

Foods to be avoided

1. Lentil and whole dals and legumes like Rajmah, whole Bengal gram, Soyabean, lobia etc.
2. Vegetables like beans, peas(dry), mushrooms, cauliflowers, spinach etc.
3. Fried food, butter, cream, rich desserts, ice-cream, ghee.
4. Organ meats such as liver, kidney, brain.
5. Alcoholic drinks, cocoa, coffee, chocolates.
6. Dried foods like almonds, cashunuts etc.
7. Pork, bear, fish sardines, meat extracts, meat gravies.

Food to be taken in prescribed amounts

Other dals, cereals, milk, milk products.

Special Instructions

1. Drink plenty of water i.e. 10-12 glasses/day.
2. Take tea/coffee not more than twice a day.
3. Morning and evening walks are recommended.
4. Total skimmed milk intake per day = 800 ml.
5. Washed dal = 1 bowl.
6. Honey/sugar/gur = 4-5
7. Oil/ghee = 3-4