

DIETETICS DEPARTMENT

WEIGHT REDUCTION

FOODS RECOMMENDED

- Salads and boiled vegetables like tomato, cucumber, radish, green leafy vegetables, cabbage, capsicum, gourd etc.
- Soups, rasam, lemon water, buttermilk etc.
- Mix 4 parts of atta with 1 part of besan for making chapatti.
- Prefer more of whole pulses. Sprouts should be taken once daily.
- Prefer whole wheat bread to white/maida bread.

FOODS RESTRICTED

- Cereals and pulses to be taken in prescribed quantity.
- Use different types of oils for preparation like sunflower, safflower, soybean, mustard, groundnut, olive etc.
- Restrict the amount of oils to 3-4 tsp/day.
- Fruits like papaya, orange, sweet lime, guava, apple, pineapple, watermelon, pear etc can be taken twice a day.
- Vegetables like carrot, peas and beetroot.
- Milk and milk products be made using double toned or skimmed milk.
- Nuts like almonds, walnuts and peanuts can be taken.
- Fruit juices to be restricted. Eat whole fruit instead.

FOODS TO BE AVOIDED

- Butter, desi ghee, vanaspati, coconut oil.
- Fried items like samosa, poori, parantha, pakora, cutlet etc.
- Bakery items made from butter & desi ghee like cakes, pastries etc.
- Sugar, jaggery, jam, jellies, ice-cream, laddu, burfi, kheer etc.
- Vegetables like potato, sweet potato, tapioca, zimikand, kathal etc.
- Fruits like banana, mango, grapes, chiku, sapota, custard apple etc.
- Beverages like carbonated drinks, milk shakes, fruit juices etc.
- Malted beverages like bournvita, boost etc.
- Raisins, cashew nuts.
- Milk products like khoa, cream, processed cheese etc.
- Pickles made using oils.
- Canned & tinned foods like pizza toppings, tinned fruits, condensed milk etc.

*** AVOID BOTH FASTING AND FEASTING.**