

- 5.2 Dry diet would be provided three times i.e. during breakfast, lunch and dinner like that of cooked diet.
- 5.3 Dry diet would encompass Milk, Biscuits, Nuts/Dry Fruits, Egg, Bread and Fruits [of medium size]. If required and felt it necessary by the Dietician / Medical Officer, fresh fruit juice would be provided looking at the condition of the patient and the diagnosis.
  
- 6.0 Diet Typology:
- 6.1 In general, the health institutions should made necessary arrangement for preparation of non-therapeutic and therapeutic diet based on patient category. The therapeutic diet would encompass [1] clear liquid and full liquid diet [2] soft diet and [3] light diet.
- 6.2 This diet must be nutritionally adequate either to maintain adequate nutrition or to improve the nutritional status. Patients who need adaptations or modifications in their diet, due to illness, accident or injury, should be served modified diet until they become ambulatory patients who can be served the general diet.
- 6.3 Clear Liquid Diet would be provided to the patients in the pre or post operative stage for one or two days or based on the advice of the doctor and dietician. This diet should be completely free of any solids even those found in the milk. Only clear liquids such as tea or coffee without cream or milk, clear soup etc, should be given. This diet is to be used for a very short period of time. Full liquid diet should be given for all acute conditions before diagnosis.
- 6.4 Soft diet is intermediate between a full liquid and light diet. It should be served to patients who are convalescing from surgery, gastro-intestinal disturbances and acute infections. This diet should be nutritionally adequate and planned on the basis of a normal diet. The food should be soft in texture and consistency, easy to chew and should contain low roughage. The diet would be made of simple, easily digestible foods and should contain no harsh fibre and no rich or highly flavoured foods. It should be a high calorie-high protein diet. A slight modification of this diet may be mechanically softened or dental soft diet which requires little or no chewing.
- 6.5 The Light Diet would be very similar to a soft diet in addition to simple salads such as fruits or sliced tomato.
- ✓ 6.6 Therapeutic diet should be prepared for six different patient categories i.e. persons suffering from [1] Diabetes Mellitus [2] Cardio-Vascular [3] Acute & Chronic Renal Diseases [4] Cancer [5] TB and [6] Burning cases.
- 6.7 Dietician should prepare a weekly diet calendar in accordance to the calorie and nutritional norm for all category of patients based on the diagnosis. Sample diet calendar for different therapeutic and non-therapeutic diet is annexed to this guideline. The diet calendar can be changed / modified by the dietician based on the diagnosis.

- 7.0 Outsourcing Diet Preparation & Supply:
- 7.1 Outsourcing for diet preparation and its supply/distribution is applicable for the cooked diet only. For dry diet, the concerned health institution would procure and distribute the diet. The health institution would procure dry diet from the empanelled agencies, empanelled specifically to supply dry food items like biscuits, milk, fruits etc.
- 7.2 Preparation and distribution of diet [cooked food] would be outsourced to the private agencies at the MCHs; DHHs; Capital Hospital, Bhubaneswar; and in all sub-divisional hospitals where there is approved bed strength for in-door patients is 50 or more than 50. In suitable cases, effective Women Self Help Groups [SHGs] should also be allowed to run the canteen which includes preparation and distribution diet [cooked food].
- 7.3 At the CHC / PHC level, canteen system may be promoted within the campus of the health institution in collaboration with private agency for both in-door and out-door patients. The concerned health institution would provide space for any such interested private agency to run canteen. The canteen manager / concern agency would supply required diet to the in-door patients as per the diet norm mentioned in these guidelines and instructed by the dietician / medical officer of the concerned health institution. Apart from in-door patients, the canteen could also prepare and supply diet to outdoor patients and general public of the locality. But, the primary focus of the canteen would be serving the in-door patient with qualitative diet.
- 7.4 Existing Government / Departmental norm should be strictly followed for identification and enrolment of agency for diet preparation & distribution. The agency would be selected on Cost and Quality basis. Transparent tendering process should be adopted by the health institutions for the selection of the agency ensuring quality and standards of diet. The Terms of References for the agency is annexed to the guidelines for reference [the terms of reference should be modified according to the suitability of the health institution].
- 7.5 The agency empanelled and assigned with the responsibility of preparation and supply of diet would adhere to the prescribed quality standards under specific diet category [liquid diet, semi-solid diet, diet for diabetic etc.]. The agency must agree to provide different types of diet, as per the requirement of the patient and indent placed in this regard by the dietician / hospital management.
- 7.6 The selected agency would sign a contract with the administration / management of health institution. The period of the contract would be initially for 12 months and can be extended for the same period based on the satisfactory performance of the supplier / outsourced agency. The performance of the agency must be certified by the management of the health institution before extending or renewing the contract period. During extending or renewing the contract period, the management may think of revising the conditions of the contract as per its suitability without affecting the basic objective.
- 7.7 The outsourced agency would procure raw materials only from the designated suppliers identified mutually by the health institution and the outsourced agency. If so wished, the

health institution along with the outsourced agency would empanel one or more than one supplier for the supply of different items, for preparation of cooked diet. For dry diet, procurement would be done by the concerned health institution through empanelled agencies without any outsourcing.

7.8 For the supply of dry diet, the concerned health institution would empanel different suppliers independently. If so wished by the health institution, multiple agencies may be empanelled for different items. The agencies would be identified and empanelled through tender process following tendering norm of the Government. For tendering, quality of the items to be supplied would be fixed and lowest price, adhering to the mentioned quality would be selected for supply.

7.9 Every year there would be review of the price and Government may think of modifying the head wise cost based on the prevailing market rate of the commodities not exceeding the stipulated per patient cost. However, during the five year plan period, per patient cost norm would be revisited and Government may think of taking suitable action for revision of cost norm based on the market price.

7.10 The health institution would take care to ensure that the items [packaged ones] supplied or used for cooking have not surpassed the date of expiry. In case of perishable items, the quality of supply, as per the prescribed standard would be adhered to by the supplier / outsourced agency. In case, if the management of the hospital feels that the supplied items, perishable or non-perishable, are not up to the standard norm, they would return the items to the concerned agency on the spot of receiving. If so wished by the management, a penalty may be charged to the empanelled supplier for negligence and taking risk of providing poor quality materials. Quality review of the supplied items would be done by the dietician, members of DVC, management of the health institution and RKS from time to time.

