

Study of Diet Plans and Different Diseases

Murium Sultan¹, Misbah Zikria¹, Muhammad Farooq^{2*}, Iftikhar Ahmed Solangi² and Gulsaya Nuzzhassarova²

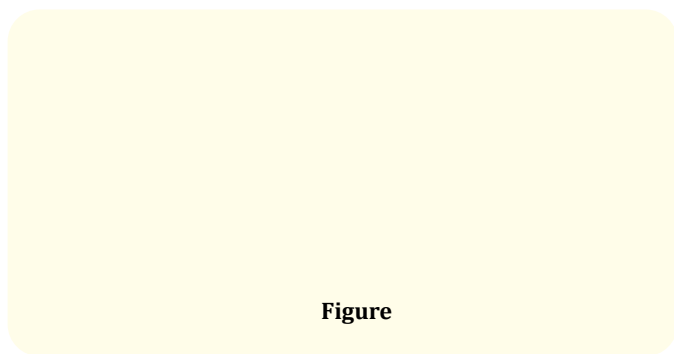
¹Institute of Home and Food Science Government College, University Faisalabad, Pakistan

²College of Food Science and Engineering, Northwest A & F University Yangling, Shaanxi, China

***Corresponding Author:** Muhammad Farooq, College of Food Science and Engineering, Northwest A & F University Yangling, Shaanxi, China.

Received: November 07, 2019; **Published:** November 18, 2019

DOI: 10.31080/ASNH.2019.03.0554



Carbohydrates: 50%

Protein: 20%

Fats: 30%

Step 1

Calculate the number of grams of Carbohydrates, Protein and Fats.

No. of grams of Carbohydrates: $2000/100 \times 50 = 250$ grams

No. of grams of Proteins: $2000/100 \times 20 = 100$ grams

No. of grams of Fats: $2000/100 \times 30 = 67$ gram

Step 2

Calculate the number of servings from each food group.

Food Group	No of Servings
Milk	2 servings
Fruit	3 servings
Vegetables	4 servings
Starch	11 servings
Meat	6 servings
Fat	5 servings

Step 3

Divide the no of servings into meal timings.

Preparation of diet plan

The exchange list

Food Group	Energy (Kcals)	Carbohydrates (gs)	Protein (gs)	Fats (gs)
Milk	150	12	8	0-8 (4)
Fruit	60	15	0	0
Vegetables	25	5	2	0
Starch	80	15	3	0-1 (1)
Meat	75	0	7	0-8 (4)
Fat	45	0	0	5

Preparation of diet plan by given ADMR

Prepare Diet Plan for given diseases of 2000 Kcals according to following ADMR.

Exchanges	Breakfast	Snack Time 1	Lunch	Snack Time 2	Dinner	Snack Time 3
Starch (11)	2	1	3	1	3	1
Vegetable (4)	-	-	2	-	2	
Fruit (3)	E.W	E.W	E.W	E.W	E.W	E.W
Milk (2)	1	-	-	-	-	1
Meat (6)	1	-	3	-	2	-
Fats (5)	1	-	2	-	2	-

Table 3

E.W = Everywhere

Step 4

Prepare the Diet Plan according to given no of servings in the meal plan.

Diet plan for dysphagia

Day 1 and 3	Estimated Energy (Kcals)	Day 2,4, 6	Estimated Energy (Kcals)	Day 5 and 7	Estimated Energy (Kcals)
Oatmeal	140	Pasta	240	2 toast slice	160
Soft bread	160	custard	150	Cheese omelets	145
Russian salad cream	260			Pineapple juice	60
Total	560	-----	390	-----	365

Breakfast

Day 1 and 3	Estimated Energy (Kcals)	Day 2,4 and 6	Estimated Energy (Kcals)	Day 5 and 7	Estimated Energy (Kcals)
2 slice of toast	160	2 slice soft bread	160	Omelet	75
Omelet	145	Omelet	145	White bread 2 slices	180
Apple juice	60	Apple juice	60	Milk	150
Total	365	-----	365	-----	405

Lunch

Day 1 and 3	Estimated Energy (Kcals)	Day 2,4 and 6	Estimated Energy (Kcals)	Day 5 and 7	Estimated Energy (Kcals)
Steak fries	312	Soft moist meat+veg gravy	290	Soft cooked vegetables	140
Canned chicken	150	Soft chapatti	160	Soft bread	160
Noodles meat sauce	310				
Total	772	-----	450	-----	300

