

OBESITY (WHEIGHT LOSS)

TIME	Menu	Household measures
6 a.m.	Tea / milk	1 cup
9 a.m.	Besan omelette with roti OR	1 no.
	Pithla with roti OR	1 no.
	Chila with roti OR	1 no.
	Boiled egg	1 no
	+Milk	1 cup
11 a.m.	Fruit	1 no
1 p.m.	Roti OR	2 no.
	Roti+rice OR	1 no. + 1 Bowl
	Dal/pulse/sprouts	1 Bowl
	Curd/lassi/thick buttermilk	1 Bowl/ 1 glass
	NON VEG (boiled / grilled /steamed)	1 piece
	Salad/subzi	2 Bowl
5 p.m.	Tea	1 cup
	Bhel/roasted chivda/ sandwich	1 Bowl/ 1 no.
7 p.m.	Fruit	1 no.
8:30 p.m.	Roti OR	2 no.
	Roti+rice OR	1 no. + 1 Bowl
	Dal / non veg (curry / steamed/ boiled /grilled)	1 piece
	Salad/subzi	2 Bowl
10 p.m.	Milk	1 cup

GENERAL GUIDELINES

- **Individuals should include all food groups in the diet to make it nutritious and healthy such as whole cereals and grains, whole pulses and dal, nuts and oilseeds, Milk and milk products, green leafy and other vegetables and fruits.**
- **Eat the meals on time and avoid skipping the meals, as it lead to overconsumption of food later**
- Space out the meals like proper breakfast, lunch, evening snack, dinner and a bed time snack
- Drink plenty of water (8-10 glasses per day)
- Oil consumption should be restricted to ½ kg/ month/ person i.e., 3-4 teaspoon per day.
- Gravies prepared of groundnut, cashew nut, coconut, milk cream, etc to be avoided.

FOOD ITEMS TO BE AVOIDED

- Sugar, honey, jaggery, sweet items (confectionary, barfis, chocolate, ice cream, puddings etc.)
- Fried foods (Wada, bhajiya, wafers, samosa, farsan etc.).
- Thickening agents like corn floor and maida in soups.
- Soft drinks (cola, Pepsi, limca, thums up etc.) and alcohol.
- Reused oils and hydrogenated fats (dalda, Vanaspati).

CAN BE TAKEN AS MUCH ONE WANTS

- Green salads (capsicum, lettuce leaves, cabbage, tomato, cucumber etc.), clear vegetable soups, very thin buttermilk, jaljeera and lime water without sugar in between or along with the meals

FOOD ITEMS TO BE RESTRICTED

- Refined and processed food items, maida preparations like pizza, roomali roti, burgers, white bread, biscuits etc.
- Oily and thick gravies prepared of coconut, cashew nut, ground nuts etc., and oily pickles
- High Calorie Vegetables like Potato, Sweet potato, Yam, Khamelu, Colocasia, Tapioca, Carrot, Beetroot, and Green Peas.

Fruit options:

(Each fruit provides approx. 40 Cals, 10 Gms Carbohydrates)

1 small apple or ½ big apple	1 small mango or ½ bid mango
1 small yellow banana or ½ bid green banana	2 slices papaya
1 small orange	2 slices watermelon
1 small pear	10-12 pcs grapes
15 pcs, jamun	1 glass coconut water
1 small guava	1 small chikku