

NAME:

{ DIABETIC DIET PLAN }+RHEUMATIC ARTHRITIS

AGE:

HABBIT:

WT: KG

HT:

BMI: (NORMAL RANGE: 24.9) OBESITY GRADE 11

HEALTH ISSUES:

1. TYPE 2 DIABETES(ONE MEDICINE BEFORE BREAKFAST)
2. RA
3. DISTURBED SLEEP IN NIGHT, STRUGGLE TO SLEEP

FOOD ALLERGY....

FOOD CRAVING:

BLOOD TEST REPORTS:

MENTIONED IN TABLE

INCH MEASUREMENTS:

[illegible]

BLOOD GLUCOSE LEVELS+ LFT+KFT

[illegible]

WAKE UP TIME: 5:00AM

SEEING YOUR PALMS ,RUBBING HANDS ,TOUCHING EYES

RELAXED BREATHING(ANLOM VILOM) FOR 5- 10 MIN

ANULOM VILOM FOR 10 MIN

KAPALBHARTI FOR 10 MIN

THEN WALKING ON WET GREEN GRASS

: MORNING WORKOUT: LIGHT WHOLE BODY WORKOUT FOR 10- 15MIN

BARE FOOT WALKING ON WET GREEN GRASS FOR 10-15 MIN IN MORNING SUNLIGHT EXPOSURE

NOTE: ALWAYS KEEP A TOFFEE WITH YOU IN CASE OF HYPOGLYCEMIA

FOR 5 MIN SIT DOWN THERE WITH YOUR EYES CLOSED FACING SUNLIGHT(PEACE OF MIND)

SO THIS IS HOW YOU HAVE TO START YOUR DAY.....

NOTE:DRINK WATER SIP-SIP WISE LIKE TEA)

DAYS	MORNIN G WORKOU T 6: 00AM: PARK(GRE EN GRASS)	MORNING DRINK 7:00AM	8:00 AM	BREAKFAST 9:00 AM	MID MORNING 11:30	AFTERNOON 1-1:30 PM	EVENING TIME 4:00-5:00PM	DINNER: 7:300PM-8:00 PM
1	YOU CAN SELECT ANY WHOLE BODY LIGHT STRETCHING EXERCISES FOR 30 MIN ACC TO YOUR COMFORT BEFORE 15 MIN , EAT AN APPLE	TAKE A GLASS OF WATER WITH OVERNIGHT SOAKED 1 SPOON METHI SEEDS+1 TSP ZEERA SEEDS 1 INCH GINGER PIECE+ 1/4 th CINNAMON POWDER (AFTER BOILING) ALONG WITH A FEW FRESH MINT LEAVES. BOIL. SEIVE. CONSUME	1 APPLE+ 3-4 RAAT BHAR BIGOYE HUE BADAM	VEG DALIA 20- 25 G WITH LOTS OF LOW CALORIE VEGGIES9:30 AM: PHIKI CHAI EK CUP.(AGAR AP LENA CHAHTE HAI)	1 SEASONAL FRUIT SPRINKED WITH ROASTED FLAX SEEDS	START WITH A GLASS OF WATER 10 MIN BEFORE CHOOSE VEGETABLES OF LOW GLYCEMIC INDEX FREQUENTLY USE PLATE WITH 5-6 PARTITIONS	MAKHANA	1. START WITH A GLASS OF WATER 2. THEN SALAD 3. THEN MEAL

DAYS	MORNING WORKOUT 6:00 AMAM/PARK(GR EEN GRASS)	MORNIN G DRINK 7:00 AM	8:00 AM	BREAKFAST 9:00 AM	MID MORNING 11:30 AM	AFTERNOON 1-1:30 PM	EVENING TIME 4:00-5:00 PM	DINNER 0-8:00 AM
2	MORNING WORKOUT (SUBH KA VYAYAM) BEFORE 15 MIN , EAT AN APPLE	OVERNI GHT SOAKE D ZEERA SEEDS WATER	4 -5 RAAT BHAR BIGOYE HUE BADAM+ SOME ROASTED FLAX SEEDS 1 TSP	RAGI CHEELA WITH ANY BOILED VEGGIES 9:30 AM: PHIKI CHAI EK CUP.(AGAR AP LENA CHAHTE HAI)	1 SEASONAL FRUIT	SALAD 1 PLATE JAISE KHEERA, PYAZ, MULI YAN KHALI EK KHEERA THODI KALI MIRCH DALKE ACC. TO YOUR ROUTINE: 1-2 SMALL JOWAR ROTI+ SABZI (BADI KTORI)+DAL -1 KATORI+ SALAD	ANY SEASONAL FRUIT	OATS KHICHDI

