

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



**DR. RELA INSTITUTE & MEDICAL CENTRE**

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**DR. RELA INSTITUTE & MEDICAL CENTRE**  
An International Medical Facility



## WEIGHT REDUCTION DIET



Department of  
Clinical Nutrition

### FOODS PERMITTED IN LIMITED QUANTITY

- Milk (whole) not more than 300 ml. per day including that used in curd and beverages.
- Oil-sanola/saffola/refined oil not more than 4-5tsp. per day.
- Non -veg items like fish, chicken can be taken one piece a day in boiled/ grilled form (50gm).
- Fruits like oranges, sweet lime, apple, papaya, watermelon can be taken one or few pieces per day(100gm).

### FOODS TO BE AVOIDED

- Aerated drinks like pepsi, cola, Fanta,etc.,
- Proprietary drinks like horlicks, boost, bournvita, complan etc.,
- Fruit juices (with sugar) squashes etc.,
- Bakery products like cakes, pastries, cookies, cream biscuits etc.
- Sweets like puddings, payasam, burfis, laddu, desserts, ice creams etc.,
- Raw banana and root vegetables like potato, yam, and colocasia.
- High calorie fruits like banana, mango, custard apple, sapota ,jack fruit etc.
- Fats like vanaspathi, ghee, butter, coconut oil.
- Nuts like peanuts, cashew nuts and dried fruits like figs, currants, raisins, apricots etc.
- Egg yolk, ham, bacon, mutton, prawns shrimps, crabs sausages etc.
- Deep fat fried food like chips, bajji, patties etc

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