Diet principles C0 – C2

Normal weight:

* Calories: 1800kcal diet - For weight maintenance
* Other nutrients: Balanced intake – Carbohydrate 60% of total calories; Fat 25% of total calories and Protein 0.8g/Kg body weight
* Include plenty of fruits, vegetables and nuts for micronutrient intake.
* Drink plenty of water for hydration instead of juices. Try to consume 2-2.5l of fluids.

Overweight:

* Calories: 1500kcal diet – For weight reduction
* Other nutrients: Balanced intake – Carbohydrate 55% of total calories; Fat 20% of total calories; Protein 0.8g/Kg body weight and fiber 30g
* Include plenty of fruits, vegetables and nuts for micronutrient intake.
* Drink plenty of water for hydration instead of juices. Try to consume 2-2.5l of fluids.

Obese:

* Calories: 1200kcal diet – For weight reduction
* Other nutrients: Balanced intake – Carbohydrate 55% of total calories; Fat 15% of total calories; Protein 0.8g/Kg body weight and fiber 35g
* Include plenty of fruits, vegetables and nuts for micronutrient intake.
* Avoid simple sugars, instead include natural sweeteners in moderation.
* Avoid processed foods, refined flour instead choose whole grains, and millets.
* Drink plenty of water for hydration instead of juices. Try to consume 2-2.5l of fluids.

Diet principles C3 – C5

Normal weight:

* Calories: 1800kcal diet - For weight maintenance
* Other nutrients: Balanced intake – Carbohydrate 60% of total calories; Fat 25% of total calories and Protein 1-1.2g/Kg body weight
* Increased protein to reduce edema and for healing.
* Include plenty of fruits, vegetables and nuts for micronutrients, antioxidant and anti-inflammatory properties.
* Drink plenty of water for hydration instead of juices. Try to consume 2-2.5l of fluids.

Overweight:

* Calories: 1500kcal diet – For weight reduction
* Other nutrients: Balanced intake – Carbohydrate 55% of total calories; Fat 20% of total calories; Protein 1-1.2g/Kg body weight and fiber 30g
* Include plenty of fruits, vegetables and nuts for micronutrient, antioxidant and anti-inflammatory properties.
* Drink plenty of water for hydration instead of juices. Try to consume 2-2.5l of fluids.

Obese:

* Calories: 1200kcal diet – For weight reduction
* Other nutrients: Balanced intake – Carbohydrate 55% of total calories; Fat 15% of total calories; Protein 1-1.2g/Kg body weight and fiber 35g
* Include plenty of fruits, vegetables and nuts for micronutrient, antioxidant and anti-inflammatory properties.
* Avoid simple sugars, instead include natural sweeteners in moderation.
* Avoid processed foods, refined flour instead choose whole grains, and millets.
* Drink plenty of water for hydration instead of juices. Try to consume 2-2.5l of fluids.

Diet principles C6

Normal weight:

* Calories: 1800kcal diet - For weight maintenance
* Other nutrients: Balanced intake – Carbohydrate 60% of total calories; Fat 25% of total calories and Protein 1.3-1.5g/Kg body weight
* High protein is necessary to reduce edema and for wound healing.
* Include plenty of fruits, vegetables and nuts for micronutrients like vitamin C and zinc, antioxidant. Minimum 3 servings of fruits and 4-5 servings of vegetables should be included. Choose more of green vegetables and dark-coloured vegetables over roots and tubers.
* Foods like sardine, mackerel, walnuts, chia seeds, flax seeds, sunflower seeds etc rich in omega 3 foods should be included.
* Spices like turmeric, ginger, garlic, cinnamon contains anti-inflammatory properties. Consuming these will help in tissue repair, regeneration and reduces scar formation.
* Drink plenty of water for hydration instead of juices. Try to consume 2-2.5l of fluids.

Overweight:

* Calories: 1500kcal diet – For weight reduction
* Other nutrients: Balanced intake – Carbohydrate 55% of total calories; Fat 20% of total calories; Protein 1.3-1.5g/Kg body weight and fiber 30g
* High protein is necessary to reduce edema and for wound healing.
* Include plenty of fruits, vegetables and nuts for micronutrients like vitamin C and zinc, antioxidant. Minimum 3 servings of fruits and 4-5 servings of vegetables should be included. Choose more of green vegetables and dark-coloured vegetables over roots and tubers.
* Foods like sardine, mackerel, walnuts, chia seeds, flax seeds, sunflower seeds etc rich in omega 3 foods should be included.
* Spices like turmeric, ginger, garlic, cinnamon contains anti-inflammatory properties. Consuming these will help in tissue repair, regeneration and reduces scar formation.
* Drink plenty of water for hydration instead of juices. Try to consume 2-2.5l of fluids.

Obese:

* Calories: 1200kcal diet – For weight reduction
* Other nutrients: Balanced intake – Carbohydrate 55% of total calories; Fat 15% of total calories; Protein 1-1.2g/Kg body weight and fiber 35g
* High protein is necessary to reduce edema and for wound healing.
* Include plenty of fruits, vegetables and nuts for micronutrients like vitamin C and zinc, antioxidant. Minimum 3 servings of fruits and 4-5 servings of vegetables should be included. Choose more of green vegetables and dark-coloured vegetables over roots and tubers.
* Foods like sardine, mackerel, walnuts, chia seeds, flax seeds, sunflower seeds etc rich in omega 3 foods should be included.
* Spices like turmeric, ginger, garlic, cinnamon contains anti-inflammatory properties. Consuming these will help in tissue repair, regeneration and reduces scar formation.
* Avoid simple sugars, instead include natural sweeteners in moderation.
* Avoid processed foods, refined flour instead choose whole grains, and millets.
* Drink plenty of water for hydration instead of juices. Try to consume 2-2.5l of fluids