



Dos & Don'ts

Diet Plan for obese / overweight

AVOID:

Sugar (not more than 2 tsp /day) and its products like jaggery, honey, jam, jelly, and sugar coated saunf, supari or sweet paan, ice cream, chocolates.

- Aerated drinks (dietPepsi, diet cokes).
- Biscuits / Chips
- Corn flour, baby corn, maida, sooji, popcorn or products
- All preserved/ frozen foods. Packet soups should be avoided.
- Thick tomato gravies, tomato soup, Pickles & tomato sauce/ketchup.
- Fruit juices (canned or fresh)
- Fried foods
- Dry fruits(except Almonds 10 daily with skin)
- Red meat
- Coconut milk, coconut water and coconut chutney
- Alcohol

In vegetables: -

Colocasia (Arbi), potatoes, yam (zimikand), lotus stem, jackfruit (Kathal), sweet potatoes, beet root, and turnip.

In fruits: -

-Mangoes, grapes, cheeku, kiwi, banana, custard apple, sarda, muskmelon, Water cress (singhara), litchi, ber, pineapple



**Dept. of Pediatric Gastroenterology
Hepatology & Liver Transplantation**
Medanta – The Medicity Hospital



ALLOWED:

Veg.- Allowed: - All green leafy Veg. (spinach, methi, sarson, bathua), Mushroom, capsicum, cauliflower, cabbage, cucumber, spring onion, tauri, Ghiya, Tinda, pumpkin, french beans Parsley, broccoli, lettuce, asparagus, Bitter Guard (karela not fried), Amaranth (Chaulai Ka Saag), Colocasia Leaves (Arbi Leaves) ladyfinger, Ghia, brinjal, Artichoke, Parsnip, Radish, Zucchini, Carrot, Peas and potatoes (in moderation).

Fruits-Allowed: - Papaya 1 bowl , guava (1-2), pears, peaches, oranges/mausmi (1), Watermelon 1 bowl , pomegranate (1 whole), cherries (7-8), black jamun (5-6), Strawberries (5-6), plums (1-2), babugosha (1-2), apple (1-2).

- Skimmed or single toned milk / cows milk
- Curd or paneer made from single toned milk.
- Use whole-wheat bread/multigrain bread /dalia bread.
- Can have marie, digestive, monacco 2-3 biscuits per day.
- Refined Cooking oil/Olive oil.Keep rotating oil.

-Free Foods: Tea/Coffee (1-2 times per day)/Fresh Lime/Clear Soups /Green tea/Jasmine tea

SPECIAL INSTRUCTIONS YOU NEED TO BE CAREFUL OF!

1. Dinner to be done between 7.00 to 7.30pm
2. Have to have 4 whole fruits daily from the allowed list
3. Adequate water intake (in adolescent -12-15 glasses)
4. Not more than 2 cups of tea / coffee
5. After 5 pm certain things need to be avoided like curd , lemon , lemon water , soups , imli , vinegar
6. Exercise / sports/walking -45-60 mints
6. 5 minutes breathing exercises **TO BE DONE ON EMPTY STOMACH.**
7. lunch - must have vegetables + salad 1k + 1k curd
dinner - will always have vegetable + salad 1k (no curd at dinner time)