

Dr. Rela Institute & Medical Centre is a multi-specialty quaternary care hospital located in Chennai, India.

The Institute is within the campus of Sri Balaji Medical College and University, which is spread across 30 acres. It has 13 operating theatres with 450 beds, inclusive of 150 critical care beds.

The Institute is conveniently located 10 minutes from the Domestic and International Airport.

The hospital is designed to provide highly specialized care in various departments with a focus on multi-organ transplantation. Prof. Dr. Mohammed Rela, a world renowned surgeon in the field of Liver surgery and transplantation is the Chairman and Managing Director of the Institute.

In addition to quaternary & quality care, is also committed to provide day to day primary and secondary care to the local population, with facilities of international standards.

The Institute would provide comprehensive support to international patients travelling for medical treatment such as language assistance, stay, visa and travel.

24 Hr Emergency ☎ 044-6666 7788



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DR. RELA INSTITUTE & MEDICAL CENTRE
An International Medical Facility



DIABETIC LOW FAT LOW CHOLESTEROL DIET



Department of
Clinical Nutrition

FREE FOODS:

- Clear soup
- Diluted Buttermilk
- Green leafy vegetables
- Fresh green salads and other vegetables except roots and tubers.

FOODS PERMITTED IN LIMITED QUANTITY

- Cereals and pulses
- Refined cereal products like refined wheat flour (maida), semolina etc.
- Vegetables like peas, beetroot, green plantain, carrot
- Fruits like guava, watermelon, orange, papaya, apple, sweet lime, can be taken in limited quantity either one in number or a few pieces per day (amounting to 100gm)
- Skimmed milk can be taken not more than 400ml per day including that needed in curd and other milk preparations.
- Non-vegetarian items like fish or chicken can be taken four times a week.

Allowance per day (50-75gm /day) without frying.

- Egg whites can be taken frequently but whole eggs should be restricted to one per month.
- A combination of cooking oil preferably sunflower oil with ricebran, olive oil, safflower oil, corn oil is advisable. Allowance – 30gm per day (i.e.) 4-5 teaspoons.

FOOD RECOMMENDED

- High fiber foods like green leafy vegetables and green salads
- Whole pulses like grams, and germinated pulses.
- Whole grain cereals like whole wheat, brown rice, barley, oats etc.

FOODS TO BE AVOIDED

- Sugar, honey, jaggery, glucose, jam etc.
- Sweets, desserts, chocolate, ice-cream etc.
- Refined starch products like corn flour, custard powder, and commercial jelly products.
- Bakery products like cakes, pastries, cream biscuits.
- Sweetened aerated drinks, Fruit juice with sugar, squash, sherbet, milk shake etc.,
- Proprietary drinks like Horlicks, Boost, Bournvita, Complan etc.,
- Root vegetables like potato, yam, colocasia and tapioca.
- High calorie fruits like banana, pomegranate, mango, grapes, sapota, custard apple, wood apple, jack fruit etc.
- Fats like dalda, ghee, butter and coconut oil.
- Fried food items and foods cooked in too much oil.
- Dried fruits like dates, raisins, currants and nuts like cashew nuts, almonds, groundnuts etc.

NOTE

- Spacing of meals is very important for diabetics; free foods should be taken in between three main meals.
- Maintain desirable body weight.
- Regular exercise helps to improve blood glucose and lipid levels.
- **GOLDEN RULE – NO FEASTING! NO FASTING!**