Dinner

Days	Snack Time 1	Estimated Energy (Kcals)	Snack Time 1	Estimated Energy (Kcals)	Snack Time 1	Estimated Energy (Kcals)
Day 1 and 3	Cold dry cereals	80	Hamburger canned fruit	60	Milk with +Ispaghool	230
Day 2,4 and 6	Chicken sandwich	275	Orange juice	60	Milk with +Ispaghool	230
			Mashed potatoes	50		
Day 5 and 7	Noodles meat sauce	310	Steak fries	130	Milk +Ispaghool	230
			Saltin crackers.	160		

Snack times

Total Estimated Kcals of Day 1 and 3= 2317

Total Estimated Kcals of Day 2, 4 and 6= 1880

Total Estimated Kcals of Day 5 and 7= 1885.

Diet plan for constipation

Day 1 and 3	Estimated Energy (Kcals)	Day 2 and 5	Estimated Energy (Kcals)	Day 4 and 6	Estimated Energy (Kcals)	Day 7	Estimated Energy (Kcals)
2 slice of bread	160	Chapatti	160	Bowl of whole grain cereals	160	2 pancakes (230kcal)	180
Omelets	145	2 egg	150	Yogurt	150	1 serving strawberries	60
Apple juice	60	Yogurt	150	Apple juice	60	1 glass carrot juice	110
		Apple juice	60			Omelet (2 tbsp. Oil)	165
Total	365	-----	520	-----	370	-----	515

Breakfast

Day 1 and 3	Estimated Energy (Kcals)	Day 2 and 5	Estimated Energy (Kcals)	Day 4 and 6	Estimated Energy (Kcals)	Day 7	Estimated Energy (Kcals)
Chapatti	160	Bread	160	Bran rice	205	Chicken sandwich	435
Cabbage meat	290	Shami kabab	150	Raita		Salad	50
$\frac{3}{4}$ yogurt	150	Salad	50	Meat gravy	290	Yoghurt	150
Salad	50						
Total	650	-----	360	-----	495	-----	635

Lunch

Day 1 and 3	Estimated Energy (Kcals)	Day 2 and 5	Estimated Energy (Kcals)	Day 4 and 6	Estimated Energy (Kcals)	Day 7	Estimated Energy (Kcals)
Chapatti	160	Chapatti	160	Chapatti	160	Brown rice	180
Chicken gravy	240	Potatoes meat	290	Potatoes gravy	220	Roasted chicken	230
						Salad	50
Total	400	-----	450	-----	380	-----	460

Dinner

Days	Snack Time 1	Estimated Energy (Kcals)	Snack Time 2	Estimated Energy (Kcals)	Snack Time 3	Estimated Energy (Kcals)
Day 1 and 3	Apple juice Crackers	120 160	Prune juice	60	Milk+Ispaghol	230
Day 2 and 5	Prune juice	60	Grape fruit juice Sandwich	60 275	Milk Biscuit	230
Day 4 and 6	Prune juice Kabab	60 200	Crackers	240	Milk+Ispaghol	230
Day 7	Saltine cracker	80	Watermelon	120	Milk Biscuit	230

Snack times

Total Estimated Kcals of Day 1 and 3= 1985

Total Estimated Kcals of Day 2 and 5= 1875

Total Estimated Kcals of Day 4 and 6= 1975

Total Estimated Kcals of Day 7= 2040.

Diet plan for ulcer

Day 1 and 3	Estimated Energy (Kcals)	Day 2 and 5	Estimated Energy (Kcals)	Day 4 and 6	Estimated Energy (Kcals)	Day 7	Estimated Energy (Kcals)
Chapatti	160	Bread	160	Chicken sandwich	250	Bread 3S	240
Cereals	250	2 egg	150	Milk	150	Apple	60
yogurt	150	Yogurt	150	Melon juice	60	Milk	150
Total	560	-----	460	-----	460	-----	450

Breakfast

Day 1 and 3	Estimated Energy (Kcals)	Day 2 and 5	Estimated Energy (Kcals)	Day 4 and 6	Estimated Energy (Kcals)	Day 7	Estimated Energy (Kcals)
Cooked rice	250	Rice 2 cup	250	Vege mix with egg	200	Rotti 2S	320
Vegetables	90	(Cooked with 1 tbs of oil)		Rotti 1 ½	240	Well cook vege 1 ½(cook with 2 tbs of oil)	165
Gravy	90	Pulses	150	Fish	150	Raita ½	75
Salad	50	salad	50				
Total	390	-----	450	-----	590	-----	560

