

**TENDER NOTICE FOR OUT SOURCING OF DIET SUPPLY**

**BASANTA MANJARI GENERAL HOSPITAL CHANDPUR, NAYAGARH**

Sealed tenders are invited from the eligible Registered Firms/ Organizations/Agencies/ SHGs/Individuals having good track record in the said field for preparation, supply and catering of therapeutic & non- therapeutic diets on out-sourcing basis in the Basanta Manjari General Hospital, Chandpur , Nayagarh for the year 2020-21. The proposal in the prescribed format along with all supporting documents must be submitted to **the Office of the Medical Superintendent, B. M. General Hospital, Chandpur, Dist. Nayagarh, PIN-752024** on or before **06.03.2020** up to 5.00 PM through **Speed post/ Registered post only** and the bid documents (Technical/Financial) **will be opened on 7.03.2020 at 12 Noon.**

The tender application form must accompany 2(Two) nos. of Demand Draft amounting to Rs. 1000 /-Rupees One Thousand each only (non-refundable) towards Tender- cost & processing fees drawn in favour of Medical Superintendent, B.M. General Hospital, Chandpur payable at Chandpur in any Nationalized Bank. The other terms & conditions including detail particulars & guidelines in this regard is available in the Dist. Website i.e. [www.nayagarh.nic.in](http://www.nayagarh.nic.in). In case of any bid amendment and clarification, the total responsibility lies with the bidders to collect the same from the website as mentioned above or from the Office of the Undersigned during office hours on any working day before last date of Tender and the authority shall have no responsibility for any delay/ omission on the part of the bidder. The tender application/envelope containing tender documents must be super scribed on the top of the envelope as **"TENDER DOCUMENT FOR DIETERY SERVICES, B.M. General Hospital, Chandpur, NAYAGARH for the year 2020-21 .** Authority has right to accept or reject any or all of the tenders without assigning any reason thereof.

  
(DR.B. Surya Rao)

Medical Superintendent,  
B.M. General Hospital ,Chandpur, Dist. Nayagarh

Medical Superintendent  
B. M. General Hospital, Chandpur  
Dist - Nayagarh

**OFFICE OF THE MEDICAL SUPERINTENDENT**

**TENDER FOR DIET FOR B.M.GENERAL HOSPITAL, CHANDPUR, NAYAGARH.**

**For the Year: 2020-21**

Name of the Bidder:

Address:

Contact No:

**Financial Proposal Form:**

SN	Diet Type	Cost per Meal (In Rupees)			Cost per patient per day (In Rupees)
		Break-Fast	Lunch	Dinner	
1	General Diet				
2	Diabetic Diet				
3	Diet for Patients suffering from heart disease				
4	Diet for CRF / CKD				
5	Full Liquid Diet				
6	Semi Solid Diet				
7	Diet for TB Patients				
	<b>Average Cost</b>				

Date:-

Place:-

Name of Bidder/Applicant

N.B: The bidder should submit a sample diet in each category during opening of the tender, the date of which will be intimated in the advertisement

Signature  
(Name and designation of the person signing on behalf of the Bidder)

  
Medical Superintendent  
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Dist - Nayagarh

**Tender paper for out sourcing of Diet for the Year 2020-21, BMGH, Chandpur**

**Nayagarh**

1. Name of the Bidder:-
2. Whether the Bidder is an Agency /Firm/SHGs /Organization (Attach proof)-
3. Registration No with Proof-
4. Year of relevant experience in diet preparation or Supply with proof-
5. Address of registered/operating office with proof-
6. Staff strength -
7. Amount of Tender fee deposited (Attach DD)-
8. Amount of Tender processing fees deposited (Attach DD)-
9. Financial Bid(Financial proposal) form dully filled and to be attached-
10. Valid VAT Clearance Certificate (with proof)-
11. PAN No with proof-
12. Income tax return for last two years with proof-

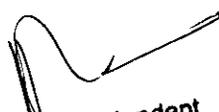
Signature of Bidder:

Address:

Telephone /Mob:

Date:

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Medical Superintendent  
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**The diet preparing and distributing contractor would be advised accordingly**

**1. Breakfast: - Between 7.30 am to 8.00 am**

**2. Lunch: - Between 1.00 pm to 2.00 pm**

**3. Dinner: - Between 8.00 pm to 9.00 pm**

Note: Timing of diet and times of diet provision may vary based on the diagnosis and as per the recommendation / prescription of the dietician / doctor. The hospital manager / person designated for the management of dietary services would adhere to the timing as prescribed by the doctor / dietician. Timing for patients prescribed for "full liquid diet" under therapeutic diet may vary based on the advice of the dietician / doctor.

