

TO WHOM SO EVERIT MAY CONCERN

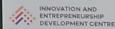
This is to certify that the information in the attached documents is verified by me and is true to the best of my knowledge.

















8.1.14- **DIET CHART**















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







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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

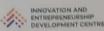
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KOZHIKODE





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



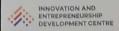
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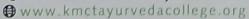
DIET CHART FOR BALANCED DIET

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.



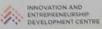
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DIET CHART FOR CHOLESTROL

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

John

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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 yougurt+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, grape fruit, 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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