8.0 Times of Procurement:

8.1 Though, diet preparation and supply system would be outsourced, still, the health institution should have an eye on the quality of the raw materials procured for cooking. In case of dry diet, it is equally applicable to verify the quality of diet supplied by the outsourced agency / empanelled supplier.

8.2 The raw materials for cooking [in case of cooked diet] especially vegetables, milk etc. should be procured on daily basis, either in the morning hour and/or in the evening hour, based on the suitability. Same procedure should also be adopted for dry food procurement.

8.3 Certain non-perishable and packaged items may be procured once in a week or once in two-three days time such as condiments and would be stored properly to avoid wastage / loss.

9.0 Quality Assurance of Raw Materials:

- 9.1 The materials / commodities to be supplied by the empanelled supplier/s, either for cooking or as dry food should be in line with the quality norm of the Government. One person should be assigned at the health institution level to look after the quality aspect of the supplied items.
- 9.2 Quality inspection of supplied materials is mandatory for dry diet on day basis. For the raw materials supplied by different suppliers for preparation of cooked diet, quality check would be done on day basis during procurement / supply.
- 9.3 Procurement should be planned to ensure that expected strike/s, prolonged holidays and/or any such unprecedented circumstances should not affect the diet preparation and its supply to the in-door patients.

10.0 Storage of Commodities / Raw Materials:

- 10.1 Storage of commodities / raw materials would be the responsibility of the outsourced agency. However, it is to be monitored from time to time by the dietician / assistant dietician of the health institution or any other persons assigned for the purpose. The perishable and non-perishable items should be stored as per the storage specification norms.
- 10.2 Care should be taken to avoid quality degradation of the food commodities due to humidity, rodents, insects etc.

11.0 Fuel for cooking:

- 11.1 The kitchen should have LPG connection for diet preparation with provision of additional cylinder.
- 11.2 As far as possible, coal and wood should be avoided for cooking excluding emergency cases.

12.0 Diet Certification:

Diet prepared [cooked] / procured [dry diet] on day to day basis should be certified by the dietician before its distribution. The diet certification would be with regard to quality, test and its adherence to the specified menu.

13.0 Constituting Diet Vigilance Committee [DVC]:

For monitoring and supervision of diet preparation, distribution, ensuring diet quality and overall management of diet, Diet Vigilance Committees [DVC] will be constituted. In every Public Health Institutions [PHIs], including CHCs and Area Hospitals, DVC would be constituted taking RKS members and medical staff of the concerned hospital. ADMO Medical would head the committee along with one Sr. Doctor. RKS would nominate two

members on a rotational basis to be the member of DVC. The committee members shall meet once in a month to discuss matters related to present dietary services and propose changes, if necessary. In Medical College Hospitals [MCHs] and Capital Hospital, the Deputy CMO would head the DVC. The Hospital Administrator/Manager and selected / nominated members of Swasthya Vikash Samiti would be the member of the DVC.

#### 13.1 Role of DVC in Monitoring & Supervision:

Diet Vigilance Committee will overall supervise the diet preparation and distribution process. The Diet Vigilance Committee would do regular surprise check to see the aspects like- quantity and quality check of the diet, timeliness in supply of diet, hygiene and other related aspects and report to the head of the concerned Public Health Institution on a periodic basis [time frame is to be decided by the CDMO/ADMO, Med]. The committee members will interact with the in-door patients on quality and quantity of diet and discuss accordingly with the outsourced agency.

#### 14.0 Role & Function of Dietetics Section in the Health Institution:

The dietetics section would be expected to perform important functions in dietary services and management. The basic responsibility of dietetics section would be;

1. Menu Planning;
2. Food purchasing [if not outsourced and in case of dry diet supply];
3. Purchase of requisition of needed equipment and supplies;
4. Establishment and maintenance of safe food storage practices;
5. Selection, training, assignment of duties, supervision of personnel;
6. Supervision of departmental sanitation;
7. Establishment of adequate records and supervision of record keeping, budget planning, etc.

#### 14.1 Role of Dietician / Nutritionist:

1. Periodic check of the quality of food materials
2. Diet related counselling services to the patients during admission and discharge
3. Prescribing diet for patients based on the diagnosis
4. Monitoring the food preparation process and kitchen cleanliness
5. Pre-distribution quality check of diet following self-testing procedure
6. Monitoring food handling
7. Interacting with patients and getting feedback on diet quality, diet menu etc.

Apart from this, the dietician would be responsible for the management of therapeutic diets including modifications of the general menus to meet the needs of the patient and maintaining diet records;

The dietician / in-charge or members of his/her team would prepare the diet distribution chart based on the placed indent by the ward boy/sister. The dietetics section would maintain records on day basis for the audit purpose. The dietetics section would also be responsible to deal with empanelled contractors and ensure qualitative diet supply to the patients as per the norm.

#### 15.0 Sanitary Measures:

Required sanitary measures would be taken up in and outside the kitchen to prevent any contamination of food during its preparation or distribution. The Hospital Sanitation Committee should take up the following measures to ensure cleanliness.

1. Periodic sanitary inspection of cooking & serving equipments; at least once in a day;
2. Daily inspection of food conveyors, kitchen equipment and service equipment;
3. Supervise handling and disposing of garbage and waste;
4. Supervising cleanliness in the kitchen & taking appropriate measures

#### 16.0 Store and Stock:

16.1 The agency outsourced for diet preparation [cooked diet only] would be responsible for maintaining the store and stock. The agency should assign the responsibility of store keeping to person/s recruited by him/her;

16.2 In case of dry diet, the health institution would maintain the store and stock; In such cases, one person would be assigned with the responsibility of the store and stock who would perform the following role.

#### 17.0 Cleanliness:

**Kitchen Staff:** The kitchen staff should wear clean uniform while on duty and keeping themselves clean i.e. keeping hands cleaned properly including finger nails before cooking, limited conversation among them while cooking and serving, keeping utensils clean and maintaining kitchen cleanliness.

