලාම



180g

Carbs | කාබේනයිඩ්‍රීර් | මාප්පොරුන් - 21g
Cals | කැලෝරි | කලොරි - 119kcal

Main Foods

Pizza (small) $\frac{1}{4}$

පීසා (කුඩා) $\frac{1}{4}$

පිට්තො (ශිරියතු) $\frac{1}{4}$



60g

Carbs | කාබේහයිඩ්‍රේර් | මාප්පොරුන් - 15g

Cals | කැලර් | කලොරි - 126kcal

Pizza (medium) $\frac{1}{6}$

පීසා (මධ්‍යම) $\frac{1}{6}$

පිට්තො (නුත්තරමාණතු) $\frac{1}{6}$



77g

Carbs | කාබේහයිඩ්‍රේර් | මාප්පොරුන් - 19g

Cals | කැලර් | කලොරි - 161kcal

Pizza (large) $\frac{1}{6}$

පීසා (ලොකු) $\frac{1}{6}$

පිට්තො (පෙරියතු) $\frac{1}{6}$



90g

Carbs | කාබේහයිඩ්‍රේර් | මාප්පොරුන් - 23g

Cals | කැලර් | කලොරි - 192kcal

Pulses

Dhal (curry) 3 tablespoons
பற்பீபு (வண்ணய) மீசு கூடி 3
பருப்பு (கறி) 3 மேசைக் கரண்டி



79g

Carbs | கார்஬ோஐடையீரி | மாப்பொருள் - 15g
Cals | கலரி | கலோரி - 139kcal

Green gram (boiled) 1 cup
முங் ஆரை (தமிழ்நாடு) கீவீபீப் 1
பச்சைப் பயறு (அவித்தது) 1 கோப்பை



106g

Carbs | கார்஬ோஐடையீரி | மாப்பொருள் - 22g
Cals | கலரி | கலோரி - 124kcal

Chickpeas (boiled) 1 cup
கவிலு (தமிழ்நாடு) கீவீபீப் 1
கொண்டைக் கடலை (அவித்தது) 1 கோப்பை



106g

Carbs | கார்஬ோஐடையீரி | மாப்பொருள் - 24g
Cals | கலரி | கலோரி - 153kcal

Cowpea (boiled) 1 cup
கிரிபி (தமிழ்நாடு) கீவீபீப் 1
கெளப்பி (அவித்தது) 1 கோப்பை



106g

Carbs | கார்஬ோஐடையீரி | மாப்பொருள் - 22g
Cals | கலரி | கலோரி - 122kcal

Yams & Vegetables

Potato (boiled) 3"x 2"

අට්තාපල් (තම්බනලු) 3"x 2"

ඉරුණෙක් කිහුණු (අවිත්තතු) 3"x 2"



88g

Carbs | කාබේනයිඩ්‍රීර් | මාප්පොරුන් - 15g

Cals | කැලර් | කලොරි - 66kcal

Sweet potato (boiled) 5" length

බතල (තම්බනලු) 5" දිග

වන්නාණෙක් කිහුණු (අවිත්තතු) 5" න්‍යාම



117g

Carbs | කාබේනයිඩ්‍රීර් | මාප්පොරුන් - 24g

Cals | කැලර් | කලොරි - 98kcal

Manioc (boiled) 1 cup

මක්කේකුක්කා (තම්බනලු) කේප්පේ 1

මරව්ව්ල්‍යික කිහුණු (අවිත්තතු) 1 කොප්පෙ



100g

Carbs | කාබේනයිඩ්‍රීර් | මාප්පොරුන් - 33g

Cals | කැලර් | කලොරි - 130kcal

Rajala (boiled) 1 cup

රාජල (තම්බනලු) කේප්පේ 1

ඩිරාසව්ව්ල්‍යික කිහුණු (අවිත්තතු) 1 කොප්පෙ



100g

Carbs | කාබේනයිඩ්‍රීර් | මාප්පොරුන් - 14g

Cals | කැලර් | කලොරි - 69kcal

Yams & Vegetables

Gahala (boiled) 1 cup

கெந்த (தமிழ்நாடு) கீரீப் 1 சேம்பு (அவித்தது) 1 கோப்பை



100g

Carbs | கார்஬ீஷிகீட்டிரி | மாப்பொருள் - 23g
Cals | கருரி | கலோரி - 98kcal

Jackfruit (boiled) 1 cup

கொசீ (தமிழ்நாடு) கீரீப் 1 பலாக்காய் (அவித்தது) 1 கோப்பை



100g

Carbs | கார்஬ீஷிகீட்டிரி | மாப்பொருள் - 10g
Cals | கருரி | கலோரி - 53kcal

Breadfruit (boiled) 1 cup

டெல்டீ (தமிழ்நாடு) கீரீப் 1 ஈரப்பலா (அவித்தது) 1 கோப்பை



100g

Carbs | கார்஬ீஷிகீட்டிரி | மாப்பொருள் - 30g
Cals | கருரி | கலோரி - 114kcal

Polos (curry) 3 tablespoons

பொலோசீ (வினங்கனய) மீன் கூட்டி 3 பலா (கறி) 3 மேசைக்கரண்டி



100g

Carbs | கார்஬ீஷிகீட்டிரி | மாப்பொருள் - 11g
Cals | கருரி | கலோரி - 223kcal

Yams & Vegetables

Ash plantain (curry) 3 tablespoons
අල් කෙසේල් (විෂං්ගනය) මේස හඳු 3
කරු බාහුදුකකාය (කරු) 3 මෙශෙකකරණය



100g

Carbs | කාබේහයිල්ලි | මාප්පොරුල් - 23g
Cals | කැලර් | කලොරි - 227kcal

Carrot (boiled) 1 cup
කරටරී (තම්බනලු) කේප්පා 1
කරට (අවිත්තතු) 1 කොප්පා



100g

Carbs | කාබේහයිල්ලි | මාප්පොරුල් - 8g
Cals | කැලර් | කලොරි - 35kcal

Beetroot (curry) 3 tablespoons
බේරිරුත් (විෂං්ගනය) මේස හඳු 3
ප්රේරුට (කරු) 3 මෙශෙකකරණය



60g

Carbs | කාබේහයිල්ලි | මාප්පොරුල් - 6g
Cals | කැලර් | කලොරි - 85kcal

Pumpkin (curry) 3 tablespoons
වට්ටික්කා (විෂං්ගනය) මේස හඳු 3
පුෂ්ඩිකකාය (කරු) 3 මෙශෙකකරණය



