



DO'S AND DONT'S

(Only to be followed while you are on the program)

MUST DO'S:

MAINTAIN A FOOD DIARY

EARLY DINNER (7:00-7:30 PM)

Exercise- Walk/aerobics/brisk walk/yoga (minimum 30 min daily)

AVOID (or as prescribed):

- Sugar (1tsp /day) and its products like jaggery, honey, jam, jelly, and sugar coated saunf, supari or sweet paan, ice cream, chocolates etc.
- Aerated drinks (diet Pepsi, diet cokes).
- Alcohol
- Corn flour, baby corn, maida, sooji, popcorn.
- All preserved foods like Packet soups should be avoided.
- Thick tomato gravies, tomato soup, pickles & tomato sauce/ketchup.
- Fruit juices (canned or fresh)
- Fried foods
- Dry fruits (except Almonds)
- Red meat
- Coconut milk and coconut (except coconut water).

In vegetables X

Colocasia (Arbi), potatoes, yam (zimikand), lotus stem, jackfruit (Kathal), sweet potatoes, beat root, and turnip.

In fruits X

Mangoes, grapes, cheeku, kiwi, banana, custard apple, water cress (singhara), litchi, ber, pineapple.

ALLOWED (or as prescribed):

- Skimmed or single toned milk
- Curd or paneer made from single toned milk.
- Use whole-wheat bread/multigrain bread / Dalia bread.
- Can have Oat cookies, Wheat cookies, Salted Biscuits, Crackers
- Refined Cooking oil/Olive oil. Keep rotating oil.
- Butter: - Acc. To recommendation
- Free Foods: Tea/Coffee (1-2 times per day)/Fresh Lime/Clear Soups /Green tea/Jasmine tea
- Water: 10-15 Glasses of water every day unless advised otherwise.

In vegetables

All green leafy Veg. (spinach (palak), Fenugreek leaves (methi), Mustard Leaves (sarson), bathua), mushroom, capsicum, cauliflower, cabbage, cucumber, spring onion, ridge gourd (tauri), bottle gourd (ghiya), (round gourd) tinda, pumpkin, frenchbeans, parsley, broccoli, lettuce, asparagus, bitter guard (avoid fried), amaranth (Chaulai), colocasia Leaves (Arbi Leaves) ladyfinger, brinjal, artichoke, parsnip, radish, zucchini, carrots & peas.

In Fruits

Papaya, guava, pears, peaches, oranges, sweetlime, pomegranate, cherries (7-8), jamun (10-12), strawberries (5-6), plums (3-4), Pear, apple.
Watermelon, Muskmelon (preference in Mid-morning)