

DIETS FOR HEART-DIABETES-PREGNANCY-OVER AND UNDER WEIGHT KIDS-ANEMIA-JAUNDICE-OSTEOPOROSIS-HYPERTENSION-IMMUNITY-TEENAGERS

HEART HEALTHY DIETS

The key to a heart healthy diet is to eat a high fiber diet, which is also low in fat, particularly animal fat (ghee and butter) and oils high in saturated fats like coconut and palm oil. For cooking, use small amounts of heart friendly oils like olive, corn, safflower, soybean, peanut, sesame and canola oils.

Fiber has shown to reduce cholesterol levels. Inclusion of whole grains, vegetables and fruits will ensure that the diet is rich in fiber. Choose foods high in fibre like brown rice, whole wheat/multi-grain breads and cereals, whole wheat flour, etc instead of those products made with refined flour like maida, etc.

A low sodium diet will help keep the blood pressure in check and hence can help in reducing the incidence of heart attacks. Hence, avoid foods high in salt like pickles, papads, ketchups, smoked/cured foods and other foods preserved in brine. Reducing the amount of salt used for cooking, using herbs for enhancing the flavor of the cooked food and using salt-substitutes help in reducing the dependence on table salt.

Research has shown that foods high in omega-3 can reduce the risk of heart attacks. Foods high in omega-3 are oily fish like salmon, mackerel, herring and for vegetarians, walnuts, flax seeds and sun flower seeds. Be sure to include at least one source of omega-3 in your daily diet.

Exercise has also shown to increase the good cholesterol (HDL), so don't forget to exercise* on a daily basis (*before starting on any exercise routine, always seek approval from your physician).

Thousands of people can prevent themselves from falling prey to heart diseases or a heart attack and we want YOU to be one of those thousands. Start your heart-friendly lifestyle today and save your heart!

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Heart Healthy Diets

Option	Early Morning	Breakfast	Mid Morning	Lunch	Evening	Dinner
1	Walnuts	Oatmeal porridge (1%fat milk), Blueberries	Apple	Whole Wheat phulkas/Rotis (no oil/ghee), Purple cabbage and peas curry, Dal fry, Tomato Salad, Yogurt (fat free)	Green Tea	Whole Wheat phulkas/Rotis (no oil/ghee), Mixed Veg Sabzi, Sprouts salad, Buttermilk (chaach), Peach
2	100% Grape Juice	Cucumber and tomato sandwich with mint chutney (Double fibre bread)	Plum	Whole Wheat phulkas/Rotis (no oil/ghee), Alu methi, Dal palak, Green salad, Yogurt (fat free)	Tea (1% fat milk), Sprouted Moong Salad	Brown Rice, Beans sabzi/ palya, Fish curry (or Masoor dal), Cucumber raitha, Strawberries
3	Toasted sunflower seeds	Soy Idli, Sambar, Tomato chutney (no coconut)	Nectarine	Brown rice, Capsicum curry, Rajma curry, Steamed Asparagus, Mint raitha	Fruit chaat (no sev/papdi)	Whole wheat phulkas/Rotis (no oil/ghee), Carrot peas sabzi/palya, Tofu burji, Mixed Veg Salad, Blackberries
4	Green tea	Multi-grain cereal with flax seed, 1% fat milk, Strawberries	Raspberries	100 % Whole wheat wrap, Grilled chicken, Steamed veggies, Yogurt (fat free)	Whole Wheat crackers	Mixed Vegetable Pulao (with brown rice), Channa masala, Mint raita, Cantaloupe
5	Herb tea	Double fibre bread, Egg white/ omelette, Orange	Walnuts	Mixed Veg soup, Whole Wheat rolls, Grilled Salmon, Tomato Salad, Buttermilk (low fat)	Carrot sticks, Hummus	Wheat Pasta with Vegetables, Grilled tofu, Corn and bean salad, Papaya

DIET FOR OVERWEIGHT KIDS

Putting a child on a diet is a tricky thing to do. It is not just cruel, but could also affect the psychology of the child to watch the rest of the family enjoying the food that the child is asked to avoid. Instead, opt for making healthy meals for the whole family. The best approach to helping a child is to lead by example. Making healthy choices for the whole family, rather than setting out a different meal and exercise routine for the child is the best approach. Choose some outdoor sports or activities that the whole family can enjoy. Avoid snacking or having meals in front of the television. This way the child will not feel singled out and in the bargain, the whole family will be on the path to good health. If you want to prevent your child from having an adult disease, you can do it by managing the weight of your child better. Teach your child by setting an example of doing the right thing for healthy weight, and watch your child blossom into a healthy adult!

