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Compassionate health care!

HEALTHIER
PEOPLE
BRIGHTER
TOMORROW

A Guide to

Healthy, Balanced Eating

NOURISH TODAY
FOR A BRIGHTER TOMORROW

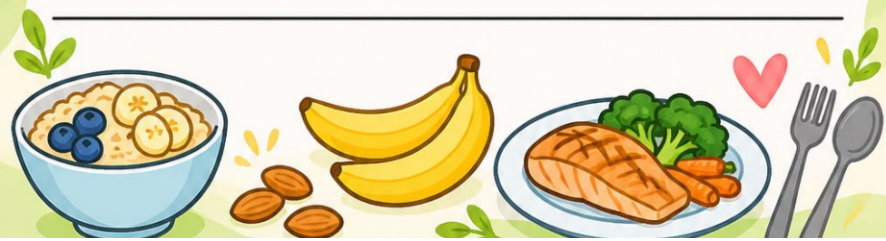


- EAT NUTRITIOUSLY
- STAY ACTIVE
- STAY HYDRATED
- STAY HEALTHY

Good Food Brighter You

SMALL CHOICES I BIGGER HEALTH

My Daily Diet



A GUIDE TO HEALTHY, BALANCED EATING

VEGETABLES | FRUITS | GRAINS | PROTEIN | FLUIDS

THE BALANCED PLATE

KEY MESSAGE
Healthy eating is about balance, variety and appropriate portions ot about giving up every favorite food.

BUILD BALANCED PLATE

A simple visual rule for most main meals



⅓ PLATE
VEGETABLES



⅓ PLATE
GRAINS / STARCH



⅓ PLATE
PROTEIN

FILL 1/3THE PLATE WITH VEGETABLES

Examples: spinach, methi, beans, carrot, cucumber, tomato, pumpkin, cauliflower, cabbage and mixed vegetables.

CHOOSE A SENSIBLE PORTION OF GRAINS/STARCH

Examples: rice, roti, oats, whole-grain breads, millets, poha, upma or potato.
Prefer whole or minimally processed choices when possible.

ADD A PROTEIN SOURCE

Examples: dal, rajma, chana, eggs, fish, chicken, tofu, paneer or curd.

HEALTHY EATING FOR A HEALTHIER LIFE

Eat mindfully, Sleep 7– hours each night, Avoid tobacco, Limit or avoid alcohol, Manage stress, Stay physically active, Maintain a healthy body weight

EASY SWAP
If your meal is mostly rice/roti, add vegetables and protein before taking a second serving.

GRAINS AND CEREALS

Choose whole grains whenever possible

- Whole wheat
- Brown rice
- Oats
- Millets (ragi, jowar, bajra)
- Corn

Benefits : Provides energy, Rich in fiber, Supports digestive health

FRUITS

Aim for at least 1 serving daily.

- Apple
- Banana
- Guava
- Papaya
- Seasonal fruits

Benefits : Rich in vitamins and minerals, Boost immunity, High in antioxidants









VEGETABLES

Eat a variety of colorful vegetables every day.

- Green leafy vegetables
- Carrots
- Tomatoes
- Broccoli
- Pumpkin
- Beans

Benefits : High in fiber, Supports heart health Helps maintain healthy weight

DAIRY OR DAIRY ALTERNATIVES

Choose low-fat options when appropriate

- Milk
- Yogurt
- Cheese
- Fortified soy milk

Benefits : Strong bones and teeth, Good source of calcium and protein

IMPORTANT

These are visual guides, not strict medical prescriptions. Needs vary With age, activity, body size, medical condition and medicines.

PORTION CONTROL - USE YOUR HAND

Portion size matters. You do not need to weigh every food;
Your hand can be a useful visual guide.

Hand Guide	Use For	Examples
FIST	Cooked grains/starch	Rice • pasta • potato
PALM	Protein	Fish • chicken • paneer • tofu
1-2 HANDFUL	Vegetables	Salad • cooked vegetables • leafy greens
CUPPED HAND	Fruit / small snack	Whole fruit • small handful of nuts
THUMB	Added fat	Oil • butter • nut butter

BECOME A FOOD - LABEL DETECTIVE

When buying packaged foods, compare labels rather than relying only on front-of-package claims.

1. SERVING SIZE
Check how much nutrition information refers to. A package may contain more than one serving.

2. ADDED SUGAR
Compare products and choose lower-sugar options when practical.

3. SODIUM 1 SALT
Frequent high-sodium foods can add a lot of salt to the diet

4. SATURATED FAT
Compare similar products and choose options lower in saturated fat when suitable.

5. INGREDIENTS
ingredient are listed by amount shorter, familiar ingredient lists can be easier to understand.

TIP
Do not confuse "low fat" or "sugar-free" "healthy overall." Look at he whole nutrition profile and portion.

IMPORTANT
These are visual guides, not strict medical prescriptions. Needs vary With age, activity, body size, medical condition and medicines.