100g

Carbs | කාබේහයිල්ලි | මාප්පොරුල් - 6g
Cals | කැලර් | කලොරි - 119kcal

Meal Accompaniments

Coconut sambol 2 tablespoons

පොල් සුම්බල් මේස හඳු 2
தேங்காயச் சம்பல் 2 மேசைக்கரண்டி



30g

Carbs | කාබේහයිල් | மாப்பொருள் - 2g
Cals | கலரி | கலோரி - 68kcal

Coconut (scraped) 2 tablespoons

පොල් (நை லட) மේස හඳු 2
தேங்காய் (துருவியது) 2 மேசைக்கரண்டி



30g

Carbs | කාබේහයිල් | மாப்பொருள் - 1g
Cals | கலரி | கலோரி - 105kcal

Tomato sauce 2 teaspoons

தக்காலி ஸேஸ் தே ஹඳු 2
தக்காளி சோஸ் 2 தேக்கரண்டி

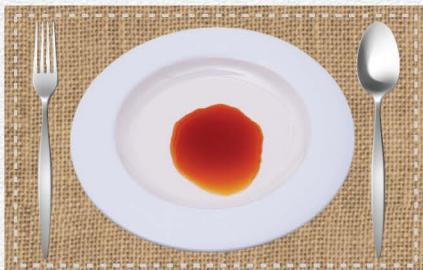


14ml

Carbs | කාබේහයිල් | மாப்பொருள் - 1g
Cals | கலரி | கலோரி - 8kcal

Treacle 2 teaspoons

கினුல் லடனி தே ஹඳු 2
கித்துல் பாணி 2 தேக்கரண்டி



12ml

Carbs | කාබේහයිල් | மாப்பொருள் - 8g
Cals | கலரி | கலோரி - 30kcal

Dairy Products

Liquid milk 200ml
ලියර කිර 200ml
තිරවප් පාල 200ml



200ml

Carbs | කාබේහයිටි | මාප්පොරුන් - 10g
Cals | කැලරි | කලොරි - 144kcal

Milk (milk powder 3 teaspoons / 25g added)
කිර (කිරපිටි තේ හඳු 3 / 25g මුදුකල)
පාල (පාලමා 3 තෙක්කරණ් තේ / 25g සේර්ත්තු)



200ml

Carbs | කාබේහයිටි | මාප්පොරුන් - 10g
Cals | කැලරි | කලොරි - 121kcal

Yoghurt (plain) 80g
යෝගරි (සූමානන) 80g
යොකට් (සාතාරණ) 80g



80g

Carbs | කාබේහයිටි | මාප්පොරුන් - 11g
Cals | කැලරි | කලොරි - 80kcal

Curd 100g
ම් කිර 100g
තයිර 100g



100g

Carbs | කාබේහයිටි | මාප්පොරුන් - 3g
Cals | කැලරි | කලොරි - 59kcal

Dairy Products

Ice cream (vanilla) 2 scoops
අයිස්ට්‍රිම් (වැනිලා) හැඳි 2
ඇස්කින්ඩ් (වනිලා) 2 එස්කාප්



71g

Carbs | කාබේහයිඩ්ට්‍රී | මාප්පොරුන් - 17g
Cals | කැලර් | කලොරි - 147kcal

Ice cream (chocolate) 2 scoops
අයිස්ට්‍රිම් (චොකලට්) හැඳි 2
ඇස්කින්ඩ් (චොකලට්) 2 එස්කාප්



71g

Carbs | කාබේහයිඩ්ට්‍රී | මාප්පොරුන් - 20g
Cals | කැලර් | කලොරි - 153kcal

Fruits

Banana (Seeni) 4" x 1 ½ "

සීනි කෙසෙල් 4" x 1 ½ "

වාශ්‍යප්පාඩම් (ශීනිකකතලි) 4" x 1 ½ "



51g

Carbs | කාබේනයිඩ්‍රේරි | මාප්පොරුන් - 14g

Cals | කැලරි | කලොරි - 58kcal

Banana (Ambul) 4" x 1 ½ "

අභුල් කෙසෙල් 4" x 1 ½ "

වාශ්‍යප්පාඩම් (ප්‍රොක්කතලි/ආම්පුල්) 4" x 1 ½ "



51g

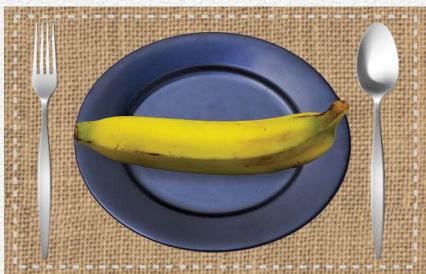
Carbs | කාබේනයිඩ්‍රේරි | මාප්පොරුන් - 7g

Cals | කැලරි | කලොරි - 30kcal

Banana (Anamaalu) 6 ½" x 1 ½ "

ආනමාලු කෙසෙල් 6 ½" x 1 ½ "

වාශ්‍යප්පාඩම් (ඇුණෙ) 6 ½" x 1 ½ "



113g

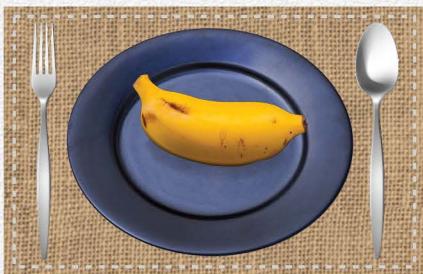
Carbs | කාබේනයිඩ්‍රේරි | මාප්පොරුන් - 26g

Cals | කැලරි | කලොරි - 108kcal

Banana (Kolikuttu) 4" x 1 ½ "

කේලිකුට්ටු කෙසෙල් 4" x 1 ½ "

වාශ්‍යප්පාඩම් (කප්පල්) 4" x 1 ½ "



60g

Carbs | කාබේනයිඩ්‍රේරි | මාප්පොරුන් - 14g

Cals | කැලරි | කලොරි - 58kcal

Fruits

Mango (4½" x 2½")

ಫೆ (4½" x 2½")

ಮಾಂಪಾಡು (4½" x 2½")



80g

Carbs | ಕಾರ್ಬೋಹಾಡಿಟ್ರೈಟ್ | ಮಾಪ್‌ಪೆಾರ್ಗ್‌ - 7g

Cals | ಕಲೆರ್ | ಕಲೋರಿ - 30kcal

Watermelon (7½" x 2½")

ಕೊಂಡಿ (7½" x 2½")

ತರ್ಪುಚಣಿ (7½" x 2½")



150g

Carbs | ಕಾರ್ಬೋಹಾಡಿಟ್ರೈಟ್ | ಮಾಪ್‌ಪೆಾರ್ಗ್‌ - 6g

Cals | ಕಲೆರ್ | ಕಲೋರಿ - 27kcal

Papaya (7" x 3")

ಗಡ್ಡಿಂಡಿ (7" x 3")