We strongly recommend that you consult Expert Dietitians for a Personalized Diet for Overweight Kids.

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DIET FOR OVERWEIGHT KIDS

Option	Breakfast	Mid Morning	Lunch (Packed)	Evening	Dinner
1	Whole Wheat Bagel, Almond Butter, Strawberries	Tangerine	Carrot idlis, Sambar (with veggies), Fruit and lettuce salad, Yogurt (fat free)	Soy milk	Whole Wheat Chapathis/ Rotis (no oil/ghee), Channa masala, Alu methi, Tomato Raita, Apple
2	Oats Porridge (1% milk), Bananas	Pineapple	Whole Wheat Spinach Pasta in Marinara sauce, Steamed veggies, Yogurt (fat free)	Tomato soup	Brown rice, Masoor dal, Carrot and beans curry, Cucumber Salad, Fresh Apricots
3	Dosa, Sambar, Mint chutney, Black berries	Watermelon	Chicken Sandwich (100%wheat bread), Tomato salad, Yogurt (fat free)	Fruit kababs	Bisi Bele Bath, Mixed Veg raita, Buttermilk (low fat), Banana
4	Bread Upma (100% wheat bread), Papaya	Canteloupe	Veg Fried Rice (less oil), Tofu stir fry, Green Salad, Yogurt (fat free)	Almond Milk	Spinach Rice, Moong Usal, Masala chaach, Cherries
5	Vegetable Sandwich (100% wheat bread), Yogurt (fat free)	Papaya	Broccoli & Mushroom Steamed Rice, 4 Bean Salad, Blueberries	Baked Tortilla Chips, Guacamole	Chicken Noodle Soup, Shitake Mushrooms on Greens, Apple and celery salad, Buttermilk (low fat)

Diabetes Diet

The goal of a diabetic diet is to avoid any surges in the blood glucose levels at any time of the day. This can be easily accomplished by following a "three meals and three small snacks" pattern. Portion control, avoiding foods that cause the sugar levels to soar (e.g. sugars, sweets) and choosing foods high in fiber are also the key to maintaining a near normal level of blood sugar throughout the day. A diet rich in fiber can help by slowing down or reducing the absorption/release of glucose into the blood stream. Diabetics are also more prone to developing heart diseases, so a diet low in total fat will help to prevent heart diseases in the near future.

Exercise also improves the body's ability to use the insulin and incorporating a suitable exercise regimen* on a daily basis can help in controlling the blood sugar. (*before starting on an exercise routine, always seek approval from your physician).

Diabetes Diet

Option	Early Morning	Breakfast	Mid Morning	Lunch	Evening	Dinner	Bedtime
1	Tea or Coffee (with 1% fat milk)	Wheat flakes, 1 % fat milk	Apple	Brown Rice, Mixed Veg Khadi (no pakora), Bhindi sabzi/palya, Cucumber salad, Buttermilk (Chaach)	Sprouted Black Channa Chaat	Whole Wheat Phulkas/ Rotis (no oil/ghee), Palak tofu, Mixed Veg Salad, Yogurt (Fat free)	Milk (1%fat)
2	Walnuts	Veg upma (less oil)	Apricot	Whole Wheat Phulkas/ Rotis(no oil/ghee), Carrot Peas Sabzi/palya, Dal fry, Tomato raita	Baked Vegetarian Cutlets	Brown rice, Capsicum Curry, Veg Sambar, Tomato salad, Yogurt (fat free)	Marie lite
3	Karela juice	Vegetable sandwiches (100% whole wheat bread)	Grapefruit	Kichidi (with mixed veg), Khadi (no pakora), Steamed broccoli(with salt/pepper)	Sprouted Moong Dal	Ragi Rotis, Dal Palak, Beans Sabzi/palya, Mixed Veg raita	Rusks
4	Green tea	Dalia porridge, (with 1% fat milk,no sugar)	Papaya	100% Whole Wheat Tortillas, Grilled Chicken, Tomato Salsa, Green Salad	Idli with sambar	Brown rice, Collard Greens Sabzi/palya, Channa masala, Cabbage and green papaya salad	Ragi porridge/kanji
5	Wheat grass juice	Oatmeal porridge (with 1% fat milk,no sugar)	Canteloupe	Clear Tomato soup, Wheat rolls, Tuna Salad, Yogurt (fat free)	Baked Beans on toast (100% wheat bread)	Whole Wheat Turkey Wrap, Asparagus stir-fry, Cucumber salad	Milk (1%fat)