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 fiber and no rich or highly flavored 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/doctor based on the diagnosis.

7.1 Outsourcing for diet preparation and its supply and distribution is applicable for the cooked & dry diet.

7.2 Preparation and distribution of diet [cooked food] would be outsourced to the private agencies at the BMGH CHANDPUR, Nayagarh.

7.3 Existing Government / Departmental norms 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].

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7.4 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.

7.5 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.

7.6 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 norms. The authority will impose fine deemed to be suitable. 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.

7.7 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.

7.8 Certain non-perishable and packaged items may be procured once in a week or once in two-three days time and would be stored properly to avoid wastage / loss without deteriorating quality

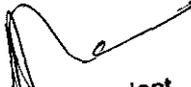
### **TERM OF REFERENCE**

#### **VI.1. Invitation to Bid:**

The **Basanta Manjari General Hospital** Chandpur, Nayagarh under Department of Health and Family Welfare, Government of Odisha, invites tender from the eligible registered diet preparation and catering Agency/ Organization/Firm /SHGs to prepare and distribute therapeutic and non-therapeutic diet in the said public health institution. The bid is asked as per the decision of Department of Health and Family Welfare for outsource the diet preparation and its services to the patients on annual contract basis to the eligible firms.

#### **VI.2. Introduction:**

1. This bid is open to Agency/ Organization/Firm /SHGs satisfying the criteria laid down in this bid document that have the required operational experience in dietary services and its management.
2. The health institution will select bidder, in accordance with the method of selection specified in this bid document .
3. The work details have been mentioned in this bid document for the reference of the bidder and preparing the bid document accordingly.
4. Interested Bidders are invited to submit a **"Financial Bid"** for providing services required for diet preparation and diet related services as per the standard norm and procedure of the Government of Odisha.

  
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5. The hospital administration is not bound to accept any bid/s, and reserves the right to cancel the selection process at any time prior to the award of the contract, without showing any reason thereof. Keeping the greater interest of in-door patients in mind, the contract of the selected / awarded agency may also be terminated by the hospital administration if prescribed quality standards are not adhered to. However, hospital administration is not bound to show any reason for cancellation of the bidding process or termination of contract.

6. The bidders have to deposit **Rs.1000/- for the bid document and another Rs.1000/- towards the processing fee(non-refundable) of the bid.** The amount paid towards the bid document and processing fee would be non-refundable. The cost of tender document and processing fee must be deposited in the shape of **Bank draft drawn in favour of MEDICAL SUPERINTENDENT BMGH CHANDPUR, NAYAGARH.** payable at **CHANDPUR**. The Tender Document is not transferable to any other bidder.

7. The bidder will be examined all instructions, forms, terms, specifications, and other information in the bid / tender document. Failure to furnish all information required for bidding may be considered for rejection.

### **VI.3. Eligibility Criteria:**

1. The bidder should have a registered / operating office with staff strength not less than 10 members.
2. The bidder / outsourced agency should have relevant experience in diet preparation, diet service and overall management of diet in hospital or similar Government and/or non-Government establishments.
3. The bidder should have a minimum of one year experience in diet preparation and its supply services.
4. If the agency has provided similar type of services in any Govt. health institution/s, it would be the added advantage. The agency should provide required evidence in this regard.
5. The agency must be a registered body under appropriate law of the State or Central Government and having the documentary evidence in this regard.

### **VI.4. Number of Bids:**

1. The bidder can apply only one bid in this tendering / bidding process.
2. In case if a single bidder submits multiple bids, either singly or in collaboration, all bids, except one that is most suitable as per decision of the Hospital administrative would be liable for rejection.

### **VI.5 .Bid Validity:**

The bid would remain valid for a period of 120 days from the date of submission.

### **VI.6. Tenure of Contract:**

The selected bidder would be initially contracted for a period of one year from the date of award of the contract. Based on the performance and feedback from different stakeholders, the contract may be renewed for another one year.

### **VI.7. Payment Schedule:**

1. The selected Agency/Organization/Firm would be paid once in a month based on the case load and number of meals supplied. The number of diets prepared during "lunch" would be considered as the benchmark for calculation of number of patients/days or any such norms that is suggested and agreed upon mutually by the hospital administration and the outsourced agency / bidder.
2. Hereby, it is mandatory for the health institution to pay the dues to the agency within the first seven working days of each month, based on the submitted supportive bills / vouchers in the prescribed format. The hospital administration would verify the bills, vouchers and other supporting and do the needful for payment of the dues within seven working days of submission of bills / vouchers / supporting documents.

