

LOGO CENTRE NAME CENTRE ADDRESS	Quality Operating Process	Document No : JAS/018
	Operating Protocol Diet Policy Management Policy	Date of Issue : 13/06 /2021 Issue No. : JAS/I//018 Date of Revision: 20/07 /2022 Revision No. : 00

SERVICE NAME :	DIET POLICY MANAGEMENT
DATE CREATED :	13/06 /2021
APPROVED BY :	DOCTOR NAME
RESPONSIBILITY OF UPDATING :	DOCTOR NAME

AMENDMENT SHEET

[illegible]

PURPOSE

To define policies guiding Nutritional Therapy

SCOPE

For all patients being cared at Hospital

RESPONSIBILITY

Doctors and Head Chef and service staff

POLICY

CENTRE NAME dietary department is committed to provide a comprehensive nutrition care program including medical nutrition therapy in a timely, effective, and efficient manner. The nutrition care program is integrated with physicians, and other appropriate disciplines as needed. The procedures are detailed in the Dietary Manual

GENERAL DIET CHART FOR PATIENTS		
1.	Bed Coffee, Tea, Diluted Milk	As required
2.	Breakfast	Iddli, Poha, Dosa, Oats with milk, Uppuma, Oothappam, Green Tea
3.	Lunch	Meals with Basmathi rice / Meals with boiled rice + Butter milk / Mixed Vegetables / Veg. Soup Green Gram Masala / Dal
4.	Fruits (after Lunch) – 3.00PM	Apple / Pomegranate / Pappaya / Watermelon / Mango / Chikku (Any one Fruits)
5.	Snacks/Tea/Coffee (Evening)	Brown Bread Sandwich , Makhana with milk (tea/coffee/diluted milk)
6.	Dinner	Chappatti /Wheat Dosa / Mixed Veg. / Boiled Veg. / Veg. Soup / Green Dal

On Kashayavasthi Days:

- For Breakfast: Kanji (Rice Porridge) (7.00 AM – 7.30 AM)
- For Lunch: Kanji + Veg soup+ Coconut water
- For Dinner: Khichadi + Veg Soup / Green Moon Dal soup

On Nasya Days – No Cold Beverages , No Curd, No Chach, No Fruits

According to patients conditions mild changes of foods may be suggested by Doctors.

Important Points to be noted -

1. Individual diet is prepared according to the condition of the patient after the initial assessment and the copy of the diet is given to Kitchen, Patient Canteen, Patient and Copy to be attached with medical records duly signed by the kitchen staff .
 - The entire patient shall be assessed for condition on nutritional status at the time of admission by the treating doctor.
 - All inpatients are screened for possible nutritional risk after admission by the concerned doctor.

Vegetarian food is served for the guest/ patient as per the advice of consultant.



Diet Chart



अन्नेन कुक्षोऽवशौ पानेनैकं प्रपूरयेत्॥ ॥ आश्रयं पवनादीनां चतुर्थमवशेषयेत्॥

FOOD RATIO - भोजन खाते समय अन्न का भाग

Solid Foods 1/2 part of the stomach

Liquid Foods 1/4 part of the stomach

Keep Stomach Empty 1/4 part of the stomach



Solid Foods: Whole grains, lentils, fruits, vegetables, seeds, and nuts are solid foods.
सभी प्रकार के अन्न , फल सब्जिया , सूखे मेठे

Liquid foods: Fruit juice, vegetable juice, lemon water, coconut water, coconut milk, water, etc. are liquid foods. फलों का जूस, सब्जियों का जूस , निम्बुपानी नारियल पानी

Daily Diet schedule according to time.