**Dishes/Utensils:** Cleaning the dishes properly, before and after the use, would be the responsibility of the outsourced agency. However, it would be monitored by the Hospital Sanitation Committee from time to time. The dishes are to be cleaned and sterilised before and after use so that possible contamination can be avoided. Before service, it should be ensured that the dishes are properly cleaned, sterilised and dried. After the use, all the soiled dishes will be collected and placed in one place for washing. The soiled dishes should be cleaned with hot and soapy water. After wash, the dishes should be cleaned to leave no water stain on the dishes. Again before serving, the dishes should be inspected and

used. To avoid contamination, which is expected between the cleaning and serving, the dishes should be cleaned once again with boiled water before serving.

18.0 Food Handling:

The persons, who are handling food, should follow the followings.

1. Keeping their hands clean and use glove for serving. They should not touch food in bare hand.
2. They should wash their hands properly after visiting the toilet and before handling food.
3. Cover cuts, burns and other raw surfaces with water-proof dressings while handling food.
4. Ensure that food is supplied as per the consumption specification of foods [hot/warm/cold] and as per the direction of the dietician.
5. Cover the main food container and protect from flies and other pests before and after serving.
6. Person/s suffering from a discharging wound, sores on hands or arms, discharging nose or who is suffering from attacks of diarrhoea or vomiting should not handle food items, either during preparation or serving. Persons with such problems should be brought in to the notice of the catering manager for taking remedial measures.
7. However, all the persons associated in diet preparation and its distribution should undergo regular free health check up in the concerned medical health institution periodically, at least once in every month and more particularly during sickness.

19.0 Other Key Requirements:

- 19.1 The food after preparation should be checked and tested by the cook at the kitchen level and further verified and certified by the dietician / medical officer in-charge. If the quality and condition of food is found unsatisfactory, it should not be served and alternative arrangement should be made by the outsourced agency.
- 19.2 Smoking in the public place including kitchen is strictly prohibited.
- 19.3 Premises should be maintained and kept clean. This involves washing floors at least three times in a day supplemented by sweeping. Using damping agents, as often as may be necessary and cleaning all walls and other surfaces at least once in a week. All cupboards, drawers and other fixtures should be kept scrupulously clean and free from all articles other than those for which they are intended.
- 19.4 Personal cleanliness on the part of the staff should be maintained. Other personal equipment/s should be washed and changed frequently.

- 19.5 The refrigerator should be kept thoroughly cleaned and defrosted at least once in a week.
- 19.6 Infestation by rats, mice and other rodents is dangerous as they can spread infection. All practicable steps should be taken to eliminate this source of infection such as maintaining the premises thorough repaired and cleaned, removing food scraps promptly and immediately, using impervious receptacles with tightly fitting covers for the storage of foods, fly-proof system etc.

✓20.0

**Record Keeping:**

Records related to diet such as number of meals supplied in a day, records of direct procurement in case of dry diet etc. are to be maintained at the health institution level. All such documents maintained must be certified / signed by the dietician with the counter sign of the RKS and the head of the institution [CDMO/MoIC etc.].

**21.0 Audit of Accounts:**

All the expenditures incurred towards procurement, preparation and supply of diet would be audited at the end of the financial year. In case, if so desired, management audit would be conducted by the Government on quarterly / half yearly basis.

Annexure - I

A 1.0 Diet Menu:

A 1.1 Non-Therapeutic Diet:

This general or routine diet must be nutritionally adequate either to maintain adequate nutrition or to improve the nutritional status. This general or full diet may be served to ambulatory patients who are not under therapeutic diet. This diet should contain minimum number of rich foods and foods that require longer time for digestion, since hospital patients are physically less active than average normal persons. Patients who need adaptations or modifications in their diet, due to illness, accident or injury, may be served a modified diet until they become ambulatory patients who can be served the general diet. The composition of general diet highlighted below.

A 1.1.1 Full Diet [Adult]

1. This is for all adult patients who are not on therapeutic or modified diet.
2. The dietician should prepare a weekly diet calendar keeping the nutritional value intact

**Table 2: Full Diet**

SN	Food Items	Vegetarian	Non-Vegetarian
A	Calories	2500	2500
B	Protein	75 gm	80 gm
C	Fat	60 gm	70 gm
D	Carbohydrates	420 gm	400 gm
	<b>Diet Specification</b>		
1	Cereals	350 gm	350 gm
2	Bread	50 gm	50 gm
3	Pulses	50 gm	25 gm
4	Milk/Curds	550 ml	300 ml
5	Green & other Vegetables	300 gm	300 gm
6	Potato or substitutes	100 gm	100 gm
7	Butter	10 gm	10 gm
8	Fats & oils	20 gm	30 gm
9	Sugar	50 gm	50 gm
10	Seasonal fruit	150 gm	150 gm
11	Meat/Fish/Chicken or Egg	-	100 gm; 2 egg
12	Tea / Coffee	7 gm / 15 gm	7 gm / 15 gm
13	Salt	10 gm	10 gm
14	Condiments	15 gm	15 gm

**Note:** Dietician should prepare a weekly diet calendar in accordance to the calorie and nutritional norm.

### A 1.1.2 General Diet for Children [From Six Months to Three Year]

Table 3: General Diets for Children [From Six Months to Three Years]		
SN	Food Items	Quantum
A	Calories	1150
B	Protein	40 gm
C	Fat	55 gm
D	Carbohydrate	125 gm
	<b>Diet Specification</b>	
1	Milk	1 lt.
2	Bread	50 gm
3	Egg	One
4	Sugar	50 gm
5	Orange	One
6	Banana	One
7	Butter	10 gm

**Note:**  
Attending mother of the child below six months would be provided with normal adult diet if the child is dependent upon mother's milk.

