

DIABETIC DIET

Recommended food

- High fiber foods like green leafy vegetables, whole wheat flour, germinated pulses, fresh green salad
- Cereals like wheat, jowar, ragi, and legumes like beans ,bengal gram
- Vegetables like broccoli, cauliflower, peas, spinach, capsicum, celery, cucumber, onion, mushroom
- Non vegetarian diet like fish/chicken can be taken once in a week
- Egg white can be taken twice a week
- Cooking oil should be refined vegetable oil like sunflower oil, olive oil, soybean oil, sesame oil around 3-4 tsp or half a litre per person per month
- Recommended water intake 2-3lts/day

Foods to avoid

- Sugar, jaggery, glucose etc,
- Sweets, Icecream, pastries
- Refined flour, custard powder
- Root vegetables like potato, yam, colocasia, tapioca etc.,
- High calorie fruits like banana, mango, sapota, grapes
- Dried fruits like raisins, dates, fig etc.,

LOW SALT DIET FOR HYPERTENSION

Recommended Salt intake per day

Less than 5 g/day(1tsp of common salt)

To avoid

- **Commercially prepared salad dressings, sauces & ketchups**
- **Pastries, biscuits, salted chips, popcorn, salted nuts, Instant mixes**
- **Foods containing MSG(Mono sodium Glutamate)/Ajinomoto**
- **Tinned /canned foods**
- **Soft drinks containing sodium benzoate**
- **Processed meat products, organ meat, shell fish like oysters & crabs**
- **Dry salted fish**
- **Salted pickles/Papad of all variety**
- **Saturated fats & refined sugar**

Recommended foods

- **Fresh fruits & vegetables**
- **Whole grains & pulses**
- **Fat free dairy products**