Lunch

Day 1 and 3	Estimated Energy (Kcals)	Day 2 and 5	Estimated Energy (Kcals)	Day 4 and 6	Estimated Energy (Kcals)	Day 7	Estimated Energy (Kcals)
Chicken sandwich	275	Chapatti	160	Steamed vege 1 ½	75	2S of rice	160
Ketchup	140	Chicken gravy	140	Chapatti 2S	320	(cook with 1 tbs of oil)	45
		Custard	150	Fresh juice	60	Bowl of daal	120
						(cooked with 2 tbs of oil)	90
						Fruit juice	60
Total	415	-----	450	-----	455	-----	475

Dinner

Days	Snack Time 1	Estimated Energy (Kcals)	Snack Time 2	Estimated Energy (Kcals)	Snack Time 3	Estimated Energy (Kcals)
Day 1 and 3	Sweet potatoes Dates	90 60=150	Pineapple juice	60	Milk	150
Day 2 and 5	Fresh juice	160	Chicken Sandwich+pear	275 60	Milk	150
Day 4 and 6	Mousse	130	Medium banana	60	Bowl of custard	200
Day 7	Fruit chaat	120	Mousse	130	Milk + Mango	150+60=210

Snack times

Total Estimated Kcals of Day 1 and 3= 1725

Total Estimated Kcals of Day 2 and 5= 1905

Total Estimated Kcals of Day 4 and 6= 1895

Total Estimated Kcals of Day 7= 1945.

Diet plan for gastritis

Day 1 and 3	Estimated Energy (Kcals)	Day 2 and 5	Estimated Energy (Kcals)	Day 4 and 6	Estimated Energy (Kcals)	Day 7	Estimated Energy (Kcals)
2 slice of bread	160	2 bowl of cereal grain	180	Tendered chicken sandwich	330	Bread 2S	160
Omelets	145	1 cup low fat milk	150	1 cup fat free milk	150	Omelets (1 tbs of oil)	120
Yogurt	150	Egg boiled	70	1 cup cuter melon	60	1 Cup of fruit with added	60
		1 tbs of mayonnaise	90			Mayonnaise	80
Total	455	-----	490	-----	540	-----	420

Breakfast

Day 1 and 3	Estimated Energy (Kcals)	Day 2 and 5	Estimated Energy (Kcals)	Day 4 and 6	Estimated Energy (Kcals)	Day 7	Estimated Energy (Kcals)
Chapatti	160	Rice cooked 2S	180	Pasta 2S	160	Lean meat gravy	230
Shami kabab	275	Steamed chicken 3S	230	Lean meat 2S	150	Cooked with 2 tbs Oil	90
		Yoghurt ½ S	75	1 cup fruit juice	60	Roti 1 ½	240
				Tender vege 1 cup	50		
Total	370	-----	485	-----	420	-----	560

Lunch

Day 1 and 3	Estimated Energy (Kcals)	Day 2 and 5	Estimated Energy (Kcals)	Day 4 and 6	Estimated Energy (Kcals)	Day 7	Estimated Energy (Kcals)
Pasta	305	Soft bread 2S	160	Hamburger	180	Roti 3 S whole grain	240
Apple juice	60	Chicken gravy	230	Meat salad	230	1 cup well-cooked vege (1 Tbsp. oil)	95
		Applesauce 1 cup	60	Baked potatoes ½ cup	160	Grilled meat 3S	230
Total	455	-----	450	-----	570	-----	565

Dinner

Days	Snack Time 1	Estimated Energy (Kcals)	Snack Time 2	Estimated Energy (Kcals)	Snack Time 3	Estimated Energy (Kcals)
Day 1 and 3	Crackers banana	160 60=220	Noodles meat sauce Canned fruit	310 60=370	Milk	150
Day 2 and 5	Cutted melon 1 cup	60	Strawberry flavored yoghurt	210	Milk + biscuit 1S	230
Day 4 and 6	Mousse	130	Tea with biscuits	160	1 cup yoghurt	150
Day 7	Peach med +with mayonnaise 2 tbs	240	Apple	60	Fat free milk	150

Snack times

Total Estimated Kcals of Day 1 and 3= 1995

Total Estimated Kcals of Day 2 and 5= 1925

Total Estimated Kcals of Day 4 and 6= 1970

Total Estimated Kcals of Day 7= 1995.

