

For **diabetes**, it is best to include whole grains such as oats, brown rice, and quinoa, along with non-starchy vegetables like broccoli, spinach, and cauliflower. Lean proteins including chicken, fish, and legumes, as well as nuts and seeds such as almonds, flaxseeds, and chia, are also beneficial. Low-glycemic fruits like berries, apples, and pears can be safely consumed. However, people with diabetes should avoid sugary drinks and desserts like soda, cakes, and sweets, along with refined carbohydrates such as white bread, white rice, and maida. Deep-fried foods and processed snacks like chips and cookies are also best left out of the diet.

For **hypertension (high blood pressure)**, potassium-rich fruits and vegetables such as bananas, oranges, and spinach, together with whole grains, low-fat dairy, nuts, seeds, legumes, and lean meats or fish like salmon and tuna are recommended. On the other hand, foods high in salt such as pickles, papad, chips, and canned soups should be avoided, as well as processed meats like sausages and bacon. Limiting excess caffeine and alcohol is also essential.

When it comes to **thyroid issues**, the diet differs depending on whether the condition is hypothyroidism or hyperthyroidism. In hypothyroidism (underactive thyroid), iodine-rich foods like iodized salt and seaweed (in moderation) are helpful, as are selenium sources such as eggs, Brazil nuts, and fish, and zinc sources like pumpkin seeds and chickpeas. Lean proteins, whole grains, and vegetables also support thyroid function. However, excessive intake of raw goitrogenic foods such as cabbage, broccoli, cauliflower, and soy should be avoided, along with highly processed and sugary fried foods. In hyperthyroidism (overactive thyroid), cruciferous vegetables like broccoli, kale, and cauliflower can help reduce thyroid hormone production, while dairy products, whole grains, fresh fruits, and lean protein are beneficial. Foods high in iodine, such as seaweed and iodine supplements, as well as stimulants like coffee and energy drinks, should be restricted.

For **obesity and weight management**, a high-fiber diet including vegetables, oats, lentils, and whole fruits, along with lean protein sources like chicken, fish, tofu, and legumes, is ideal. Healthy fats from avocado, olive oil, and nuts can be included in moderation, and beverages such as green tea and water are preferred. Foods to avoid include sugary drinks and desserts, junk or fast food like pizza, burgers, and fried snacks, refined carbohydrates such as white bread and pastries, and other high-calorie processed foods.

For **malaria**, it is important to eat foods that are light and easy to digest. Porridge, khichdi, boiled vegetables, papaya, pomegranate, oranges, and coconut water help maintain energy and hydration. Lean proteins like boiled eggs, chicken soup, and fish are useful for recovery, while iron-rich foods such as beetroot and spinach support red blood cell health. Oily, fried, spicy, and processed foods, along with caffeine and alcohol, should be avoided as they strain digestion.

In **dengue**, hydration is the most critical factor. Coconut water, fruit juices without added sugar, ORS, and soups should be taken frequently. Foods that are soft and easy to digest such as khichdi, boiled potatoes, and porridge are best. Papaya, kiwi, oranges, and guava are especially beneficial, and protein sources like dal, eggs, and chicken broth support recovery. However, fried, oily, spicy foods, as well as caffeine, alcohol, and carbonated drinks, should be strictly avoided to prevent dehydration and complications.

For **typhoid**, a soft and bland diet is recommended to avoid irritating the intestines. Foods such as khichdi, boiled rice, mashed potatoes, dal, yogurt, and bananas are easy to digest. Soups and light stews made with vegetables or chicken can provide nourishment, while fluids such as ORS, coconut water, and buttermilk help prevent dehydration. High-fiber foods like raw vegetables, fried and spicy items, pickles, and carbonated drinks should be avoided, as they can worsen digestive discomfort.

In the case of **chickenpox**, the focus should be on soft, soothing foods that are easy to swallow, such as mashed potatoes, porridge, boiled rice, yogurt, and soups. Hydrating fluids like coconut water and fruit juices are helpful, while fruits rich in vitamin C such as oranges, kiwi, and strawberries boost immunity. Spicy, fried, salty, or acidic foods should be avoided as they may irritate mouth sores, and junk or processed foods should not be consumed during recovery.

For **diarrhea**, the BRAT diet—bananas, rice, applesauce, and toast—is especially helpful as it is gentle on the stomach. Along with these, plain khichdi, boiled potatoes, carrots, curd, and coconut water are suitable. Probiotics like yogurt restore gut bacteria, and ORS should be taken regularly to replace lost fluids and electrolytes. Dairy (except yogurt), fried foods, spicy dishes, raw vegetables, beans, high-fiber foods, caffeine, and sugary drinks should be avoided until the condition improves.

Lastly, in **jaundice**, the liver needs rest, so light, easily digestible foods are essential. Boiled rice, dal, soft-cooked vegetables, soups, and fresh fruit juices without sugar are recommended. Fruits such as papaya, watermelon, pomegranate, and oranges are good, and proteins from pulses, boiled eggs, and fish support healing. Drinking plenty of water and coconut water is important. On the other hand, fried, spicy, oily, and fatty foods must be avoided completely. Alcohol is strictly prohibited, and heavy items like red meat, butter, cheese, and packaged processed foods should be restricted.