**Symptom1:skin problems**

1. **Acne**

Acne is a common skin condition that affects most people at some point. It causes spots, oily skin and sometimes skin that's hot or painful to touch.Acne most commonly develops on the:face, back, chest

What can I do if I have acne?

The self-help techniques below may be useful:

* Wash the affected area with a mild soap or cleanser and lukewarm water. Very hot or cold water can make acne worse
* Don't try to "clean out" blackheads or squeeze spots. This can make them worse and cause permanent scarring
* Avoid using too much make-up and cosmetics. Use water-based products that are described as non-comedogenic (this means the product is less likely to block the pores in your skin)
* If dry skin is a problem, use a fragrance-free, water-based emollient

**Diet Plan for acne includes:**

* breads, especially white bread and bagels
* sweetened breakfast cereals, such as those with corn flakes, puffed rice, and bran flakes
* instant cereals, such as oatmeal and grits
* some fruits and vegetables, including melons, pineapples, [pumpkins](https://www.medicalnewstoday.com/articles/279610.php), and potatoes
* enriched pastas, such as rice-based pasta
* short grain white rice
* snack foods, such as pretzels, rice cakes, and popcorn

Foods rich in omega-3 fatty acids include:

* fish, such as mackerel, salmon, and sardines
* pastured eggs
* soybeans and soy products, such as tofu
* spinach and [kale](https://www.medicalnewstoday.com/articles/270435.php)
* navy beans
* grass-fed beef
* nuts, such as walnuts and almonds
* flaxseeds
* mustard seeds
* wild rice

**Products sold:**

# Roma -Acne And Acne Scars, Spots Treatment Bundle – Rs.300

#### What it does?

* Treats active acne pimples
* Repairs old and new acne marks and scars
* Provides water resistant SPF 50 PA++++ broad spectrum sun protection

#### What it contains?

* Acne Clarifying Gel 20g for active acne
* Pitstop Gel 30g for acne pits and scars
* Ultra Matte Dry Touch Sunscreen Gel 50g for SPF50 PA++++ protection

1. **Chicken pox**

Chickenpox is a mild and common childhood illness that most children catch at some point.It causes a rash of red, itchy spots that turn into fluid-filled [blisters](https://www.nhsinform.scot/injuries/skin-injuries/blisters/). They then crust over to form scabs, which eventually drop off.

## Causes of chickenpox

Chickenpox is caused by the varicella-zoster virus. You catch it by coming into contact with someone who is infected.Chickenpox is a very contagious infection. Around 90% of people who have not previously had chickenpox will become infected when they come into contact with the virus.

**Diet Chart**

**Sunday**

Breakfast (8:00-8:30AM) Carrot Soup (1 cup)

Mid-Meal (11:00-11:30AM) Grapes (1/2 cup)

Lunch (2:00-2:30PM) Mashed Khichdi (1/2 cup)

Evening (4:00-4:30PM) Custard (1/2 cup)

Dinner (8:00-8:30PM) Boiled Vegetable Puree (1/2 cup)

**Monday**

Breakfast (8:00-8:30AM) Beetroot n Peas Soup (1 cup)

Mid-Meal (11:00-11:30AM) Papaya (1/2 cup)

Lunch (2:00-2:30PM) Mashed Khichdi (1/2 cup)

Evening (4:00-4:30PM) Custard (1/2 cup)

Dinner (8:00-8:30PM) Boiled Vegetable Puree (1/2 cup)

**Tuesday**

Breakfast (8:00-8:30AM) Masoor Daal Soup (1 cup)

Mid-Meal (11:00-11:30AM) Yoghurt (1/2 cup)

Lunch (2:00-2:30PM) Mashed Khichdi (1/2 cup)

Evening (4:00-4:30PM) Custard (1/2 cup)

Dinner (8:00-8:30PM) Boiled Vegetable Puree (1/2 cup)

**Wednesday**

Breakfast (8:00-8:30AM) Carrot Soup (1 cup)

Mid-Meal (11:00-11:30AM) Tender Coconut Water (1 glass)

Lunch (2:00-2:30PM) Mashed Khichdi (1/2 cup)

Evening (4:00-4:30PM) Custard (1/2 cup)

Dinner (8:00-8:30PM) Boiled Vegetable Puree (1/2 cup)

**Thursday**

Breakfast (8:00-8:30AM) Beetroot n Peas Soup (1 cup)

Mid-Meal (11:00-11:30AM) Grapes (1/2 cup)

Lunch (2:00-2:30PM) Mashed Khichdi (1/2 cup)

Evening (4:00-4:30PM) Custard (1/2 cup)

Dinner (8:00-8:30PM) Boiled Vegetable Puree (1/2 cup)

**Friday**

Breakfast (8:00-8:30AM) Masoor Daal Soup (1 cup)

Mid-Meal (11:00-11:30AM) Papaya (1/2 cup)

Lunch (2:00-2:30PM) Mashed Khichdi (1/2 cup)

Evening (4:00-4:30PM) Custard (1/2 cup)

Dinner (8:00-8:30PM) Boiled Vegetable Puree (1/2 cup)

**Saturday**

Breakfast (8:00-8:30AM) Veg Soup (1 cup)

Mid-Meal (11:00-11:30AM) Yoghurt (1/2 cup)

Lunch (2:00-2:30PM) Mashed Khichdi (1/2 cup)

Evening (4:00-4:30PM) Custard (1/2 cup)

Dinner (8:00-8:30PM) Boiled Vegetable Puree (1/2 cup)

