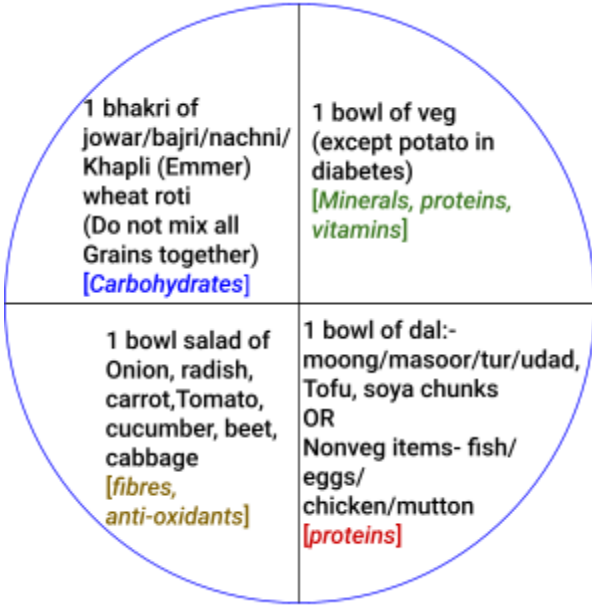


DIET CHART FOR DIABETIC, HYPERTENSIVE & OVERWEIGHT PATIENTS

<p>BREAKFAST (Ideally before 8am) To be finished within 55min.</p> <p>FOR BEST RESULTS, DO NOT EAT ANYTHING ELSE BETWEEN BREAKFAST AND LUNCH. CAN DRINK LOTS OF WATER.</p> <p>#For hypertensive patients, only 1 teaspoon of salt is allowed per day.</p>	<ul style="list-style-type: none"> ● Whole daal Thalipeeth+podina chutney, Green smoothie*, ● Tomato-Besan Omelette, ● Boiled sprouts:- Moong, Masoor, Matki, Chana, Watana (peas), Kulith (horse gram), chawli (black eyed peas)+ onion+kothimbir/dhaniya (coriander)+pinch of salt+ lemon (every day select one type of sprout only, do not mix all sprouts together), ● Moong dosa, Matki dosa, Chawali dosa, Millet** dosa with podina chutney, ● Appe made up of dals (udad/chana/moong/tur)+podina chutney, ● Black tea, Black coffee, Green tea, Buttermilk, Nachni satva (Ragi pudding without jaggery/sugar), ● Boiled eggs, Egg omelet, Egg bhurji, Egg half fry, scrambled eggs, ● Fruits- Apple, Pineapple, Guava, Pear, Orange, Mosambi, plum, Watermelon, Muskmelon, Jamun, Strawberry, Kiwi, Dragonfruit, Coconut water, Pomegranate. (Chew the fruits, not their juices) ● Dry fruits- Cashewnuts, Almonds, Walnuts, Pistachios, anjeer(figs), khajur (dates), manuka (raisins), jardalu (apricot), kharik (dry dates), peanuts.
<p>LUNCH (Around 12.30-1.30 pm) To be finished within 55min.</p> <p>Roughly divide your plate into the following 4 parts -----></p> <p>FOR BEST RESULTS, DO NOT EAT ANYTHING ELSE BETWEEN LUNCH AND DINNER. CAN DRINK LOTS OF WATER</p>	<div style="display: flex; align-items: center;">  <div style="margin-left: 20px;"> <p>Veggies to be eaten in ample quantities viz. Bhindi(okra), tondli (ivy gourd), karela (bitter-gourd), lauki(bottle-gourd), kanturle (spiny gourd), gavar (cluster beans), waal (fava beans), cabbage, cauliflower, drumsticks, green leafy veds, pumpkin, farasbi (french beans), padwal (snake gourd), brinjals, dodka/tori (ridge gourd), gilka (sponge gourd), etc</p> </div> </div> <p>**Millets like ragi, kodra, kangni, kutki, bajri can be cooked like rice, roti, bhakri, idli, dosa, upma, payasam. Finish all 4 parts in plate together. Then only take the 2nd serving of each.</p>
<p>DINNER (Around 8-9 pm) To be finished within 55min.</p>	<p>Same as lunch above. Do not eat anything else after dinner till bedtime. Do not sleep/lie down 3 hours post dinner. This will digest food properly and prevent acidity, gaseous bloating, etc</p>

GREEN SMOOTHIE RECIPE

1. Add 5-6 spinach leaves/lettuce leaves/chakvat(green sorrel leaves)/ambat chuka leaves/kardai (safflower leaves)/green chawli leaves/rajgira (amaranth)leaves
2. Tulsi leaves (5-6) + Pudina leaves (10-12) + Curry (kadipatta) leaves (3-4)
3. Betel leaf/paan leaves (1-2) + 1-2 fruits viz. apple/banana/guava/chikoo/pear
4. Cinnamon (dalchini) powder 1 teaspoon + black pepper (kali miri)powder 1 teaspoon
5. turmeric(haldi) powder 1 teaspoon+ rock salt 1 pinch +1 lemon juice
6. 1 glass water

= Mix all the above contents well in the mixer and drink it without filtering as 1st drink in morning preferably even before water. It will detoxify, alkalise the body and help cleanse the gut too. Can drink before each meal i.e. breakfast/lunch/dinner (within 55 min time frame)

ITEMS TO BE STRICTLY AVOIDED

SWEET ITEMS	Tea, Coffee, Barfi, Pedha, Ice cream, Jalebi, Cold drinks, Cake, Chocolate, Chikki, Rasgulla, Gulab jamun, Basundi, Sweet prasad, Laddoo, Boondi, Rabdi, Rasmalai, Ghevar, Anarsa, Halwa, Kaju katli, Sonpapdi, Lassi, Malpua, Petha, Phirni, pickles etc
WHITE ITEMS	White rice, biryani, poha, upma, rava items, sheera, sabudana, murmura, MILK, dahi, lassi, shrikhand, paneer, butter, cheese, paav, bread, pizza, pasta, toast, khari, biscuit, idli, dosa, uthappa, appam, white rice bhakri, momos, dabeli, etc
FRIED ITEMS/PACKAGED & PROCESSED FOODS	Vada paav, samosa, pakoda/bhajiya, aloo bonda, medu vada, paneer tikka, mirchi bhajiya, kachori, deep fried non veg items, wafers/chips, pretzels, cookies, kurkure, chivda etc <i><u>(In short avoid everything you see in tv/ads)</u></i>