Diet for Nursing Mothers

The diet during this period should simply be a continuation of the healthy dietary choices made during pregnancy. A well-balanced meal which provides all the necessary nutrients is more beneficial than one which merely provides more energy due to the addition of lots of 'ghee'.

Be sure to include plenty of vegetables, green leaves, fruits along with whole grains and legumes and foods high in calcium to provide all the different nutrients required.

Diet for Nursing Mothers

Option	Early Morning	Breakfast	Mid Morning	Lunch	Evening	Dinner
1	Green Tea	Whole Wheat Toast, Plain Omelette, Blackberries	Chicken Soup	Spaghetti and Cheese Balls, in marinara sauce, Tossed Salad, Pineapple	Apple Shake, Spinach and channa dal cutlets	Whole Wheat Phulkas/Rotis, Alu methi, Fruity chana salad, Buttermilk, Pear
2	Milk (1 % fat)	Power Poha, Yogurt, Apple	Cream of Spinach Soup	Bisi Bele Bath, Mixed Veg raita, Papaya	Tea, Fish Cutlets	Khao phat, Thai Fish Curry, Apple Celery Salad, Yogurt (fat free)
3	100% Apple juice	Cracked Wheat Porridge (1%fat milk), Strawberries	French Onion Soup	Wild Rice and Chicken Salad, Sweet and Sour Vegetables, Cantaloupe	Soy milk, Cheese cracker biscuits	Brown Rice, Dal palak, Cauliflower stalk curry, Mooli salad, Banana
4	Chamomile tea	Rava idlis, Veg sagu, Tomato chutney	Cream of mixed veg soup	Brown rice, Cabbage and peas curry, Chicken curry, Mint raita, Cherries	Beach tropicana, Mixed fruits	Appam, Veg stew, Pineapple pachadi, Buttermilk
5	Almond milk	Oatmeal porridge (with 1% fat milk), Blueberries	Avocado and Cilantro Soup	Whole Wheat Tortillas, Mexican Beans, Stir Fry Vegetables, Tomato Salsa Peach	Fruity Tofu Smoothie, Peanut Cookies/Biscuits	Chicken Fried Rice, Sweet & Sour Veg, Exotic Salad, Yogurt (fat free)

Diet for Underweight Kids

The pediatrician will be the best person to decide whether your child is underweight or just experiencing a growth spurt. Only if the child's BMI falls below the 5th percentile, is he/she considered to be 'underweight'.

The key to planning a diet for underweight kids is to include 'nutrient dense' foods at frequent intervals, throughout the day. Expecting the child to eat large portions of food at a time is unreasonable and will only make the child detest meal times. Planning a wholesome diet along with 'nutrient dense' foods will ensure that the child does not develop any deficiency diseases.

Please Note:

*Power packed Cereal is made up of rolled oats, dry fruits & cornflakes.

*Power poha is made up poha, kabuli channa & rajma.

*Pesaratu is made up of moong dal & rice flour.

*Tricolour pasta is made up of pasta, onions, tomatoes & capsicum.

*Healthy rainbow paranthas are made up of wheat flour, rice flour, sprouted moong & vegetables.

