YOUR PERSONALIZED DIET PLAN

Date:

Name:

Age: yrs

Wt: kg

Ht: cm

Ideal body weight: kg

BMI: kg/m2

Waist Circumference: cm

Fat %- %

Muscle mass- kg

Visceral fat –

Abdominal fat -

Medical complaints:

1. BMI:
2. Recent Weight Loss/gain
3. Biochemical finding
4. Comorbidity
5. Clinical complaints

Diet Type:

Non-vegetarian /veg

Exercise Details:

Medical Nutrition Therapy:

1. Calorie Management : kcals /day
2. Protein Management: gm / day

Other Nutrients

Balanced Nutrients as per Recommended Dietary Allowances

**DIET RECALL**

Dietary allowance recommended / day:

|  |  |
| --- | --- |
| **Food Group** | **Servings** |
| Grains and Cereals | 4 - 5 serving /day Chapathi 1 or phulka 1 and half or any other grain raw handfist like Pasta or Rice or rawa or poha or Bread 2 slice ( domestic) |
| Dals, Pulses and Legumes | 2 servings/day Thick or sprouts or Soya etc |
| Milk and Milk Products | 300ml/day can be curd - 2 bowls/day |
| Egg and Non-veg | 3 eggs / week Fish / Chicken twice week ( 100gm each time) |
| Vegetables | 4 serving /day Any vegetable except potato 2 handful is one serving |
| Fruits | 2 whole : any Fruit should be size of Tennis ball / size or whole |
| Sugar | 2 tsp /day. If sweet tooth , Then avoid visible sugar in beverages |
| Fat | 500ml/person/month Presently the type of oil which you are using is perfect. |
| Water | 3 liters/day |

Recommended Diet

**Things to Remember:**

1. Suspected food allergens are dairy, soy, gluten ( you need to be cautious with these foods.) eat small meals if it doesn’t bother you can increase the intake
2. Take adequate rest
3. Drink water
4. If you feel muscle spasms include calcium supplements/ and monitor vitamin D and B12
5. Reduce your exercise to normal walk/swim 45 minutes /daily

**Supplements Advised:**

**Investigation Advised:**

**Follow up date:**

After 15 days with weight and improvement symptoms.

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