1. **Asthma**

**Diet Chart For Asthma**

**Sunday**

Breakfast (8:00-8:30AM)- Boiled Veg. Salad

Lunch (2:00-2:30PM) Parboiled Rice (1 cup)/ 3 Chapatis

Dinner (8:00-8:30PM) 2 Chapati + Chicken stew (1/2 cup)

**Monday**

Breakfast (8:00-8:30AM) Soy Milk (200ml) + Cornflakes

Lunch (2:00-2:30PM) Parboiled Rice (1 cup)/ 3 Chapatis

Dinner (8:00-8:30PM) 2 Chapati + Veg. Curry (1/2 cup)

**Tuesday**

Breakfast (8:00-8:30AM) Veg. Sandwich (2)

Lunch (2:00-2:30PM) Parboiled Rice (1 cup)/ 3 Chapatis

Dinner (8:00-8:30PM) 2 Chapati + Chicken stew (1/2 cup)

**Wednesday**

Breakfast (8:00-8:30AM) Boiled Veg. Salad

Lunch (2:00-2:30PM) Parboiled Rice (1 cup)/ 3 Chapatis

Dinner (8:00-8:30PM) 2 Chapati + Veg. Curry (1/2 cup)

**Thursday**

Breakfast (8:00-8:30AM) Soy Milk (200ml) + Cornflakes

Lunch (2:00-2:30PM) Parboiled Rice (1 cup)/ 3 Chapatis

Dinner (8:00-8:30PM) 2 Chapati + Chicken stew (1/2 cup)

**Friday**

Breakfast (8:00-8:30AM) Veg. Sandwich (2) + Orange juice (1 cup)

Lunch (2:00-2:30PM) Parboiled Rice (1 cup)/ 3 Chapatis

Dinner (8:00-8:30PM) 2 Chapati + Veg. Curry (1/2 cup)

**Saturday**

Breakfast (8:00-8:30AM) Soy Milk (200ml) + Cornflakes

Lunch (2:00-2:30PM) Parboiled Rice (1 cup)/ 3 Chapatis

Dinner (8:00-8:30PM) 2 Chapati + Veg. Curry (1/2 cup)

1. **Chest pain**

**Diet Plan For Cardiac Patients**

**Sunday**

Breakfast (8:00-8:30AM) Ragi dosa-3+2 tsp methi chutney

Lunch (2:00-2:30PM) 1 cup brown rice+2 roti+1/2 cup cabbage dal

Dinner (8:00-8:30PM) 3 roti+1/2 cup ridge gourd sabji+1/2 cup vegetable salad

**Monday**

Breakfast (8:00-8:30AM) Dalia upma-1.5 cup with vegetables

Lunch (2:00-2:30PM) 4 roti+100gm fish

Dinner (8:00-8:30PM) 3 roti+1/2 cup ivy gourd sabji

**Tuesday**

Breakfast (8:00-8:30AM) Oats-1/2 cup+milk(toned)-150ml

Lunch (2:00-2:30PM) 1 cup brown rice+2 jowar roti+1/2 cup tomato dal

Dinner (8:00-8:30PM) 3 roti+1/2 cup bhindi sabji

**Wednesday**

Breakfast (8:00-8:30AM) Idly-4+sambhar-1/2 cup+green chutney-2 tsp

Lunch (2:00-2:30PM) 4 bajra roti+1/2 cup lauki dal+1/2 cup green peas

Dinner (8:00-8:30PM) 3 roti+1/2 cup snake gourd sabji

**Thursday**

Breakfast (8:00-8:30AM) Soya and wheat dosa-3+2 tsp pudina chutney

Lunch (2:00-2:30PM) 1 cup brown rice+2 bajra roti+1/2 cup methi dal

Dinner (8:00-8:30PM) 3 roti+1/2 cup moolimethi sabji+1/2 cup vegetable salad

**Friday**

Breakfast (8:00-8:30AM) Roasted oats upma-1.5 cup with vegetables

Lunch (2:00-2:30PM) 1 cup white rice+2 roti+100gm fish

Dinner (8:00-8:30PM) 3 roti+1/2 cup lauki sabji+1/2 cup vegetable salad

1. Cornoa virus
2. **Tubercolosis**

**Diet Chart**

**Sunday**

Breakfast (8:00-8:30AM) cottage Cheese sandwich(2 slice bread)

Lunch (2:00-2:30PM) Veg pulav rice 1 cup+ 1 cup Soy Chunk curry

Dinner (8:00-8:30PM) 2 chapati + Lady's finger sabji 1 cup

**Monday**

Breakfast (8:00-8:30AM) chapati-3+ Paneer sabji 1 cup

Lunch (2:00-2:30PM) 2 Roti+ Mushroom curry 1 cup

Dinner (8:00-8:30PM) 2 chapati + arhar dal 1 cup

**Tuesday**

Breakfast (8:00-8:30AM) Soy flour Uthappam 2

Lunch (2:00-2:30PM) 1 cup rice + Kidney beans curry 1 cup

Dinner (8:00-8:30PM) 2 paneer stuffed capsicum +2 chapati

**Wednesday**

Breakfast (8:00-8:30AM) Paneer Paratha 2+ 1 cup skim milk

Lunch (2:00-2:30PM) 2 chapati + Black eyed beans curry 1 cup

Dinner (8:00-8:30PM) Broken wheat upma 1 cup

**Thursday**

Breakfast (8:00-8:30AM) Mushroom Paratha 2 +1 cup skim milk

Lunch (2:00-2:30PM) 1/2 cup rice + 1-2 chappati +

Dinner (8:00-8:30PM) 2 chapati+ 1 cup mix veg curry

**Friday**

Breakfast (8:00-8:30AM) Moong dal cheela with paneer filling- 2

Lunch (2:00-2:30PM) 1 cup rice

Dinner (8:00-8:30PM) 2 chapati

**Saturday**

Breakfast (8:00-8:30AM) Wheat dosa-2 + Tofu curry 1 cup

Lunch (2:00-2:30PM) 1/2 cup rice+ 1-2 chapati + Kidney beans curry 1/2 cup

Dinner (8:00-8:30PM) Broken wheat upma 1 cup

1. **Pneumonia**

**Diet Chart**

**Sunday**

Breakfast (8:00-8:30AM) Milk n Cornflakes (1 cup)