*Wholesome kichidi is made up of rice, moong dal, bottle gourd & carrot

*Quesadillas are made up of maize flour, paneer & vegetables.

Feeding high fat and high sugar foods to an underweight child is not the best way to gain pounds. Healthy options given in these meals will give adequate nutrition and will help your child to increase weight gradually, if your child is physically fit.

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DIET FOR UNDERWEIGHT KIDS

Option	Breakfast	Mid Morning	Lunch	Evening	Dinner
1	Quick Rava dhoklas (with veggies), Strawberries	Potato tikki sandwich	Mung dal and Carrot pulav, Flavoured yogurt	Banana Milkshake, Paneer Tikkis	Besan Radish Parathas, Mint Raita
2	Soy Upma, Raspberries	Paneer Veggie Pasta	Cauliflower Rajmah Parathas, Yogurt	Dry fruit milkshake, Alu Chaat	Veg & Lentil Pulav, Khadi
3	Power Packed Cereal, Bananas*	Paneer rolls	Chicken Biryani, Yogurt	Mixed fruit Smoothie, Chickpea tikkis	Veg green pea parathas, Tomato raita
4	Power poha, Plum*	Tricolour Pasta*	Rainbow Parathas, Yogurt	Banana Milkshake, Corn and Cheese Toast	Whole Wheat Rotis, Channa Masala, Beans Curry
5	Multi Grain Pancakes, Blueberry Sauce, Strawberries	String Cheese	Grilled Walnut Cornmeal Chicken, Papaya pudding	Apple Shake, Date and Nut pie	Khao phat (Thai fried rice), Sweet and sour vegetables

DIET DURING PREGNANCY

Pregnancy is definitely not a time to go on a 'weight-loss' diet, but neither should one use this period to indulge in overeating 'junk food'. During this period the body needs extra nutrients not just to meet the needs of the growing foetus, but also for the mother and also for building adequate resources for the lactation period.

Eating smaller meals and incorporating healthy snacks in between meals can meet the increased nutrient requirements during pregnancy. Constipation is a common problem for most women during this period, so a high fiber diet with emphasis on whole grains, fresh fruits and vegetables is important.

Some women also experience 'morning sickness', so it would be a good idea to nibble on some dry food items before getting up from bed and also drinking liquids about half an hour before the meal.

Eating a healthy, well-balanced diet will undoubtedly provide all the extra nutrients that the growing foetus needs during pregnancy. It is also a good idea to incorporate light exercise* during this period.

(*before starting on an exercise routine, always seek approval from your physician).

The quality of your food intake during this period should be plentiful for two, but do watch the quantity. Get your dietitian to plan a suitable diet for both of you.

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DIET DURING PREGNANCY

Option	Early Morning	Breakfast	Mid Morning	Lunch	Evening	Dinner	Bedtime
1	Whole Wheat Crackers	Veggie Upma, Flavoured Yogurt	Dry fruits	Chicken Fried Rice, Vegetarian Stir Fry Tomato Salad, Cherries	Almond Milk	Brown Rice, Fish curry, Cabbage and Peas Sabzi, Cucumber salad	Apple
2	Ginger Snaps	Dal Adai, Sambar, Tomato Chutney	Walnuts	Green Pea Mint Soup, Grilled Veg Sandwich, Grated Carrot Salad, Watermelon	Soy milk	Methi Pulav, Channa dal with ghia, Tomato salad, Yogurt	Banana
3	Toast (100% Wheat bread)	Besan and spinach parathas, Mint chutney, Yogurt	Trail mix	Brown Rice and Spinach, Steamed Vegetables, Pepper-lime Glazed Chicken, Orange	Carrot Hopper	Whole Wheat rotis, Baked Brinjal in Tomato Sauce, Sprouted Moong Salad, Buttermilk	Milk (1% fat)
4	Biscotti (Whole Wheat)	Oats Porridge (1% Almonds milk), Blueberries		Spinach Roti (Chapatti), Masala Moth Beans, Brussels Sprouts Stir Fry, Mixed Veg Salad, Kiwi fruit	Banana-Berry Smoothie	Bodi Rulav(Rice), Mushroom Gravy, Salad with Cucumber Dressing, Yogurt	Grapes
5	Whole Wheat Melba Toast	Toast (100% Wheat Bread), Almond Butter, Plain Omelette	Pistachios	Brown Rice and Spinach, Steamed Vegetables, Pepper-lime Glazed Chicken, Orange	Greek Yogurt	Veg Fried Rice, Orange Baked Chicken, Mint Sauce Garden Salad, Buttermilk	Peach

