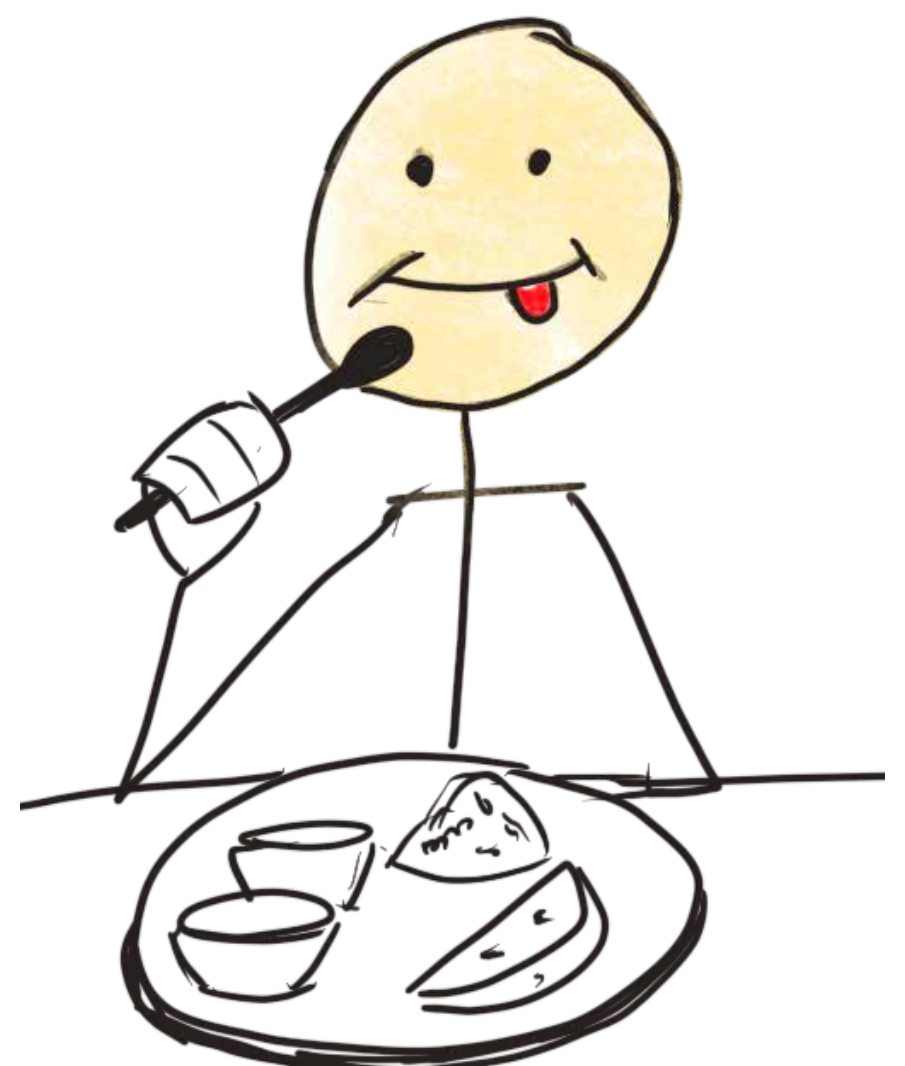


Eating Right

People with psychosis are at increased risk of developing diabetes, obesity, hypertension, nutritional deficiencies and impaired lipid profile.

Various factors contribute to this:

- ▶ Decreased physical activity
- ▶ Inadequate monitoring of various physical health parameters
- ▶ Change in appetite and eating habits



- ▶ Co-morbid substance use (alcohol, tobacco, cannabis)
- ▶ Attributing symptoms of physical illness (like fatigue , headache etc.) to be a part of psychiatric illness.
- ▶ Healthcare needs of patients with psychosis may get neglected as they may not express their problems effectively
- ▶ Metabolic side effects of medications