3	MORNING WORKOUT BEFORE 15 MIN , EAT AN APPLE	AMLA + KARELA JUICE 10- 15 ML CONC.	4 -5 RAAT BHAR BIGOYE HUE BADAM+ SOME ROASTED FLAX SEEDS 1 TSP	JOWAR DOSA WITH SAMBHAR OR ANY VEGGIES 9:30 AM: PHIKI CHAI EK CUP.(AGAR AP LENA CHAHE HAI)	1 SEASONAL FRUIT	VEGGIES+ JOWAR PARANTHA OR ROTI + PUDINA /DHANIA CHUTNEY+ VEGGIES	YAN SABZI KA SOUP BINA NAMAK AUR BINA TEL. KALI MIRCH POWDER, DHANIA, ADRAK, HARE PYAZ KA ISTEMAL KREN	LAUKI THEPLA
4	MORNING WORKOUT BEFORE 15 MIN , EAT AN APPLE	-OVERNIGHT SOAKED CORIANDER SEEDS WATER	4 -5 RAAT BHAR BIGOYE HUE BADAM+ SOME ROASTED FLAX SEEDS 1 TSP	LIGHT WALKING IN ROOM FOR 10 MIN AFTER MEAL	1 SEASONAL FRUIT	IN LUNCH NOT MORE THAN 1-2 JOWAR CHAPPATI WITH LOTZS OF VEGGIES MADE IN LESS OIL	ANY LOW GLYCEMIC INDEX SEASONAL FRUIT LIKE PAPTA 125 G(1 SLICE) OR OTHER FRUIT 80 G LIKE 1 APPLE	POST DINNER WALK 20-25 MIN IS IMPORTANT
5	MORNING WORKOUT BEFORE 15 MIN , EAT AN APPLE	AMLA + KARELA JUICE 10-15 ML CONC.	4 -5 RAAT BHAR BIGOYE HUE BADAM+ SOME ROASTED FLAX SEEDS 1 TSP	SPROUTED MOONG DAL DOSA WITH ANY LOW OIL VEGGIES OR CINNAMON ROLL OVERNIGHT OATS	1 SEASONAL FRUIT	WHEAT FLOUR ONLY ONCE , TWICE A WEEK POST LUNCH: SAUNF 1 TSP	PUDINA CUCUMBER SMOOTHIE	JOWAR DALIA WITH BROCCOLI
6	MORNING WORKOUT BEFORE 15 MIN , EAT AN APPLE	TAKE A GLASS OF WATER WITH OVERNIGHT SOAKED 1 SPOON METHI SEEDS+1 TSP ZEERA SEEDS 1 INCH GINGER PIECE+ 1/4 th CINNAMON POWDER (AFTER BOILING) ALONG WITH A FEW FRESH MINT LEAVES. BOIL. SEIVE. CONSUME	4 -5 RAAT BHAR BIGOYE HUE BADAM+ SOME ROASTED FLAX SEEDS 1 TSP	JOWAR PARANTHA 1 WITH ANY VEGGIES BOILED	1 SEASONAL FRUIT	OIL: 2-3 TSP/PERSON/DAY ONLYCOLD PRESSED OIL/DESI GHEE NO REFINED OIL	PHAL KE SATH THODE SE KADDU K BEJ LE SKTE HO BUNE HUE PUMPKIN SEEDS ROASTED	UBLI HUI SABZIYAN + ROTI (SIRF HAFTE M EK BAR)
7	WHATEVER MORNING WORKOUT SUITS YOU. PLEASE MAKE IT LIGHT. DON'T GO FOR HEAVY WORKOUTS BEFORE 15 MIN , EAT AN APPLE	AMLA + KARELA JUICE 10-15 ML CONC.	4 -5 RAAT BHAR BIGOYE HUE BADAM+ SOME ROASTED FLAX SEEDS 1 TSP	ANY FORM OF DOSA+ SAMBHAR OR POHA OR VEG DALIA	1 SEASONAL FRUIT	BESIDES WHEAT START JOWAR ALSO KAM TEL, KAM NAMAK AVOID HEAVY PULSES RAJMAH,CHANNA, RONGI FREQUENTLY DAL KO RAAT BHAR BIGOKE RAKHNA. OHIR SUBH UBAL KE SAFEDE PHEKNE HAI-	MAKE EVENING WORKOUT OF 15- 20 MIN A DAILY ROUTINE. AFTER THAT TAKE SOMETHING LIGHT TO EAT(MENTIONED IN EVENING OPTION)	LAUKI KI SABZI IN LESS OIL WITH JOWAR ROTI