### A 1.1.3 General Diet for Children [3-9 Years]

Table 4: General Diets for Children		
SN	Food Items	Quantum
A	Calories	1450
B	Protein	50 gm
C	Fat	65 gm
D	Carbohydrate	125 gm
	<b>Diet Specification</b>	
1	Milk	1.25 lt.
2	Bread	50 gm
3	Egg	One
4	Sugar	50 gm
5	Orange or Banana	One
6	Tea	7 gm
7	Butter	100 gm
8	Salt	10 gm
9	Green & other leafy vegetables	150 gm
10	Potatoes [for soup]	50 gm

**Note:** Dietician should prepare a weekly diet calendar in accordance to the caloric and nutritional norm

#### A 1.1.4 General Full Diet [Children]

SN	Food Items	Vegetarian	Non-Vegetarian
A	Calories	2000	2000
B	Protein	68 gm	75 gm
C	Fat	45 gm	55 gm
D	Carbohydrate	350 gm	340 gm
<b>Diet Specification</b>			
1	Cereals	250 gm	250 gm
2	Bread	100 gm	100 gm
3	Pulses	25 gm	25 gm
4	Milk/Curds	750 ml	450 ml
5	Green & other vegetables	150 gm	150 gm
6	Potato or substitute	50 gm	50 gm
7	Butter	10 gm	10 gm
8	Fats & oil	10 gm	10 gm
9	Sugar	50 gm	50 gm
10	Tea / Coffee	7 gm / 15 gm	7 gm / 15 gm
11	Seasonal fruits	150 gm	150 gm
12	Meat/Fish/Chicken or Egg		100 gm; 2 eggs
13	Salt	10 gm	10 gm
14	Condiments	10 gm	10 gm

**Note:** Dietician should prepare a weekly diet calendar in accordance to the calorie and nutritional norm

#### A 1.1.5 Full Soft Diet [Children]

SN	Food Items	Vegetarian	Non-Vegetarian
A	Calories	1800	1800
B	Protein	55 gm	65 gm
C	Fat	55 gm	55 gm
D	Carbohydrate	275 gm	260 gm
<b>Diet Specification</b>			
1	Cereals	100 gm	100 gm
2	Pulses [Dal]	50 gm	50 gm
3	Bread	100 gm	100 gm
4	Milk/Curds	750 ml	450 ml
5	Green & other vegetables	150 gm	150 gm
6	Potato or substitute	50 gm	50 gm
7	Butter	10 gm	10 gm
8	Fats & oil	10 gm	10 gm
9	Egg or Paneer	25 gm	One
10	Sugar	50 gm	50 gm
11	Tea / Coffee	7 gm / 15 gm	7 gm / 15 gm
12	Seasonal fruits	150 gm	150 gm
13	Meat/Fish/Chicken or Egg		100 gm; 2 eggs
14	Salt	10 gm	10 gm
15	Condiments	10 gm	10 gm

**Note:** Dietician should prepare a weekly diet calendar in accordance to the calorie and nutritional norm

**Table 7: Diet menu for Paediatric**

Day	Breakfast	Lunch	Dinner
Sunday	Apple one and Bread-100gm	Rice-50gm Dalma- [Dal 15 Gm + Veg50 Gm +Potato 25 Gm] Veg Potato fry- [Veg 50gm+ Potato 25gm]	Rice-50gm Dalma- [Dal 15 Gm + Veg50 Gm +Potato 25 Gm] Veg Potato fry- [Veg 50gm+ Potato 25gm]
Monday	Apple one and Bread-100gm	Roti/Rice-50gms, Dal-15gm, Vegetable-50gm, Potato-25gm, Paneer-25gm	Roti/Rice-50gms, Dal-15gm, Vegetable-50gm, Potato-25gm, Paneer-25gm
Tuesday	Orange one and Suji Kheer	Rice-50gm Dalma- [Dal 50gm + Veg 150gm], Veg potato fry [Veg 50gm + Potato 25gm]	Rice-50gm Dalma- [Dal 50gm + Veg 150gm], Veg potato fry [Veg 50gm + Potato 25gm]
Wednesday	Banana one and Suji Kheer	Rice Khichdi [Veg 100gm + Rice 25] Potato Varta- [Potato 50gm]	Rice Khichdi [Veg 100gm + Rice 25] Potato Varta- [Potato 50gm]
Thursday	Apple one and Simee kheer	Rice-50gm Dalma- [Dal 15gm + Vegetable 75gm + Potato-25gm] Veg fry- 100gm	Rice-50gm Dalma- [Dal 15gm + Vegetable 75gm + Potato-25gm] Veg fry- 100gm
Friday	Orange one and Custard	Rice-50gm Dal-15gm Egg Curry- [Egg one]	Rice-50gm Dal-15gm Egg Curry- [Egg one]
Saturday	Banana one and Bread-100gm	Rice-50gm Dal-15gm Soyabean-20gm	Rice-50gm Dal-15gm Soyabean-20gm

**Note:**  
The diet menu is suggestive and may change as per the availability of the proposed items. The concerned dietician / medical officer would be the final authority to take appropriate decision on the menu without compromising the quality.

## A 1.2 Therapeutic Diet:

✓ The progressive therapeutic diet is classified as follows:

1. Liquid Diets: (i) Clear liquid and (ii) Full liquid
2. Soft diets
3. Light diets

### A 1.2.1 Liquid Diet-Clear / Full Liquid Diet

Clear Liquid Diet is for patients in the pre or post operative stage for one or two days. This diet should be completely free of any solids even those found in the milk. Only clear liquids such as tea or coffee without cream or milk, clear soup etc. should be given. This diet is nutritionally inadequate but to be used for a very short period of time. Full liquid diet should be given for all acute conditions before diagnosis

**Table 8: Full Liquid Diet for Adults**

SN	Food Items	Vegetarian
A	Calories	1500
B	Protein	45 gm
C	Fat	60 gm
D	Carbohydrates	190 gm
	<b>Diet Specification</b>	
1	Milk	1 lt.
2	Bread	100 gm
3	Butter	20 gm
4	Egg / Milk	One / 100 ml milk [Veg.]
5	Green & other Vegetables [for soup]	150 gm
6	Potato or substitutes	100 gm

7	Sugar	50 gm
8	Seasonal fruit	150 gm
9	Tea / Coffee	7 gm / 15 gm
10	Salt	10 gm

**Note:**

1. Patients who do not take egg may be given 100 ml of milk
2. Dietician should prepare a weekly diet calendar in accordance to the calorie and nutritional norm

Liquid diet is suitable for the conditions such as [1] Head injuries [2] Gastrostomy cases [3] Paralytic Syndrome and other conditions where patients are unable to swallow [4] First 24-48 hrs in cardiovascular disorders [5] Post operative cases [6] Severe burns etc.