ಪಪ್‌ಪಾಸಿಪ್‌ಪಾಡು (7" x 3")



150g

Carbs | ಕಾರ್ಬೋಹಾಡಿಟ್ರೈಟ್ | ಮಾಪ್‌ಪೆಾರ್ಗ್‌ - 7g

Cals | ಕಲೆರ್ | ಕಲೋರಿ - 36kcal

Avocado

ಅಲಿಗೆಟೆರ್

ಆಣಕೆಂಪ್ಯಾ



100g

Carbs | ಕಾರ್ಬೋಹಾಡಿಟ್ರೈಟ್ | ಮಾಪ್‌ಪೆಾರ್ಗ್‌ - 2g

Cals | ಕಲೆರ್ | ಕಲೋರಿ - 143kcal

Fruits

Red Apple
ರත್ನ ಅಪಲ್
ಶಿವಪ್ಪ ಅಪಪಿಂ



180g

Carbs | ಕಾರ್ಬೋಹಾಂಡ್‌ಫ್ರೆಂಡ್ | ಮಾಪ್‌ಪೊರ್ಗ್‌ - 25g
Cals | ಕಲೆರ್ | ಕಲೋರಿ - 93kcal

Fiji Apple
ರಿಷಿ ಅಪಲ್
ಪಿಜ್ಜಿ ಅಪಪಿಂ



139g

Carbs | ಕಾರ್ಬೋಹಾಂಡ್‌ಫ್ರೆಂಡ್ | ಮಾಪ್‌ಪೊರ್ಗ್‌ - 19g
Cals | ಕಲೆರ್ | ಕಲೋರಿ - 72kcal

Green Apple
ಕೊಳ್ಳ ಅಪಲ್
ಪಂಚಾ ಅಪಪಿಂ



212g

Carbs | ಕಾರ್ಬೋಹಾಂಡ್‌ಫ್ರೆಂಡ್ | ಮಾಪ್‌ಪೊರ್ಗ್‌ - 22g
Cals | ಕಲೆರ್ | ಕಲೋರಿ - 97kcal

Orange
ಬ್ಲೋಬ್‌ಮಿ
ಕ್ರೋಟಮ್‌ಪ್ರಾಹ್‌



175g

Carbs | ಕಾರ್ಬೋಹಾಂಡ್‌ಫ್ರೆಂಡ್ | ಮಾಪ್‌ಪೊರ್ಗ್‌ - 20g
Cals | ಕಲೆರ್ | ಕಲೋರಿ - 82kcal

Fruits

'Jambola'
ජම්බොල
පම්පளිමාසල්



103g

Carbs | කාබේහයිල් | මාප්පොගුල් - 11g
Cals | කලෝරි | කලොරි - 47kcal

Pineapple (1cm thick)
අන්නාසි (1cm සැනකම්)
අන්නාසි (1cm තැඳපු)



70g

Carbs | කාබේහයිල් | මාප්පොගුල් - 6g
Cals | කලෝරි | කලොරි - 27kcal

Pears
පෙයාස්
පෙරිකකාස්



145g

Carbs | කාබේහයිල් | මාප්පොගුල් - 14g
Cals | කලෝරි | කලොරි - 58kcal

Passion fruit
පැසන් ගස්
කොඩ්ත්නොටේ



60g

Carbs | කාබේහයිල් | මාප්පොගුල් - 3g
Cals | කලෝරි | කලොරි - 22kcal

Fruits

Rambutan (5)

රඹුටන් (5)

රජපුට්ටාන් (5)



85g

Carbs | කාබේහයිල් | මාප්පොරුන් - 14g

Cals | කලරි | කලොරි - 57kcal

Woodapple (medium size)

දිවුල් (මධ්‍යම ප්‍රමාණයේ)

විශාම්පාඩම් (නුත්තර අලාවු)



150g

Carbs | කාබේහයිල් | මාප්පොරුන් - 20g

Cals | කලරි | කලොරි - 109kcal

Grapes (10)

මිදි (10)

තිරාට්සේ (10)



100g

Carbs | කාබේහයිල් | මාප්පොරුන් - 13g

Cals | කලරි | කලොරි - 55kcal

Strawberries (4)

ස්ට්‍රේබරි (4)

ස්ට්‍රෝබරි (4)



100g

Carbs | කාබේහයිල් | මාප්පොරුන් - 4g

Cals | කලරි | කලොරි - 22kcal

Fruits

Guava (large $\frac{1}{4}$ - 4" x 2")

ബേർ (ലോക $\frac{1}{4}$ - 4" x 2")

കൊയ്യാ (പെരിയതു $\frac{1}{4}$ - 4" x 2")



94g

Carbs | കാബേജ്ഹഡിലൈറി | മാപ്പൊറുൺ - 5g

Cals | കലേറി | കലോറി - 26kcal

'Amberalla' fruit (large)

അമ്പരല്ല (ലോക)

അമ്പരല്ല (പെരിയതു)



112g

Carbs | കാബേജ്ഹഡിലൈറി | മാപ്പൊറുൺ - 14g

Cals | കലേറി | കലോറി - 51kcal

Star fruit

കാമരംഗ

തമ്പരത്തമകാമ്പ



65g

Carbs | കാബേജ്ഹഡിലൈറി | മാപ്പൊറുൺ - 2g

Cals | കലേറി | കലോറി - 12kcal

'Anoda' (7" x 1 $\frac{1}{2}$ ")

അനോഡ (7" x 1 $\frac{1}{2}$ ")

ശീതാപ്പമുമ്പ് (7" x 1 $\frac{1}{2}$ ")



80g

Carbs | കാബേജ്ഹഡിലൈറി | മാപ്പൊറുൺ - 16g

Cals | കലേറി | കലോറി - 71kcal

Fruits

Sri Lankan Olive 'Weralu' (10)
වෙරලු (10)
වෙරලිකකාය (10)



50g

Carbs | කාබේහයිලේරි | මාප්පොරුන් - 3g
Cals | කළුරි | කලොරි - 13kcal

Goose berry 'Nelli' (18)
නෙල්ලි (18)
ජ්‍යෙල්ලි (18)



50g

Carbs | කාබේහයිලේරි | මාප්පොරුන් - 2g
Cals | කළුරි | කලොරි - 9kcal

Ripened jackfruit 'Waraka' (6)
වරකා (6)
පලාප්පழම (6 ස්කෑලක්ස්)



