

Low Calorie Diet

Foods to be avoided

- Whole milk & their milk products
- All oils (coconut oil, canola, olive, soy, corn, sunflower)
- Red meat – pork, beef, mutton
- Processed meat – sausages, ham, bacon
- Butter & all margarines
- Shallow fried foods (tempered curries)
- Deep fried foods (vade, papadam, cutlets, fried fish/chicken, and potato chips)
- Fast foods (fried chicken, pizza, burgers) & outside foods (Chinese foods, Vegetable rotti, kotthu rotti etc.)
- Sweets, fruit Juices, soft drinks, potato, banana, Dried fruits

Foods to be allowed

- Nonfat or skimmed milk & their products
- Fish, chicken, lean meat
- Fruits & vegetables
- Cereals (rice/ wheat flour preparations)
- Pulses (dhal, grams, green gram, cowpea)
- Egg (3-4 / week)

Recommended Diet 1 cup – 150ml

<i>Early morning</i>	Non fat milk/ (No Sugar)	1 cup
<i>Breakfast</i> 8.00am	Green gram/ Gram/ Cowpea/ Black gram String hoppers Rice/ Noodles Milk Rice Pittu/ Rotti Oats 3 tbsp Fruit	1 cup 5- 6 1 cup 1 cup 1 medium/1 pc
<i>Mid morning</i> 10.30am	plain tea (no sugar) Cream cracker/ plain biscuits Or Fruit 1 serving	1- 2
<i>Lunch</i> 12.30 pm	Rice / noodles Dhal/ wing bean/ Soy meat Vegetable curries (Not tempered) Green leafy vegetables/ vegetable salad Fish/ Chicken curry Fruit 1 serving / fruit salad/ jelly	1 cup
<i>Mid afternoon/ Evening</i> 3.30 pm- 4.00pm	Nonfat milk tea (No Sugar) Plain biscuits Or fruit 1 serving	1- 2
<i>Dinner</i> 7.30pm	Bread / string hoppers Noodles/ rice Or Rotti / Pittu Or hoppers Fish/ chicken curry Soy/ dhal curry Vegetable salad/ green leafy vegetables Or Soup Boiled vegetables Fish/ chicken baked /egg – 4 days per week Fruit salad/ Fruit 1 serving/ jelly	5-6 1 cup 1medium/ 1 pc 2

Harshini Meegaswatte
Senior Dietician & Nutritionist