



सत्यमेव जयते

# झारखण्ड गजट

## असाधारण अंक

### झारखण्ड सरकार द्वारा प्रकाशित

17 चैत्र, 1943 (श०)

संख्या- 262 राँची, बुधवार,

07 अप्रैल, 2021 (ई०)

#### स्वास्थ्य, चिकित्सा शिक्षा एवं परिवार कल्याण विभाग

-----

#### संकल्प

31 मार्च, 2021

**विषय:** राज्य के सभी सरकारी अस्पतालों में अन्तःवासी मरीजों को दिये जाने वाले पथ्य के दर को ₹0 50/- (पचास) प्रति मरीज प्रतिदिन से बढ़ाकर ₹0 100/- (एक सौ) प्रति मरीज प्रतिदिन एवं विशेष मरीजों के लिए ₹0 125/- (एक सौ पच्चीस) प्रति मरीज प्रतिदिन करने के संबंध में।

**पत्रांक:** 7/बजट-1-77/2012- 49 (7)-- राज्य के सभी सरकारी अस्पतालों में अन्तर्वासी मरीजों को विभागीय संकल्प संख्या 299 (7) दिनांक 15.10.2013 के आलोक में सम्प्रति ₹0 50/- (पचास) प्रति मरीज प्रतिदिन की दर से पथ्य उपलब्ध करायी जा रही है।

2. बढ़ती मंहगाई एवं खाद्य सामग्रियों के दामों में उत्तरोत्तर वृद्धि को दृष्टिपथ में रखते हुए अपर निदेशक, स्वास्थ्य सेवाएं, झारखण्ड की अध्यक्षता में गठित छः सदस्यीय समिति के द्वारा राज्य के सभी सरकारी अस्पतालों के अन्तःवासी मरीजों को पौष्टिक भोजन/पथ्य एवं नाश्ता आदि का Menu निर्धारित करते हुए राज्य के सभी अस्पतालों में अन्तःवासी मरीजों के लिए पथ्य राशि को बढ़ाकर ₹0 100/- (एक सौ) प्रति मरीज प्रतिदिन एवं विशेष मरीजों यथा- Burn Patient, Hypoproteinemic, Tuberculosis & Cancer Patients के लिए ₹0 125/- (एक सौ पच्चीस) प्रति मरीज

प्रतिदिन किये जाने की अनुशंसा की गयी, ताकि मरीजों को तीन वक्त पौष्टिक भोजन/पथ्य उपलब्ध कराया जा सके।

3. उपर्युक्त परिप्रेक्ष्य में राज्य के सभी अस्पतालों में अन्तःवासी मरीजों के लिए पथ्य राशि को बढ़ाकर ₹0 100/- (एक सौ) प्रति मरीज प्रतिदिन (खाद्य सामग्री एवं मेनू परिशिष्ट-1 के रूप में संलग्न है) एवं विशेष मरीजों यथा- Burn Patient, Hypoproteinemic, Tuberculosis & Cancer Patients के लिए ₹0 125/- (एक सौ पच्चीस) प्रति मरीज प्रतिदिन (खाद्य सामग्री एवं मेनू परिशिष्ट-2 के रूप में संलग्न है) किया जाता है।

4. सामान्य मरीजों के लिए अस्पताल में औसत भर्ती दिवस दो दिन तथा विशेष मरीजों के लिए औसत भर्ती दिवस पांच दिन माना गया है।

5. उक्त व्यय का वहन स्थापना व्यय बजट शीर्ष-2210 चिकित्सा तथा लोक स्वास्थ्य अन्तर्गत संबंधित अस्पतालों के उपशीर्ष के तहत "आपूर्ति एवं सामग्री" इकाई से किया जायेगा।

6. विभागीय संलेख ज्ञापांक 33 (7) दिनांक 02.03.2021 में सन्निहित प्रस्ताव पर मंत्रिपरिषद् की बैठक दिनांक 12.03.2021 में मद संख्या 23 के रूप में स्वीकृति प्राप्त है।

7. यह आदेश तत्काल प्रभाव से लागू होगा।

आदेश:- आदेश दिया जाता है कि इस संकल्प को सरकारी राजपत्र के असाधारण अंक में प्रकाशित किया जाय।

