

## DIETARY MANAGEMENT IN DIABETES

### INSTRUCTIONS

- ❖ Do not **starve** yourself; take the **free food** from the list. **Feasts** and **fast** should be avoided.
- ❖ **Exercise** should be a part of daily routine in your treatment- 30 minute brisk walk or any other physical activities.
- ❖ Weight should not exceed your expected ideal weight.
- ❖ Take 1gm fibre in every 15 gms. Of carbohydrate over and above the normal dietary fibres requirement.
- ❖ Divide whole day's ration into 5-6 meals of equal quantities instead of 2-3 meals.

**FOODS TO BE AVOIDED:** - **VEGETABLES-** Potato, Yam (Kachalu), Arbi, Sweet Potato, Deep Fried Vegetables, Sitaphal, Chukandar, kathal, jimikand **FRUITS** - Chiku, Mango, Grapes, Banana, pineapple, Kishmish, Khajoor, Shakarkandi, litchi, fruit juices, Dry Fruits, watermelon, apricot, and raisins. **BEVERAGES-**Alcoholic Drinks, juices, squashes, horlicks, complain, bourn vita, Sodas, Whole (full-cream) Milk, butter, cream, thick curries, gravies, and poultry **CEREALS-** Refined flour, White Bread, **Bakery products, Maida articles**, samosa with sauce, fried fish, **fried foods**, Cakes, Pastries, Sweets, honey, jam, gur, chocolates, Candies, Ice-cream, Milk shakes, Pudding, **pickles in oil**, ssweet biscuits, **popcorn with butter**

**FOODS TO BE TAKEN:-** Green leafy vegetables, Seasonal vegetables, cucumber , Radish , Cauliflower, Tomato, Broccoli, Peas, Karela, Methi, Sahjan, Lauki, Turai, Shalgam, **Nashpati, Papaya, Guava, Apple(seasonal), Cherry, Kiwi, Jamun, Citrus Fruits, Jayfal**, (buttermilk) Lassi, Curd, Tea/ Tanned Milk (**without sugar**), clear Soup, plain aerated soda, vinegar, Mix Chapatti, Brown Rice, Brown Bread, Lemon Juice, **Roasted chana**, flax seeds (Alsi), Methi dana.

MEALS	CALORIES= PROTEIN= CARBOHYDRATE= FAT=	1300 Cal 60 gms 170 gms 33 gms	1600 Cal 66 gms 223 gms 39gms	1900 Cal 70 gms 232 gms 39 gms
EARLY-MORNING	Lime-Water Or Lemon Tea Or Dry Amla Powder	1Glass 1Glass 1Tsp.	1Glass 1Glass 1Tsp.	1Glass 1Glass 1Tsp.
BREAKFAST (7-8.00AM)	Tonned Milk Brown bread slice Or Missi Roti Or Oats or Dalia Or Dry Dal Parantha DryVegetableParantha Curd (200gm) Butter	1Cup 2 1 1Katori 1 1 1Katori -	1Cup 2 1 1Katori 1 1 1Katori -	2 Cup 2 1 1Katori 1 1 1Katori 10gm
MID-MORNING (11.00AM-12.00PM)	Citrus Fruits Sprouted dal or Black Gram or Boiled egg	1 1Cup 1	1 1Cup 1	1 1Cup 1
LUNCH (1-2.00PM) /DINNER(7-8.00PM)	Salad Mixed-Chapatti -30gm (Wheat Atta 15gm+Channa atta- 10gm+Barley atta- 5gm) Green-vegetable Dal Or Chicken Or Curd	1small Plate 1  1Katori 1Katori 200gms 200gms	1small Plat 2/3  1Katori 1Katori - -	1small Plate 3  1Katori 1Katori - -
EVENING-SNACKS (4.00PM)	Tea Marie or Bran biscuits Paneer Or Clear Soup	1cup 2 30gm 1 Bowl	1cup 2 30gm 1Bowl	1cup 4 30gm 1Bowl

DIETICIAN YACHANA SHARMA

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## DIETARY MANAGEMENT IN CARDIOVASCULAR DISEASE

### INSTRUCTIONS

- ❖ Take low calorie, low fat diet. Total fat should not exceed 20-40gm.
- ❖ Exercise should be a part of daily routine in your treatment- 30 minute brisk walk or any other physical activities.
- ❖ Reduce intake of animal fats and take more of vegetable fat (vegetable oils). Use various cooking methods such as **baking, steam, broil, stew** etc. and boil instead of frying.
- ❖ Have green vegetables as main items of the diet and other fibrous vegetables, citrus fruits with high amount of moisture and buttermilk. Avoid refined and fatty foods.

