

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 : 2000 KCAL AND 60 GM PROTEINS

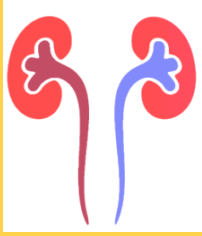
(खुराक: 2000 कि॰कैलोरी और 60 ग्राम प्रोटीन)

| FOOD PLAN | | QUANTITY |
|---|--------------------|-----------------------------|
| MILK (DOUBLE TONED) | दूध (डबल टॉड) | 350 ml |
| CURD (DOUBLE TONED) | दही | 180 ml |
| PANEER (DOUBLE TONED) | पनीर | 70 gm (ग्राम) |
| EGG | अण्डा | 2 full or 3-4 egg whites |
| CHICKEN AND FISH | चिकन, मछली | 50 gm (ग्राम) |
| CEREALS | गेहूँ, बाजरा, रागी | 200 gm (ग्राम) |
| SAGO | साबूदाना | 25 gm (ग्राम) |
| PULSES | दाले | 30 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 | 6-7 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 3 no. + 1 katorie 90 gm / 2 eggs |
| Midmorning (दोपहर) | Fruits / Paneer (फल, पनीर) | 100 gm / 70 gm |
| Lunch (लंच) | Chapati / Rice (रोटी / चावल) Dal (दाल) Vegetable (सब्जी) Dahi (दही) | 3 no. / 3 cup 1 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 | 3 no./ 3 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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