

DO'S AND DON'TS AND GENERAL GUIDELINES

DO'S	DON'T'S
<ul style="list-style-type: none"> • Use Skimmed or double toned milk. • Use Curd or yogurt made from Skimmed or double toned milk. • Can have low fat cheese (when told) • If unavoidable can take Equal , Stevia, Natura (Maximum 2-3 tablets /day).(Sugar only 2 tsp per day) • Use whole grain/Brown bread / Multi Grain(not the white breads) • In vegetables can have: Onions, Tomatoes, Garlic, Ginger, All the green leafy vegetables, capsicum, all bell peppers, cabbage, cauliflower, mushrooms, green onions, brinjals, ladyfinger, broccoli, parsley, lettuce, asparagus, French beans, tinda, bottleguard, tauri, bittergourd, parwal, pumpkin. (3-4 bowls per day), Water Cress (Singhara), • In fruits can have : Papaya, guava, oranges(3-4), pears, peaches, pomegranate, apple (1-2 in a day), plums, strawberries(6-7 in a day), cherries (8-10 in a day), jamun fruit (10- 12) babugosha (2-3), watermelon(3-4 pieces), Kiwi (1) • Water intake: 8-10 glasses per day. • Oil: Use only refined oils in minimal quantity. (No desi ghee, no vanaspati). • Can have 500 ml of milk(Skimmed or double toned) per day. • Beverages :Coconut water , Butter Milk, Lemon Water, Cold Coffee (Skimmed Milk), Green Tea, Tea, Coffee, Clear soups 	<ul style="list-style-type: none"> • Sugar products like jaggery, honey, jam, jelly, sweets and anything sugar coated etc. (Sugar only 2 tsp per day) • In Vegetables :Arbi, Potatoes(only when given in plan), Carrots, Yam, Lotus Stem, Jackfruit (Kathal), Peas, Sweet potatoes, Beet root, turnip. • In Fruits: Mangoes, Grapes, Cheeku, Banana, Custard Apple, Sarda, Muskmelon, litchi, pineapple. • Aerated drinks and Alcohols (not even diet coke/Pepsi) • Corn flour, Baby corn, Maida, refined flours • Packet soups (except clear vegetable soup), Thick tomato gravies, tomato soups & tomato sauce/ketchup, pickles etc. • Fruit juices (canned or fresh) • Fried and Junk foods • Nuts (except almonds 6-8 per day) and walnuts 2-3 per day) • Pulses and Legumes(except when told). • Coconut milk / Coconut • Processed and canned foods

General Guidelines:

1. Check weight daily early morning empty stomach with similar kind of clothing – This should be done on the day advised
2. Enjoy your food but avoid over-sized portions.
3. Make half your plate fruits and vegetables.
4. Make at least half your grains whole grains. Whole grains are good sources of fiber, vitamins, and minerals.
5. Foods like cookies, aerated drinks, pizza, ice cream, bacon and cheese are unhealthy and should be avoided
6. Replace sugary drinks with water.
7. Daily physical activity is important for a healthy lifestyle. Light exercises can be done (No Weight Training)
8. Drink at least 8-10 glasses of water per day
9. Finish your dinners by 8:30 pm.
10. Do not skip any meal
11. Stick to the plans without deviating.
12. Update your weight and diet deviations on the YuWoW App Daily

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