100g

Carbs | කාබේහයිලේරි | මාප්පොරුන් - 14g
Cals | කළුරි | කලොරි - 65kcal

'Durian'
දුරියන්
තාරියන්



50g

Carbs | කාබේහයිලේරි | මාප්පොරුන් - 14g
Cals | කළුරි | කලොරි - 64kcal

Fruits

Cashew

കഷ്ണ

മുന്തിരി / കജ്ജാ



50g

Carbs | കാർബോഹൈഡ്രേറി | മാപ്പിബോറും - 13g
Cals | കാലോറി | കലോറി - 288kcal

Currants

വിന്യാളി തീഡി

പഴവുന്ന്ത്രം



50g

Carbs | കാർബോഹൈഡ്രേറി | മാപ്പിബോറും - 34g
Cals | കാലോറി | കലോറി - 134kcal

Dates (4)

രംഭുളി (4)

പോർഷ്ചുമ് പഴമ് (4)



24g

Carbs | കാർബോഹൈഡ്രേറി | മാപ്പിബോറും - 15g
Cals | കാലോറി | കലോറി - 63kcal

Peanuts

രംകഷ്ണ

നീലകക്കടലൈ



50g

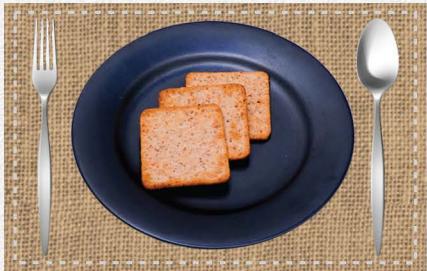
Carbs | കാർബോഹൈഡ്രേറി | മാപ്പിബോറും - 4g
Cals | കാലോറി | കലോറി - 301kcal

Biscuits

Bran cracker (3)

ബ്രാൻ ക്രൈക്കർ (3)

പിരാൻ കിറ്റക്കർ (3)



22g

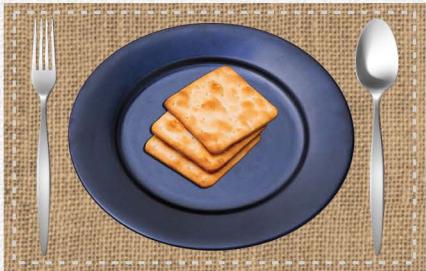
Carbs | കാർബോഹൈഡ്രേറി | മാപ്പൊറുൾ - 15g

Cals | കാലറി | കലോറി - 91kcal

Cream cracker (3)

ക്രീം ക്രൈക്കർ (3)

കിറ്റീമ് കിറ്റക്കർ (3)



27g

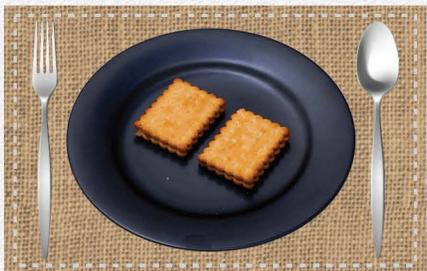
Carbs | കാർബോഹൈഡ്രേറി | മാപ്പൊറുൾ - 19g

Cals | കാലറി | കലോറി - 120kcal

Lemon puff (2)

ലേമൻ പഫ് (2)

ലെമണ് പാഫ് (2)



25g

Carbs | കാർബോഹൈഡ്രേറി | മാപ്പൊറുൾ - 17g

Cals | കാലറി | കലോറി - 117kcal

Marie biscuit (6)

മാരി ദിസ്കറി (6)

മാറ്റി പിസ്കട്ട് (6)



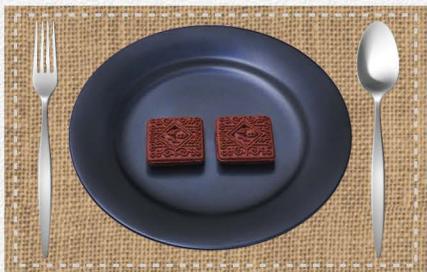
20g

Carbs | കാർബോഹൈഡ്രേറി | മാപ്പൊറുൾ - 15g

Cals | കാലറി | കലോറി - 93kcal

Biscuits

Chocolate cream biscuit (2)
ಲೋಕಲರೆ ತ್ರಿಮಿ ಬಿಸ್ಕಿಟ್ (2)
ಚೊಕ್ಕಲಟ್ ಕಿರ್ರೀಮ್ ಪಿಸ್ಕಟ್ (2)



23g

Carbs | ಕಾರ್ಬೋಹಾಡಿಭೈರಿ | ಮಾಪ್‌ಪೊರ್ಗ್‌ - 15g
Cals | ಕಲೆರಿ | ಕಲೋರಿ - 111kcal

Wafer biscuit (3)
ವೆಿರೆ ಬಿಸ್ಕಿಟ್ (3)
ವೋಪಳ್ ಪಿಸ್ಕಟ್ (3)



23g

Carbs | ಕಾರ್ಬೋಹಾಡಿಭೈರಿ | ಮಾಪ್‌ಪೊರ್ಗ್ - 16g
Cals | ಕಲೆರಿ | ಕಲೋರಿ - 111kcal

Chocolate chip cookie (3)
ಲೋಕಲರೆ ವಿಲ್ಸ್ ಕ್ರೆಟ್ (3)
ಚೊಕ್ಕಲಟ್ ಸಿಪ್ ಕ್ರೆಟ್ (3)



40g

Carbs | ಕಾರ್ಬೋಹಾಡಿಭೈರಿ | ಮಾಪ್‌ಪೊರ್ಗ್ - 18g
Cals | ಕಲೆರಿ | ಕಲೋರಿ - 114kcal

Nice biscuit (3)
ನಡಿಸ್ ಬಿಸ್ಕಿಟ್ (3)
ತನ್ನಲ್ಲ ಪಿಸ್ಕಟ್ (3)



29g

Carbs | ಕಾರ್ಬೋಹಾಡಿಭೈರಿ | ಮಾಪ್‌ಪೊರ್ಗ್ - 20g
Cals | ಕಲೆರಿ | ಕಲೋರಿ - 134kcal

Chocolate cake (3"x1½"x2")
 வொகலறீ கெக்கீ (3"x1½"x2")
 சொக்லட் கேக் (3"x1½"x2")



77g

Carbs | கார்஬ீஷன்டீரி | மாப்பொருள் - 36g
 Cals | கலரி | கலோரி - 238kcal

Butter cake (3"x1½"x1½")
 இறஈ கெக்கீ (3"x1½"x1½")
 பட்டர் கேக் (3"x1½"x1½")



53g

Carbs | கார்஬ீஷன்டீரி | மாப்பொருள் - 28g
 Cals | கலரி | கலோரி - 134kcal

Donut
 வெய்னரி
 டோனட்



84g

Carbs | கார்஬ீஷன்டீரி | மாப்பொருள் - 45g
 Cals | கலரி | கலோரி - 321kcal

Eclair (5 ½"x1 ½")
 வீக்கேலையார் (5 ½"x1 ½")
 எக்லேர் (5 ½"x1 ½")



