



DIOMS
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Weight Loss Diet

1200 Calories : 60gm Protein

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Food / Menu	AMT / Size	Variety Available	Approx Calories (KCAL)
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 Early Morning 7am	Green Tea/Tea/Coffee (w/o or low sugar)		1 cup		Green Tea / Black Tea / Lime Juice / Horlicks (w/o Sugar)		60
	Salty Biscuit		2		Salty Bis. / Marie Bis. / Multi Grain Bis. / Atta Bis.		
 Break Fast 9am	Skimmed Milk		1 glass		Scrambled Egg / Poached Egg. / Paneer Slice (30gm) Multi Grain Bread / Veg. Sandwich / Toast Or Veg. Poha, Veg. Dalia, Oats Cornflakes Or Chapati - 3 + Vegetable (Except Root Tuber)		350
	Egg White		2				
	Brown Bread (w/o Cheese)		3 pc.				
 Brunch 11am	Lime Juice		1 glass		Coconut Water / Dal water / Soup / Butter Milk / Tea / Coffee (w/o sugar)Puffed Rice / Sprouts / Veg. Salad / Fruits		120
	Roasted Chana		1 small katori				
 Lunch 2pm	Chapati	2 small	Vegetables	½ katori	Multi Grain Bread, All Pulses (Exclude Rajma / Chana), Chicken / Fish / Egg. Curry(Once or Twice a Week) All Veg. (Except Root Tubers) Fruit Curd / Kheera Raita Cucumber / Carrot / Onion / Boiled Veg.		300
	Dal	1 katori	Curd	1 katori			
	Non-Veg.	½ katori	Salad	1-2 katori			
 Tea time 4pm	Beverages		1 Cup		Tea / Coffee / Soup / Lime Juice / Butter Milk Multi Grain / Fortified / Marie Bis.		60
	Biscuit		2				
 Mid-Evening 6pm	Fruit		1 (70gm)		Guava / Apple		70
 Dinner 8pm	Chapati		1		Multi Grain Bread / Beans / French Beans / Bottle Gourd / Lady Finger / Leafy Vegetable Split Pulse (Moong, Lentil, Arhar, Chana) Kheera / Onion / Tomato / Boiled Veg. (No Salt)		250
	Vegetables		½ Katori				
	Dal		½ Katori				
	Salad		1 Katori (As Much Patient Can Take)				
	Curd		1 Katori				

Dietary Tips

Fat Burning Foods

Vegetable	Natural Starchy Carb & Whole Grains	Lean Proteins	Fruits
BROCCOLI 	BEANS 	TUNA 	PINEAPPLE 
TOMATOES 	CREAM OF RICE HOT CEREAL 	CHICKEN BREAST 	APPLES 
CUCUMBERS 	OATMEAL 	EGG WHITES 	ORANGES 
MUSHROOMS 	100% WHOLE BROWN BREAD 	TURKEY BREAST 	PEACHES 
PEPPERS 	Fats, Oils, & Sweets Use Sparingly 	SALMON 	STRAWBERRIES 
SPINACH 			

Milk, Yogurt, & Cheese Group
2-3 Servings

Meat, Poultry, Fish, Dry Beans, Eggs, & Nuts Group
2-3 Serving

Vegetable Group
3-5 Servings

Fruit Group
2-4 Servings

Bread, Cereal, Rice & Pasta Group
6-11 Servings

• GENERAL INSTRUCTIONS:

- Do regular exercise & go for 20-30 minutes of walk
- Take balanced and high fiber diet like sprouts, whole grain, pulse, raw fruit, vegetables etc.
- Avoid excess salt and sugar
- Combination oil is good. (Refined oil + Mustard oil)
- Take 12-15 glass of water per day
- Avoid fasting and feasting
- Be regular with your diet chart
- Maintain food diary

• FOOD TO BE AVOIDED:

- Full cream milk and its products
- Mutton, egg, yolk, glandular meat
- Cereals like Suji, maida, rice etc.
- Root Veg.: potato, sweet potato, arbi etc.
- Fruits like: mango, banana, grapes, cheeku, litchi & fruit juice etc.
- Pure Ghee, Butter, dalda, coconut oil, fried foods, nuts and oilseeds in excess
- Sweet products: sweets, chocolates, squashes, aerated drinks, cakes, pastries etc.
- Avoid junk food, repeated reheating of oil and products like bakery items etc.

• FOOD TO BE ALLOWED:

- Toned milk and its products like curd, paneer etc.
- Chicken, fish, egg white. (not more than once week)
- Whole cereals and pulses, sprouts
- All other fruits and vegetables
- Combination oil - mustard oil with refined oil
- Beverages like soup, lime juice, coconut water, lassi etc.