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Sample Diet Plan

- **Fluid intake:** 1.5 lit/ day
- **Milk:** Cow Milk/ Toned
- **Fruit:** Papaya, Apple, Pear, Guava
- **Dal:** only Dhuli daal like Dhuli moong, dhuli udad, dhuli masoor and arhar
- **Cinnamon water:** Boil 1 stick or 1 tsp in 1 glass water. Let it cool and drink.

Meals	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early Morning 5:00 AM	Cinnamon Water-	Cinnamon Water-	Cinnamon Water-	Cinnamon Water-	Cinnamon Water-	Cinnamon Water-	Cinnamon Water-
5:30 AM (Optional)	Tea-1 Cup	Tea-1 Cup	Tea-1 Cup	Tea-1 Cup	Tea-1 Cup	Tea-1 Cup	Tea-1 Cup
Breakfast 7:15 AM	Buttermilk-1 Glass Vegetable Cheese sandwich -1	Buttermilk-1 Glass Masala Dalia -1 k	Buttermilk-1 Glass Veg.uttapam -1	Buttermilk-1 Glass daal chilla -1	Buttermilk-1 Glass Masala Oats -1 K	Buttermilk-1 Glass Vermicelli- 1 K	Buttermilk-1 Glass Veg Poha -1 K
Mid-morning 10:30 AM	Fruit -1 portion	Fruit -1 portion	Fruit -1 portion	Fruit -1 portion	Fruit -1 portion	Fruit -1 portion	Fruit -1 portion
Lunch 2:30 PM	Roti-2 Veg-1 K Kakdi raita-1 K (use ½ kakdi only)	Roti-2 Veg-1 K Curd-1 K	Rice-1 k Dal-1 K Veg-1 k	Roti-2 Veg-1 K Kakdi raita-1 K (use ½ kakdi only)	Roti-2 Veg-1 K Curd-1 K	Rice-1 k Dal-1 K Veg-1 k	Veg. Biryani – 1 k Curd – 1K
Evening Snack 5:30 PM	Tea-70 ml Makhana-1 K	Tea-70 ml Makhana-1 K	Tea-70 ml Makhana-1 K	Tea-70 ml Makhana-1 K	Tea-70 ml Makhana-1 K	Tea-70 ml Makhana-1 K	Tea-70 ml Makhana-1 K
Dinner 7:30 PM	Dal-100 ml Veg- 1 bowl Roti-2	Khichadi-1 Bowl(rice : Dal) Veg-1 k	Veg. Pulao -1K Curd – 1K	Masala daliya -1 Bowl	Vegetable Uttapam – 1.5	Dal-100 ml Veg-1 bowl Roti-2	Roti-2 Veg-1 K Curd-1 K

Important Notes

House Hold Measures:

- 1 Cup = 100 ml
- 1 Glass = 150 ml
- 1 Katori = 80 ml(Medium Size)
- 1 Bowl = 150 ml (Large Size)
- 1 Tea Spoon = 5 gms
- 1 Table Spoon = 15 gms
- 1 Cup Chicken or Fish = 145 gms or 2 Picese

Few Healthy Diet Concepts

- Fluids are any food that is liquid or anything that melts into a liquid and you may take in moderation as per doctor.
- Healthy Breakfast: Try to have breakfast within 2 hours of waking up.
- Do not add two different Protein sources of food in the same meals, such as dal and curd should be avoided together in the same meal.
- Limit your Fat intake: Use of oil should be 3 tsp per day. Also, oil should be use in rotation with different varieties. Although 1 tsp (5 gm) of Ghee is to be taken per day including daily fat intake.
- Milk and Milk products: 200 ml per day of Low-fat milk and its products should be there.
- Salt and Sugar: Use salt and sugar sparsely while cooking meals. Try avoiding sprinkling salt over fruits and salads. Avoid or use very less of sugar in tea/coffee/milk.
- To limit Potassium, restricted food has been advised
- Fruits as a Snack: Use fruits as a gap filter in between your main meals.
- Small and Frequent Meals: Take 5 or 6 meals in a day instead of 3 big meals. Which means have 3 main meals with 2 light snacks in between them.

Foods Allowed

- **Pulses:** only Dhuli daal
- **Cereals:** All cereals and cereals product like whole wheat flour, rice, rice-flakes, suji, Oats.
- **Milk:** skimmed milk
- **Vegetables:** Ghia, Torai, Tinda, Parwal, Bhindi, Cabbage, Cauliflower, Brinjal, Cucumber, Green pea, Carrot, Radish, Onion, Beans (cook after leaching process)
- **Fruits:** Apple, Papaya, Pear, Guava, Peaches
- **Fat:** According to requirement (refined/olive/mustard/desi ghee)
- **Salt:** 3to4 gm/day

Leaching process: Leaching is important to pullout potassium from vegetables, so that kidneys do not get burdened with potassium load. By this way you can enjoy your favorite vegetables which are high in potassium

How to leach vegetables:

- Peel, cut and wash the vegetables in cold water
- Soak in warm water for a 2 hours.
- Cook vegetables well.

Foods To Avoid

- Nuts and seeds such as almonds, walnuts, Peanuts, flax seeds, pumpkin seeds etc.
- Milk: Full cream milk
- Non-veg: all kind of non veg foods and eggs
- **Fruit:** Banana, Kiwi, Watermelon, all citrus fruit (orange, mango, amla, lemon etc)

- **Vegetables:** Broccoli, brussels sprouts, mushroom, potato, Pumpkin, spinach, beans, sweet-potato, vegetable juices, raw tomato, tamarind, lotus stem, green-leafy vegetables, bitter gourd.
- Aerated Drinks: cold drink, fruit juices, squashes, coconut-water, lemon water, soda
- Fast food, fried food, salted amul butter
- Alcohol, smoking, salted biscuit, Amchur
- Namkeen Dal-moth, salted biscuits, extra table salt
- Extra milk and its product

Some Healthy Snacks

- Puffed rice snacks
- Chiwda namkeen
Makhana