Diet plan for diarrhea

Day 1 and 3	Estimated Energy (Kcals)	Day 2 and 5	Estimated Energy (Kcals)	Day 4 and 6	Estimated Energy (Kcals)	Day 7	Estimated Energy (Kcals)
1 cup cereal	80	Scrambled egg	75	Banana shake	210	Banana	60
2 slice (white)	160	Toast	160	2 slice of bread	160	One glass milk	150
Milk	150	Milk	150	Egg omelate (1 tbs oil)	120	French toast	160
Egg boiled	75	Med. Size apple	60			1 cup cereals	80
Total	465	-----	445	-----	490	-----	450

Breakfast

Day 1 and 3	Estimated Energy (Kcals)	Day 2 and 5	Estimated Energy (Kcals)	Day 4 and 6	Estimated Energy (Kcals)	Day 7	Estimated Energy (Kcals)
Rice 2S	160	2S khichdi	170	Roti ½	240	Rice 2S	160
Daal (1 Plate)	120	Yoghourt	150	Chicken gravy (2 tbs oil)	320	Steamed chicken	230
Baked potato ½ cup	50	Salad	25	Salad cooked tender	50	Raita 1S	150
Chicken steamed 2S	150	Mayonnaise 1tbsp.	90			Salad	25
Total	480	-----	435	-----	610	-----	565

Lunch

Day 1 and 3	Estimated Energy (Kcals)	Day 2 and 5	Estimated Energy (Kcals)	Day 4 and 6	Estimated Energy (Kcals)	Day 7	Estimated Energy (Kcals)
Chicken sandwich	235	Steamed fish 3S	230	Roti 3S	240	Bread 3S	240
Scrambled egg		Vege rice (1 tbs oil)		Mixed vege 1½ cup	170	Chicken gravy	230
Fruit juice	70	Raita 1S	273	(2 tbs oil)		(2 tbs oil) 1 cup asparagus	40
Mayonnaise 2 tbs	60			Mayonnaise 1 tbs	90	Salad	25
	180		150			Raita ½	75
Total	545	-----	653	-----	500	-----	610

Dinner

Days	Snack Time 1	Estimated Energy (Kcals)	Snack Time 2	Estimated Energy (Kcals)	Snack Time 3	Estimated Energy (Kcals)
Day 1 and 3	Flavored Yoghourt	150	Banana 2S	120	Custard	200
Day 2 and 5	1 banana	60	Mousse	130	Milk + biscuit	230
Day 4 and 6	Orange juice	60	Yoghourt	150	1 glass milk	150
Day 7	Mousse	130	Milk	150	Banana 2S	120

Snack times

Total Estimated Kcals of Day 1 and 3= 1960

Total Estimated Kcals of Day 2 and 5= 1953

Total Estimated Kcals of Day 4 and 6= 1960

Total Estimated Kcals of Day 7 = 2025.

Diet Plan for diabetes

Day 1 and 3	Estimated Energy (Kcals)	Day 2 and 5	Estimated Energy (Kcals)	Day 4 and 6	Estimated Energy (Kcals)	Day 7	Estimated Energy (Kcals)
2 slice bread	160	Cranberry 2S	160	Med. Banana	60	Banana shake	210
Omelate (1 tbs oil)	120	Milk	150	Milk	150	Scrambled egg	70
Skimmed milk	91	Orange	60	Muffins 2S	160	2 slice whole grain bread	160
Mayonnaise 1 tbs	90	1 tbs walnut	48	1 tbs peanut butter	45	1 tbs butter	45
Total	461	-----	418	-----	415	-----	485

Breakfast

Day 1 and 3	Estimated Energy (Kcals)	Day 2 and 5	Estimated Energy (Kcals)	Day 4 and 6	Estimated Energy (Kcals)	Day 7	Estimated Energy (Kcals)
Chicken gravy	230	Well-cooked vege 3S	170	Fish sandwich	235	Fried chicken 3S	320
Roti 3S	240	2 tbs oil		Fruit juice	60	Cooked rice 3S	240
Yoghourt ½ S	25	Roti 3S 1 med.	240	Scrambled egg	75	Salad	25
Salad	75	Pear	60	Yoghourt ½ S	75		
Total	570	-----	470	-----	445	-----	585