DIET FOR ANAEMIA

Anaemia occurs when the level of haemoglobin (red blood cells) falls below normal levels, causing a decrease in the supply of oxygen in the tissues.

A diet rich in iron helps in increasing the haemoglobin levels. It is seen that iron from animal sources (heme-iron) is more readily absorbed than iron from plant sources (non-heme iron). The addition of vitamin C to the diet helps in the absorption of iron and hence squeezing some lime juice on your salads/food and eating or drinking foods rich in vitamin C along with your meals would facilitate iron absorption. Avoid drinking tea with your meals as the tannins present in the tea can interfere with the absorption of iron from the meal.

Indian women are susceptible to anemia. If you are anemic, do choose one of the iron-rich diet plans. The dietitian will be able to help you with a tailor-made meal plan to boost your iron levels.

We strongly recommend that you consult our Expert Dietitians for a Personalized Diet for Anaemia.

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DIET FOR ANAEMIA

Option	Early Morning	Breakfast	Mid Morning	Lunch	Evening	Dinner
1	Tomato Carrot juice	High Energy Poha, Kiwifruit	Flavoured Yogurt (fat free)	Brown rice, Alu Gobi, Rajma Curry, Tomato Salad, Lime juice	Tea	Whole Wheat Phulkas/Rotis, Spiced Stir Fry Beets, Spinach and Moong Dal, Sprouted, Methi Salad, Cherries
2	Beetroot carrot and Orange Juice	Cereal (100% iron fortified), Milk (1 % fat), Strawberries	Gujrathi Khandvi	Whole Wheat Rolls, Cream of Spinach Soup, Tuna salad, 100% Orange juice	Green Tea	Green Pulav, Stir Fry Vegetables, Rajma Salad, Onion raita, Nectarine
3	Carrot Spinach and Lime Juice	Oatmeal (fortified) made with water, Papaya	Lettuce Soup	Methi Rotis, Brinjal Bhurtha, Masala Moth beans, 100% Pineapple Juice	Soy Milk	Chicken biryani, Kumb Kali Mirch, Mint raita, Tangerine
4	Green Tea	Methi Dhokla(Steamed snack made with split chickpeas and fenugreek seeds), Dates Chutney (Sauce), Orange	Yogurt (Fat Free)	Bajra kichdi (Pearl Millet Dish), Khatal sabzi (Jackfruit Curry), Mint Sauce Garden Salad, Lemonade	Tea	Til Roti (Sesame Seeds Chapatti), Keerai Masiyal (Yellow Green Gram and Spinach Curry), Pindi channa (Chick Peas Curry), Grapes
5	Wheat Grass Juice	Cereal (100%Iron Fortified), Milk (1 %Fat), Strawberries	Fresh Green Soup	Clear Tomato Soup, Shepherd's Pie, Green Salad with Orange Sauce, Fruit Cocktail	Mint Tea	Vegeterian Broccoli Soup, Wild Rice and Chicken Salad, Fruit Kebabs

DIET FOR JAUNDICE

Jaundice is not a disease but actually a symptom of some other possible disease. There is no proven diet for jaundice, but generally a diet rich in complex carbohydrates, low in fat and providing adequate amounts of proteins is desirable. For this reason including whole grains, fresh fruits and vegetables and including vegetarian sources of proteins is a good idea. Nausea is a common problem so drinking fluids at least half an hour before or after meals would be advisable in such cases.

This is quite a common occurrence in India, particularly in children. A well planned diet can not only take care of your symptoms, but can also help you recover faster from the problem.