46g

Carbs | கார்஬ீஷன்டீரி | மாப்பொருள் - 18g
 Cals | கலரி | கலோரி - 172kcal

Jelly

ஷெலி

ஜெல்லி



100g

Carbs | கார்஬ோஐடைட்டீரி | மாப்பொருள் - 15g
Cals | கலரி | கலோரி - 61kcal

Watalappan (3"x2"x1")

விடலப்பன் (3"x2"x1")

வட்டிலப்பம் (3"x2"x1")



143g

Carbs | கார்஬ோஐடைட்டீரி | மாப்பொருள் - 72g
Cals | கலரி | கலோரி - 446kcal

Milk chocolate (2 ½"x1 ½")

மிள்கீ வொக்லரீ (2 ½"x1 ½")

மில்க் சொக்லட் (2 ½"x1 ½")



30g

Carbs | கார்஬ோஐடைட்டீரி | மாப்பொருள் - 17g
Cals | கலரி | கலோரி - 156kcal

Dark chocolate (2 ½"x1 ½")

வீர்கீ வொக்லரீ (2 ½"x1 ½")

டார்க் சொக்லட் (2 ½"x1 ½")



30g

Carbs | கார்஬ோஐடைட்டீரி | மாப்பொருள் - 15g
Cals | கலரி | கலோரி - 174kcal

Marshmallow (2)

മാഞ്ചേരേലോ (2)
മാസ്മലോ (2)



22g

Carbs | കാബേജ്ഹഡിഭൈറി | മാപ്പൊറുൾ - 16g
Cals | കാലറി | കലോറി - 88kcal

Jujubs (5)

പ്രപ്രബീജ്സ് (5)
ഡ്യൂബ്സ് (5)



21g

Carbs | കാബേജ്ഹഡിഭൈറി | മാപ്പൊറുൾ - 15g
Cals | കാലറി | കലോറി - 78kcal

Jaggery

നകുർട്ട

കരുപ്പട്ടി



18g

Carbs | കാബേജ്ഹഡിഭൈറി | മാപ്പൊറുൾ - 15g
Cals | കാലറി | കലോറി - 58kcal

Oil cake 'Kavum'

കൈവല്ലി

കൊണ്ടുപ്പണിയാരം



45g

Carbs | കാർബോഹൈഡ്രേറി | മാപ്പൊറുൾ - 28g
 Cals | കാലറി | കലോറി - 158kcal

'Kokis'

കോക്കിസ്

കൊക്കീസ്



10g

Carbs | കാർബോഹൈഡ്രേറി | മാപ്പൊറുൾ - 3g
 Cals | കാലറി | കലോറി - 37kcal

'Mung kavum'

മും കൈവല്ലി

പയന്ത്രം പണിയാരം



30g

Carbs | കാർബോഹൈഡ്രേറി | മാപ്പൊറുൾ - 25g
 Cals | കാലറി | കലോറി - 106kcal

'Halape'

ഹലപ്പ

വ്യാലപ്പ



58g

Carbs | കാർബോഹൈഡ്രേറി | മാപ്പൊറുൾ - 34g
 Cals | കാലറി | കലോറി - 150kcal

Chinese role
ചൈനീസ് രോൾ
ചൈനീസ് രോൾസ്



69g

Carbs | കാർബോക്സിഡൈറി | മാപ്പൊറുൾ - 28g
Cals | കാലറി | കലോറി - 156kcal

Cutlet
കുറിലറീ
കടലട്ട



66g

Carbs | കാർബോക്സിഡൈറി | മാപ്പൊറുൾ - 9g
Cals | കാലറി | കലോറി - 106kcal

Patty
പാറിസ്
പസ്റ്റ്രീസ്



52g

Carbs | കാർബോക്സിഡൈറി | മാപ്പൊറുൾ - 16g
Cals | കാലറി | കലോറി - 152kcal

Samosa
സാമോസാ
സമോഷാ



78g

Carbs | കാർബോക്സിഡൈറി | മാപ്പൊറുൾ - 17g
Cals | കാലറി | കലോറി - 122kcal

Potato chips

பொரீவேரீ வீஜீஸ்
உருளைக்கிழங்கு சிப்ஸ்



30g

Carbs | கார்஬ேந்டிக்ஷன் | மாப்பொருள் - 15g
Cals | கலூரி | கலோரி - 159kcal

French fries

பேருங்கி இடீஸ்
பிரெஞ் ப்ரைஸ்



30g

Carbs | கார்஬ேந்டிக்ஷன் | மாப்பொருள் - 15g
Cals | கலூரி | கலோரி - 159kcal

Popcorn (without sugar)

பொப்கேரீ (சீதி ரதித)
பொப்கோன் (சீனி இன்றி)



30g

Carbs | கார்஬ேந்டிக்ஷன் | மாப்பொருள் - 18g
Cals | கலூரி | கலோரி - 130kcal

Muffin
 முறின்
 மஃபின்



54g

Carbs | கார்஬ோகார்போனீ | மாப்பொருள் - 25g
 Cals | கலோரி | கலோரி - 153kcal

Samaposha 1 ball (2 ½" diameter)
 சமபோஶ வெளி 1 (2 ½" வித்துக்கலை)
 சமபோசா 1 உருண்டை (2 ½" விட்டம்)



60g

Carbs | கார்஬ோகார்போனீ | மாப்பொருள் - 38g
 Cals | கலோரி | கலோரி - 238kcal

- ① **Desserts & Snacks will cause worsening of glycemic control & weight gain.**
- ① **அனுரட்டக கூட கேட்க அதை உலோகே இயலுகிறது பாலுநாய் அவும் கருப்பு அதர் லீடு விர வெபி வீமிரடு ஹெநு வே.**
- ① **உணவின் பின் சாப்பிடும் பண்டங்கள் மற்றும் சிற்றுண்டிகள், சீனிக்கட்டுப்பாட்டில் பாதிப்பை ஏற்படுத்துவதுடன் நிறை அதிகரிப்பை ஏற்படுத்தும்.**

Treatment for hypoglycemia

To treat hypoglycemia use one of the options shown.

இல்லங்க ரசைர சீதி மரிரம அவிடு வீர பக்க விகல்பயக் கூவிது கர்னீங்.

குருதியில் சீனிக் குறைவு ஏற்படின், சிகிச்சை முறையாக கீழே காட்டப்பட்டுள்ளவற்றில் ஏதாவது ஒரு முறையை உபயோகிக்கவும்.