**FOODS TO BE AVOIDED:** - Meat and meat extract, brain, kidney, liver, heart, pork and fatty meat, whole milk, cheese, butter, cream and whole milk products, ghee, dalda and other hydrogenated oils, egg yolk, cake, pastry, chocolate, fried foods, nuts, tinned foods preserved in oil or salt, packed and fried foods, foods and drinks with added sugar (candies, jelly, cakes, desserts, colas, sodas), snacks, salty and fatty foods.

**FOODS TO BE ALLOWED:** - Wholegrain (barley, oats, whole wheat, millet), All Vegetables, All Fruits, skimmed milk and its products, egg white, lean meat and chicken, omega-3-fatty acids (**fish, flax seeds**, cottage cheese, clear vegetable soups, pepper, cloves, bay leaves, dalchini, illaichi, fenugreek (Methi) seeds can be used as flavours

### LOW CHOLESTERON LOW FAT DIET

ENERGY=1250 Kcal,

PROTEIN=45gm,

FAT=15gm

### SAMPLE MENU

<b>EARLY MORNING</b>	Lemon water /Tea	1Cup
<b>BREAKFAST</b>	Milk(Skimmed) Sugar Bread Jam / Honey	1 Cup(200 ml) 1Tsp. 1Slice 1Tsp.
<b>MID-MORNING</b>	Fresh Fruit Juice Or Cooked Apple / peach	1 Glass(200 ml)
<b>LUNCH</b>	Vegetable Soup Rice / Khichri Or Chapati Vegetable (Boiled) Curd Skimmed Milk	1 Cup 60 gm Raw 2-3 125 gm Raw ½ katori 100 ml
<b>MID-AFTERNOON</b>	Custard (skimmed-milk)	½ Katori
<b>EVENING-TEA</b>	Tea with sugar Biscuits	1 Cup 3-4
<b>DINNER</b>	Vegetable / Paneer / Chicken Soup Rice / Khichari Or Chapatti Vegetable (Boiled) Boiled Dai Or Paneer Or Fish / Chicken Stew	1 Cup 60 gm raw 2-3 125 gm raw 1 Katori (30gm raw) 50 gm 100gm

**WHOLE DAY COOKING OIL =2Tsp. (20gm)**

If Intake of sodium is restricted then avoid salt and foods containing baking powder and soda

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## NUTRITION DURING RADIO-THERAPY

### INSTRUCTIONS

- Drink 8-10 glasses of fluids throughout the day.
- Eat what you like, when you like and the way you like but do not miss any meal.
- Take lesser amounts of food but at frequent intervals.
- Avoid alcohol and smoking.
- Avoid hot, very cold, spicy and irritating foods.
- To improve taste and smell add hara dhania, pudina, nimbu, cloves, lemon, cardamom, dalchini etc.

### DIET MUST INCLUDE FOLLOWING ITEMS

MILK AND MILK PRODUCTS	Milk, Curd, Fresh paneer, Lassi etc.
CEREALS	Wheat atta, dalia, suji, bread, noodles, macroni etc.
PULSES AND BEANS	All types of dals, rajmah, raungi, white Channa, soya beans and its products
FATS AND OILS	Butter, cream, ghee, refined oil etc.
FRUITS	All seasonal fruits, fruit juices and all dry fruits.
VEGETABLES	All fresh, green and leafy vegetables.
MEAT AND POULTRY	Mutton, chicken, Fish and Egg

#### 1. Dryness of mouth

- Drink at-least 8-10 glasses of water

#### 2. Sore mouth and throat

- Avoid hot, spicy and irritating foods.
- Avoid alcohol and smoking.
- Avoid very hot and very cold foods.
- Milk / soup could form base for each such feed to avoid irritation to the mouth.

#### 3. Loss of taste and smell

- Use hara dhania, pudina, lemon, illachi, dal chini, cloves, essence like keora, Vanilla, rose etc. syrups, milk shake, fruit shake and chocolate etc.

#### 4. Depressed Appetite

- Eat what you like. Don't miss any meal
- Take lesser amounts of food at frequent intervals

#### 5. Loose Motions / indigestion

- Take liquids at frequent intervals and then semi-liquids and semisolid foods.



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