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DIET FOR JAUNDICE

Option	Early Morning	Breakfast	Mid Morning	Lunch	Evening	Dinner
1	Barley Water	Double Fibre Bread Fruit Preserve Pear	Cream of Tomato Soup	Brown rice Radish Sabzi(with leaves) Dal fry Masala chhas Blackberries	Coconut water	Whole Wheat Phulkas/ Rotis (no ghee/oil) Alu methi Channa dal with ghia Sweet potato pineapple salad
2	100% Grape juice	Dalia porridge Strawberries	Cream of Spinach soup	Curd Rice Cabbage and peas curry Lobia and corn salad Grapes	Watermelon juice	Wheat rolls Mixed veg stew Chickpea salad Mango
3	Carrot Tomato Juice	Oats Idli Sambar Mint chutney Papaya	Strawberry Soup	Brown rice Brinjal bhurta Washed moong dal Radish Salad	Green Tea	Bhuni Kichidi Khadi Cucumber salad Peach
4	Beetroot Carrot Juice	Semolina Porridge Blueberries	Cool Cucumber Soup	Bisi bele bhath Mixed Veg Raita (Side Dish Made With Yogurt) Mixed Fruits	Chammomile Tea	Brown Rice Majjige Huli Palak Dal Curry (Spinach and red Gram Curry) Crunchy Vegetable Salad Plum
5	Wheat Grass Juice	Vegetable Sandwich (100% Wheat Bread) Apple	Cream of Mixed Veg Soup	Wheat Pasta in Marinara Sauce Italian Zucchini Fruit and Lettuce Salad Yogurt (Fat Free)	Sugarcane Juice	Whole Wheat Flat Bread Roasted Vegetables 4 Bean Salad Tomato Salsa Pineapple

Diet to Prevent/For Osteoporosis

Osteoporosis is a silent disease in which the bones become fragile and are more likely to break. It mainly affects women aged 55 and older.

A calcium-rich diet, adequate amounts of sunshine/vitamin D and regular weight-bearing exercises can help in the prevention of osteoporosis. Foods to avoid are those high in salt and soda. Studies have shown that diets high in salt cause calcium loss and bone weakening over a period of time. Soda/carbonated beverages on the other hand contain phosphoric acid, which is known to increase calcium excretion in the urine.

Exercise (especially the weight bearing kind) has shown to reduce the risk of osteoporosis. Choose an exercise* that suits you like yoga, walking or jogging, along with some light weight training and you can count on its benefits in the long run.

(*before starting on an exercise routine, always seek approval from your physician)

The number of osteoporotic Indian women is growing rapidly. You can take steps to prevent/arrest this lifestyle disease and maintain the best of bone health. Start now, even if you are in your teens!

Diet to Prevent/For Osteoporosis

Option	Early Morning Breakfast	Mid Morning	Lunch	Evening	Dinner	
1	Tea (with 1/2 cup skimmed milk)	Masala roti, Yogurt (fat free)	Orange	Whole Wheat Phulkas/Rotis, Mushroom gravy, Channa dal with ghia, Tomato raitha	Flavoured milk (low fat)	Peanut pulao, Brussels veg sprouts fry, Khatta channa, Buttermilk, Apple
2	Coffee (with 1/2 cup skimmed milk)	100% whole wheat toast, Almond butter, Cut fruits with yogurt (fat free)	Papaya	Sunshine soup, Wheat rolls, Asparagus stir-fry, Yogurt (fat free)	Soy milk	Soy pongal, Mint chutney, Onion raitha, Peach
3	Ragi kanji	Oats porridge (with 1% milk), Strawberries	Watermelon	Brown rice, Shrimp with Vegetables, Dal Fry, Cucumber raita	Tea (with skimmed milk)	Cool cucumber soup, Wheat pasta with vegs, Green Salad, Plum
4	Almond Milk	Soy Idlis, Sambar, Tomato chutney	Pineapple	Ragi Roti (Chapatti), Alu methi (Potato and Fenugreek Leaves Curry), Veg Sambar (Pigeon Pea Dish), Carrot Raita (Side Dish Made With Yogurt)	Apple Shake	Paneer Naan (Stuffed Cottage Cheese Flat Bread), Cabbage and Peas Curry, Mixed Veg Salad, Yogurt (Fat Free), Banana
5	Milk (1 %Fat)	Malt-O-Meal (With Nectarine 1%Fat Milk), Blueberries		Cheese Noodle Ring (Baked), Steamed Vegetables, Citrus Salad	Banana-Berry Fruit Smoothie	Chicken Sweet Corn Soup, Garlic Bread, Roasted Vegetable Salad, Yogurt (Fat Free), Grapes

