



**Lloyds Kali Ammal Memorial Hospital**  
**लॉयड्स काली अम्माल मेमोरियल हॉस्पिटल**  
**Lloyds Infinite Foundation**



**Hospital Address: Hedri, Tah-Etapalli, Dist- Gadchiroli, Maharastra**

**Pin Code:- 442704 Phone No :- 9405123224**

**Patient Reg. No :** HD003177 **OPD No. :** OP0031856  
**Patient Name :** Mr. AJAY SARKAR **Mobile No. :** 9423909400  
**Gender/Age :** M/32 Y, 3 M, 6 D **OPD Reg. Date :** 02-04-2024  
**Address :** - **Doctor Name :** Dr.

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

**Diet : ADVICE: WEIGHT LOSS DIET PLAN**

BMI = 28.5 kg/m<sup>2</sup>

TARGET WEIGHT LOSS: 10 Kg

**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  
 OR  
 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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