



**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 :** HD0012166 **OPD No. :** OP0027365  
**Patient Name :** Mr. RAM D RAM **Mobile No. :** 7585800147  
**Gender/Age :** M/47 Y **OPD Reg. Date :** 06-03-2024  
**Address :** - **Doctor Name :** Dr.

BP	Temp	PR	Weight	Spo2	RBS/FBS
mm/Hg	°C	per min	67 kg	%	133 mg/dl

**Diet :** BLOOD SUGAR : 133 ( HIGH )  
BLOOD SUGAR : PP 286 ( HIGH )

ADVID: DIABETIC DIET  
AVOID : NON VEG FISH EGGS MORE THAN 1 TIMES IN A WEEK  
AVOID: SWEET SUGAR, OILY FOOD, FRUIT JUICES, DEEP FRIED FOOD  
EAT GREEN LEAFY VEGETABLE AND EVERY DAY 1 FRUIT  
DRINK WARM WATER AT MORNING IN EMPTY STOMACH  
DRINK 3-4 LITTER WATER PER DAY  
AVOIDE- SUGAR HONEY JAGGERY FOODS  
AVODE- SUGAR TEA

DIET SHOULD BE FOLLOWED AS PER GIVEN ADVICE

DIETICIAN  
MS. SAYALI DURGE