झारखण्ड राज्यपाल के आदेश से,

कमल किशोर सोन,  
सरकार के सचिव

## परिशिष्ट-1

## Details of food items to be served to patients ( Rs 100 )

| Food Items                   | Quantity     | Rate            | Cost<br>( in Rs) | Carbohydrate | Fat   | Protein | Energy       |
|------------------------------|--------------|-----------------|------------------|--------------|-------|---------|--------------|
| <b>BREAKFAST</b>             |              |                 |                  | in gm        | in gm | in gm   | (in Calorie) |
| Bread/Chuda/semolina         | 4 Pcs/ 50 gm | Rs 1.5 per Pcs  | 6                | 53.2         | 2.2   | 8       | 266          |
| Apple                        | 1 Pcs        | Rs 6 per Pcs    | 6                | 30.4         | 0.5   | 0.2     | 59           |
| Banana                       | 1 Pcs        | Rs 3.5 Per Pcs  | 3.5              | 10           | 0     | 0       | 40           |
| Egg                          | 1 Pcs        | Rs 6 per Pcs    | 6                | 0            | 7     | 7       | 85           |
| Milk                         | 250 ml       | Rs 46 per litre | 11.5             | 12.5         | 7.5   | 7.5     | 175          |
| <b>LUNCH &amp; DINNER</b>    |              |                 |                  |              |       |         |              |
| Rice                         | 200 gm       | Rs 33 Per kg    | 6.6              | 149          | 0     | 20      | 698          |
| Dal<br>(channa+moong+masoor) | 60 gm        | Rs 130 Per kg   | 7.5              | 31.2         | 1.68  | 12      | 21.6         |
| Green Vegetables             | 300 gm       | Rs 50 per kg    | 15               | 0            | 1.2   | 8.1     | 135          |
| Atta Roti                    | 200 gm       | Rs 30 per kg    | 6                | 133          | 5.32  | 20      | 665          |
| Masala Mix                   | 20 gm        | Rs 300 per kg   | 6                | 0            | 0     | 0       | 0            |
| Mustard Oil                  | 20 ml        | Rs 130 Per kg   | 2.6              | 0            | 20    | 0       | 90           |
| Panner/Curd/Soyabean         | 50 gm        | Rs 240 per kg   | 9                | 1.44         | 23.2  | 6.9     | 363          |
| Sugar                        | 50 gm        | Rs 50 per kg    | 2.2              | 48           | 0     | 0       | 192          |
| Potato                       | 150 gm       | Rs 30 per kg    | 4.5              | 28.5         | 0     | 0       | 120          |
| Gas                          | 100 gm       | Rs 66.20 per kg | 6.62             | N/A          | N/A   | N/A     | N/A          |
| <b>Total</b>                 |              |                 |                  | 497.24       | 68.6  | 89.75   | 2909.6       |