Lunch (2:00-2:30PM) Parboiled rice (1/2 cup) + Chicken(2pcs.)

Dinner (8:00-8:30PM) Boiled rice (1/3 cup) + Mashed potato (2)

**Monday**

Breakfast (8:00-8:30AM) Chapati (1.5) soaked in Milk

Lunch (2:00-2:30PM) Parboiled rice (1/2 cup)

Dinner (8:00-8:30PM) Boiled rice (1/3 cup) + Carrot

**Tuesday**

Breakfast (8:00-8:30AM) Chapati (2) + Masoor daal soup (1/2 cup)

Lunch (2:00-2:30PM) Yellow matar daal curry (1/2 cup)

Dinner (8:00-8:30PM) Mashed boiled rice (1/3 cup)

**Wednesday**

Breakfast (8:00-8:30AM) Rice flake Pulav (1 cup) with peas

Lunch (2:00-2:30PM) Mashed potato(2) n Boiled rice (1/2 cup)

Dinner (8:00-8:30PM) Boiled rice (1/3 cup) + Fish(1pc) stew (1/3 cup)

**Thursday**

Breakfast (8:00-8:30AM) Chapati (2) + Moong daal

Lunch (2:00-2:30PM) Parboiled rice (1/2 cup) + Chicken(2pcs.)

Dinner (8:00-8:30PM) Boiled rice (1/4 cup) + Boiled Eggs (1)

**Friday**

Breakfast (8:00-8:30AM) Custard (1/2 cup) + Toast (2 slices)

Lunch (2:00-2:30PM) Parboiled rice (1/2 cup) + Fish(1pc.)

Dinner (8:00-8:30PM) Mashed boiled rice (1/3 cup)

**Saturday**

Breakfast (8:00-8:30AM) Chapati (2) + Bengal gram daal

Lunch (2:00-2:30PM) Yellow matar daal curry (1/2 cup)

Dinner (8:00-8:30PM) Boiled rice (1/3 cup)

1. **Common cold**

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**Food diet chart**

##### **Early morning:**

1 cup hot tulsi, mint and ginger drink/ tulsi lemon tea/ kaadha

##### **Breakfast:**

1 bowl vegetable Dalia porridge or besan chilla + 1 orange

##### **Mid-morning:**

1 cup yogurt sprinkled with 1 tbsp pumpkin seeds

##### **Lunch:**

2 phulkas/ 1 bowl rice  +

1 cup capsicum curry / garlic spinach sabzi with +

A bowl of beetroot and carrot salad

##### **Mid-evening:**

1 glass ragi pej / sattu in warm water

##### **Dinner:**

1 bowl vegetable soup/ chicken soup+

A bowl of moong dal khichdi  + Kadhi

##### **Bedtime:**

1 cup warm turmeric milk with 1 tsp honey

1. **Cough**

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**Sunday**

Breakfast (8:00-8:30AM) 2 carrot chapati + 1 cup low fat curd

Lunch (2:00-2:30PM) Parboiled Rice (1 cup)/ 3 Chapatis

Dinner (8:00-8:30PM) 2 Chapati + Chicken stew (1 cup)

**Monday**

Breakfast (8:00-8:30AM) 2 spinach chapati + 1 cup low fat curd

Lunch (2:00-2:30PM) Parboiled Rice (1 cup)/ 3 Chapatis

Dinner (8:00-8:30PM) 2 Chapati + carrot peas (1 cup)

**Tuesday**

Breakfast (8:00-8:30AM) Vegetable Sandwich (2) + Orange juice (1 cup)

Lunch (2:00-2:30PM) Parboiled Rice (1 cup)/ 3 Chapatis

Dinner (8:00-8:30PM) 2 Chapati +mushroom curry(1 cup)

**Wednesday**

Breakfast (8:00-8:30AM) 1 cup Sauteed Vegetables

Lunch (2:00-2:30PM) Parboiled Rice (1 cup)/ 3 Chapatis

Dinner (8:00-8:30PM) 2 Chapati + mix veg(1 cup)

**Thursday**

Breakfast (8:00-8:30AM) 2 paneer chapati + 1 cup low fat curd

Lunch (2:00-2:30PM) Parboiled Rice (1 cup)/ 3 Chapatis

Dinner (8:00-8:30PM) 2 Chapati + Chicken stew (1 cup)

**Friday**

Breakfast (8:00-8:30AM) paneer and tomato Sandwich (2) + Orange juice (1 cup)

Lunch (2:00-2:30PM) Parboiled Rice (1 cup)/ 3 Chapatis

Dinner (8:00-8:30PM) 2 Chapati + parmal Curry (1 cup)

**Saturday**

Breakfast (8:00-8:30AM) 2 methi chapati + 1 cup low fat curd

Lunch (2:00-2:30PM) Parboiled Rice (1 cup)/ 3 Chapatis

Dinner (8:00-8:30PM) 2 Chapati + potato Curry (1 cup)

1. **Fever**

**Diet chart**

**Sunday**

Breakfast (8:00-8:30AM) Milk n Cornflakes (1 cup)

Lunch (2:00-2:30PM) Parboiled rice (1/2 cup) + Chicken(2pcs.)