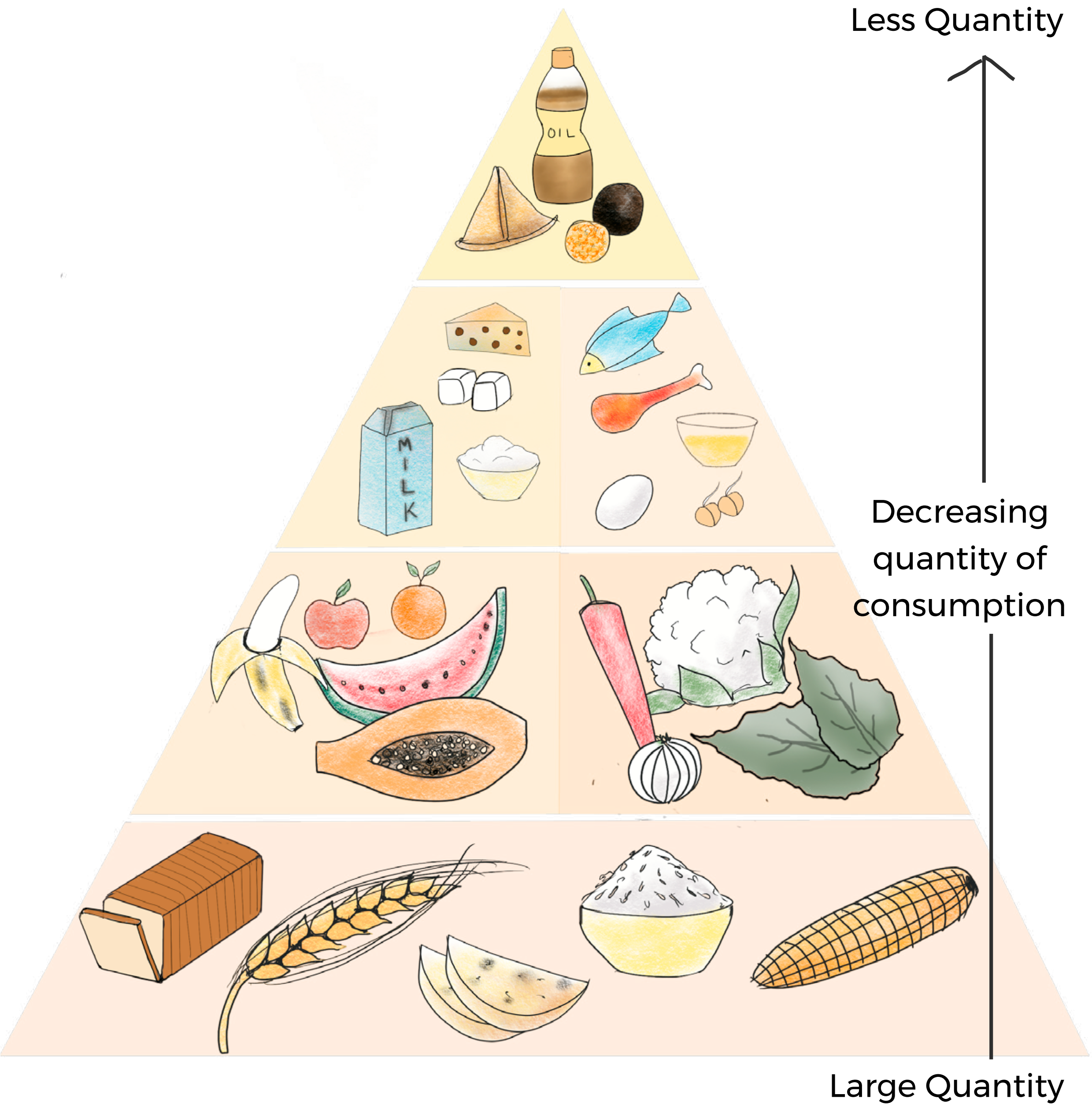
Thus, lifestyle modifications are essential.

Taking nutritious food and a balanced diet is crucial for maintaining physical health .

Eat appropriate quantity of food at regular intervals.

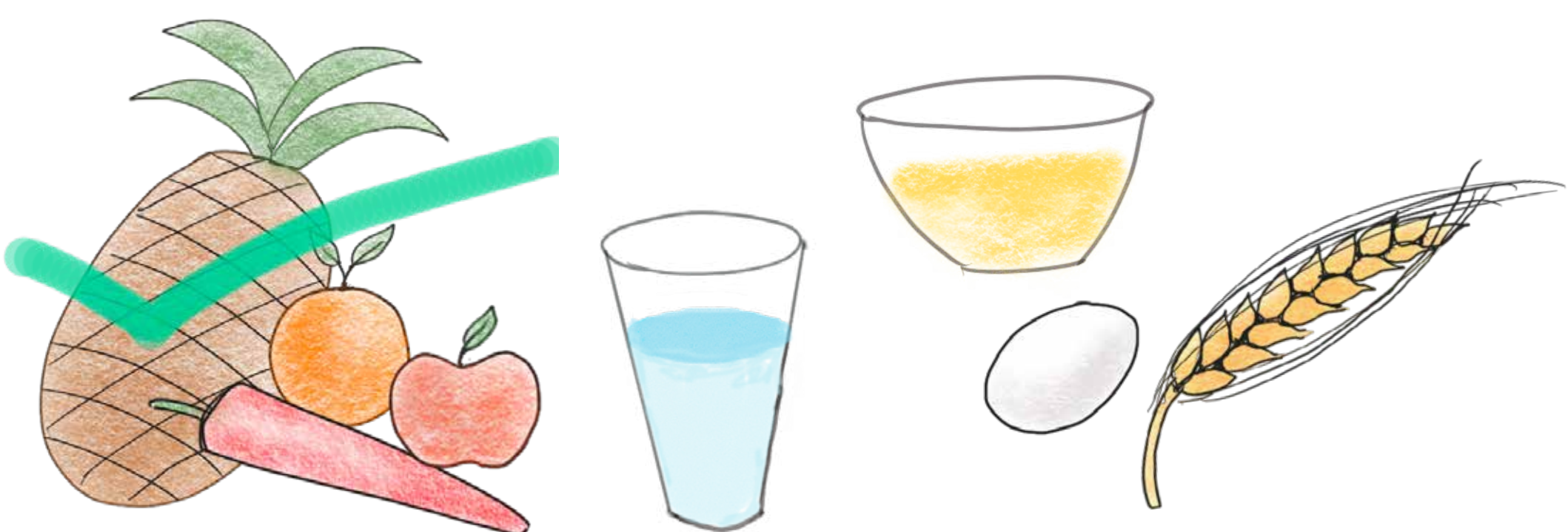
In addition to 3 major meals, take 2 to 3 small meals in between.