Sugar 2 teaspoons

சீதி தே ஹடி 2

சீனி 2 தேக்கரண்டி



16g

Carbs | கார்஬ேந்டிக்ஷன் | மாப்பொருள் - 18g
Cals | கலோரி | கலோரி - 63kcal

Glucose powder 3 teaspoons

கீலுகேஸ் தே ஹடி 3

குருக்கோஸ் தூள் 3 தேக்கரண்டி



15g

Carbs | கார்஬ேந்டிக்ஷன் | மாப்பொருள் - 16g
Cals | கலோரி | கலோரி - 65kcal

Jam 2 teaspoons

பாலி தே ஹடி 2

பழப்பாகு (ஜாம்) 2 தேக்கரண்டி



26g

Carbs | கார்஬ேந்டிக்ஷன் | மாப்பொருள் - 16g
Cals | கலோரி | கலோரி - 65kcal

Drinks

Drink வீம் வர்ணம்	100ml	Carbs கார்஬ோகார்பீஸ் (g)	Calories காலரி கலோரிகள் (kcal)
Apple juice ஏப்பிள் இழு அப்பிள் சாறு		10	38
Orange juice ஓலாஷம் இழு தோடம்பழச்சாறு		8	33
King coconut water நட்டீலி செவ்விளாந்து		6	24
Coconut water பொல் வினார் தேங்காயின் தண்ணீர்		5	22
Tea (without milk or sugar) தே (கிரி சுக சீதி ரத்து) தேந்தீ (பால் மற்றும் சீனி அற்றது)		0	0
Coffee (without milk or sugar) கோஃபீ (கிரி சுக சீதி ரத்து) கோப்பி (பால் மற்றும் சீனி அற்றது)		0	2
Milo மிளோ யைமலோ		9	68

Drink බීම වර්ගය පානයම්	100ml	Carbs කාබෝහයිට්ටේ මාප්පොරුන් (g)	Calories කැලුර කලොරිකள් (kcal)
Coca cola කොකා කේලා කොක්ක කොලා		11	39
Diet cola චියට් කේලා චියට් කොලා		0	0
Ginger beer පින්ජර් බියර් ඡිංගර් ප්‍රා		14	56
Lemonade ලෙමන්ඩ් එලුයුමිෂස්සපානය		6	22
Sprite ස්ප්‍රිට් ස්පිරෝට්		11	39
Red bull රේඩ් බුල් රේඩ් ප්‍රා		10	40

- ★ Soft drink consumption should be minimized.
- ★ Fruits are better consumed as whole fruit rather than juice.
- ★ සියලු බීම පාර්ශේෂනය අවම කළ යුතුයි.
- ★ පළතුරු, යුතු වලට වඩා සම්පූර්ණ පළතුරක් ලෙස පාර්ශේෂනය කරන්න.
- ★ මෙන්ඩ්ප්‍රුල් මෙන්පාන්කල් ඉංණ්ලේනුප්පතෙහි කට්ටායමාකක් ගුහෙත්තුක් කොඳුවාවුම්.
- ★ ප්‍රාන්කල් සාර්වාක / යුළු ඇංණ්ලේනුප්පතෙහි ඩිං මුමුතාක ඉංණ්ලේනුප්පතේ සිඛන්තතු.

Raw Food

Raw food items நோடிசீன உடல் ஆகார மூல உணவு	100g	Carbs கார்஬ோஐட்டீஸ் மாப்பொருள் (g)	Calories காலரி கலோரிகள் (kcal)
White rice பூட்டு சுகால் வெள்ளள அரிசி		87	361
Red rice நாறு சுகால் சிவப்பு அரிசி		81	356
Wheat flour திரிது பிரெ கோதுமை மா		74	327
Rice flour நால் பிரெ அரிசி மா		80	333
Kurakkan flour கூர்க்கன் பிரெ குரக்கன் மா		75	321
Dhal பரிச்சீல பருப்பு		53	301
Green gram மூங் ஆரை பச்சைசப்பயறு		53	305

Raw food items ஹாபிசின முடி அதாவத் மூல உணவு	100g	Carbs கார்ப்பாக்ஷீட்டில் மாப்பொருள் (g)	Calories கலூர் கலோரிகள் (kcal)
Cowpea கலுபி கெளப்பி		55	297
Chickpeas கஷில கொண்ணடக்கடலை		50	320
Pasta / Spaghetti / Noodles படையீரா / சீபாரெ / இவிரீஸ் பாஸ்தா / எப்பகெட்டி / நூட்டில்ஸ்		76	388
Semolina ர்தாங் ரவை		68	309
Barley வெள்ளி பார்லி		61	284
Sago சுவி சவ்வாரிசி		94	355
Potato அம்தாபல் உருளைக்கிழங்கு		20	82

Raw food items ஹோபிசீன முடி அதாவத் மூல உணவு	100g	Carbs கார்ப்பாக்சைட் மாப்பொருள் (g)	Calories கரைர் கலோரிகள் (kcal)
Sweet potato வினால் வற்றாளைக் கிழங்கு		24	98
Manioc மாக்கேட்டுக்கை மரவள்ளிக்கிழங்கு		37	142
Jackfruit கொய்ச் பலாப்பழம்		21	88
Breadfruit டெல் கரப்பலா		23	95
Coconut scraped ஈன முடி போல் துருவிய தேங்காய்		4	351
Coconut milk (100ml) போல் தீர் (100ml) தேங்காய்ப்பால் (100ml)		6	246

Carbohydrate Exchanges

CARBOHYDRATE EXCHANGES

කාබේහයිලේට් නුවමාරු

මාප්පොරුන් පරිමාත්‍රේම / මාත්‍රේම

Carbohydrate Food කාබේහයිලේට් ආහාරය මුළු ඉණවු	One Exchange (15g of Carbohydrate) නුවමාරු 1ක් (කාබේහයිලේට් 15g) මුළු පරිමාත්‍රේම / මාත්‍රේම (15g මාප්පොරුන්)
Main Foods ප්‍රධාන ආහාර පිර්තාන ඉණවුකள්	<p>Cooked rice $\frac{1}{2}$ cup බත් කේප්පේ $\frac{1}{2}$ $\frac{1}{2}$ කොප්පේ සමෙත්ත සොටු</p> <p>Cooked pasta $\frac{1}{2}$ cup පිශින දැන පැස්ටි කේප්පේ $\frac{1}{2}$ $\frac{1}{2}$ කොප්පේ සමෙත්ත පාස්තා</p> <p>Cooked noodles 1 cup පිශින දැන තුවිල්කේ කේප්පේ 1 1 කොප්පේ සමෙත්ත නුඩ්ල්ස්</p> <p>Sandwich bread 1 slice සැන්ඩ්විච් පාන් පෙති 1 1 තුන්ටු සාන්ඩ්විච් පාන්</p> <p>Hopper 1 ආල්ප 1 1 අප්පම්</p> <p>String hopper 2 (thick) / 4 (thin) ඉඩි ආල්ප 2 (සනකම) / 4 (සිනිනි) 2 තඹුත්ත / 4 මෙල්ලිය මූඟය්පාම්</p> <p>Pol roti (3$\frac{1}{2}$" diameter, $\frac{1}{2}$ cm thick) $\frac{1}{2}$ පොල් රෝටි (3$\frac{1}{2}$" විෂේෂම්හය, $\frac{1}{2}$ cm සනකම) $\frac{1}{2}$ $\frac{1}{2}$ තෙස්කාය රෝටි (3$\frac{1}{2}$" විෂ්පාම, $\frac{1}{2}$ cm තඹුත්ත)</p>