Dinner (8:00-8:30PM) Boiled rice (1/3 cup)

**Monday**

Breakfast (8:00-8:30AM) Chapati (1.5) soaked in Milk (1/2 cup)

Lunch (2:00-2:30PM) Parboiled rice (1/2 cup)

Dinner (8:00-8:30PM) Boiled rice (1/3 cup)

**Tuesday**

Breakfast (8:00-8:30AM) Chapati (2) + Masoor daal soup (1/2 cup)

Lunch (2:00-2:30PM) Yellow matar daal curry (1/2 cup)

Dinner (8:00-8:30PM) Mashed boiled rice (1/3 cup)

**Wednesday**

Breakfast (8:00-8:30AM) Rice flake Pulav (1 cup) with peas and carrots

Lunch (2:00-2:30PM) Mashed potato(2) n Boiled rice (1/2 cup)

Dinner (8:00-8:30PM) Boiled rice (1/3 cup)

**Thursday**

Breakfast (8:00-8:30AM) Chapati (2) + Moong daal soup (1/2 cup)

Lunch (2:00-2:30PM) Parboiled rice (1/2 cup) + Chicken(2pcs)

Dinner (8:00-8:30PM) Boiled rice (1/4 cup)

**Friday**

Breakfast (8:00-8:30AM) Custard (1/2 cup) + Toast (2 slices)

Lunch (2:00-2:30PM) Parboiled rice (1/2 cup) + Fish(1pc.)

Dinner (8:00-8:30PM) Mashed boiled rice (1/3 cup)

**Saturday**

Breakfast (8:00-8:30AM) Chapati (2) + Bengal gram daal (1/2 cup)

Lunch (2:00-2:30PM) Yellow matar daal curry (1/2 cup)

Dinner (8:00-8:30PM) Boiled rice (1/3 cup)

1. **Diabetes**

**Diet chart**

**Sunday**

Breakfast (8:00-8:30AM) 4 Idli + Sambar 1/2 cup

Lunch (2:00-2:30PM) 3 Roti+1/2 cup salad + Fish curry

Dinner (8:00-8:30PM) 2 Roti / chappati.+ Tomato subji 1/2 cup.

**Monday**

Breakfast (8:00-8:30AM) 2 Slice brown bread.+1 slice low fat cheese

Lunch (2:00-2:30PM) Veg pulav rice 1 cup

Dinner (8:00-8:30PM) 2 roti/ Chapathi

**Tuesday**

Breakfast (8:00-8:30AM) Chappati 3

Lunch (2:00-2:30PM) 1 cup rice+ 1/2 cup Dhal

Dinner (8:00-8:30PM) Brocken wheat upma 1 cup

**Wednesday**

Breakfast (8:00-8:30AM) Methi Parata 2+ 1 tbs green chutney.

Lunch (2:00-2:30PM) 1 cup rice+ chicken curry( 150 gm chicken

Dinner (8:00-8:30PM) Wheat dosa 3 + 1/2 cup Bitter guard subji.

**Thursday**

Breakfast (8:00-8:30AM) Vegetable Oats Upma 1 cup

Lunch (2:00-2:30PM) 1/2 cup rice + 2 medium chappati

Dinner (8:00-8:30PM) 2 Roti/ chapati+ 1/2 cup mix veg curry

**Friday**

Breakfast (8:00-8:30AM) Mix veg Poha 1 cup

Lunch (2:00-2:30PM) 3 Chappati+ 1/2 cup cluster beans subji

Dinner (8:00-8:30PM) 2 Roti / chappathi

**Saturday**

Breakfast (8:00-8:30AM) Utappam 2+ 1 tbs green chutney.

Lunch (2:00-2:30PM) 1 cup rice+ Soya chunk curry1/2 cup

Dinner (8:00-8:30PM) Brocken wheat upma 1 cup

1. **Hyperglycemia**

**Hyperglycemia** refers to high levels of sugar, or glucose, in the blood. It occurs when the body does not produce or use enough insulin, which is a hormone that absorbs glucose into cells for use as energy. High blood sugar is a leading indicator of diabetes.

* Morning at 6:   teaspoon [fenugreek](https://www.lybrate.com/topic/fenugreek-benefits-and-side-effects) (methi) powder + water.
* Morning at 7: 1 cup sugar free [tea](https://www.lybrate.com/topic/benefits-of-tea-and-its-side-effects) + 1-2 mary biscuits.
* Morning at 8.30: 1 plate upma or oatmeal + half bowl sprouted grains + 100ml cream-free [milk](https://www.lybrate.com/topic/milk-dudh-benefits-and-side-effects) without sugar
* Morning at 10.30: 1 small fruit or 1 cup thin and sugar free buttermilk or [lemon water](https://www.lybrate.com/topic/benefits-of-lemon-water-and-its-side-effects)
* Lunch at 1: 2 roti of mixed flour, 1 bowl [rice](https://www.lybrate.com/topic/benefits-of-rice-and-its-side-effects), 1 bowl pulse, 1 bowl yogurt, half cup [soybean](https://www.lybrate.com/topic/benefits-of-soybean-and-its-side-effects) or cheese vegetable, half bowl green vegetable, one plate salad
* 4 pm: 1 cup tea without sugar + 1-2 less sugar biscuits or toast
* 6 pm: 1 cup soup
* 8.30 pm: 2 roti of mixed flour, 1 bowl rice, 1 bowl pulse, half bowl green vegetable, one plate salad
* 10.30 pm: take 1 cup cream free milk without sugar