**Table 9: Liquid Diet by Calorie Norm**

SN	Particular	Diet	Quantum	
A	Diet of 1000 Calories	Milk	750 ml.	
		Sugar	50 g	
		Fruit for juice	200 g	
		Dal/protein hydrosylate*	25 g	
		Oil	10 g	
		<b>Approx. Nutritive Value</b>		
		Calories	980	
		Protein	30 g	
		Fat	40 g	
		Carbohydrate	125 g	
		Note-if milk is not tolerated, equal amount of curd can be given; * Any high protein product.		
B	Diet of 1500 Calories	Milk	1 Litre	
		Sugar	100 g	
		Fruit for juice	200 g	
		Vegetables for soup	200 g	
		Dal/Egg	50 g	
		Oil	10 g	
		<b>Approx. Nutritive value</b>		
		Calories	1510	
		Protein	50 g.	
		Fat	50 g.	
		Carbohydrate	215 g.	
Note-if milk is not tolerated, equal amount of curd can be given				
C	Diet of 2000 Calories	Milk	1 litre	
		Curd	250 g	
		Fruit for juice	200 g	
		Sugar	100 g	
		Vegetables	200 g	
		Rice (for gruel)	75 g.	
		Cream	50 g.	
		Dal/ Egg	60 g.	
		<b>Approx. Nutritive Value</b>		
		Calories	1965	
		Protein	65 g.	
Fat	65 g.			
Carbohydrate	280 g.			
Note: Liquid jelly, custard etc. can be included				

Breakfast	Milk-300ml
Mid-Morning [10.00 AM]	Plain Custard Milk-150ml 30gm Custard Sugar-5gm to 7gm
Lunch [1.00 PM]	Grinded & Stained Rice + Dal + Oil [5ml] rich in MUF & DUF
Evening Tea [4.00 PM]	Milk with/without sugar 300ml
Dinner [7.00 PM]	Rice & porridge (30gm Rice / suji sugar-5gm, milk-100ml)
Bed Time [10.00 PM]	Barley Water [15gm Barley+150ml milk] vol. 300ml
<b>Note:</b> The diet menu is suggestive & may be changed based on the recommendation of the dietician / medical officer	

### A 1.2.2 Soft Diet

This diet is intermediate between a full liquid and light diet, It should be served to patients who are convalescing from surgery, gastro-intestinal disturbances and acute infections. This diet can be nutritionally adequate when planned on the basis of a normal diet. The food should be soft in texture and consistency, easy to chew and contain low roughage. The diet would be made of simple, easily digestible foods and should contain no harsh fibre and no rich or highly flavoured foods. It should be a high calorie-high protein diet. A slight modification of this diet may be mechanically softened or dental soft diet which requires little or no chewing.

SN	Food Items	Vegetarian	Non-Vegetarian
A	Calories	2250	2250
B	Protein	60 gm	65 gm
C	Fat	55 gm	60 gm
D	Carbohydrates	360 gm	360 gm
<b>Diet Specification</b>			
1	Rice or Dalia	200 gm	200 gm
2	Bread	50 gm	50 gm
3	Pulses	100 gm	100 gm
4	Milk/Curd	500 ml	200 ml
5	Egg or Paneer	25 gm	One
6	Green & other Vegetables	300 gm	300 gm
7	Potato or substitutes	100 gm	100 gm
8	Butter	10 gm	10 gm
9	Fats & oils	20 gm	30 gm
10	Sugar	50 gm	50 gm
11	Seasonal fruit	150 gm	150 gm
12	Meat/Fish/Chicken or Egg	-	100 gm; 2 egg
13	Tea / Coffee	7 gm / 15 gm	7 gm / 15 gm
14	Salt	10 gm	10 gm
15	Condiments	15 gm	15 gm
<b>Note:</b>			
1. Vegetables should be cooked, Mashed [Pureed] and sieved, Dieticians should prepare a detail weekly diet calendar without altering the nutritional and calorie norm			
2. Dietician should prepare a weekly diet calendar in accordance to the calorie and nutritional norm			

**Table 12: Weekly Semi-Solid Diet menu**

Day	Breakfast	Lunch	Dinner
Sunday	Bread-100gm	Khichdi(Rice-100gm+Dal50gm),Santala Bharta(Mixed/Brijal bharta-100gm),Kheer-150gm	Roti-100gm Dalma-150gm/Santala-250gm Kheer/Milk-250ml
Monday	Suji Halwa-100gm	Khichdi(Rice-100gm+Dal50gm),Santala Bharta(Mixed/Brijal bharta-100gm),Kheer-150gm	Roti/Rice-50gms,Dal-15gm,Vegetable-50gm,Potato-25gm,Paneer-25gm
Tuesday	Bread-100gm	Khichdi(Rice-100gm+Dal50gm),Santala Bharta(Mixed/Brijal bharta-100gm),Kheer-150gm	Roti-100gm Dalma-150gm/Santala-250gm Kheer/Milk-250ml
Wednesday	Semina-100gm	Khichdi(Rice-100gm+Dal50gm),Santala Bharta(Mixed/Brijal bharta-100gm),Kheer-150gm	Roti-100gm Dalma-150gm/Santala-250gm Kheer/Milk-250ml
Thursday	Castard-100gm	Khichdi(Rice-100gm+Dal50gm),Santala Bharta(Mixed/Brijal bharta-100gm),Kheer-150gm	Roti-100gm Dalma-150gm/Santala-250gm Kheer/Milk-250ml
Friday	Rice-100gm	Khichdi(Rice-100gm+Dal50gm),Santala Bharta(Mixed/Brijal bharta-100gm),Kheer-150gm	Roti-100gm Dalma-150gm/Santala-250gm Kheer/Milk-250ml
Saturday	Sugar-100gm	Khichdi(Rice-100gm+Dal50gm),Santala Bharta(Mixed/Brijal bharta-100gm),Kheer-150gm	Roti-100gm Dalma-150gm/Santala-250gm Kheer/Milk-250ml

**Note:**

The diet menu is suggestive and may change as per the availability of the proposed items. The concerned dietician / medical officer would be the final authority to take appropriate decision on the menu without compromising the quality

**A 1.2.3 Light Diet:**

This diet is very similar to a soft diet and includes all foods mentioned in the soft diet in addition to simple salads such as fruits or sliced tomato.