CONFLICTING INTERACTIONS: Some foods can conflict with each other and alter the body's ability to utilize a particular food or drug, or cause serious side effects. Contradictory interactions may prevent some nutrients or substances from being absorbed, used, or metabolically processed, which may result in nutrient shortages or other adverse health consequences.

CALCIUM AND IRON

Calcium sources- Dairy products, fortified plant-based alternatives, leafy greens, and certain fish. Iron sources- Beef, liver, Chicken, Spinach, Soybeans, lentils, chickpeas, oats, quinoa and tofu.

- Consuming calcium-rich foods beside foods which contain iron can prevent the body from absorbent iron.

Calcium Rich Foods



Iron Rich Foods



MILK AND CITRUS

- Milk and citrus fruits together can cause curdling and upset stomach due to the acidity in the fruits.







COPPER AND ZINC

Copper- Orange. Fish, Cashewnut, Zinc- Pumpkin seeds, sesame seeds, egg yolk

High intakes of zinc can prevent copper from being absorbed and cause a deficiency in copper & vice- versa

Copper Sources



Zinc Sources



COFFEE AND CALCIUM

Calcium sources- Dairy products, fortified plant-based alternatives, leafy greens, and certain fish.

Caffeine can decrease calcium's absorption and increase calcium excretion in the urine.





ALCOHOL AND NUTRIENT ABSORPTION

It is not advisable to drink alcohol as it may increase vitamins and minerals excretion in the urine and reduce their absorption in the small intestine





COMPLEMENTARY INTERACTIONS: When two or more meals are combined, they can improve the nutritional value of the meal by offering a balance of necessary nutrients or complementary ingredients. By supplying a balance of necessary nutrients or complementary ingredients, complementary interactions can improve the nutritional content of the meal.

LEGUMES AND GRAINS

Consuming grains like rice, quinoa, and barley along with legumes like beans, lentils, and chickpeas can offer a balanced intake of protein and important amino acids.







SPINACH AND LEMON

Improve the body's ability to absorb iron. Iron's bio availability can be increased by aid of the vitamin C in lemons.



TOMATO WITH EGGS OR FATTY FISH, OLIVE OIL

For better absorption antioxidants



SALAD WITH NUTS AND SEED

Eating a salad with nuts and seeds can give you a good mix of protein, healthy fats, and minerals.

ENHANCING INTERACTIONS: Enhancing interactions are a form of food-food interaction when the combination of two or more foods results in in an increase in the bio availability or potency of a specific nutrient or chemical. Optimizing nutrient absorption and utilization can be accomplished through consuming a variety of food that contain nutrients and incorporating them in different ways.





VITAMIN D AND CALCIUM

Vitamin D sources fatty fish, fortifies dairy products. egg yolk and UV-exposed Calcium sources- Dairy products, fortified plants-based alternatives leafy greens. and certain fish.

May enhance both mineral absorption and absorption. Can also help strengthen bones.



IRON WITH VITAMIN C

Foods that contain vitamin c, such as citrus fruits or bell peppers, can be consumed together with foods rich in iron, such as spinach or lentils.



TURMERIC WITH BLACK PEPPER

Helps to enhance anti-inflammatory and antioxidant benefits.



GREEN TEA AND LEMON

Antioxidant and anti-inflammatory properties- are more easily absorbed. Vitamin C, which can be found in lemons, can enhance the body's ability to absorb catechins.

FOOD - DRUG INTERACTIONS

INTRODUCTION

A drug-nutrients interaction is a physical chemical, or physiological relationship between a drug and a nutrient It also varies as per an individual, age, sex- body weight, nutritional status and specific medical condition. Some of the commonly used drugs to treat diseases are diuretics, oral antibiotics, antihypertensive drugs, thyroid sodium compounds and alcohol.



GUIDELINES TO WISE USE OF DRUGS

1) Do not mix drugs in hot water or drinks as the heat temperature reduce its effectiveness.
2) The safest way to use drugs in using a glass of water for swallowing the drug.
3) Do not take vitamins and minerals along with the drugs as vitamins and minerals can interact with the drugs in some way.
4) Inform your doctor of any ill effects or symptoms you are facing after taking the drug.
5) Do not open a drug closed in a capsule or mix a drug into your food or drinks, this may change the mechanism of the drugs usability.
6) Read all the direction. warnings, manufacturing and expiry date, precautions mentioned on the packaging material before purchasing a drug.
7) Do not purchase any other medicine or drugs on your own- Consult a physician or dietitian before purchasing it.
8) Inform your physician of any other medication drugs you have been using.
9) Always read the directions mentioned on the drug before using it
10) Do not take over the counter medications frequently on you own.