1. **Hypoglycemia**

**Diet Chart**

**Sunday**

Breakfast (8:00-8:30AM) Mix veg Poha 1 cup

Lunch (2:00-2:30PM) 3 Roti+ 1/2 cup salad + Fish curry

Dinner (8:00-8:30PM) 2 Roti / chapati

**Monday**

Breakfast (8:00-8:30AM) Oats Meal with Dry Fruits (1 cup)

Lunch (2:00-2:30PM) Veg pulav rice 1 cup

Dinner (8:00-8:30PM) 2 roti/ Chapathi+ Ladies finger subji 1/2 cup.

**Tuesday**

Breakfast (8:00-8:30AM) 1 Roasted Paneer Chapati

Lunch (2:00-2:30PM) 1 cup rice+ 1/2 cup Dhal+ Palak subji 1/2 cup

Dinner (8:00-8:30PM) Broken wheat upma 1 cup

**Wednesday**

Breakfast (8:00-8:30AM) Methi Paratha 2

Lunch (2:00-2:30PM) 1 cup brown rice+ chicken

Dinner (8:00-8:30PM) Wheat dosa 3 + 1/2 cup Bitter guard subji.

**Thursday**

Breakfast (8:00-8:30AM) Vegetable Oats Upma 1 cup

Lunch (2:00-2:30PM) 1/2 cup rice + 2 medium chappati

Dinner (8:00-8:30PM) 2 Roti/ chapati+ 1/2 cup mix veg curry

**Friday**

Breakfast (8:00-8:30AM) Vegetable idli (3)

Lunch (2:00-2:30PM) 3 Chappati+ 1/2 cup cluster beans subji

Dinner (8:00-8:30PM) 2 Roti / chappathi+Ridge guard subji 1/2 cup.

**Saturday**

Breakfast (8:00-8:30AM) Utappam 2+ 1 tbs green chutney

Lunch (2:00-2:30PM) 1 cup brown rice+ Soya chunk curry1/2 cup

Dinner (8:00-8:30PM) Broken wheat upma 1 cup

1. **Food Poisoning**

**Diet Chart**

**Sunday**

Breakfast (8:00-8:30AM) Carrot Soup (1 cup)

Lunch (2:00-2:30PM) Mashed Khichdi (1/2 cup)

Dinner (8:00-8:30PM) Boiled Vegetable Puree (1/2 cup)

**Monday**

Breakfast (8:00-8:30AM) Beetroot n Peas Soup (1 cup)

Lunch (2:00-2:30PM) Mashed Khichdi (1/2 cup)

Dinner (8:00-8:30PM) Boiled Vegetable Puree (1/2 cup)

**Tuesday**

Breakfast (8:00-8:30AM) Masoor Daal Soup (1 cup)

Lunch (2:00-2:30PM) Mashed Khichdi (1/2 cup)

Dinner (8:00-8:30PM) Boiled Vegetable Puree (1/2 cup)

**Wednesday**

Breakfast (8:00-8:30AM) Carrot Soup (1 cup)

Lunch (2:00-2:30PM) Mashed Khichdi (1/2 cup)

Dinner (8:00-8:30PM) Boiled Vegetable Puree (1/2 cup)

**Thursday**

Breakfast (8:00-8:30AM) Beetroot n Peas Soup (1 cup)

Lunch (2:00-2:30PM) Mashed Khichdi (1/2 cup)

Dinner (8:00-8:30PM) Boiled Vegetable Puree (1/2 cup)

**Friday**

Breakfast (8:00-8:30AM) Masoor Daal Soup (1 cup)

Lunch (2:00-2:30PM) Mashed Khichdi (1/2 cup)

Dinner (8:00-8:30PM) Boiled Vegetable Puree (1/2 cup)

**Saturday**

Breakfast (8:00-8:30AM) Veg Soup (1 cup)

Lunch (2:00-2:30PM) Mashed Khichdi (1/2 cup)

Dinner (8:00-8:30PM) Boiled Vegetable Puree (1/2 cup)

1. **Diarrhoea**

**Diet Chart**

**Sunday**

Breakfast (8:00-8:30AM) Vegetable soup (1 cup)

Lunch (2:00-2:30PM) Khichdi (1/2 cup)

Dinner (8:00-8:30PM) Khichdi (1/2 cup)

**Monday**

Breakfast (8:00-8:30AM) Boiled White Chickpeas n Tomato (1 cup)

Lunch (2:00-2:30PM) Chapati (2) + Fish(1pc.) stew

Dinner (8:00-8:30PM) Boiled Rice (1/2 cup) + Baked Pumpkin (1/3rd cup)

**Tuesday**

Breakfast (8:00-8:30AM) Carrot soup (1 cup)

Lunch (2:00-2:30PM) Boiled rice (1/2 cup) + Cabbage curry (1/3rd cup)

Dinner (8:00-8:30PM) Boiled Rice (1/2 cup) + Mashed potato(2) + 1tsp Ghee

**Wednesday**

Breakfast (8:00-8:30AM) Vegetable soup (1 cup)