**SEVEN DAYS MENU Rs. 100**

| Meal time                      | Sunday                                                                                                                                  | Monday                                                                                        | Tuesday                                                                                 | Wednesday                                                                                            | Thursday                                                                                                           | Friday                                                                                                      | Saturday                                                                         |
|--------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------|
| <b>MORNING</b><br>(7:00pm )    | 1 cup<br>lemon tea                                                                                                                      | 1 cup<br>lemon tea                                                                            | 1 cup<br>lemon tea                                                                      | 1 cup lemon<br>tea                                                                                   | 1 cup lemon<br>tea                                                                                                 | 1 cup<br>lemon<br>tea                                                                                       | 1 cup<br>lemon tea                                                               |
| <b>BREAKFAST</b><br>(9:00 pm ) | Egg – 1<br>pc<br><br>Banana -<br>1 pc<br><br>Apple –<br>100 gm<br><br>Biscuit -1<br>pack /<br>bread -4<br>slice<br><br>Milk -<br>250 ml | Upma -50<br>gm<br><br>Banana -1<br>pc<br><br>Egg -1 pcs<br><br>Milk -250<br>ml                | Dalia – 50<br>gm<br><br>Apple – 1<br>pcs<br><br>Egg -1 pc<br><br>Milk -250<br>ml        | Egg -1 pc<br><br>Banana -1 pc<br><br>Apple – 100<br>gm<br><br>Biscuit -1<br>pack<br><br>Milk- 250 ml | Bread<br>sandwich<br><br>-4 slice<br><br>Egg -1 pc<br><br>Banana-1<br>pc<br><br>Apple – 1pc<br><br>Milk -250<br>ml | Dalia –<br>50 gm<br><br>Egg -1<br>pc<br><br>Banana -<br>1 pc<br><br>Apple -1<br>pcs<br><br>Milk -<br>250 ml | Upma – 50<br>gm<br><br>Egg -1 pc<br><br>Banana -1<br>pcs<br><br>Milk -250<br>lml |
| <b>LUNCH</b><br>(1:00pm )      | Rice -200<br>gm<br><br>Dal -30<br>gm<br><br>Sabji –<br>egg curry<br>– 1pc<br><br>Curd -<br>100 gm                                       | Rice – 200<br>gm<br><br>Dal -30<br>gm<br><br>Sabji –<br>soyabari<br><br>+paneer<br>+green veg | Rice – 200<br>gm<br><br>Dal – 30<br>gm<br><br>Sabji –<br>mix veg<br><br>Curd -100<br>gm | Rice – 200<br>gm<br><br>Dal – 50 gm<br><br>Sabji - egg<br>curry 1 pc<br><br>Curd -100 gm             | Rice -200<br>gm<br><br>Dal – 30gm<br><br>Sabji –<br>soyabari +<br>green veg<br><br>Curd – 100<br>gm                | Rice –<br>200 gm<br><br>Dal – 30<br>gm<br><br>Sabji –<br>paneer<br>+potato<br><br>Curd –<br>100 gm          | Veg<br>khichdi<br><br>Chokha<br><br>Curd -100<br>gm                              |
| <b>EVENING</b><br>(4:00 pm )   | 1 cup<br>lemon tea<br>+2 pc<br>merrie<br>biscuit                                                                                        | 1 cup<br>lemon tea<br>+2 pc<br>merrie<br>biscuit                                              | 1 cup<br>lemon tea<br>+ 2 pc<br>merrie<br>biscuit                                       | 1 cup lemon<br>tea + 2 pc<br>merrie biscuit                                                          | 1 cup lemon<br>tea +2 pc<br>merrie<br>biscuit                                                                      | 1 cup<br>lemon<br>tea +2<br>pc<br>merrie<br>biscuit                                                         | 1 cup<br>lemon tea<br>+2 pcs<br>merrie<br>biscuit                                |
| <b>DINNER</b><br>(7:00 pm )    | Roti- 6<br>pcs<br><br>Dal -30<br>gm<br><br>Sabji –<br>mix veg<br><br>150 gm                                                             | Roti -6 pc<br><br>Dal 30 gm<br><br>Sabji –<br>rajma                                           | Roti -6 pc<br><br>Dal -30<br>gm<br><br>Sabji –<br>channa +<br>potato                    | Roti – 6pcs<br><br>Dal – 30 gm<br><br>Sabji – green<br>veg                                           | Roti – 6 pcs<br><br>Dal -30gm<br><br>Sabji – mix<br>veg                                                            | Roti – 6<br>pcs<br><br>Dal – 30<br>gm<br><br>Sabji –<br>rajma                                               | Roti – 6<br>pcs<br><br>Dal -30 gm<br><br>Sabji –<br>potato<br>channa +           |

## Diet Chart for Diabetes Patients

|                 |                                                                                 |
|-----------------|---------------------------------------------------------------------------------|
|                 |                                                                                 |
| <b>5:00 AM</b>  | Morning walk for half an hour                                                   |
| <b>5:30 AM</b>  | 1 Tea Spoon Lemon Juice with luke warm water                                    |
| <b>6:00 AM</b>  | 1 Cup of weak Tea( Green Leaf without sugar & Milk) + 2 Piece Digestive Biscuit |
|                 |                                                                                 |
| <b>8:00 AM</b>  | 15 Min before Breakfast 1 Teaspoon Methi Powder Brown Bread Sandwich 2 Pcs      |
|                 | Cucumber ,Tomato, Egg white                                                     |
|                 | Or                                                                              |
|                 | Dalia + Milk (without Sugar)                                                    |
|                 | Or                                                                              |
|                 | Porridge 1 Bowl                                                                 |
|                 | Or                                                                              |
|                 | Missi Roti ( Wheat, Bajra,Jawar, Maize Aata) 2 Pcs                              |
|                 | Green Leafy Veg 1 Bowl                                                          |
|                 | Oat Meal + Milk or Dalia +Milk 1 Bowl                                           |
|                 | Salad 1/2 Plate (Sprouts)                                                       |
|                 |                                                                                 |
| <b>11:00 AM</b> | 1/2 Plate Fruit Chart                                                           |
|                 | (Guava + Apple +Orange +Cucumber+ Ripe Papaya)                                  |
|                 |                                                                                 |
| <b>1:00 PM</b>  | Roti ( Missi Or Green Leafy Veg) 2 Pcs                                          |
|                 | Green Leafy Veg 1 Bowl                                                          |
|                 | Dal 1 Bowl                                                                      |
|                 | Chicken or Fish Stew 1 Bowl                                                     |
|                 | Curd 1 Bowl                                                                     |
|                 | Salad 1/2 Plate or Plate                                                        |
|                 |                                                                                 |
| <b>5:00 PM</b>  | Cottage Cheese 50gm ( Paneer)                                                   |
|                 | or                                                                              |
|                 | Roasted Channa 50gm                                                             |
|                 | or                                                                              |
|                 | Egg White 2 Pc                                                                  |
|                 | Salty Biscuits 2Pcs                                                             |
|                 |                                                                                 |