  
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**VI.8. Tender Fee:**

All Bidders are required to pay Rs. 2000/- (Rupees Two thousand only) towards Tender Fees (Two No's of D.D @ Rs.1000/- each)in the Shape of Bank Draft. . The Tender Fee is Non-Refundable and cannot be claimed by the tendering agency.

**VI.9. Performance Bank Guarantee:**

The agency, after selection, has to deposit "security money" in shape of Single Demand Draft amounting Rs.1,00,000/- ( Rupees One Lakh Only) along with application form drawn in favour of **Rogi Kalyan Samiti, Basanta Manjari General Hospital Chandpur, payable at Odisha Gramya Bank, Badapari Branch.** Unsuccessful bidder will get refund of the EMD within 30 days of the completion of whole tender process. Any information given by the bidder found in-sufficient/false by the authority will lead to complete forfeiture of the EMD

**VI.10. Last Date for Submission of Bid:**

The bid would be submitted in the appropriate form in a sealed envelope on or before **6.03.2020 upto 5.00 P.M and** the bid documents (Technical/Financial) **will be opened on 7.03.2020 at 12 Noon.** the bids received after the due date and time would not be accepted and liable for rejection summarily.

**VI.10(A)Bid Withdrawal:**

After the submission of the bid, if so wished by the bidder, s/he may withdraw the bid with a payment of non-refundable amount of Rs. 1000 (Rupees One Thousand) Only towards withdrawal processing fee.

**VI.11. Right to Accept or Reject the Bid:**

The administration of the concerned health institution reserves the right to accept or reject any Bid and the bidding process and reject all such bids at any time prior to award of contract, without showing any reason there of.

**VI.12. Opening of Bids:**

The bids would be opened on the specified date, time and venue in the presence of the Tender committee members and in presence of the bidders. The bidders would be requested to attend the bid opening process. The date of opening will be communicated later on.

**VI.13. Bid Evaluation Criteria:**

The bids would be evaluated on cost and quality basis i.e. the cost quoted by the bidder for each category of diet to be supplied to the patients in the hospital. The lowest quoted bidder adhering to the specified quality would be awarded the contract.

**VI.14. Disqualification:**

The administration of the hospital, seeking this bid, reserves under its sole discretion to disqualify any bid document if;

1. The bidder submits the bid after the last date of submission of bid;
1. (a).Valid Agency Registration Certificate is not submitted.
2. The bid document does not have the proof of similar nature of work in public health institutions or any such establishments of Government/Private Agency.
3. No Registration certificate [photo copy] is attached to the bid document
4. The bidder is blacklisted by any Govt. agency [declaration in this regard is to be given by the bidder]
5. No attachment of bank draft towards processing fee of Rs.1000/- and cost of the bid document amounting to Rs.1000/-.
- 6-Other grounds, as decided by the committee

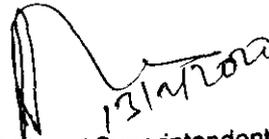
**VI.15. Adequacy of Information:**

Once the bidder submits the bid document, it will be assumed that the bidder have carefully examined the bid document to his / her entire satisfaction. Once the Agency/ Organization/Firm /SHGs is selected on the basis of its submitted bid, the agency would be responsible to fulfill his/her obligation as per the submitted bid.

**VI.16. Address for Submission of Bid:**

The bid should be addressed to the following;

**OFFICE OF THE MEDICAL SUPERINTENDENT,  
B.M.GENERAL HOSPITAL CHANDPUR, NAYAGARH. 752024**

  
Medical Superintendent  
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**VL.17. Clarification on the Bid:**

In case the bidder seeks further clarification, s/he may contact **OFFICE OF THE MEDICAL SUPERINTENDENT B.M G H CHANDPUR, NAYAGARH.** for correspondence and providing clarification on the bid on any working day during Office hour.