Lunch (2:00-2:30PM) Carrot Uttappam (1) + Raita (1/3rd cup)

Dinner (8:00-8:30PM) Khichdi (1/2 cup)

**Thursday**

Breakfast (8:00-8:30AM) Baked Tomato n Brolli wity bell peper soup (1 cup)

Lunch (2:00-2:30PM) Chapati (2) + Baked vegetables (1/2 cup) + Raita (1/3rd cup)

Dinner (8:00-8:30PM) Boiled Rice (1/2 cup) + Bottle gourd curry (1/3rd cup)

**Friday**

Breakfast (8:00-8:30AM) Broccoli n Bell peper soup (1 cup)

Lunch (2:00-2:30PM) Boiled Rice (1/2 cup) + Lentil soup (1/2 cup)

Dinner (8:00-8:30PM) Boiled Rice (1/2 cup) + Fish(1pc.) stew (1/3rd cup)

**Saturday**

Breakfast (8:00-8:30AM) Carrot n Beetroot soup (1 cup)

Lunch (2:00-2:30PM) Dosa (1) + Samber (1/2 cup)

Dinner (8:00-8:30PM) Boiled Rice (1/2 cup)

1. **Indigestion**

**Diet Chart**

**Sunday**

Breakfast (8:00-8:30AM) Methi Parata 2

Lunch (2:00-2:30PM) 1 cup rice+ chicken curry( 150 gm chicken

Dinner (8:00-8:30PM) Wheat dosa 3

**Monday**

Breakfast (8:00-8:30AM) Vegetable Oats Upma 1 cup

Lunch (2:00-2:30PM) 1/2 cup rice + 2 medium chappati

Dinner (8:00-8:30PM) 2 Roti/ chapati

**Tuesday**

Breakfast (8:00-8:30AM) Mix veg Poha 1 cup

Lunch (2:00-2:30PM) 3 Chappati+ 1/2 cup cluster beans subji

Dinner (8:00-8:30PM) 2 Roti / chappathi+Ridge guard subji 1/2 cup

**Wednesday**

Breakfast (8:00-8:30AM) Utappam 2+ 1 tbs green chutney

Lunch (2:00-2:30PM) 1 cup rice+ Soya chunk curry1/2 cup

Dinner (8:00-8:30PM) Brocken wheat upma 1 cup

**Thursday**

Breakfast (8:00-8:30AM) 4 Idli + Sambar 1 table spoon Green chutney

Lunch (2:00-2:30PM) 3 Roti+1/2 cup salad + Fish curry ( 100 gm fish)

Dinner (8:00-8:30PM) 2 Roti / chappati

**Friday**

Breakfast (8:00-8:30AM) 2 Slice brown bread.+1 slice low fat cheese

Lunch (2:00-2:30PM) Veg pulav rice 1 cup+ 1/2 cup Soya Chunk curry

Dinner (8:00-8:30PM) 2 roti/ Chapathi

**Saturday**

Breakfast (8:00-8:30AM) Chappati 3 + 1/2 cup Potato green peas

Lunch (2:00-2:30PM) 1 cup rice+ 1/2 cup Dhal+ Palak subji 1/2 cup.

Dinner (8:00-8:30PM) Brocken wheat upma 1 cup

1. **Kidney stones**

**Diet Chart**

**Sunday**

Breakfast (8:00-8:30AM) 2 paratha(aloo/gobhi/methi)

Lunch (2:00-2:30PM) 1 cup rice+2 roti+brinjal sabji+1/2 cup rasam

Dinner (8:00-8:30PM) 3 bajra roti+lauki methi curry+1/2 cup cucumber salad

**Monday**

Breakfast (8:00-8:30AM) 3 uthappam+2tsp methi chutney

Lunch (2:00-2:30PM) 4 jowar roti+ 1/2 cup bitter gourd sabji

Dinner (8:00-8:30PM) 3 roti+1/2 cup colocasia(arbi) curry

**Tuesday**

Breakfast (8:00-8:30AM) 1 cup bajra upma with vegetables

Lunch (2:00-2:30PM) 1 cup rice+2 roti+1/2 cup rasam

Dinner (8:00-8:30PM) 3 jowar roti+1/2 cup raw banana curry+1/2 cup cucumber salad

**Wednesday**

Breakfast (8:00-8:30AM) Vegetable sandwich with 4 whole wheat bread slices

Lunch (2:00-2:30PM) 1 cup rice+2 roti+1/2 cup rasam

Dinner (8:00-8:30PM) 3 roti+1/2 cup tinda curry+ 1/2 cup cucumber salad

**Thursday**

Breakfast (8:00-8:30AM) 3 rice dosa+1/2 cup sambhar(less dal)

Lunch (2:00-2:30PM) 4 bajra roti+1/2 cup methi sabji

Dinner (8:00-8:30PM) 3 bajra roti+ 1/2 cup ridge gourd(thori) curry

**Friday**

Breakfast (8:00-8:30AM) 4 rice Idly+ 1/2 cup sambhar(less dal)

Lunch (2:00-2:30PM) 1 cup rice+2 roti+1/2 cup rasam

Dinner (8:00-8:30PM) 3 roti+1/2 cup bhindi curry+1/2 cup cucumber salad

**Saturday**

Breakfast (8:00-8:30AM) 1/2 cup cornflakes in 1 glass milk(toned)