|                           |                                                                                                                                                                   |
|---------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Evening Walk for 1/2 hr   |                                                                                                                                                                   |
|                           |                                                                                                                                                                   |
| 6:00 PM                   | Weak Tea 1 Cup + Digestive Biscuit                                                                                                                                |
|                           |                                                                                                                                                                   |
| 8:00 PM (Dinner)          | Roti 2 Pcs (Missi or GLV Roti)                                                                                                                                    |
|                           | Soyabean Sabji 1 Bowl                                                                                                                                             |
|                           | Or                                                                                                                                                                |
|                           | Kabuli Channa 1 Bowl                                                                                                                                              |
|                           |                                                                                                                                                                   |
| Food Avoided              | Refined Cereals & cereal product like rice, white bread, Semolina, noodle, Pasta                                                                                  |
|                           | Roots & Tubers- Potato, Sweet Potato                                                                                                                              |
|                           | Fruit- Banana, Grapes, Mango, Pineapples, Dry Fruits                                                                                                              |
|                           | Fuel Foods- Poories Parattha Pakora Pasteries                                                                                                                     |
|                           | Sugar Honey All Sweet Chocolates                                                                                                                                  |
|                           | Butter Cream Ghee Cheese                                                                                                                                          |
|                           | Eggyolk, Red Meat, Spices and Condiments, Table Salt                                                                                                              |
|                           |                                                                                                                                                                   |
| Food to used Freely       | Whole Cereals & Pulses                                                                                                                                            |
|                           | Green Leafy Veg, Salad                                                                                                                                            |
|                           | Skimmed Milk, Curd, Paneer                                                                                                                                        |
|                           | Fruits                                                                                                                                                            |
|                           | Fish, Egg white, Chicken                                                                                                                                          |
| Diet Low Protein Low Salt |                                                                                                                                                                   |
|                           |                                                                                                                                                                   |
| 2000 Kcal                 |                                                                                                                                                                   |
|                           |                                                                                                                                                                   |
| 7:00 AM                   | Early Morning Tea 1 Cup, Biscuit- 2 Cup ( Marigold )                                                                                                              |
|                           |                                                                                                                                                                   |
| 8:00 AM                   | Breakfast- Roti 4 Pcs Sabji- 1 Bowl, Curd- 100 ml/ Poha 1 Bowl/ Dalia 1 Bowl/ Idli 3 Pcs ( Without Dal/ Upma- 1 bowl/ Uttapam 1 pc/ Milk- 100 ml/ Egg White 1 Pcs |
|                           |                                                                                                                                                                   |
| 10:00 AM                  | Mid Morning- Milk Corn flakes-1 Bowl / Kheer- 1 Bowl / Plain Soup- 1 Bowl/ Butter Milk- 200 ml                                                                    |

|                 |                                                                                                          |
|-----------------|----------------------------------------------------------------------------------------------------------|
| <b>1:00 PM</b>  | Lunch-Roti-3/ Rice 2 Bowl ,Sabji 2 Bowl, kheer 1 bowl                                                    |
| <b>4:00 PM</b>  | Snacks- Biscuits- 3 ( Marigold)/ Milk Bread- 2 Pcs/ Bread & Butter 2 Pcs( unsalted butter)/Toasted Bread |
| <b>8:30 PM</b>  | Dinner Roti- 3 Pcs, Sabji- 1 Bowl , sago kheer - 1 Bowl                                                  |
| <b>10:00 PM</b> | semolina halua 1 bowl                                                                                    |