Main Foods ප්‍රධාන ආහාර පිරතාන ඉන්වුකල්	Pittu 1 $\frac{1}{4}$ " length පිටු 1 $\frac{1}{4}$ " දිග පිටු 1 $\frac{1}{4}$ " නීෂාම Thosei (8" diameter) $\frac{1}{2}$ තෝසේ (8" විෂේෂම්හය) $\frac{1}{2}$ $\frac{1}{2}$ තොසේ (8" බිට්ටම්)
Pulses සේපන්දුන ආහාර පරුපු වැකකකල්	Dhal curry 3 tablespoons පරිපේපු විංගරනය මේස හරදි 3 3 මෙශකකරණය පරුපුකරී Green gram $\frac{1}{2}$ cup මුං ඇට කේප්පේ $\frac{1}{2}$ $\frac{1}{2}$ කොපපෙ පස්සේස්ප පයාරු Chickpeas $\frac{1}{2}$ cup කඩල කේප්පේ $\frac{1}{2}$ $\frac{1}{2}$ කොපපෙ කටලෙ
	Cowpea $\frac{1}{2}$ cup කවිප කේප්පේ $\frac{1}{2}$ $\frac{1}{2}$ කොපපෙ කෙනප්පි
Yams & Starchy Vegetables අල සහ පිෂේධය සහිත මිළුවල කිහිපාකුකල් මුළුවුම මාප්පොරුල් ඉංග්ලා මරකකරිකල්	Potato (Medium size boiled) 1 අර්තාපල් (මධ්‍යම ප්‍රමාණයේ තම්බපු) 1 1 නැගුත්තර අලව ඉරුණාකකිහිපාකු (අවිත්තතු) Manioc (boiled) $\frac{1}{2}$ cup (50g) මක්කොදුකාක්කා (තම්බපු) කේප්පේ $\frac{1}{2}$ (50g) $\frac{1}{2}$ කොපපෙ මරවාන්විකකිහිපාකු (අවිත්තතු) (50g) Breadfruit (boiled) $\frac{1}{2}$ cup (50g) දෙල් (තම්බපු) කේප්පේ $\frac{1}{2}$ (50g) $\frac{1}{2}$ කොපපෙ පුරුප්පලා (අවිත්තතු) (50g)

Dairy கிரி ஆனார் பாற்பொருட்கள்	Liquid milk 300 ml டையர் கிரி 300 ml 300 ml திரவப் பால்
	Milk powder 5 tea spoons கிரி பிரெ தே ஹடி 5 5 தேக்கரண்டு பால்மா
	Ice cream 2 scoops (70g) அடிசீ டிலி ஹடி 2 (70g) 2 ஸ்கூப் ஜஸ்கிரீம் (70g)
	Yoghurt 100g யேகரை 100g 100g யோகட்
Fruits பழங்கள்	Medium size mango 1 மதிஃம பூலானை குதி 1 1 நடுத்தர அளவிலான மாம்பழம்
	Medium size banana 1 மதிஃம பூலானை கேஸல் 1 1 நடுத்தர அளவிலான வாழைப்பழம்
	Medium size apple $\frac{1}{2}$ மதிஃம பூலானை கைபல் $\frac{1}{2}$ $\frac{1}{2}$ நடுத்தர அளவிலான அப்பிள்
	Pineapple slice (1 cm thick) 2 அங்கொடி பெதி (1 cm கனகம்) 2 அன்னாசி 2 துண்டு (1 cm தடிப்பு)
	Watermelon (small) $\frac{1}{4}$ பைதி கொம்பு (ஒக்கி) $\frac{1}{4}$ $\frac{1}{4}$ சிறிய தர்பூசனி

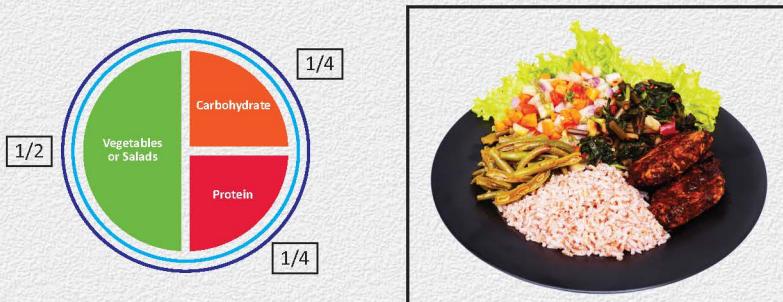
	Grapes (10) මේ (10) තිරාත්සේප් පැමුම (10)
	Dates (4) රටුදී (4) පෝෂ්සම් පැමුම (4)
Biscuits බිස්කට් පිළ්කා බැකකක්	Bran cracker (3) බුන් කැක් (3) පිරාන් කිරුක්කර (3)
	Chocolate biscuit (2) වොකලට බිස්කට (2) ශොකලට පිළ්කා (2)

- * The quantities given above are approximate values for practical reasons.
- * ඉහත දක්වා ඇති අභාර ප්‍රමාණයන් ප්‍රායෝගික හේතුන් මත දූල වශයෙන් දක්වා ඇත.
- * නැංුමුහුරුක කාරණාන්කණුකාක ඉන්නවුකළීන් අන්නාවාන අභාවකො මෙමේ තරජුවාන් තුළුනාන.

How to eat healthy?

- The total calories you consume on a day can be distributed as 3 main meals and 2-3 snacks.
- Eat a variety of foods to obtain the energy, protein, vitamins and minerals your body requires.
- Approximately 50-60% of your energy should come from carbohydrates. Choose fibre rich whole grain food over refined carbohydrates. Limit sugary foods.
- Consume plenty of non starchy green vegetables and green leaves with your main meals.
- High quality protein containing foods such as fish, lean meat, eggs and soya is recommended. Pulses(e.g. Dhal, green gram) are also a good source of protein; however they contain a moderate amount of carbohydrate.
- Deep fried foods, cakes, pastries, margarine / fat spread, butter have unhealthy fats and should be avoided. Healthy fats such as olive oil, sunflower oil, gingelly oil, soy oil, canola oil, oily fish, avocados, nuts and seeds are recommended.
- Coconut milk and oil should be used in moderation (1 medium size coconut for a five member family per day).
- Aim for 1-2 portions of low fat dairy products without added sugar. (1 portion = 200ml milk / 100g yoghurt / match box size cheese)
- Daily requirement of water intake is 33 ml per kilogram of your body weight. Eg- A 60 kg person would need to drink 2000 ml/day. This is about 10 glasses of water per day. However if you sweat a lot you will need to drink more.
- Limit salt intake.
- Avoid alcohol.