Lunch (2:00-2:30PM) 1 cup rice+2 roti+1/2 cup snake gourd sabji

Dinner (8:00-8:30PM) 3 jowar roti+1/2 cup cauliflower curry

1. **Stomach ulcer**

**Diet Chart**

**Sunday**

Breakfast (8:00-8:30AM) Brown bread Egg sandwich (1)

Lunch (2:00-2:30PM) Roti (2) + Soy bean Curry

Dinner (8:00-8:30PM) Roti (2) + Bottle Gourd Curry

**Monday**

Breakfast (8:00-8:30AM) Brown bread Potato sandwich

Lunch (2:00-2:30PM) rice (1 cup) + Fish/ chicken Curry

Dinner (8:00-8:30PM) Roti (2) + Pointed Gourd Curry

**Tuesday**

Breakfast (8:00-8:30AM) Brown bread vegetable sandwich

Lunch (2:00-2:30PM) Roti (2) + Mushroom n Green pea Curry

Dinner (8:00-8:30PM) Roti (2) + Beetroot Curry

**Wednesday**

Breakfast (8:00-8:30AM) vegetable Poha

Lunch (2:00-2:30PM) Roti (2) + Chana Dal

Dinner (8:00-8:30PM) Roti (2) + Potato n Beans Curry

**Thursday**

Breakfast (8:00-8:30AM) Scrambled Egg (2)

Lunch (2:00-2:30PM) Rice (1 cup) + kidney beans Curry (1 cup)

Dinner (8:00-8:30PM) Roti (2) + lotus stem (1 cup) + green chutney

**Friday**

Breakfast (8:00-8:30AM) Mashed Potato n Carrot Sandwich (1)

Lunch (2:00-2:30PM) Roti (2) + Moong Dal

Dinner (8:00-8:30PM) Roti (2) + Potato n Drumstick Curry

**Saturday**

Breakfast (8:00-8:30AM) Besan Cheela with paneer

Lunch (2:00-2:30PM) Roti (2) + Chicken Curry (1 cup)

Dinner (8:00-8:30PM) Roti (2) + Broad Beans Curry

1. **Anaemia**

**Diet Plans**

**Sunday**

Breakfast (8:00-8:30AM) Brown bread (3 slices) + Milk

Lunch (2:00-2:30PM) Parboiled Rice (1 cup) + Masoor Daal

Dinner (8:00-8:30PM) 2-3 Chapati + Veg./ Fish Curry (1/2 cup)

**Monday**

Breakfast (8:00-8:30AM) Egg Poach n Toast

Lunch (2:00-2:30PM) 2 Chapati + Mixed Daal

Dinner (8:00-8:30PM) 2-3 Chapati + Veg./ Fish Curry (1/2 cup)