Lunch

Day 1 and 3	Estimated Energy (Kcals)	Day 2 and 5	Estimated Energy (Kcals)	Day 4 and 6	Estimated Energy (Kcals)	Day 7	Estimated Energy (Kcals)
Chicken pasta 2S	400	Brown rice 2S	160	1 cup couscous	50	1 dish chicken and rice	340
½ cup yoghurt	75	Steam fish 3S	230	1 cup cooked broccoli	50	1 cup toasted cereals	50
Salad	25	Yoghurt ½ S	75	Lean broiled steak	230	2 tbs low fat salad dressing	70
		Salad	25	Salad	25	Whole bread roll	80
				½ cup yoghurt	60		
Total	500	-----	490	-----	415	-----	540

Dinner

Days	Snack Time 1	Estimated Energy (Kcals)	Snack Time 2	Estimated Energy (Kcals)	Snack Time 3	Estimated Energy (Kcals)
Day 1 and 3	Almond 1S	164	2 plum	60	Milk	150
Day 2 and 5	Yoghurt	150	Pistachio nut 1S	158	Fresh fruit	60
Day 4 and 6	1 whole wheat pretzel	103	blackberries 1 cup	73	Cheddar cheese	140
Day 7	Yoghurt	150	Baked tortilla chip	180	Milk	150

Snack times

Total Estimated Kcals of Day 1 and 3= 1934

Total Estimated Kcals of Day 2 and 5= 1740

Total Estimated Kcals of Day 4 and 6= 1591

Total Estimated Kcals of Day 7 = 2090.

Diet plan for hepatitis

Day 1 and 3	Estimated Energy (Kcals)	Day 2 and 5	Estimated Energy (Kcals)	Day 4 and 6	Estimated Energy (Kcals)	Day 7	Estimated Energy (Kcals)
Bread 2 slices	160	Chicken sandwich	320	Toasted bread	225	Egg	70
Milk fat free	150	Apple juice		Peach juice	60	Bread 2 slices	160
Egg	70	Bowl of cereal	60	Milk ½ cup	75	Milk	150
Bowl of cereal	80	1 tbsp. mayonnaise	80	Scrambled egg	70	Med banana	60
			90				
Total	460	-----	550	-----	430	-----	440

Breakfast

Day 1 and 3	Estimated Energy (Kcals)	Day 2 and 5	Estimated Energy (Kcals)	Day 4 and 6	Estimated Energy (Kcals)	Day 7	Estimated Energy (Kcals)
Brown rice 2 Ser	160	Roti 3 S	240	1 dish chicken and rice	340	Grilled fish 3 S	230
Streamed mutton	230	Chicken gravy	320	Salad dressing 2 tbsp.	70	Raita ½	75
Yoghurt	150	Salad	25	Raita ½	75	Brown rice 2 S	160
Salad	25			Salad	25	Fruit salad	120
Total	565	-----	495	-----	510	-----	585

Lunch

Day 1 and 3	Estimated Energy (Kcals)	Day 2 and 5	Estimated Energy (Kcals)	Day 4 and 6	Estimated Energy (Kcals)	Day 7	Estimated Energy (Kcals)
Roti 1 ½	240	Brown rice 2 S	160	Macaroni 2 S	160	Cooked broccoli 1 cup	50
Lentils 2 S	50	Daal plate	120	Meat 3 S	230	Toasted salad	50
Mayonnaise 1 tbsp.	80	Salad dressing 2 tbsp.	70	Whole wheat roll	80	2 tbsp. salad dressing	70
Salad	25	Broiled chicken steak 2 S	150	Salad	25	Bread 2 S	160
Fruit juice	60					Yoghurt added mayonese	155
Total	455	-----	500	-----	485	-----	485

Dinner

Day 1 and 3	Estimated Energy (Kcals)	Day 2 and 5	Estimated Energy (Kcals)	Day 4 and 6	Estimated Energy (Kcals)	Day 7	Estimated Energy (Kcals)
Roti 1 ½	240	Brown rice 2 S	160	Macaroni 2 S	160	Cooked broccoli 1 cup	50
Lentils 2 S	50	Daal plate	120	Meat 3 S	230	Toasted salad	50
Mayonnaise 1 tbsp.	80	Salad dressing 2 tbsp.	70	Whole wheat roll	80	2 tbsp. salad dressing	70
Salad	25	Broiled chicken steak 2 S	150	Salad	25	Bread 2 S	160
Fruit juice	60					Yoghurt added mayonese	155
Total	455	-----	500	-----	485	-----	485