**VL.18 .General Information to Bidder:**

1. The successful bidder [also referred here as the agency or outsourced agency] would operate from the campus of the concerned health institution and required basic infrastructure would be provided by the health institution to facilitate the smooth operation of the agency.
2. The agency would be abided by the cost and quality norms/standards as mentioned in the bid, diet guidelines and communicated to them from time to time by the concerned health institution.
3. The agency would recruit required number of staff for cooking and serving so that diet can be supplied to the in-door patients in time.
4. The agency would take up free health check-up of the cooking and serving staff from time to time, at least once in three months.
5. The maintenance of kitchen and equipments would be the responsibility of the agency and the agency should ensure that proper care is taken in this regard.
6. The agency would prepare and supply diet adhering to the quality norms specified by the health institution. The agency should also prepare different types of diet as per the indent placed by the health institution keeping in mind the diet requirement of different category of patients.
7. The agency would be responsible for procurement of different items required for preparing diet and storing it properly. The health institution would not be responsible for any loss of procured items.
8. Perishable items would be supplied / procured on daily basis and for that supplier / suppliers would be identified jointly by the designated person of the health institution and the outsourced agency.
9. The health institution would have the right to monitor the quality of items purchased and used in the diet preparation process.
10. The agency would manage kitchen waste in a scientific manner with due consultation with the concerned hospital administration.
11. At any point of time i.e. during procurement of raw materials, processing, preparation of diet, serving the diet to the patients and cleaning the utensils / instruments, the dietician and/or any person from the health institution can visit and interact with concerned person. The agency should not have any restriction to this rather the agency would facilitate such process to improve the service quality.
12. The agency would prepare and update the accounts details and maintain other related documents that are required for reimbursement of the expenses on monthly basis. In case of incomplete documents, the hospital administration would not allow to reimburse the incurred cost. The financial and non-financial documents would be subject to audit.
13. The behavior of the serving staff of the agency towards the patients should be conducive and disciplinary action would be taken by the hospital administration, in consultation with the concerned agency, against the person/s violating the behavioral norm
14. The agency would be responsible to make alternative arrangements in cases of situations such as staff strike, local strike [Bandh /Hartal] etc. ensuring that the patients get diet in the appropriate time.

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15. The agency would be abided by different Government notification, circulars, written instructions etc. published from time to time with regard to the subject. In case of requirement, the hospital administration would provide required clarity to the agency on the related notification, circular etc.

16. For any grievance, the agency would approach to the designated person of the concerned health institution and appraise them in written about the problem. It is the responsibility of the health institution to comply with the grievance and solve it within a maximum of one month time and decision should be communicated to the agency in the written form.

17. Any dispute arising in the process of managing the diet preparation and supply, both the parties i.e. the outsourced agency and the hospital administration should discuss and take appropriate decision that is mutually agreeable.

18. The hospital administration reserves the right to cancel or renew the contract of the outsourced agency with prior notification of one month without assigning any reason thereof. The two month notice in written form must be submitted by the outsourced agency in case the agency wants to quit its service.

19. The outsourced agency would provide uniform embedded with its logo to all the staff recruited by the agency. The agency would ensure that the recruited staff attend their duty with clean uniform and keeping themselves neat and clean while on duty.

20. On unsatisfactory performance by the successfully assigned bidder, the authority reserves the right for forfeiture of the EMD.

**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 1: Full Diet			
SL.No	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
<b>Note:</b> Dietician should prepare a weekly diet calendar in accordance to the calorie and nutritional norm			

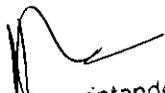
  
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### A 1.1.2 General Diet for Children [From Six Months to Three Year]

Table 2: General Diets for Children [From Six Months to Three Years]		
SL.No	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
<b>Note:</b> 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 3: General Diets for Children		
SL.No	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
<b>Note:</b> Dietician should prepare a weekly diet calendar in accordance to the calorie and nutritional norm		

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

SL.No	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
<b>Note:</b> 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
<b>Note:</b> Dietician should prepare a weekly diet calendar in accordance to the calorie and nutritional norm			

<b>Table 6: Diet menu for Paediatric</b>			
<b>Day</b>	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>
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 Simek 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
<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 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

  
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SL.No	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  
 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.

SL.No	Particular	Diet	Quantum	
A	Diet of 1000 Calories	Milk	750 ml.	
		Sugar	50 g	
		Fruit for juice	200 g	
		Dal/protein hydrolysate*	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	
<b>C</b>	<b>Diet of 2000 Calories</b>	Milk	1 litre
		Curd	250 g
		Fruit for juice	2000 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	

<b>Table 9: Menu of Full Liquid Diet</b>	
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.