**A 1.2.4 Diet for Diabetes Mellitus**

**Table 13: Diet by Calorie Norm for patients suffering from Diabetes**

Food Items	1200 Cal	1500 Cal	1800 Cal	2000 Cal	2500 Cal
Cereals & millets	125g	175 g	225g	225 g	350g
Pulses legumes	50 g.	50g.	50g	75g	75g
Milk products	500 ml.	500 ml.	750 ml.	750 ml.	750 ml.
Green Vegetables	200 g	200 g	200 g	200 g	200 g
Other Vegetables	200 g	200 g	200 g	200 g	200 g
Fruits	1 Portion.	1 Portion.	1 Portion.	1 Portion	2 Portion
Paneer/egg	30g/one	30g/one	30g/one	30g/one	30g/one
Oil/Sugar	10 g	15 g	15 g	20 g	25 g
Sugar	-	-	-	-	-
<b>Approx Nutritive Value</b>					
Calories	1195	1485	1795	1960	2490
Protein	50	60	70	80	90
Fat	35	45	55	60	70
Carbohydrate [CHO]	170	240	255	275	375

**Foods can be allowed liberally:** Green leafy vegetables, vegetable salads without oil dressings, Lime, Lemonade, clear soups.

**Note:**

1. Roasted Bengal gram and fenugreek seeds can be included in the diet as these have been shown to have a hypoglycaemic effect.
2. One portion of fruit providing 10 g. carbohydrate can be determined from the fruit exchange list.
3. Black coffee or tea without milk or with milk from the day's allowance.
4. Chutneys and pickles without oil, Pepper [*Golamaricha*] and Cumin [*Jawa*] water, Jamm [*Jamu Kofi*], Phalse, rasberry

**Foods to be avoided:**

1. Soft drinks, all beverages not listed above
2. Alcohol and wines.
3. Fried foods, Sugar, Honey, Jams, sweets, cakes, pastries.

**Note** Potatoes, Colocasia [*Saru*], yam [*Khambo Athu*], mangoes, banana are to be avoided but may be consumed as food alternatives, strictly in accordance to the Food Exchange List.

Day	Breakfast	Lunch	Dinner
Sunday	Idli 3pc -240gm Sambar-100gm Fruit-80gm (Orange/Apple)	1 Cup rice-150gm or 3 Roti, Dal-100gm, Non-Veg.Curry-100gm or Paneer-100gm	Roti-2-100gm Dalma-100gm Milk & Milk product-1glass(240ml)
Monday	Phulka-2-100gm Santula-100gm Fruit-80gm	1 Cup Rice-150gm/3 Roti Dal-100gm Veg Curry-100gm Salad-1 Quarter plate	Roti-2-100gm Cholle masala-100gm Santula-100gm Milk & Milk Product-1glass
Tuesday	Dalia Upma- Vegetable- Fruit-80gm	1 Cup Rice/3 Roti-150gm Dalma-100gm Karela bharta-100gm Salad-100gm	Roti-2-100gm Vegetable Curry-150gm Dal-100gm Milk & Milk Product(240ml)
Wednesday	Chakuli-2-100gm Matar Curry-150gm Fruit-80gm	1 Cup Rice/3 Roti-150gm Dal-100gm Non Veg. Curry-100gm Paneer-100gm	Roti-2 Veg.curry-150gm Dal-100gm Milk & Milk Product(240ml)
Thursday	Idli-3 Sambar-100gm Fruit-80gm	1 Cup Rice/Roti-3-150gm,Dalma-100gm, Brinjal bharta100gm, Curd-80gm	Roti-2-100gm,Dal-100gm,mix bhaja-100gm,Milk &Milk Product(240ml)
Friday	Roti-2-100gm Santula-100gm Fruit-80gm	1 Cup Rice/3 Roti-150gm Dal-100gm Veg Curry-100gm	Roti-2-100gm Rajmah-100gm Santula-100gm,Milk &Milk Product(240ml)
Saturday	Dalia Upma- Vegetable- Fruit-80gm	1 Cup Rice/Roti-150gm,Dal-100gm Veg curry-100gm Raita-50gm	Roti-2-100gm,Dal-100gm Brinjal bharta-100gm,Milk &Milk product(240ml)

**Note:**  
The diet menu is suggestive and may change as per the availability of the proposed items. The concerned dietician / medical officer would be the final authority to take appropriate decision on the menu without compromising the quality

### A 1.2.5 Diet for Cardio-Vascular Disorders

Acute myocardial infarction or cardiac failure

Salient features: Low cholesterol, low fat (unsaturated), sodium restricted, low calories and frequent liquid feeds. Low & Modified Fat Diet for Atherosclerotic Conditions:

SN	Particulars	Diet Specification	Quantum
A	<b>1000 Calories liquid diet.</b>	Milk and milk products	750 ml.
		Egg (white)	One
		Fruit for juice	200 g.
		Vegetables for soup	200 g.
		Cereal (for porridge, bread)	150 g.
		Sugar	20 g.
		Oil (unsaturated )	10 g.
		<b>Approximate Nutritive Value</b>	
		Calories	1020
		Protein	40g.
		Fat	40 g.
		Carbohydrate	150 g.
		Sugar	20 g.
		Oil (unsaturated)	10 g.
		<b>Note:</b> Light tea, Coffee, jelly, sweet drinks can be given.	
B	<b>Maintenance Diet – 1800 Calories</b>	Milk and milk products	750 ml.
		Egg (white)	One
		Paneer / meat/chicken	30/50 g.

