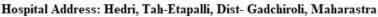


Lloyds Kali Ammal Memorial Hospital लॉयडस काली अम्माल मेमोरियल हॉस्पिटल

Lloyds Infinite Foundation



Pin Code: 442704 Phone No :- 9405123224

HD003177 Patient Reg. No:

Patient Name: Mr. AJAY SARKAR Gender/Age: M/32 Y, 3 M, 6 D

Address:

OPD No.:

Mobile No.: OPD Reg. Date:

9423909400 02-04-2024

OP0031856

Doctor Name: Dr.

BP	Temp	PR	Weight	Spo2	RBS/FBS
mm/Hg	°C	per min	kg	%	mg/dl

 $egin{aligned} \textbf{Diet:} & \textbf{ADVICE:} & \textbf{WEIGHT LOSS DIET PLAN} \\ \textbf{BMI} &= 28.5 & \text{kg/m2} \\ \textbf{TARGET WEIGHT LOSS:} & 10 & \text{Kg} \end{aligned}$

DIET PLAN

6 AM (early morning): lemon tea with 2 pieces of marigold biscuits 1-2 glass warm water. After 10 min take soaked 3-4 pieces of almond or 2-3 walnuts.

8 AM (breakfast): 1 bowl oatmeal, or poha or 2 boiled eggs white only,

OR

veg millet upma, 2 idly with coconut chutney, 1 dosa with sambar OŘ

 $\hat{\mathbf{1}}$ plate green salad, or 1 bowl fruit salad, 1 bowl sprouts salad OR

2 brown breads with peanut butter

11 AM (mid-morning): 1 Seasonal fruit OR 1 bowl soak black chana with ground nut OR 1 cup green tea.

1 PM (lunch): 2 wheat roti OR rice, 1 cup dal, 1 cup green veg curry,

1 bowl curd (nonfat), buttermilk with green salad

5 PM (snacks): 1 cup green tea OR black tea OR 1 bowl roasted makhana

8 PM (DINNER): 2 roti OR millet dosa like (green moong dosa) 1 bowl dal, khichadi OR porridge OR brown rice salad

1 plate green salad

/ OR 1 glass turmeric milk nonfat

• IMPORTANT GUIDELINE:

1. Drink 8-10 liter of water per day.

- 2. Food should be consumed at intervals of 3-4 hours throughout the day.
 3. Don't take flour and cheese made from flour.
 4. Nonfat milk, buttermilk and curd.

5. Do not consume processed food, packet cheeses.

- 6. Do not take extra salt, baking powder, soda.
 7. Fruit consumes 1-2 fruit per day. Do not consume fruit with food. If you r sugar is high, reduce or avoid group 2 fruit.
- 8. Do Dry Fruit: Nuts, pistachios, almonds, dates, figs, can be taken in moderation. 9. the 30-40-minute exercise as advice by the doctor.

1 (100 gram) - (40-50 Cal) Apple Orange Sweet lime Guava Papaya watermelon Barries ½ (50 gram) - (20-30 Cal) -- -- Pineapple Chiku Grapes (8-10) -- Pomegranate

• AVOIDE CONSUMPTION OF THE FOLLOWING SUBSTANCE-

IN DIABETES: Sugar, honey, jaggery, sweetmeat, jam, jelly, sweet biscuits, fruit juice, I.e. Sugar substitute- 5-6 table per day should be used in tea / coffee or sweets

- HEALTHY GUIDELINES FOR HIGH BLOOD PRESSURE
- 1. Moderate your sodium intake
- 2. Increase intake of fiber-rich food.
- 3. Limit alcohol consumption 4. Lose weight.
- 5. Stay properly hydrate by drinking water in a day 3-4 liters per day.
- 6. Moderate healthy fat like (almond, cashew, wall nut) overnight soaked.
- 7. Avoid eating egg yolk sa

DIETICIAN

MS. SAYALI DURGE



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