DIET FOR HYPERTENSION

Hypertension or 'High Blood Pressure' as it is more commonly known, is a silent disease wherein there are hardly any noticeable symptoms, but if left undetected and uncontrolled can cause severe damage to other organs in the body.

Hypertension can be kept under control by following simple diet and lifestyle changes. While it is a well-known fact that dietary sodium needs to be restricted in such cases, recent research also shows the importance of including adequate amounts of potassium and calcium in the diet.

A good way to reduce the quantity of sodium in the diet is to reduce the amount of added sodium (in the form of salt), and avoiding foods that are high in salt like pickles, chutneys, ketchups, salted nuts, salted breads and crackers/biscuits, other baked foods, packaged mixes and soups. When cooking, reduce the amount of salt required in the recipe by half and season it with herbs and lemon juice just before serving to make up for the taste. Include plenty of fresh fruits, vegetables and low-fat dairy products in your daily diet.

Bringing down your weight as close to the Ideal Body Weight (IBW) puts less stress on the heart. A daily exercise regimen* can work wonders along with a suitable diet in controlling your hypertension.

(*before starting on an exercise routine, always seek approval from your physician).

Salt substitutes (low-sodium salts) can also be used based on your doctor's approval.

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DIET FOR HYPERTENSION

Option	Early Morning	Breakfast	Mid Morning	Lunch	Evening	Dinner
1	Watermelon Juice	Corn Oats Upma, Grapes	Raspberries	Brown Rice, More Kozhambu, Katirikka Rasavangi, Lobia and Corn Salad	Tea	Whole Wheat Phulkas, Channa Dal with Ghia, Aloo Capsicum Sabzi, Cucumber Raita, Banana
2	100% Orange Juice	High Energy Poha, Banana	Apple	Vaal ni Dal no Pulav, Cabbage and Peas Sabzi, Mixed Veg Raita, Pineapple	Soy Milk	Bajra Kand Rotis, Moong Dal Panki, Tawa Vegetables, Sprouts Salad, Yogurt (Fat Free)
3	Green Tea	Soy Dosa, Sambar, Pear	Unsalted Nuts	Rice Flour Bhakris, Spicy Mint Chicken, Stuffed Brinjals, Fruit Kebabs	Green Tea	Cold Cucumber Soup, Wheat Pasta with Vegetables, Fruity Channa Salad, Yogurt (Fat Free)
4	Grapefruit Juice	Steamed Oat Surprise, Papaya	Blackberries	Soy Chapathis, Dhingri Matar, Brinjal Bhurta, Chickpea Salad with Peppers and Tomatoes	Black and Beautiful	Bisi Bele Bhath, Green Salad, Yogurt (Fat Free), Cherries
5	100% Apple Juice	All Bran Cereal, Milk (1% Fat milk), Strawberries	Dried Apricots	Whole Wheat Tortillas, Grilled Chicken, Steamed Vegetables, Fruit and Lettuce Salad (No Salt), Yogurt (Fat Free)	Banana Berry Fruit Smoothie	Brown Rice & Veg Sautee, Baked Fish, Italian Zucchini, Cucumber Salad, Nectarine

DIET FOR BOOSTING IMMUNITY

The immune system is what protects us from various diseases by identifying and destroying viruses, bacteria, tumor cells, etc. Most experts believe that adequately feeding your immune system can boost its fighting powers.

Foods rich in vitamins A, C and E and minerals like zinc, selenium and omega-3 fatty acids and regular exercise have all shown to be beneficial in boosting the immune system.

Along with this, it is important to keep in mind that factors such as lack of sleep, too much alcohol, sugars and refined foods and too much fat can adversely affect the immune system.

