

Diet Recommendation-

MEAL/TIME	MENU
Early Morning (6-7 a.m.)	Tea/Coffee -3/4 cup (150 ml)/ Lemon water – without sugar +
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 (100 gms)
Lunch (1-2 p.m.)	Green salad- good quantity Roti – or Rice (brown rice, long grain)-3/4 katorie + Whole Dal- 1 katorie paneer/ soya/ non vegetarian-1 small pc +Seasonal Vegetables (no potato/arbi/yam/raw banana) +Curd – 1 Serving (100gms)
Evening Tea (4 - 5 p.m.)	Tea/ Coffee/ - 3/4 cup (150ml)+ roasted makhana /bhuna chana
Evening Soup (6 – 7 p.m.)	Soup (Home made – no oil / no fat) / Lemon water (Without Sugar) + Fruit – 1 serving (100 gms)

Dinner	Green salad- good quantity-200gram
(8 – 9p.m.)	1bowl dal -200ml
Bed Time	1 cup lukewarm water only
(10 – 10.30 p.m.)	

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

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