



Amba Health Centre & Hospital

Diet Health Tips

Things to be noted :

1. Chew the food 30 to 40 times
2. Maintain daily quantity of food
3. Eat 1200 - 1400 calories / day*
4. Walk regularly for 40 minutes.
5. Pranayam - 20 minutes
6. Follow up after 15 days

Measure per day -

- Cook from 3 to 4 teaspoons of oil
- 2 teaspoons ghee
- Half teaspoon of salt or sindhav /rock salt
- Sugar / Jaggery- 20 gm (2 tbsps)

Foods Allowed

Cereal :	Millets – (Bajra, Jowar) / Kodri / Barley / Ragi / Brown rice / Maize / Oats / broken wheat
Pulses :	Mung / Moth / Redgram (Tuvar) / Peas / cowpea (choula) / Bengal gram / Masoor / Rajmah / Udad / Soyabean.
Sprouts :	Green gram (Mung) / Moth / Bengal gram (Chana) / Groundnut / alfalfa / Methi
Vegetables :	Bottle gourd / Pumpkin / Ridge gourd / Parwar / Drumstick / Cabbage / Cauliflower / Broccoli / Lettuce / Bitter gourd / Kankoda / Brinjal / Lady finger / Tomato / Green beans / Green leafy veg / Corn / Potato / Sweet potato / Yam Cucumber / Carrot / Beet / Radish / Green Onions / Garlic
Soup :	Mix veg soup / Drumstick soup / Spinach soup / Carrot soup / Corn Soup / Mung Soup
Fruits :	Sweet fruits (once a week) – Mango / Sitaphal / Chiku / Banana / Grapes / Banana / Grapes / Papaya / Watermelon / Muskmelon / Apple / Guava / Jambu / Pear / Pomegranate / Naspoti / Peach / Apricot / Strawberry / Bor / Orange / Sweet lime / Cherries / Grapefruit / Pineapple / Kiwi / Dragon fruit
Milk Products :	Cow's Milk / Curds / Buttermilk / Homemade Butter / Ghee / Paneer
Oil :	Mustard Oil / Sesame Oil / Groundnut oil / Coconut Oil (Filtered)

Foods to be Avoided

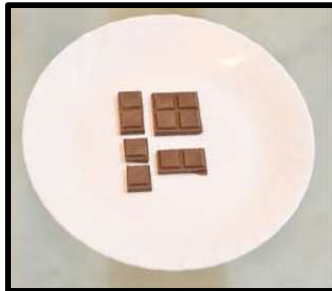
Maida / Sugar / Pickles / Papad / Sour foods / Tamrind / Kokum / Sour curd /
Fermented foods / Frozen foods / Cold water / Deep fried items / Farsan-Salted Snacks /
Fatty food / Cheese / Stale food / Heavy spices / Garam masala / Sweets / Chocolates /
Bakery products / Ice cream / Vegetable Ghee / Alcohol / Egg / Non-Veg



300 Kcal Food ? = 1 time meal



1 Chocolate Cake - 80g



10 Chocolate pc - 60g



20g Peanuts - 100 Kcal



1 Chips pkt - 40g



1 Cup Ice cream - 125g
ग्राम आठस डीम



5 Small Biscuits - 60g



1 pc Cheese Pizza - 100g



2 Vada pav - 120g



2.5 Idli (Big)



2 Roti + 1/2 Cup Veg



Rice (175g) + 1 Cup Dal



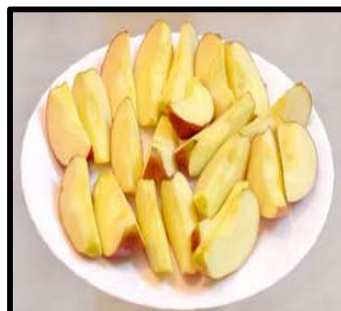
Butter - 40g



Veg Salad - 300g



4 Banana - 330g



6 Apples - 600g



Watermelon - 1Kg