| Clear Liquid Diet Post Operative Case Patient |                      |          |                |         |
|-----------------------------------------------|----------------------|----------|----------------|---------|
| Meal Time                                     | Menu                 | Quantity | Energy in Kcal | Protein |
| 6:00 AM                                       | Tea/ Milk            | 1 Cup    | 20             | 2       |
| 8:00 AM                                       | Coconut Water        | 1 Glass  | 55             | 0       |
| 10:00 AM                                      | Dal Water            | 1 Bowl   | 20             | 3       |
| 12 Noon                                       | Honey Water          | 1 Glass  | 100            | 4       |
| 2:00 AM                                       | Fruit Juice          | 200 ml   | 130            | 0       |
| 4:00 AM                                       | Tea                  | 1 Cup    | 20             | 2       |
| 6:00 AM                                       | Clear Soup           | 1 Bowl   | 20             | 0       |
| 8:00 AM                                       | Sago + Sugar         | 1 Glass  | 90             | 0       |
| 10:00 AM                                      | Barley Water + Sugar | 1 Glass  | 90             | 1       |
| TOTAL                                         |                      |          | 545 KCAL       | 12 gm   |

| Soft Diet For Post Operative Patients |                            |              |                |                  |
|---------------------------------------|----------------------------|--------------|----------------|------------------|
| Meal Time                             | Menu                       | Quantity     | Energy in Kcal | Protein ( in gm) |
| Early Morning                         | Tea , Biscuits             | 1 Cup/ 2 Pcs | 85             | 2                |
| Breakfast 9:00 AM                     | Dalia                      | 75 gm        | 425            | 1.5              |
|                                       | Egg                        | 60 gm        | 80             | 8                |
|                                       | Milk                       | 200 ml       |                | 0                |
| 11:00 AM                              | Dal Water                  | 250 ml       | 20             | 3                |
| 2:00 AM                               | Khicdi                     | 200 ml       | 330            | 9                |
|                                       | Veg                        | 100 gm       |                |                  |
|                                       | Curd                       | 100 gm       |                |                  |
| Evening 6:00 AM                       | Barley Water or Sago Water | 1 Glass      | 50             | 2                |
| Dinner 8:00 AM                        | Khicdi                     | 50 gm        | 350            | 12               |
|                                       | Veg                        | 100 gm       |                |                  |
|                                       | Milk                       | 250 ml       |                |                  |
| TOTAL                                 |                            |              | 1340 kcal      | 37.5 gm          |

**Diet Chart For Heart Patients**

|                  |                                                                                                                                          |
|------------------|------------------------------------------------------------------------------------------------------------------------------------------|
| <b>1400 Kcal</b> |                                                                                                                                          |
| <b>7:00 AM</b>   | Early Morning Tea 1 Cup, Biscuit- 2 Cup ( Merrie /digestive )                                                                            |
| <b>8:00 AM</b>   | Breakfast- Roti 2 Pcs Sabji- 1 Bowl, Curd- 100 ml, Salad- 1Plate/ Poha 1 Bowl/ Dalia 1 Bowl/Idli 4 Pcs/ Upma- 1 bowl/ Uttapam 2 pc/ Milk |
| <b>10:00 AM</b>  | Mid Morning- Fruits-100 gm / Veg Soup- 1 Bowl / Butter Milk- 200 ml/ Sattu 1 Glass                                                       |
| <b>1:00 PM</b>   | Lunch-Roti-2/ Rice 1 Bowl +Sabji 1 Bowl+ Dal- 1 Bowl + Salad 1 Plate / Curd 50 ml                                                        |
| <b>4:00 PM</b>   | Snacks- Biscuits- 3 ( Merrie)/ Channa Sprouted- 25 gm/ Toasted Bread                                                                     |
| <b>8:30 PM</b>   | Dinner Roti- 2 Pcs, Sabji- 1 Bowl , Dal- 1 Bowl, Salad- 1 Plate                                                                          |
| <b>10:00 PM</b>  | bed time 100 ml (skimmed milk)                                                                                                           |