Note: soaking...pulses overnight...heavy

Light...mong dal....soaking

e.g: cooker....dont close the lid....white scum...discard... then start cooking

NOTE:

- DON'T USE REFINED OIL
- DON'T USE PLASTIC BOTTLES FOR WATER OR SPICES AND CONDIMENTS AT HOME
- AVOID WHITE SUGAR
- USE EITHER COLD PRESSED COCONUT OIL, COLD PRESSED MUSTARD OIL OR A2 ORGANIC DESI GHEE
- USE SENDHA NAMAK ATLEAST IN ONE OR TWO MEALS

INSTRUCTIONS TO BE FOLLOWED:

1. WEIGHT REDUCTIONAND BLOOD GLUCOSE LEVEL REDUCTION CONSISTS OF BOTH DIET MANAGEMENT AND PHYSICAL ACTIVITY(EXERCISE)
2. FIX YOUR MEAL TIMINGS
3. DON'T EVER SKIP YOU MEALS ESPECIALLY BREAKFAST
4. AVOID LATE NIGHT EATING
5. AVOID TAKING WATER IMMEDIATELY AFTER MEALS
6. CHEW YOU FOOD PROPERLY AND ENJOY YOUR MEALS
7. BURN WHAT YOU EAT
8. AVOID ALL KINDS OF PROCESSED,READY TO EAT,CANNED JUICES,SOUPS AND PACKAGED FOODS
9. LIMIT YOUR SALT INTAKE BOTH IN FORM OF TABLE SALT AND SNACKS
10. DON'T HAVE TOO MUCH OF SUGARY SNACKS AND DRINKS
11. STRESS ALSO LEADS TO WEIGHT GAIN AND INCREASED BLOOD SUGAR LEVELS SO TRY SOME RELAXATION TECHNIQUES
12. CHECK THE QUANTITY OF OIL YOU ARE USING IN MAKING YOUR FOOD
13. AVOID REFINED CARBOHYDRATES
14. AVOID REFINED OILS
15. WHEN CHECKING FOOD LABELS LOOK FOR OTHER FORMS OF SUGAR LIKE SUCROSE,DEXTROSE,HIGH FRUCTOSE CORN SYRUP

16. BEFORE GOING TO BED:

- SOAK YOUR FEET IN LUKEWARM WATER FOR ATLEAST 10-15 MIN. YOU CAN USE A SPOON OF EPSOM SALT IN IT.
- WASH PROPERLY .
- DRY YOUR FEET WITH A SOFT TOWEL.
- MASSAGE YOUR FEET WITH LUKEWARM MUSTARD OR COCONUT OIL IF ALLOWED BY ORTHOPAEDECIAN

17. AFTER WAKING UP:

- IN MORNING FOR ATLEAST 5-10 MIN SIT IN FRONT OF SUN WITH YOUR EYES CLOSED.
- AFTER BATHING MASSAGE YOUR NAVAL POINT SLIGHTLY WITH MUSTARD OIL

18. INTAKE OF WATER SHOULD BE GOOD.

19. TRY TO FIX YOUR SLEEP TIMINGS. AVOID LATE NIGHT SLEEPING

20. CHOOSE LOW GLYCEMIC INDEX FOOD

.21. KINDLY KEEP PILLOW UNDER YOUR FEET AT THE TIME OF SLEEP

22. ADD SALAD TO YOUR LUNCH AND DINNER.

BEST WISHES

THANKS AND REGARDS

Dt.ANU PANDITA

SENIOR CONSULTANT DIETITIAN

JYRAJ CLINIC MULTISPECIALITY CLINIC,PARAMOUNT ,NOIDA-137

VATSALYA CLINIC,KRISHNA NAGAR,DELHI