  
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Table 10: Full Soft Diet			
SL.No	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/Curds	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

**Note:**

1. Vegetables should be cooked, Mashed [Pureed] and sieved, Dieticians should prepare a detail weekly diet calendar without altering the nutritional and calorie norm  
Dietician should prepare a weekly diet calendar in accordance to the calorie and nutritional norm

**Table 11: Weekly Semi-Solid Diet menu**

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

  
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### 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 12: 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
<b>Foods can be allowed liberally:</b> Green leafy vegetables, vegetable salads without oil dressings, Lime, Lemonade, clear soups.					
<b>Note:</b>					
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 [ <i>Golamaricha</i> ] and Cumin [ <i>zeera</i> ] water, Jamun [ <i>Jamu Koli</i> ], Phalse, rasbbery					
<b>Foods to be avoided:</b>					
1. Soft drinks, all beverages not listed above					
2. Alcohol and wines,					
3. Fried foods, Sugar. Honey, Jams, sweets, cakes, pastries.					
<b>Note:</b> Potatoes, Colocasia [ <i>Saru</i> ], yam [ <i>Khamba Alu</i> ], mangoes, banana are to be avoided but may be consumed as food alternatives, strictly in accordance to the Food Exchange List.					

  
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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	Rotti-2-100gm Dalma-100gmm 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	1000 Calories liquid diet.	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	40 g.
		Fat	40 g.
		Carbohydrate	150 g.

  
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		Sugar	20 g.
		Oil (unsaturated)	10 g.
		<b>Note:</b> Light tea, Coffee, jelly, sweet drinks can be given.	
<b>B</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	70 g.
		Fat	55 g.
		Carbohydrate	260 g.
		Sodium	385 g.
		Potassium	2671 mg.
		<b>Note:</b> Salt and foods in which salt or baking power has been added are to be avoided	
<p><b>Foods to avoid:</b></p> <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> <p>High sodium foods – (To be avoided if the person has hypertension and oedema)</p> <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, <i>samosa</i> etc.</li> <li>5. Any other food in the preparation of which baking powder has been used</li> </ol> <p><b>Note:</b> Green leafy vegetables have high sodium content and therefore should be consumed after boiling the vegetable and discarding the water.</p>			

<b>Table 15: Weekly Diet Menu for Patients of Heart Disease</b>			
<b>Day</b>	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>
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 Puha, 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
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			

  
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## 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

**Table 16: Diet by Protein Requirement**

SL.No	Particulars	Food Items	Quantum
<b>A</b>	<b>20 g. Protein diet</b>	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

**Note:**

1. Sugar can be increased as the diet aims at providing enough calories.
  2. Use of salt during cooking is to be avoided
- All green leafy vegetables and potato should be boiled and water is to be discarded.

<b>B</b>	<b>30 gm. Protein diet</b>	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	330 g
		Sodium	225 mg
		Potassium	1545 mg

**Note:**

1. Sugar can be increased as the diet aims at providing enough calories.
  2. Use of salt during cooking is to be avoided
- All green leafy vegetables and potato should be boiled and water is to be discarded.

  
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<b>C</b>	<b>40 gm. Protein diet</b>	<b>Milk and Milk Products</b>	<b>350 ml.</b>
		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	330 g.
		Sodium	230 mg.
		Potassium	1552 mg.
<p><b>Foods to avoid in Renal disorders:</b></p> <ol style="list-style-type: none"> <li>1. Extra milk or milk products</li> <li>2. Meat, Fish, Chicken, extra egg etc.</li> <li>3. Pulses, extra cereals, legumes, peas, beans.</li> <li>4. Dry fruits, peanut, coconut, cashew nuts &amp; other nuts.</li> <li>5. Cakes, pastries, jam, jellies</li> <li>6. Squash, lemon, fruit, juices</li> </ol> <p>Vegetables which are rich in protein, sodium and potassium such as dried peas, spinach etc.</p>			

Day	Breakfast	Lunch	Dinner
Sunday	Porridge (Sagoo) 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- Cerels 100gm-Milk 30gm-Sugar
Monday	Sagoo 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- Cerels 100gm-Milk 30gm-Sugar
Tuesday	Semia 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- Cerels 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- Cerels 100gm-Milk 30gm-Sugar
Thursday	Chuda	Rice-150gm	Rice/Rotti

	Raw-100gm Milk-100gm Sugar-30gm to taste	Dal-1 cup(15gm) Sabji(Seasonable vegetable except Green Leafy Vegetable, Potato & Tomato	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

**Note:**

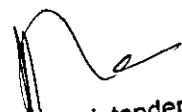
The diet menu is suggestive and may change as per the availability of the proposed items. The concerned dietician / medical officer would be the final authority to take appropriate decision on the menu without compromising the quality

**A 1.2.7 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.

**Note:** 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.

  
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