## परिशिष्ट-2

| Details of food items to be served to patients Rs 125 |               |                 |                 |              |       |         |              |
|-------------------------------------------------------|---------------|-----------------|-----------------|--------------|-------|---------|--------------|
| Food Items                                            | Quantity      | Rate            | Cost<br>(in Rs) | Carbohydrate | Fat   | Protein | Energy       |
|                                                       |               |                 |                 | in gm        | in gm | in gm   | (in Calorie) |
| <b>BREAKFAST</b>                                      |               |                 |                 |              |       |         |              |
| Bread/ Chuda/Dalia/Arwa<br>rice/semolina              | 4 Pcs/50 gm   | Rs 1.5 per Pcs  | 6               | 53.2         | 2.2   | 8       | 266          |
| Apple                                                 | 200 gm/ 2 pcs | Rs 60 per kg    | 12              | 60           | 1     | 0.4     | 118          |
| Banana                                                | 1 Pcs         | Rs 3.5 Per Pcs  | 3.5             | 10           | 0     | 0       | 40           |
| Egg                                                   | 1 Pcs         | Rs 6 per Pcs    | 6               | 0            | 7     | 7       | 85           |
| Milk                                                  | 500 ml        | Rs 46 per litre | 23              | 25           | 15    | 15      | 350          |
| <b>LUNCH &amp; DINNER</b>                             |               |                 |                 |              |       |         |              |
| Rice                                                  | 200 gm        | Rs 33 Per kg    | 6.6             | 149          | 0     | 20      | 698          |
| Dal (channa+moong+masoor)                             | 60 gm         | Rs 130 Per kg   | 7.5             | 31.2         | 1.68  | 12      | 21.6         |
| Green Vegetables                                      | 300 gm        | Rs 50 per kg    | 15              | 3            | 1.2   | 8.1     | 135          |
| Atta                                                  | 200 gm        | Rs 30 per kg    | 6               | 133          | 5.32  | 20      | 665          |
| Masala Mix                                            | 20 gm         | Rs 300 per kg   | 6               | 0            | 0     | 0       | 0            |
| Mustard Oil                                           | 20 ml         | Rs 130 Per kg   | 2.6             | 0            | 20    | 0       | 90           |
| Panner/curd/Soyabean/Channa                           | 50 gm         | Rs 240 per kg   | 9               | 1.44         | 23.2  | 6.9     | 363          |
| Sugar                                                 | 50 gm         | Rs 50 per kg    | 2.2             | 48           | 0     | 0       | 192          |
| Potato                                                | 150 gm        | Rs 30 per kg    | 4.5             | 28.5         | 0     | 0       | 120          |
| Tomato+Onion+Garlic+Ginger                            | 100 gm        | Rs 40 per kg    | 4               | 1            | 0.4   | 2.7     | 45           |
| Gas                                                   | 150 gm        | Rs 66.20 per kg | 9.93            | N/A          | N/A   | N/A     | N/A          |
|                                                       |               |                 |                 |              |       |         |              |
|                                                       |               | <b>Total</b>    | 123.83          | 528.24       | 76.5  | 92.85   | 3013.6       |

## SEVEN DAYS MENU R<sub>s</sub>. 125

[illegible]