आहार समय से लेना चाहिये |

Morning (7 AM) - Ginger 5gm boiled in 1 glass of water

सुबह (7 AM) अदरक -5gm 1 गिलास पानी में उबाल ले |

Breakfast (08:30 AM) - Meal, Cornflakes, sprouts, (Mung , Chana , Wheat, Moth, vegetable Daliya, chilla, Besan Roti

रोटी कोन्फ्लेक्स , अंकुरित मूंग चना मोठ , गेहूँ दलिया , चिला , बेसन की रोटी

Lunch (01:30 PM) - Brown Rice , Vegetables, Salad, Dal, (Lassi Kalimirch, Kala Namak , Hing)

दोपहर का भोजन - चावल , सब्जिया , सलाद , दाल , (लस्सी काली काला नमक , हिंग)

Fruit (04 : 00 PM) - Pomegranate , Orange , Grapes.

फल - अनार संतरा अंगूर

Dinner (08 : 30 PM) - Roti , Sabji (Seasonal Vegetables, Daal, Mung, Masur, Urd, Arhar)

रात का खाना - रोटी सब्जी दाल मूंग मसूर उड़द अरहर

(09:30 PM) - Milk , Haldi, Ghee, (Jeera, Sonth, Ajwain)

दूध में हल्दी घी डाल कर ले

Water Processing with drugs At 4 PM

Vata Condition - Dashmool Herbal tea, food rice with ghee

वात दशा - दशमूल हर्बल चाय घी युक्त पदार्थ

Pitta Condition - Water & Dhaniya , Chandan, cold potency food

पित्त की स्थिति - धनिया का पानी चन्दन ठण्डी चीजे

Kapha Condition - Water with dry Dhanyaka, Amla, Alovera Juice, Gomutra

कफा दशा - धनिया युक्त जल , अमला एलोवेरा जूस गौमूत्र



आहार , विहार For Healthy Life

DO'S

DONT'S

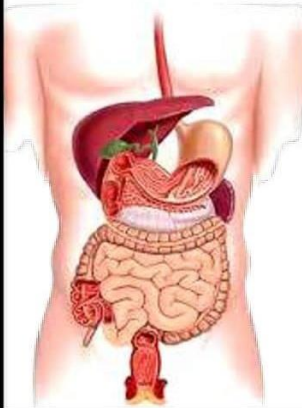
Pathya - पथ्य

खाने योग्य आहार

Brown Rice
Roasted Rice
भुने हुए चावल
Wheat(गेहूं)
आटा गेहूं - 60%
चना - 10 %
बाजरा - 10%
जौ - 20 %

Apathya- अपथ्य

Fried and Fatty items
तला हुआ भोजन ,
मैदे से बना आहार



Pulses-

दालें

Green Gram (मूँग)
Masoor (मसूर),
Arhar (अरहर)

Black Gram (काला चना)

Kulatha (कुलथ)

Fruits - Vegetable- फल सब्जी-

Coconut, Banana, Grapes
Karela , Green-Vegetable
नारियल, केला , अंगूर,

Potato -आलू
Brinjal, Peas (बैंगन, मटर)
दही भल्ले

Others-

Take Milk -Not Too Hot
Butter Milk with namak and
Hing

Life Style-

Mild Exercise (व्यायाम अवश्य करें,
प्राणायाम)

Spicy -मिर्च मसाले युक्त भोजन

Tea- चाय

Coffee- कॉफी

Alcohol- मादक पदार्थ

Cold Refrigerated water -ठंडा फ्रिज का पानी।

गर्म पानी व शहद साथ में ना लें ।

व्यवहार-

Bathing (रोज़ स्नान करें)
Massage Your Body (मसाज), Sunbath (धूप ले)
हवन, गायत्री, महामृत्युंजय मंत्र का उच्चारण, बीमारी
से बचने वाले मंत्रों का Music सुने । ॐ उच्चारण
करें। रात्रि निद्रा पूरी लें। Live Stress free Life
खुली हवा में जरूर बैठें।

1. Maintain mental fitness

Don't be angry and fearful

मानसिक चुस्ती बनाए रखें

क्रोधित और भयभीत मत होना

वेगधारण ना करें Urine ,Stool ना रोके

ज्यादा A.C का इस्तेमाल ना करें ।