

# DR. SAGAR GUPTA

CONSULTANT, NEPHROLOGY & KIDNEY TRANSPLANTATION

MBBS – Maulana Azad Medical College, New Delhi

American Board Certified (ABIM)– MD Medicine & Nephrology

American Society of Transplantation – Kidney transplant

**DIET PRESCRIBED : 1800 KCAL AND 40 GM PROTEINS**

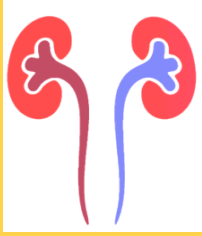
**(खुराक: 1800 कि॰कैलोरी और 40 ग्राम प्रोटीन)**

FOOD PLAN		QUANTITY
MILK (DOUBLE TONED)	दूध (डबल टॉड)	350 ml
CURD (DOUBLE TONED)	दही	180 ml
PANEER (DOUBLE TONED)	पनीर	20 gm (ग्राम)
EGG	अण्डा	1
CHICKEN AND FISH	चिकन, मछली	20 gm (ग्राम)
CEREALS	गेहूँ, बाजरा, रागी	150 gm (ग्राम)
SAGO	साबूदाना	25 gm (ग्राम)
PULSES	दाले	15 gm (ग्राम)
VEGETABLES	सब्जी	2-3 cup(कप)
FRUITS (Apple/Papaya/Pear/Pineapple/Guava)	फल (पपीता, सेब, नाशपाती, अनानास, अमरूद)	100 gm (ग्राम)
FATS AND OIL	तेल, घी	5-6 tsp (ग्राम)
SUGAR	चीनी	4-5 tsp (चम्मच)
SALT	नमक	2.5 gm (ग्राम)

*Note: This is for general information only. Please talk to the doctor before following any specific diet plans.*

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## SAMPLE MENU (सैम्पल मीनू)

MEAL/TIME	MENU	QUANTITY
Early morning (सुबह)	Tea (चाय) Marie biscuit (मैरी बिस्कुट)	1 cup (कप) 2 No.
Breakfast (नाश्ता)	Milk (दूध) Chapati + Vegetable / Dalia / Upma Poha / Idli - Sambhar / Egg boiled (अण्डा)	1 cup 2 no. + 1 katorie 60 gm / 1
Midmorning (दोपहर)	Fruits / Paneer (फल, पनीर)	100 gm / 20 gm
Lunch (लंच)	Chapati / Rice (रोटी / चावल) Dal (दाल) Vegetable (सब्जी) Dahi (दही)	2 no. / 2 cup ½ katorie (कटोरी) 1 katorie (कटोरी) 1 katorie (कटोरी)
Evening tea (शाम)	Tea (चाय) Biscuits / mathri / sago kheer / murmura	1 cup 2 no. / 1 katorie
Dinner (डिनर)	Chapati / Rice Vegetable	2 no./ 2 cup 1 katorie (कटोरी)
Bed time (सोते समय)	Milk / Curd	1 cup (कप)

Preferred oils: Sunflower, groundnut, corn, olive oil, canola, mustard

तेल: सनफ्लावर, मूंगफली, मक्की, औलिव, कैनोला, सरसो

FOR REFERENCES	
1 cup (कप)	150 ml
1 tsp (चम्मच)	5 ml
1 glass (गिलास)	200 ml
1 cup cooked rice (पके हुए चावल)	30 gm raw rice (कच्चे चावल)
1 chapati (रोटी)	20 gm wheat flour (ग्राम आटा)



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