Snack times

Total Estimated Kcals of Day 1 and 3 = 1900

Total Estimated Kcals of Day 2 and 5= 1835

Total Estimated Kcals of Day 4 and 6= 1949

Total Estimated Kcals of Day 7= 1940

Diet plan for cirrhosis

Day 1 and 3	Estimated Energy (Kcals)	Day 2 and 5	Estimated Energy (Kcals)	Day 4 and 6	Estimated Energy (Kcals)	Day 7	Estimated Energy (Kcals)
Bowl of cereal	80	Chicken sandwich	320	Egg	70	Bread 2 slices	160
Far free milk	150	Banana shake	210	Bread 2 S	160	Egg	70
Fresh strawberries	60			Milk fat free	150	2 tbsp. mayonnaise	180
Scrambled egg	70			Bowl of fruit (fresh)	60	Fruit juice	60
Bread 2 S	160						
Total	520	-----	530	-----	440	-----	470

Breakfast

Day 1 and 3	Estimated Energy (Kcals)	Day 2 and 5	Estimated Energy (Kcals)	Day 4 and 6	Estimated Energy (Kcals)	Day 7	Estimated Energy (Kcals)
Spaghetti with meat sauce	235	Chicken pulao 2 S	310	Vegetable soup	75	Brown rice 2 S	160
Yoghurt	150	Raita	150	Pasta 1 S	240	Broiled chicken 3 S	230
Salad	25	Bowl of cereal	80	Grilled steaks 2 S	150	Raita 1 S	150
1 tbsp. mayonnaise	90			Salad	25		
				Fat free salad dressing 2 tbsp.	70		
Total	500	-----	540	-----	560	-----	540

Lunch

Day 1 and 3	Estimated Energy (Kcals)	Day 2 and 5	Estimated Energy (Kcals)	Day 4 and 6	Estimated Energy (Kcals)	Day 7	Estimated Energy (Kcals)
Fresh broccoli Cooked	50	Brown rice 2 S	160	Scrambled vegetable egg	130	Steamed brown rice 2 S	160
Roti 1 ½	240	Pulse	120	Bread 2 S	160	Grilled fish 2 S	230
Mashed potatoes 1 cup	80	Salad 2 tbsp. fat free salad dressing	70	Raita	150	Raita	150
Salad	25	Yoghurt fat free	150	Fruit juice	60	Salad	25
Unsweetened fruit juice	60						
Total	455	-----	500	-----	500	-----	565

Dinner

Days	Snack Time 1	Estimated Energy (Kcals)	Snack Time 2	Estimated Energy (Kcals)	Snack Time 3	Estimated Energy (Kcals)
Day 1 and 3	Tea with saltine cracker	80	Cheese	140	Milk	150
Day 2 and 5	Fruit cocktail	120	Flavored yoghurt	150	Med Apple	60
Day 4 and 6	Almond 1 S	164	Ice cream ½ cup	140	Low fat milk	150
Day 7	Fruit salad	120	Med apple	70	custard	200

Snack times

Total Estimated Kcals of Day 1 and 3 =1845

Total Estimated Kcals of Day 2 and 5= 1900

Total Estimated Kcals of Day 4 and 6 = 1954

Total Estimated Kcals of Day 7 = 1965.

Diet plan for COPD

Day 1 and 3	Estimated Energy (Kcals)	Day 2 and 5	Estimated Energy (Kcals)	Day 4 and 6	Estimated Energy (Kcals)	Day 7	Estimated Energy (Kcals)
Toast 2S	160	Boiled egg	70	2 slice bread	160	Cheese sandwich	235
1 glass milk shake	210	Chicken sandwich	310	Yoghurt 1S	150	Med. apple	60
Egg	70	Milk	150	Omelet	165	I cup cereal	80
				2 tbs oil		Milk ½ S	75
Total	440	-----	530	-----	475	-----	450

Breakfast

Day 1 and 3	Estimated Energy (Kcals)	Day 2 and 5	Estimated Energy (Kcals)	Day 4 and 6	Estimated Energy (Kcals)	Day 7	Estimated Energy (Kcals)
1½ chapatti	240	Roti 2S	160	Scrambled vege egg	100	Mixed vege 2S +	140
Chicken gravy + 2 tbs oil	240	Mixed vege		Rotti 2S	160	2 tbs margarine	
Raita ½	75	2 tbs oil	165	Lean meat 2S	150	1½ roti	240
		Raita ½ 75				Raita 1S	150
Total	555	-----	400	-----	410	-----	530