| Diet Chart for Diabetes Patients |                                                                                 |
|----------------------------------|---------------------------------------------------------------------------------|
| 5:00 AM                          | Morning walk for half an hour                                                   |
| 5:30 AM                          | 1 Tea Spoon Lemon Juice with luke warm water                                    |
| 6:00 AM                          | 1 Cup of weak Tea( Green Leaf without sugar & Milk) + 2 Piece Digestive Biscuit |
| 8:00 AM                          | 15 Min before Breakfast 1 Teaspoon Methi Powder Brown Bread Sandwich 2 Pcs      |
|                                  | Cucumber ,Tomato,Egg white                                                      |
|                                  | Or                                                                              |
|                                  | Dalia + Milk (without Sugar)                                                    |
|                                  | Or                                                                              |
|                                  | Porridge 1 Bowl                                                                 |
|                                  | Or                                                                              |
|                                  | Missi Roti ( Wheat, Bajra,Jawar, Maize Aata) 2 Pcs                              |
|                                  | Green Leafy Veg 1 Bowl                                                          |
|                                  | Oat Meal + Milk or Dalia +Milk 1 Bowl                                           |
|                                  | Salad 1/2 Plate (Sprouts)                                                       |
| 11:00 AM                         | 1/2 Plate Fruit Chart                                                           |
|                                  | (Guava + Apple +Orange +Cucumber+ Ripe Papaya)                                  |
| 1:00 PM                          | Roti ( Missi Or Green Leafy Veg) 2 Pcs                                          |
|                                  | Green Leafy Veg 1 Bowl                                                          |
|                                  | Dal 1 Bowl                                                                      |
|                                  | Chicken or Fish Stew 1 Bowl                                                     |
|                                  | Curd 1 Bowl                                                                     |
|                                  | Salad 1/2 Plate or Plate                                                        |
| 5:00 PM                          | Cottage Cheese 50gm ( Paneer)                                                   |
|                                  | or                                                                              |
|                                  | Roasted Channa 50gm                                                             |
|                                  | or                                                                              |
|                                  | Egg White 2 Pc                                                                  |
| Evening Walk for 1/2 hr          | Salty Biscuits 2Pcs                                                             |
|                                  |                                                                                 |
| 6:00 PM                          | Weak Tea 1 Cup + Digestive Biscuit                                              |
| 8:00 PM (Dinner)                 | Roti 2 Pcs (Missi or GLV Roti)                                                  |
|                                  | Soyabean Sabji 1 Bowl                                                           |
|                                  | Or                                                                              |
|                                  | Kabuli Channa 1 Bowl                                                            |
| Food Avoided                     | Refined Cereals & cereal product like rice, white bread, Semolina, noodle,Pasta |

|                            |                                                      |
|----------------------------|------------------------------------------------------|
|                            | Roots & Tubers- Potato, Sweet Potato                 |
|                            | Fruit- Banana, Grapes, Mango, Pineapples, Dry Fruits |
|                            | Fuel Foods- Poories Parattha Pakora Pasteries        |
|                            | Sugar Honey All Sweet Chocolates                     |
|                            | Butter Cream Ghee Cheese                             |
|                            | Eggyolk, Red Meat, Spices and Condiments, Table Salt |
|                            |                                                      |
| <b>Food to used Freely</b> | Whole Cereals & Pulses                               |
|                            | Green Leafy Veg, Salad                               |
|                            | Skimmed Milk, Curd, Paneer                           |
|                            | Fruits                                               |
|                            | Fish, Egg white, Chicken                             |

**Diet Low Protein Low Salt**

|                  |                                                                                                                                                                   |
|------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                  |                                                                                                                                                                   |
| <b>2000 Kcal</b> |                                                                                                                                                                   |
|                  |                                                                                                                                                                   |
| <b>7:00 AM</b>   | Early Morning Tea 1 Cup, Biscuit- 2 Cup ( Marigold )                                                                                                              |
|                  |                                                                                                                                                                   |
| <b>8:00 AM</b>   | Breakfast- Roti 4 Pcs Sabji- 1 Bowl, Curd- 100 ml/ Poha 1 Bowl/ Dalia 1 Bowl/ Idli 3 Pcs ( Without Dal/ Upma- 1 bowl/ Uttapam 1 pc/ Milk- 100 ml/ Egg White 1 Pcs |
|                  |                                                                                                                                                                   |
| <b>10:00 AM</b>  | Mid Morning- Milk Corn flakes-1 Bowl / Kheer- 1 Bowl / Plain Soup- 1 Bowl/ Butter Milk- 200 ml                                                                    |
|                  |                                                                                                                                                                   |
| <b>1:00 PM</b>   | Lunch-Roti-3/ Rice 2 Bowl ,Sabji 2 Bowl, kheer 1 bowl                                                                                                             |
|                  |                                                                                                                                                                   |
| <b>4:00 PM</b>   | Snacks- Biscuits- 3 ( Marigold)/ Milk Bread- 2 Pcs/ Bread & Butter 2 Pcs( unsalted butter)/Toasted Bread                                                          |
|                  |                                                                                                                                                                   |
| <b>8:30 PM</b>   | Dinner Roti- 3 Pcs, Sabji- 1 Bowl , sago kheer - 1 Bowl                                                                                                           |
|                  |                                                                                                                                                                   |

