

Dietary guidelines-

Maintain a diet diary.

Include food items from all food groups.

Do not skip your meals and consume small but frequent meals.

Use low fat milk and its products in the diet.

Consume a fruit daily of your choice.

Increase the intake of fruits and vegetables in the diet, in the form of fruit chaat and salads.

Avoid refined cereals such as refined flour, refined pasta or noodles.

In place of refined cereals, incorporate whole cereals such as ragi, bajra, oats, etc.

Use good sources of MUFAs and PUFAs in the diet, such as mustard oil, rice bran oil, sunflower oil, soyabean oil, etc.

Use combination of oils in food preparation.

Drink around 2L of water in a day, i.e., 7-8 glasses/ day.

Avoid processed foods and foods high in salt, sugar and fat such as chips, namkeens, biscuits, pickles, etc.

Engage yourself in physical activity daily for 1/2 an hr. to 45 mins.