



Diet Chart , Name :

Height:

Weight:

Ideal weight:

Basic report interpretation: Obesity,

Diet habits: Vegetarian / vegetarian / non-vegetarian

Time of the day	Food	Portion Size
Early morning	Warm water + sprinkle half a lime and add a tsp soaked sabja seeds + Nuts (mixture of almonds, walnuts, sunflower seeds)	1 glass 1 fist
Breakfast	Steamed Sprout chaat OR Besan cheela OR Egg omelette + Green Tea / Black tea with lime (without sugar)	1 bowl 1 No. 1 cup
Mid-morning	Seasonal whole fruit OR Thin buttermilk OR Lime water	1 small 1 glass
Lunch	Start your lunch with Salad + Fulka + Sabzi + Thick Dal	1 Bowl 2 1 Bowl 1 Bowl

Evening	Green Tea / Black tea with lime (without sugar) + Roasted channa OR Boiled egg whites	1 cup 1 small bowl 2
Dinner	Salad Mix grain bhakri Leafy vegetable Dal OR Thin buttermilk	1 Bowl 1 small 1 katori 1 Bowl
Bedtime	Warm water with a pinch of cinnamon powder	½ glass

Food Groups	Foods to include	Foods to avoid
Cereals	Whole cereals and grains : Wheat, Jowar, Bajra, Ragi, Varai, Rajgira, Brown rice	Refined flours – Maida, White rice, white oats
Pulses	All pulses and sprouts	---
Vegetables	All vegetables	Potato, Yam, Suran, Arvi, Raw banana, Beetroot
Fruits	All whole fruits	Fruit juices, pulps, jam, dryfruits
Milk and milk products	Toned milk, curds, buttermilk, low fat cheese, paneer	Full cream milk, cream, butter, ghee, Khoa
Non-veg foods	Egg, Chicken (without skin), Fish (grilled/ steamed/ gravy form) --- once or twice a week	Red meat, Shell fishes (prawns, lobsters), organ meat, Ham, Bacon, Sausages, Pork, Beef
Nuts and oilseeds	All nuts and oilseeds	---
Fats and sugars	Cooking oils in rotation, homemade ghee can be taken 1 tsp per day	Butter, cream, dalda, margarine, mayonnaise, sugar, honey, jaggery
Fluids	Water, lime water, jaljeera, vegetable soups, buttermilk, coconut water	Fruit juices, sherbet, aerated drinks
Others	Soy tofu, mushrooms, baby corn	Sago, packaged food, Papad, Pickles, Preserved foods, Bakery items, Cakes, Pastries, Icecream



Specific guidelines:

- Take small and frequent meals after every 2-3 hrs.
- Salt not more than 1 tsp per person per day.
- Avoid outside food as it is rich in refined grains and bad fats.
- Water intake recommendation: 2 – 2.5 L water should be consumed throughout the day.
- Oil intake recommendation: 500 ml per person per month. Change the type of oil regularly. Sunflower, groundnut, rice bran oils can be used in rotation.
- Exercise for 30-45 mins daily is a must.
- Get adequate (7-8 hours) sleep.
- Avoid alcohol and tobacco completely.

Target / Motivational Quote:

Achieving your ideal weight will help prevent various diseases ranging from diabetes, heart disease and some cancers. Losing 3 to 4 kilograms per month is easy, practical and safe. Don't Lose HOPE, Lose WEIGHT!!