	Fruit	200 g.
	Dal	25 g.
	Vegetables	400 g.
	Cereal	200 g.
	Sugar	20 g.
	Oil (unsaturated)	15 g.
<b>Approximate Nutritive Value</b>		
	Calories	1815
Protein	g. 70	
	Fat	55 g.
	Carbohydrate	260 g.
	Sodium	385 g.
	Potassium	2671 mg.
Note: Salt and foods in which salt or baking power has been added are to be avoided		
<b>Foods to avoid:</b>		
<ol style="list-style-type: none"> <li>1. Glandular meat e.g. Kidney, liver and brain</li> <li>2. Whole milk, cream, ice cream and other preparations made out of whole milk</li> <li>3. Butter, ghee, hydrogenated fat, coconut oil, palm oil, Egg yolk, processed cheese</li> <li>4. Sweets of all kinds, cakes, pastries</li> <li>5. Dry nuts like almonds, walnut, groundnut, coconut</li> <li>6. Fried foods</li> <li>7. Cocoa and chocolate based drinks</li> <li>8. All aerated waters</li> <li>9. Alcohols and wines</li> </ol>		
<b>High sodium foods - (To be avoided if the person has hypertension and oedema)</b>		
<ol style="list-style-type: none"> <li>1. Bread, biscuits, eggs, cakes, pastries.</li> <li>2. Canned vegetables, soups and fruits.</li> <li>3. Salted or smoked fish, chicken, cheese etc.</li> <li>4. Salted nuts, peanut butter, salted pickles, samosa etc.</li> <li>5. Any other food in the preparation of which baking powder has been used</li> </ol>		
Note: Green leafy vegetables have high sodium content and therefore should be consumed after boiling the vegetable and discarding the water.		

**Table 16: Weekly Diet Menu for Patients of Heart Disease**

Day	Breakfast	Lunch	Dinner
Sunday	Roti 3pc medium size, sambar and chatni	Rice/Roti-150gm, Dal-25-25gm Sabaji(mixed)-150gm-Seasonal vegetable Chicken/fish-75 gm/Egg-2pc/ Paneer 50gm exchange	Roti/Dalma/Mixed bhaja/Mixed vegetable curry, One glass of milk
Monday	Idli 3pc medium size, sambar and chatni	Rice/Roti-150gm, Dal-25-25gm Sabaji(mixed)-150gm-Seasonal vegetable, Meal Maker/Sola curry/Besan curry Fruits-apple/orange/banana-one medium size	Roti/Dalma/Mixed bhaja/Mixed vegetable curry, One glass of milk
Tuesday	Chakuli 3pc medium size, sambar and chatni	Rice/Roti-150gm, Dal-25-25gm Sabaji(mixed)-150gm-Seasonal vegetable, Meal Maker/Sola curry/Besan curry Fruits-apple/orange/banana-one medium size	Roti Dalma/Mixed bhaja/Mixed vegetable curry, One glass of milk
Wednesday	Upama, sambar and chatni	Rice/Roti-150gm, Dal-25-25gm Sabaji(mixed)-150gm-Seasonal vegetable Chicken/fish-75 gm/Egg-2pc/ Paneer 50gm exchange	Roti/Dalma/Mixed bhaja/Mixed vegetable curry, One glass of milk
Thursday	Chuda Paha, sambar	Rice/Roti-150gm, Dal-25-25gm	Roti/Dalma/Mixed

	and chatni	Sabaji(mixed)-150gm-Seasonal vegetable. Meal Maker/Sola curry/Besan curry Fruits-apple/orange/banana-one medium size	bhaja/Mixed vegetable curry. One glass of milk
Friday	Roti 3pc medium size, sambar and chatni	Rice/Roti-150gm, Dal-25-25gm Sabaji(mixed)-150gm-Seasonal vegetable Chicken/fish-75 gm/Egg-2pc/ Paneer 50gm exchange	Roti/Dalma/Mixed bhaja/Mixed vegetable curry. One glass of milk
Saturday	Idli 3pc medium size, sambar and chatni	Rice/Roti-150gm, Dal-25-25gm Sabaji(mixed)-150gm-Seasonal vegetable. Meal Maker/Sola curry/Besan curry Fruits-apple/orange/banana-one medium size	Roti/Dalma/Mixed bhaja/Mixed vegetable curry. One glass of milk
<b>Note:</b> The diet menu is suggestive and may change as per the availability of the proposed items. The concerned dietician / medical officer would be the final authority to take appropriate decision on the menu without compromising the quality			

#### A 1.2.6 Diet for in Acute & Chronic Renal Disease

##### Salient Features:

1. Provision of low protein, low sodium and low potassium diet
2. The protein given should be of good quality to minimize workload of kidneys
3. Adequate calories to prevent utilization of protein for energy

SN	Particulars	Food Items	Quantum		
A	20 g. Protein diet	Milk and Milk Products	200 ml.		
		Egg/ Panner	One/30 g.		
		Cereals	50 g		
		Potato or root vegetable	100 g		
		Other vegetables	100 g		
		Sago	100 g		
		Arrowroot powder	100 g.		
		Unsalted butter	25g		
		Cooking fat	25 g		
		Sugar	75 g		
		<b>Approx Nutritive Value</b>			
			Calories		1900
			Protein		20 g
			Fat		60 g
	Carbohydrate		320 g		
	Sodium		136 g		
	Potassium		922 mg		
	<b>Note:</b> 1. Sugar can be increased as the diet aims at providing enough calories. 2. Use of salt during cooking is to be avoided. 3. All green leafy vegetables and potato should be boiled and water is to be discarded.				
B	30 gm. Protein diet	Milk and Milk Products	250 ml.		
		Egg	1/30 g		
		Paneer	75 g		
		Cereals	100 g		
		Potato	100 g		
		Other vegetables	100 g		
		Fruit	100g		
		Sago	100g		
	Arrowroot powder	100g			

		Unsalted butter	25g
		Cooking fat	25g
		Sugar or glucose	50g
		<b>Approx Nutritive Value</b>	
		Calories	2070
		Protein	30 g
		Fat	70g
		Carbohydrate	g 330
		Sodium	225 mg
		Potassium	1545 mg
		<b>Note:</b>	
		1. Sugar can be increased as the diet aims at providing enough calories.	
		2. Use of salt during cooking is to be avoided	
		3. All green leafy vegetables and potato should be boiled and water is to be discarded.	
<b>C</b>	<b>40 gm. Protein diet</b>	Milk and Milk Products	350 ml.
		Egg/ Paneer	1/30
		Cereals	30
		Other vegetables	150 g
		Potato	100 g.
		Sago	50 g
		Arrowroot Powder	100 g.
		Unsalted Butter	25 g.
		Cooking fat	25 g.
		Sugar	50 g.
		<b>Approximate Nutritive Value</b>	
		Calories	2155
		Protein	40 g.
		Fat	75 g.
		Carbohydrate	g 330
		Sodium	230 mg.
		Potassium	1552 mg.
	<b>Foods to avoid in Renal disorders:</b>		
	1. Extra milk or milk products		
	2. Meat, Fish, Chicken, extra egg etc.		
	3. Pulses, extra cereals, legumes, peas, beans.		
	4. Dry fruits, peanut, coconut, cashew nuts & other nuts.		
	5. Cakes, pastries, jam, jellies		
	6. Squash, lemon, fruit, juices		
	7. Vegetables which are rich in protein, sodium and potassium such as dried peas, spinach etc.		