From the day we are born to the last day on this earth, our immune system would continue to protect our bodies from enemies (like diseases!), and keep us in good health. Let's protect this important function of our body by boosting it with great foods and a health-filled lifestyle.

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DIET FOR BOOSTING IMMUNITY

Option	Early Morning	Breakfast	Mid Morning	Lunch	Evening	Dinner
1	Wheat Grass Juice	Healthy energy oatmeal (with 1% milk) Blue berries	Walnuts	Veg Biryani Ghobi Kasoori Chickpea salad with peppers and tomatoes Yogurt (fat free)	Soy milk	Curd rice Spiced stir-fry beets Tandoori Chicken Nectarine
2	Carrot tomato juice	High energy poha Banana	Blackberries	Cream of Spinach Soup Wheat Rolls Tuna Salad Yogurt (fat free)	White Glory Juice	Brown Rice Methi Chaman Veg Sambar Tomato raita Banana
3	100% Grape juice (blue)	All bran cereal (with 1% fat milk) Strawberries	Papaya	Appam Mixed Veg Stew 4 Bean Salad Masala chach	Almond milk	Tomato bhath Lobia and corn salad Yogurt Pineapple
4	Green Tea	Oat Peas Dosa (Pan Cake) Sambar (Pigeon Pea Dish) Coriander Chutney (Sauce)	Cantaloupe	Paushtik Roti (Chapatti) Bhagara Baingan (Brinjal Curry) Corn and Bean Salad Buttermilk	Surprise 'V6' tonic	Brown Rice French Beans Vegetable Fish Curry Cucumber Salad Watermelon
5	100 % Orange juice	Multi Grain Pancakes Blueberry Sauce	Dry Fruits	Avocado and Cilantro Soup Multi Grain Bread Grilled Fish Sweet Potato Pineapple Salad Yogurt (Fat Free)	Fig Banana Smoothie	Whole Wheat Pita Grilled Chicken Tomato Salsa Carrot & Raisins Kiwifruit

DIET FOR TEENAGERS

Teenage is the most difficult phase for all parents. Teenagers are prone to be rebellious and also tend to be influenced by their peers. Getting them to avoid 'junk food' and soda is almost next to impossible. The best bet is to strike a healthy balance by being a little creative and trying to create interesting but healthy versions of foods that your teenagers love. The diet needs to be diverse, yet should provide all the nutrients required for growth and development.

This stage of rapid growth and development can go awry if your eating habits go wrong. Eat heartily but sensibly like some of the sample meal plans given above.

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DIET FOR TEENAGERS

Option	Breakfast	Mid Morning	Lunch	Evening	Dinner
1	Mooli Parathas Yogurt (fat free)	Dry fruits	Panchranga pulao Paneer shashlik Mint raitha Apple	Cocktail khakra	Whole Wheat Rotis Dum Arbi Channa Masala Carrot Salad Buttermilk
2	Toovar methi na dhokla Mint chutney Dates chutney	Trail mix	Paushtik roti Khumb kali mirch Beans salad Yogurt (fat free) Orange	Mango lassi	Mushroom Pulao Pindi channa Mixed veg raita Grapes
3	Duet Uttapa Veg Sagu	Fig bars	Veg burger (whole wheat buns) Fruit and lettuce salad Yogurt (Fat Free)	Fruit kebabs	Brown Rice Raw Banana Curry Sambar (Pigeon Pea Dish) Cucumber Salad Buttermilk
4	Nachini(Ragi) Pancakes Coriander Chutney	Milk (1% Fat)	Veg Fried Rice Orange Baked Chicken Apple and Celery Salad	Spicy Sprouts Sandwich	Whole Wheat Tortillas Mexican Beans Tomato Salsa Yogurt (Fat Free) Watermelon
5	Jam and Fruit Pancake Yogurt	Mixed nuts	Spinach Mushroom Lasagna Grilled Chicken Waldorf Salad 100% Orange Juice	Apple Shake	Chicken and Vegetable Soup Wheat Crackers Hawaiian Salad Watermelon