**Tuesday**

Breakfast (8:00-8:30AM) Vegetable soup 4 Almonds

Lunch (2:00-2:30PM) Parboiled Rice (1 cup) + Rajma

Dinner (8:00-8:30PM) 2-3 Chapati + Veg./ Fish Curry

**Wednesday**

Breakfast (8:00-8:30AM) Spinach Uthappam (2) + Milk

Lunch (2:00-2:30PM) 2 Chapati + Bengal gram Daal

Dinner (8:00-8:30PM) 2-3 Chapati + Veg./ Fish Curry

**Thursday**

Breakfast (8:00-8:30AM) Brown bread (3 slices) + Milk

Lunch (2:00-2:30PM) Parboiled Rice (1 cup) + Rajma

Dinner (8:00-8:30PM) 2-3 Chapati + Veg./ Fish Curry

**Friday**

Breakfast (8:00-8:30AM) Egg Poach n Toast

Lunch (2:00-2:30PM) 2 Chapati + Mixed Daal

Dinner (8:00-8:30PM) 2-3 Chapati + Veg./ Fish Curry

**Saturday**

Breakfast (8:00-8:30AM) Spinach Uthappam (2) + Milk

Lunch (2:00-2:30PM) Parboiled Rice (1 cup) + Daal

Dinner (8:00-8:30PM) 2-3 Chapati + Veg./ Fish Curry

1. **Gum disease**

## The 12 Best Foods to Eat if You Have Gum Disease

**Nuts and seeds high in omega 3s**

**Salmon or other fatty fish**

**Grass-fed beef**

**Chicken**

**Bone broth**

**Shiitake mushrooms**

**Broccoli**

**Red and green bell peppers**

**Sweet potatoes**

**Green tea**

**Cacao**

**Probiotic containing foods**

1. **Headaches**

**Diet chart**

eggs

tomatoes

onions

dairy products

wheat, including pasta and bread products

citrus fruits

nitrites found in foods

alcohol, especially red wine

caffeine

food additives, such as MSG

aspartame

chocolate

aged cheeses

nuts

1. **Hairloss**

**Diet Chart**

**Sunday**

Breakfast (8:00-8:30AM) 2 capsicum omelete

Lunch (2:00-2:30PM) 50gms salmon fish curry

Dinner (8:00-8:30PM) 1 cup potato and drumstick

**Monday**

Breakfast (8:00-8:30AM) 2 beetroot parantha

Lunch (2:00-2:30PM) 1 cup potato carrot vegetable

Dinner (8:00-8:30PM) 1 cup palak paneer + 2 chapatti

**Tuesday**

Breakfast (8:00-8:30AM) 1 cup vegetable rice flakes + 1 orange

Lunch (2:00-2:30PM) 1 cup lotus stem + 2 chapatti + 1/2 cup curd

Dinner (8:00-8:30PM) 1 cup arhar dal + carrot salad

**Wednesday**

Breakfast (8:00-8:30AM) 2 onion capsicum omelette

Lunch (2:00-2:30PM) 1 cup pumpkin vegetable + 2 chapatti

Dinner (8:00-8:30PM) 1 cup palak paneer + 2 chapatti

**Thursday**

Breakfast (8:00-8:30AM) 2 multigrain toasted bread

Lunch (2:00-2:30PM) 1 cup fish curry + 1 cup brown rice

Dinner (8:00-8:30PM) 1 cup potato and capsicum + 2 chapatti

**Friday**

Breakfast (8:00-8:30AM) 2 broccoli and egg omelette

Lunch (2:00-2:30PM) 1 cup baked kale with mushroom and tomato

Dinner (8:00-8:30PM) 1 cup cabbage peas + 2 chapatti

**Saturday**

Breakfast (8:00-8:30AM) 1 cup quinoa salad + 1 cup orange juice

Lunch (2:00-2:30PM) 1 cup sweet potato curry + 1 cup brown rice

Dinner (8:00-8:30PM) 1 cup fenugreek with pea vegetable

1. **Malaria**

A disease caused by a plasmodium parasite, transmitted by the bite of infected mosquitoes.The severity of malaria varies based on the species of plasmodium.

Symptoms are chills, fever and sweating, usually occurring a few weeks after being bitten.

People travelling to areas where malaria is common typically take protective drugs before, during and after their trip. Treatment includes antimalarial drugs.

**Diet Chart For Malaria Patient**

**Sunday**

Breakfast (8:00-8:30AM) Milk n Cornflakes (1 cup)

Mid-Meal (11:00-11:30AM) Tender coconut water (1 cup) + 1 Apple

Lunch (2:00-2:30PM) Parboiled rice (1/2 cup) + Chicken(2pcs.) stew (1/2 cup)

Evening (4:00-4:30PM) Vegetable soup (1/2 cup)

Dinner (8:00-8:30PM) Boiled rice (1/3 cup) + Mashed potato (2) + Ghee (1tsp) + Warm Rasgolla (2)

**Monday**

Breakfast (8:00-8:30AM) Chapati (1.5) soaked in Milk (1/2 cup) with added sugar

Mid-Meal (11:00-11:30AM) Tender coconut water (1 cup) + 1 Ripe banana

Lunch (2:00-2:30PM) Parboiled rice (1/2 cup) + Fish(1pc.) stew (1/2 cup)

Evening (4:00-4:30PM) Spinach soup (1/2 cup)

Dinner (8:00-8:30PM) Boiled rice (1/3 cup) + Carrot n potato curry (1/2 cup) + Warm Rasgolla (2)

**Tuesday**

Breakfast (8:00-8:30AM) Chapati (2) + Masoor daal soup (1/2 cup)

Mid-Meal (11:00-11:30AM) Tender coconut water (1 cup) + Grapes (1/2 cup)

Lunch (2:00-2:30PM) Yellow matar daal curry (1/2 cup) + 1/4th fresh lime on it.

Evening (4:00-4:30PM) Carrot soup (1/2 cup)

Dinner (8:00-8:30PM) Mashed boiled rice (1/3 cup) + Milk (1/4 cup) + Jaggery (3 tsp)

**Wednesday**

Breakfast (8:00-8:30AM) Rice flake Pulav (1 cup) with peas and carrots

Mid-Meal (11:00-11:30AM) Tender cococnut water (1 cup) + 1 orange

Lunch (2:00-2:30PM) Mashed potato(2) n Boiled rice (1/2 cup) + Boiled egg (1) + Ghee (2tsp) on warm rice

Evening (4:00-4:30PM) Chicken soup (1/3 cup)

Dinner (8:00-8:30PM) Boiled rice (1/3 cup) + Fish(1pc) stew (1/3 cup) + Warm Rasgolla (2)

**Thursday**

Breakfast (8:00-8:30AM) Chapati (2) + Moong daal soup (1/2 cup)

Mid-Meal (11:00-11:30AM) Tender coconut water (1 cup) + Pomegranates (1/2 cup)

Lunch (2:00-2:30PM) Parboiled rice (1/2 cup) + Chicken(2pcs.) stew (1/2 cup)

Evening (4:00-4:30PM) Mushroom soup (1/2 cup)

Dinner (8:00-8:30PM) Boiled rice (1/4 cup) + Boiled Eggs (1) + Ghee (1tsp) + Warm Rasgolla (2)

**Friday**

Breakfast (8:00-8:30AM) Custard (1/2 cup) + Toast (2 slices)

Mid-Meal (11:00-11:30AM) Tender coconut water (1 cup) + 2 Chikus

Lunch (2:00-2:30PM) Parboiled rice (1/2 cup) + Fish(1pc.) stew (1/2 cup)

Evening (4:00-4:30PM) Carrot soup (1/2 cup)

Dinner (8:00-8:30PM) Mashed boiled rice (1/3 cup) + Milk (1/4 cup) + Jaggery (3 tsp)

**Saturday**

Breakfast (8:00-8:30AM) Chapati (2) + Bengal gram daal (1/2 cup)

Mid-Meal (11:00-11:30AM) Tender coconut water (1 cup) + Black grapes (1/2 cup)

Lunch (2:00-2:30PM) Yellow matar daal curry (1/2 cup) + 1/4th fresh lime on it.

Evening (4:00-4:30PM) Spinach soup (1/2 cup)

Dinner (8:00-8:30PM) Boiled rice (1/3 cup) + Fish(1pc) stew (1/3 cup) + Warm Rasgolla (2)