A balanced diet pyramid is illustrated below for your reference. Try and follow the same in your diet.



Some Do's and Dont's

- ▶ Consume at least 1 fresh seasonal fruit daily.
- ▶ Include vegetables in the diet everyday.
- ▶ Have 10 to 12 glasses of water.
- ▶ Eat home-cooked food.
- ▶ Eat on time and at regular intervals.
- ▶ Your daily diet should include pulses and meat/eggs (if you are a non-vegetarian).



- ▶ Dairy (milk, curd, buttermilk) and cereals (rice, wheat, maize) should be taken.
- ▶ Avoid packaged foods and drinks.
- ▶ Avoid fat/ ghee and oily food.
- ▶ Restrict the intake of food high in sugar and salt.
- ▶ Consume tea/ coffee in moderation.



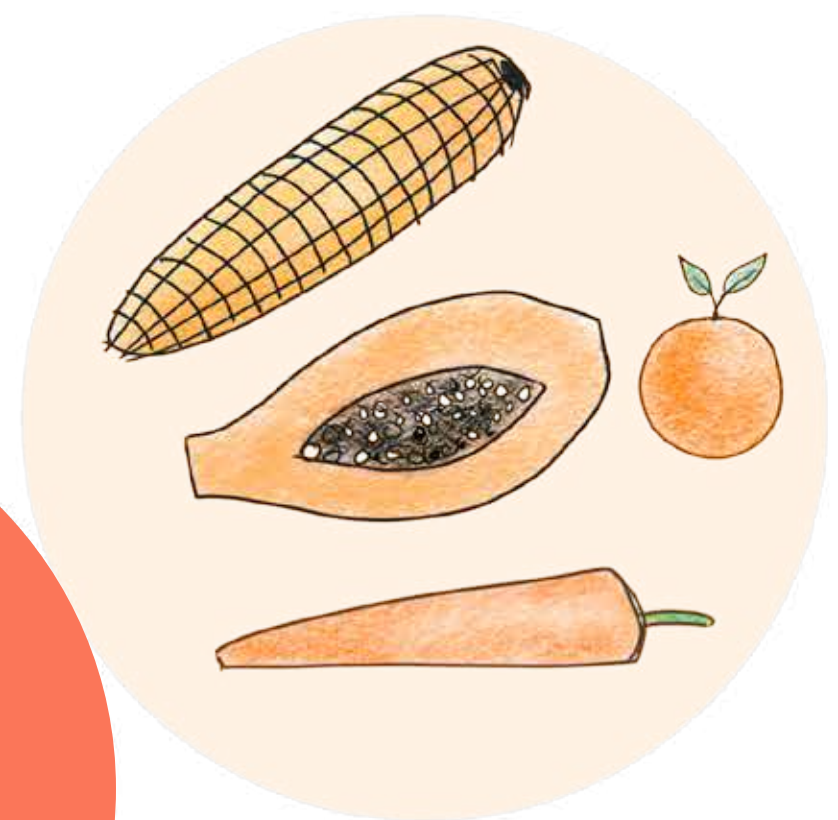
Colours of Fruits & Vegetables

You might like a few fruits and vegetables and might be tempted to just eat those daily. But for optimal health, our bodies need variety in food. Eating a diversity of colourful foods is important so that you get the complete range of vitamins and minerals required by your body.

Purple/
Blue



Orange/ Yellow



White



Eat 5 Colours

Red



Green

