

Diet Recommendation- 1800 kcal, 70 g protein Balanced diet

MEAL/TIME

MENU

Early Morning (6-7 a.m.)	Tea/Coffee -3/4 cup (150 ml)/ Lemon water +Marie/Oats Biscuit : 2 No.
Breakfast (8-9 a.m.)	Brown or multigrain bread 2 slices/Wheat flakes/Oats/Dalia – 30g or Chapatti-1 with seasonal Vegetable or Besan Cheela (1) or Idli(2) with Sambhar or stuffed chapatti-1 (small) or vegetable poha/ veg upma- 1 katorie With Milk- 150 ml + Eggwhite-2/low fat paneer-30 gm(3-4 pcs)
Mid – Morning (11 – 12 p.m.)	Fruit – 1 Serving (150 gms) + almond-3+walnut-1 prefer orange/guava/pear/papaya/apple/peach/sweet lime with fresh lime juice
Lunch (1-2 p.m.)	Green salad- good quantity Roti – 3 or Rice (brown rice, long grain)-2 katorie + Whole Dal- 1 katorie +Seasonal Vegetables (no potato/arbi/yam/raw banana) +Curd – 1 Serving (100gms)
Evening Tea (4 - 5 p.m.)	Tea/ Coffee/ - 3/4 cup (150ml) +Marie/oats biscuits–2
Evening Soup (6 – 7 p.m.)	Soup (Home made – no oil / no fat) / Lemon water (Without Sugar) + Sprouts salad/ roasted chana/ boiled chana

Dinner (8 – 9p.m.)	Green salad- good quantity Roti –2 Dal/ paneer/ soya/ non vegetarian-1 small pc +Seasonal Vegetables (no potato/arbi/yam/raw banana)
Bed Time (10 – 10.30 p.m.)	Milk –1cup (150ml) + Fruit – 1 serving (150 gms)

Daily Allowances:

- Milk (Toned milk including curd): 500ml
- Lean Meat / Egg white/ low fat Paneer : 40g/ 2 in no./ 30gms
- Pulses/Soya : 90 g (3 serving)
- Cereals : 180 g
- Fruits : 300gms
- Seasonal Vegetables : 500 g
- Fat : 15 g (3 tsp. /day or 450 ml/month)
- Salt-5 g(1 tsp/day)
- Sugar-3 tsp

Food To Avoid

- Full Cream Milk & its products.
- Organ Meats like liver, kidney, brain, egg yolk, fatty Meat, Bacon, Ham.
- Saturated fat like Dalda, Desi ghee, Butter, fried food like Poori, Pakora, Parantha, Samosa, Patties, Burger, Pizza.
- Sugar and sweet products like Jam, Jelly, Honey, Murabbas, Cakes , Pastries, Rice puddings and Chocolates.

- Bournvita, Horlicks, Ovaltine and Sauces.
- Soft drinks like campa cola, Limca, Squashes, Syrups and Juices.
- All tinned, canned and preserved food products including fish, veg soups.
- Alcoholic drinks and aerated drinks.

When hungry snack on

- Green Salads without oil dressings (Raw or Boiled Vegetables).
- Fresh Lemon Juice without sugar, Vegetable Soup without Cream.

Points to Remember

- Have early dinners, at least 2 hours before sleeping.
- Do not skip breakfast. In fact it should be the largest meal of the day with dinner being the lightest. (No Fasting).
- Eat your salad before meals.
- Do not sieve the flour as it removes the important fibers & vitamins.
- Use high fibre foods like whole grain cereals & pulses vegetables & fruit salads to increase bulk of the diet.
- Distribute your day's diet into small frequent meals or according to your diet schedule.
- Take small bites of food & chew it properly.
- Do not nibble between meals especially while watching television, chatting etc.
- Cut down on fat intake. Use non-stick pan for cooking.
- Avoid fruit juices; instead take fresh fruit with peel if possible.
- Avoid salad dressings, pickles, chutneys made in oil. Use lemon to enhance the flavor.
- Non vegetarians should take fish or poultry instead of meat or pork.
- Exercise & diet go hand in hand. Go for Regular walk for 30-45 mins every day. Step up gradually

- Promote life style changes – e.g. Use stairs & walking instead of elevator & automobiles whenever possible.

Signature of the Nutritionist Ritu Singh(M.sc , CDE)