An example for a healthy plate is shown below.



What is glycemic index (GI) ?

Glycemic index categorizes starchy food according to their ability to raise the blood glucose level. Foods with high GI are broken down quickly causing a rapid rise in blood glucose whereas foods with low GI are broken down slowly causing a more gradual rise in blood glucose.



Some common examples of food items with their GI value

Low GI Foods	Medium GI Foods	High GI Foods
Cowpea (22%)	Red rice (60%)	White bread (77%)
Chickpeas (34%)	White rice (66%)	Brown bread (77%)
Mung beans (47%)	Jack fruit (65%)	Pittu (77%)
Banana (48%)	Thosai (63%)	Hopper (120%)
Papaya (34%)	Boiled potato (65%)	Glucose (100%)

Eating a mixed meal (carbs , proteins, vegetables and green leaves) will reduce the glycemic index of the starchy food.

USUAL MEAL X

NOT RECOMMENDED



HEALTHY OPTION ✓

RECOMMENDED



What is Glycemic load (GL) ?

Glycemic load of a food item estimates the impact of carbohydrate consumption on the blood glucose level using the glycemic index and its amount of carbohydrate.

$$\text{Glycemic Load (GL)} = \frac{(\text{Glycemic Index (GI)} \times \text{grams of carbohydrate})}{100}$$

Which of the following would bring more glycemic load?

			
	Watermelon (150g)	Banana kolikuttu (60g)	White rice 1 cup (100g)
Available carbs (g)	6	14	30
Glycemic index	72	52	64
Glycemic load	4	7	19

A high GI food consumed in small quantities would give the same effect as larger quantities of a low GI food on blood sugar. So, both quality and quantity of what is eaten would matter.

Is eating a particular type of rice beneficial for diabetes?

1 cup of white rice



Carbs - 30g / Cals - 123kcal

1 cup of red rice



Carbs - 30g / Cals - 129kcal

There is no significant difference in amount of carbs among equal quantities of various types of rice. What is more important is to **limit the quantity** of whichever rice you eat. Whole grain varieties are preferred. This will lead to a better control of your blood glucose.

What are sugar substitutes / sweeteners

These can be added to food to enhance sweetness.

Eg - Stevia, Sucratose, aspartame. There are natural as well as artificial sweeteners. Some of these have nutritive value while some don't. The benefit of these is controversial. It is advisable to minimize use of such products until more data is available.

Do you have a healthy weight?

Weight loss is a primary strategy to control blood glucose especially if you are overweight /obese and have type 2 diabetes.

If you have type 1 diabetes, maintaining a healthy weight is beneficial in preventing various complications such as heart disease.

What is a healthy weight?

The Body Mass Index (BMI) is a measure of your weight in relation to your height and tells you if you have a healthy weight.

$$\text{BMI} = \text{Weight (Kg)} / \text{Height (m)}^2$$

	BMI cutoffs for Sri Lankans
Underweight	< 18.5
Normal	18.5 – 22.9
Overweight	23 – 24.9
Obesity – class 1	25 – 30
Obesity – class 2	30 – 35
Obesity – class 3	≥ 35

Waist circumference gives you an idea about the body fat distribution. Waist is measured midway between the bottom of your ribs and top of your hips.

What is a healthy waist circumference?

Men <90 cm

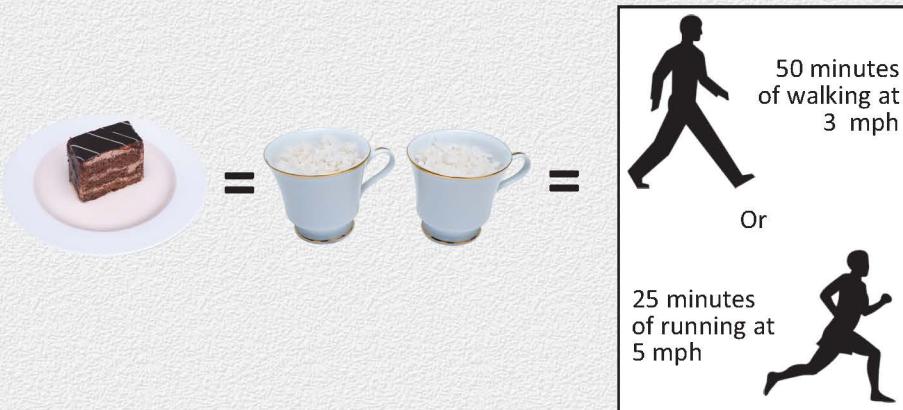
Women <80 cm

Being obese and having an increased waist circumference increase your risk of diabetes, high blood pressure, high cholesterol and leads to complications such as heart disease, stroke and cancer.

How to lose weight?

Reducing total calories of the diet and increasing physical activity is the best way to lose weight and maintain it while keeping fit and healthy.

The total calories depend on the amount of carbohydrate, protein and fat. If you take in more calories from food than you burn from daily activities, it will lead to weight gain over time.



Weight loss target

You need to create a calorie deficit to lose weight. This means eating fewer calories than you burn by daily activities.

If you are overweight or obese, a weight loss target of 5% – 10% of current body weight over 3 - 6 months is beneficial.

At least a calorie deficit of 500kcal /day is needed to lose weight.

A safe weight loss rate would be 0.5kg of body weight loss per week.

Weight loss strategy

Reducing the amount of calories in your diet by about 500kcal per day.

Increase daily activities (daily step count of 10,000 = 300 - 400kcal expenditure).

Successful weight loss depends on your motivation for behavioral change and maintenance.

References

1. FOODBASE 2000 software (Compiled from various sources).
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CARB COUNTER

For People Living with Diabetes

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න්රිඩ්බොටු බාහුන්තු කොළඹදුරුක්කුම් මක්කගැනුක්කු

**This book is a guide to healthy eating
and carbohydrate counting
for people living with diabetes**

දියවැඩියාව සමඟ පේන්වන පුද්ගලයින්ට
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இப்புத்தகம் நீரிழிவுடன் வாழ்ந்து கொண்டிருப்பவர்கள்
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