DRUG	MECHANISM OF ACTION	FOOD/NUTRIENT
Antacid	It is a medication used to neutralize or reduces stomach acid, helping to relieve indigestion, acidity, and heartburn-	Antacids reduce the amount of acid in the stomach. This can make it harder for the body to absorb iron- Keep a 2-hour gap between taking iron supplements.' iron-rich foods and antacid medicence.
Laxatives	It helps you pass stool more easily by softening the stool or helping the intestines move. It is used to treat constipation	Using these medicines for a long time may reduce the absorption of fat-soluble vitamins and minerals may cause electrolyte imbalances.
Metformin	It reduces the amount of sugar made by the liver, helps the body use insulin better, and reduces some sugar absorption from the intestine. This helps lower blood sugar levels.	Long-term use may reduce vitamin B - 12 absorption, which can increase the risk of anemia (low blood levels) and nerve problems. Vitamin B 12 levels may need to be monitored.
Ozempic	They help the body release more insulin when blood sugar is high, reduce another hormone that raises blood sugar, slow digestion, and reduce appetite, which can also help with weight loss.	These medicines may reduce appetite, which can result in eating less and not getting enough protem, vitamins, and minerals. Make sure the diet provides enough nutrients.
Pan - D	Pantoprazole reduces stomach acid, while Domperidone helps the stomach empty and move food forward more easily.	Long-term use can reduce the absorption of vitamin B 12, iron, calcium, and magnesium because of lower stomach acid. Prolonged use may also increase the risk of weak bones Psoriasis
Paracetamol	It works in the brain to lower fever and relieve pain. It has only a small amount of anti-inflammatory effect.	Very high doses can damage the liver. Alcohol can increase the risk of liver damage, especially in people with nutrition-







PHYSICAL ACTIVITY

Adults: At least 150 minutes of moderate physical activity each week

Strength exercises at least 2 days per week

Children: At least 60 minutes of physical activity daily



MY DAILY FOOD CHECKLIST

Tick the Habits that you achieved today. This is a guide, not a test

- ☐ I included vegetables at my meals.
- ☐ I included a protein-rich food at meals.
- ☐ I consume whole fruit rather than relying on Piece.
- ☐ I kept portions of rice/starchy foods appropriate for me.
- ☐ I kept sugary drinks, fried foods and sweets occasional.
- ☐ I followed my recommended fluid intake.
- ☐ I ate slowly and paid attention to fullness.
- ☐ I planned at least one meal or snack ahead.

MY PERSONAL NOTES

IMPORTANT PATIENT INFORMATION

This booklet provides general nutrition education. It is not a substitute for an individualized medical diet or professional medical advice. Please follow prescribed plan if you specific related to blood sugar, kidney, heart disease, blood pressure, fluid intake, pregnancy, swallowing or other conditions.

Talk to your healthcare team

Ask your doctor or dietitian if you are unsure about portion sizes, food substitutions, supplements, fluid limits, or special dietary restrictions.

Clinical note: This material is intended as general patient education and should be reviewed/adapted by the dietitian or doctor before following the guidelines.

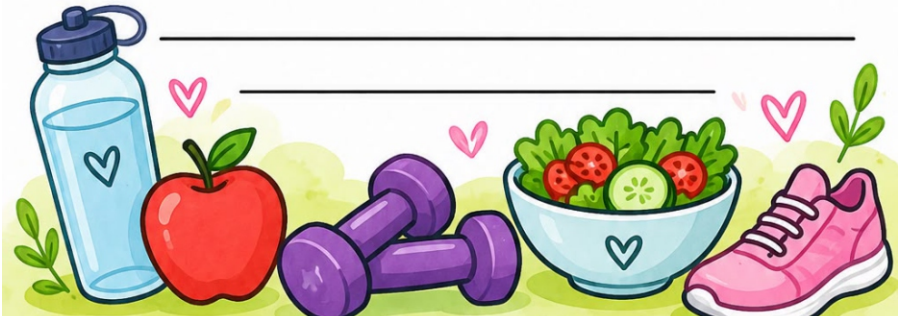
In case of any queries or concerns

Kindly contact- Dietetics Department, Cimet's Inamdar Multispeciality Hospital, Fatimanagar, Pune Contact no- 020-66812433



Until You Get Your Nutrition Right Nothing Is Going To Change

My Health Targets





ABOUT US

The science of Dietetics and Nutrition deals with the adequacy of diets during normal life cycle and modifications as required during specific diseased conditions. Nutrition plays an important role in effective disease management which can be achieved with a combination of right medicine, exercise and proper diet.

The Department of Dietetics at Inamdar Multispeciality Hospital offers integrated dietary services to address various health conditions. The primary goal is to provide and maintain an excellent and quality dietary service in meeting patient unique needs and wants .

Our dieticians provides personalized diet instructions, menu planning, lifestyle counselling to ensure a healthy nutritional plan that is exclusively designed to meet the desired objective.

In addition to providing dietary services across the hospital the Dietetics Department also provides educational talks to organizations and public wherein our department adopts a multi-disciplinary and integrative approach to patient care.

YOUR HEALTHCARE, AT YOUR DOORSTEP!

QUALITY CARE. DELIVERED WITH CONVENIENCE.

Pharmacy at Your Door step

Get your medicines delivered to your home.

Nursing services

Skilled nursing care at home

Home Sample Collection

Safe and hassle-free sample collection from the comfort of your home.

Food Delivery

Enjoy convenient food delivery right to your doorstep.





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