Lunch

Day 1 and 3	Estimated Energy (Kcals)	Day 2 and 5	Estimated Energy (Kcals)	Day 4 and 6	Estimated Energy (Kcals)	Day 7	Estimated Energy (Kcals)
Brown rice 2S	160	1½ roti	240	Fried chicken 2S + 2 tbs margarine	240	Chicken Pasta 2S	480
Chicken gravy	210	Mixed vege 3S	165	2S roti	160	Fruit juice	
2 tbs salad dressing	70	Cooked with margarine oil		Raita 1S	150		60
Salad	25	Raita ½	75				
Total	465	-----	480	-----	550	-----	540

Dinner

Days	Snack Time 1	Estimated Energy (Kcals)	Snack Time 2	Estimated Energy (Kcals)	Snack Time 3	Estimated Energy (Kcals)
Day 1 and 3	Fruit cocktail	120	Banana med. 2S	120	Milk	150
Day 2 and 5	Almond 1S	164	Flavored yoghurt ½	75	Banana shake	210
Day 4 and 6	Berries	60	Fruit juice	60	Pudding	147
Day 7	Tea + saltine cracker	80	Med. apple	60	Milk	150

Snack times

Total Estimated Kcals of Day 1 and 3= 1850

Total Estimated Kcals of Day 2 and 5= 1860

Total Estimated Kcals of Day 4 and 6= 1702

Total Estimated Kcals of Day 7= 1810.

Diet plan for obesity

Day 1 and 3	Estimated Energy (Kcals)	Day 2 and 5	Estimated Energy (Kcals)	Day 4 and 6	Estimated Energy (Kcals)	Day 7	Estimated Energy (Kcals)
Skimmed milk 1S	91	Skimmed milk 1S	91	1 whole wheat muffin	80	Skimmed milk	91
Orange med	60	Banana med	60	Skimmed milk	91	Scrambled egg	75
1 cup cereal	80	1 cup bran cereal	80	½ cup blue berries	60	2 slice bread	160
Total	231	-----	231	-----	231	-----	326

Breakfast

Day 1 and 3	Estimated Energy (Kcals)	Day 2 and 5	Estimated Energy (Kcals)	Day 4 and 6	Estimated Energy (Kcals)	Day 7	Estimated Energy (Kcals)
Roti 1 S	80	Steamed chicken 1S	75	Chicken rice one dish	310	Vegetable rice	210
Chicken vege mix	175	Raita ½	75	½ Raita	75	½ Raita	75
Skimmed yoghurt ½S	68	Roti 2S	160				
Total	224	-----	310	-----	385	-----	285

Lunch

Day 1 and 3	Estimated Energy (Kcals)	Day 2 and 5	Estimated Energy (Kcals)	Day 4 and 6	Estimated Energy (Kcals)	Day 7	Estimated Energy (Kcals)
Roti 2S	160	Brown rice 2S	160	Grilled fish 2S	150	Chicken +vege 1tbsp oil	160
Mix Vege cooked with 2tbsp oil	140	Daal	120	Roti 1 S	150	Roti 1S	150
		Salad	20	Raita ½	75		
Total	300	-----	300	-----	375	-----	310

Dinner

Days	Snack Time 1	Estimated Energy (Kcals)	Snack Time 2	Estimated Energy (Kcals)	Snack Time 3	Estimated Energy (Kcals)
Day 1 and 3	Tea with saltine cracker	80	Grapes	80	Skimmed milk	91
Day 2 and 5	1 kiwi	60	Biscuit with tea	80	Apple	60
Day 4 and 6	Melon 1 cup	60	Lemon juice	60	Skimmed milk	91
Day 7	Banana	60	Peach med	60	Ice cream	102

Snack times

Total Estimated Kcals of Day 1 and 3= 1143

Total Estimated Kcals of Day 2 and 5= 1202

Total Estimated Kcals of Day 4 and 6=1041

Total Estimated Kcals of Day 7 = 1006.

Conclusion

In this study, I have been very good experience for me and I have learned how to eat good and healthy food and how to eat this food with diet plan and if we have some disease so we should follow this diet plan it gives you benefits and its good role in your health.

Volume 3 Issue 12 December 2019

© All rights are reserved by Murium Sultan., et al.