**Table 18: Weekly Diet Menu for Chronic Renal Failure [CRF] / Chronic Kidney Disease [CKD]**

Day	Breakfast	Lunch	Dinner
Sunday	Porridge (Sago) Raw-100gm Milk-100gm Sugar-30gm to taste	Rice-150gm Dal-1 cup(15gm) Sabji(Seasonable vegetable except Green Leafy Vegetable, Potato & Tomato, Egg white of one egg	Rice/Rotti Sabji-150gm Porridge-(kheer)-50gm-Cereals 100gm-Milk 30gm-Sugar
Monday	Sago Raw-100gm Milk-100gm Sugar-30gm to taste	Rice-150gm Dal-1 cup(15gm) Sabji(Seasonable vegetable except Green Leafy Vegetable, Potato & Tomato	Rice/Rotti Sabji-150gm Porridge-(kheer)-50gm-Cereals 100gm-Milk 30gm-Sugar
Tuesday	Semia Raw-100gm Milk-100gm	Rice-150gm Dal-1 cup(15gm) Sabji(Seasonable vegetable except	Rice/Rotti Sabji-150gm Porridge-(kheer)-50gm-Cereals

	Sugar-30gm to taste	Green Leafy Vegetable, Potato & Tomato	100gm-Milk 30gm-Sugar
Wednesday	Semia Raw-100gm Milk-100gm Sugar-30gm to taste	Rice-150gm Dal-1 cup(15gm) Sabji(Seasonable vegetable except Green Leafy Vegetable, Potato & Tomato, Egg white of one egg	Rice/Rotti Sabji-150gm Porridge-(kheer)-50gm-Cereals 100gm-Milk 30gm-Sugar
Thursday	Chuda Raw-100gm Milk-100gm Sugar-30gm to taste	Rice-150gm Dal-1 cup(15gm) Sabji(Seasonable vegetable except Green Leafy Vegetable, Potato & Tomato	Rice/Rotti Sabji-150gm Porridge-(kheer)-50gm-Cereals 100gm-Milk 30gm-Sugar
Friday	Chuda Raw-100gm Milk-100gm Sugar-30gm to taste	Rice-150gm Dal-1 cup(15gm) Sabji(Seasonable vegetable except Green Leafy Vegetable, Potato & Tomato, Egg white of one egg	Rice/Rotti Sabji-150gm Porridge-(kheer)-50gm-Cereals 100gm-Milk 30gm-Sugar
Saturday	Rice Raw-100gm Milk-100gm Sugar-30gm to taste	Rice-150gm Dal-1 cup(15gm) Sabji(Seasonable vegetable except Green Leafy Vegetable, Potato & Tomato	Rice/Rotti Sabji-150gm Porridge-(kheer)-50gm-Cereals 100gm-Milk 30gm-Sugar
<b>Note:</b> The diet menu is suggestive and may change as per the availability of the proposed items. The concerned dietician / medical officer would be the final authority to take appropriate decision on the menu without compromising the quality			

#### A 1.2.7 High Protein High Calorie Diet:

This type of diet is suitable for [1] Tuberculosis [2] Chronic fevers and infections [3] Post-surgical Cases and [4] Burns.

Food Items	Quantum
Cereals	400 g.
Pulses	50 g.
Roots & tubers	100 g.
Green leafy vegetables	200 g.
Other vegetables	200 g.
Eggs / Panner	2/60 g.
Fruit	200 g.
Milk & Milk Products	1 litre
Fats and oils	25 g.
Sugar	50 g.
Tea or coffee	7 / 15 g.
<b>Approximate Nutritive Value</b>	
Calories	3085
Protein	110 g.
Fat	85g.
Carbohydrate	470 g.
<b>Note:</b> Nutritive value of the diet may be further enhanced by addition of 100 gm. of full cream milk powder. Diet may also be supplemented with high protein foods.	

## Annexure II: Diet Prescription Slip

### Diet Prescription Slip:

Sl. No.		Date of Issue					
District		Institution Type		MCH	DHH		
Block / Sub-division				SDH	AH		
Patient's Name				CHC	PHC		
Patient's Age		Gender		Male	Female		
Diagnosed Disease		Diagnosis Date					
Name of the Doctor		Admission Date					
Expected days of stay		Expected Discharge Date					
<b>Prescribed Diet:</b>							
Date	Breakfast		Lunch		Dinner		Special Diet, if any
	Diet Type	Diet	Diet Type	Diet	Diet Type	Diet	
<p><b>Signature of the Dietician</b>                  Name:                  Place:</p> <p><b>Please mention the Diet Type by date:</b>                  [1] Normal Diet; [2] Semi-solid Diet; [3] Full-Liquid Diet; [4] Diet for Cardio-Vascular; [5] Diet for Diabetic;                  [6] Diet for CRF/CKD; [7] Diet for Paediatric</p>							

### Specific colour code for specific disease and specific diet

**Note:**

1. Use of red colour may kindly be avoided as it may create different impression in the mind of the patients.
2. Use of Light Colour is preferable in all the colour segments for different diet types.
3. For Liquid diet, soft diet and light diet, single unique or mixed colour can be used in a pattern mode i.e. original colour of therapeutic diet and colour of diet category. For Example, if colour of diet slip for cancer patient is green and liquid diet is having a water colour, the slip should have both the colours in a pattern i.e. top green and bottom with water colour or vice versa. Or the slip should have indication of both the colour. It will identify the patient type and diet type