|                                               |                       |          |                |         |
|-----------------------------------------------|-----------------------|----------|----------------|---------|
| 10:00 PM                                      | semolina halua 1 bowl |          |                |         |
|                                               |                       |          |                |         |
| Clear Liquid Diet Post Operative Case Patient |                       |          |                |         |
|                                               |                       |          |                |         |
| Meal Time                                     | Menu                  | Quantity | Energy in Kcal | Protein |
| 6:00 AM                                       | Tea/ Milk             | 1 Cup    | 20             | 2       |
|                                               |                       |          |                |         |
| 8:00 AM                                       | Coconut Water         | 1 Glass  | 55             | 0       |
| 0                                             |                       |          |                |         |
| 10:00 AM                                      | Dal Water             | 1 Bowl   | 20             | 3       |
|                                               |                       |          |                |         |
| 12 Noon                                       | Honey Water           | 1 Glass  | 100            | 4       |
|                                               |                       |          |                |         |
| 2:00 AM                                       | Fruit Juice           | 200 ml   | 130            | 0       |
|                                               |                       |          |                |         |
| 4:00 AM                                       | Tea                   | 1 Cup    | 20             | 2       |
|                                               |                       |          |                |         |
| 6:00 AM                                       | Clear Soup            | 1 Bowl   | 20             | 0       |
|                                               |                       |          |                |         |
| 8:00 AM                                       | Sago + Sugar          | 1 Glass  | 90             | 0       |
|                                               |                       |          |                |         |
| 10:00 AM                                      | Barley Water + Sugar  | 1 Glass  | 90             | 1       |
| TOTAL                                         |                       |          |                |         |
|                                               |                       |          | 545 KCAL       | 12 gm   |

| Soft Diet For Post Operative Patients |                            |              |                |                  |
|---------------------------------------|----------------------------|--------------|----------------|------------------|
| Meal Time                             | Menu                       | Quantity     | Energy in Kcal | Protein ( in gm) |
| Early Morning                         | Tea , Biscuits             | 1 Cup/ 2 Pcs | 85             | 2                |
| Breakfast 9:00 AM                     | Dalia                      | 75 gm        | 425            | 1.5              |
|                                       | Egg                        | 60 gm        | 80             | 8                |
|                                       | Milk                       | 200 ml       |                | 0                |
| 11:00 AM                              | Dal Water                  | 250 ml       | 20             | 3                |
| 2:00 AM                               | Khicdi                     | 200 ml       | 330            | 9                |
|                                       | Veg                        | 100 gm       |                |                  |
|                                       | Curd                       | 100 gm       |                |                  |
| Evening 6:00 AM                       | Barley Water or Sago Water | 1 Glass      | 50             | 2                |
| Dinner 8:00 AM                        | Khicdi                     | 50 gm        | 350            | 12               |
|                                       | Veg                        | 100 gm       |                |                  |
|                                       | Milk                       | 250 ml       |                |                  |
| TOTAL                                 |                            |              | 1340 kcal      | 37.5 gm          |

## Diet Chart For Heart Patients

|                  |                                                                                                                                          |
|------------------|------------------------------------------------------------------------------------------------------------------------------------------|
| <b>1500 Kcal</b> |                                                                                                                                          |
| <b>7:00 AM</b>   | Early Morning Tea 1 Cup, Biscuit- 2 Pc ( Marie /digestive )                                                                              |
| <b>8:00 AM</b>   | Breakfast- Roti 2 Pcs Sabji- 1 Bowl, Curd- 100 ml, Salad- 1Plate/ Poha 1 Bowl/ Dalia 1 Bowl/Idli 4 Pcs/ Upma- 1 bowl/ Uttapam 2 pc/ Milk |
| <b>10:00 AM</b>  | Mid Morning- Fruits-200 gm / Veg Soup- 1 Bowl / Butter Milk- 200 ml/ Sattu 1 Glass                                                       |
| <b>1:00 PM</b>   | Lunch-Roti-2/ Rice 1 Bowl +Sabji 1 Bowl+ Dal- 1 Bowl + Salad 1 Plate / Curd 50 ml                                                        |
| <b>4:00 PM</b>   | Snacks- Biscuits- 3 ( Marie)/ Channa Sprouted- 25 gm/ Toasted Bread- 2 Pcs                                                               |
| <b>8:30 PM</b>   | Dinner Roti- 2 Pcs, Sabji- 1 Bowl , Dal- 1 Bowl, Salad- 1 Plate                                                                          |
| <b>10:00 PM</b>  | bed time 250 ml (skimmed milk)                                                                                                           |

-----