



KMCT AYURVEDA MEDICAL COLLEGE

Approved by NCISM and Affiliated to Kerala University of Health Sciences.

TO WHOM SO EVERIT MAY CONCERN

This is to certify that the information in the attached documents is verified by me and is true to the best of my knowledge.

Chandran



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DIET CHART FOR HYPERTENSION

Early morning (7:00 am)	Warm water
Breakfast (8:00-8:30 am)	Dosa/idli/chappathi+sambar/lentil based vegetable soup Lemon tea/green tea
Mid meal (11:00-11:30 am)	Fruit bowl- banana,berries,apple,pomegranate,citrus fruit,papaya
Lunch (1:00-2:00 pm)	Brownrice+lentil soup/veg curry/grilled or roasted fish,salad(cabbage,onion,carrot,cucumber,tomato)
Mid meal (3:00-3:30 pm)	Almonds,walnuts,dates,apricot,fig,prunes,raisins
Evening (4:00-4:30 pm)	Tea/green tea Roasted chick peas/horsegram,yogurt with honey and nuts
Dinner (8:00-8:30 pm)	Wheat gruel/rava upma/whole wheat rotti,green salad,grilled chicken
Water	8 glass/day
To avoid	High sodium-pickles,pappad,processed snacks,fritters,ghee,coconut milk,caffeine,alcohol etc



Amber
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DIET CHART FOR OBESITY

Early morning (7.00 am)	Warm water
Breakfast (8-8.30am)	2 chappathi/2 idli/2 idiyappam/2dosa/sprouted green gram curry/chickpeas curry/sambar,veg kuruma,tea(lemon,green)
Mid meal (11-11.30am)	Fruitbowl-water melon,avocado,mango,apple etc..
Lunch (1:00-2:00pm)	Brown rice -1cup(200gm),boiled vegetables,leafy veg/fishcurry,salad(tomato, cucumber,carrot) buttermilk
Mid meal (3-3.30pm)	Almonds,walnuts,cashews, pistachios,
Evening (4-4.30pm)	1cup veg soup
Dinner (8-8.30pm)	Sproutedgreen gram, rolled ots/rava uppuma/boiled vegetables/wheat dosa/rago dosha=2 ,fruits(alternate days)
Water	Minimum 8 glass/day

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Vegetables	Moringaleaves,brinjal,cucumber,beetroot,(pigmented vegetables),fibrous vegetables,wax gourd
AVOIDS	Curd,oil food,sugar,salt,fermented foods,tubers,red meat,chicken,clam roast



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DIET CHART FOR BALANCED DIET

Early morning (7:00 am)	Warm water
Breakfast (8:00-8:30 am)	Puttu,appam,dosa,idli+sambar/chutney/veg stew/egg curry,green gram soup+tea,milk,coffee
Mid meal (11:00-11:30 am)	Seasonal fruits-banana,papaya,guava Nuts-almonds,walnuts,cashew nut
Lunch (1:00-2:00 pm)	Brownrice+sambar,aviyal,thoran,buttermilk/curd
Mid meal (3:00-3:30 pm)	Fruit yogurt+granola,fruits,nuts,sprouts
Evening (4:00-4:30 pm)	Veg-fritters,tea/coffee
Dinner (8:00-8:30 pm)	Oats,upma,chappathi+fish curry,kalan,veg stew,grilled chicken,salad(cucumber,carrot,tomatos dressed with lime juice)
Water	8 glass/day
To avoid	Fried and greasy food,excessively spicy food,high sodium food,refined sugar,alcohol.



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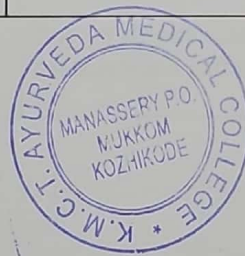


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DIET CHART FOR CHOLESTROL

Early morning (7:00 am)	Warm water
Breakfast (8:00-8:30 am)	Idli+sambar,chutney/appam+veg stew/dosa+sambar,chutney/flat bread+egg curry
Mid meal (11:00-11:30am)	Carrot and beetroot juice+fruit bowl- apples,avocado,berries,pomegranate,peach
Lunch (1:00-2:00pm)	Brown rice+veg thoran/brown rice+grilled fish or chicken/brown rice+lentil curry
Mid meal (3:00-3:30pm)	Berries,granola+yogurt,fresh fruits
Evening (4:00-4:30pm)	Black tea,roasted chick peas,roasted gram,cracker biscuit
Dinner (8:00-8:30pm)	Chappathi/brown rice+sambar+vegetable stew+sprouted grains+salad(tomato,cucumber,carrot,onion)
Water	Minimum 8 glasses/day
To avoid	Egg yolk,shell fish,red meat,diary products,white bread,sugary snacks,fried food,sugary drinks



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DIET CHART FOR DIABETES

Early morning (7:00 am)	Warm water
Breakfast (8:00-8:30 am)	Brown rice idli/puttu/appam/dosa/upma/pongal+lentil curry/veg curry/green gram curry+green tea/black tea
Mid meal (11:00-11:30 am)	Fruit bowl-Apple/berries/citrus fruits+greek yogurt+hard boiled eggs+cottage cheese
Lunch (1:00-2:00pm)	Brown rice+leafy vegetables/coloured vegetables/mushroom/cruciferous vegetables,salad
Mid meal (3:00-3:30pm)	Juice of cucumber,carrot,beets and other non- starchy vegetables Citrus juice- orange,grapefruit,lemon(sugarless)
Evening (4:00-4:30 pm)	Black tea+veggie sandwich/roasted chickpeas/roasted gram
Dinner (8:00-8:30pm)	Veg curry+brown rice /rotti/lentil soup+whole grain bread &salad/brown rice+grilled chicken
Water	Minimum 8 glasses per day
To avoid	Sugary drinks,diary products,red meat,refined carbohydrates,fried foods



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