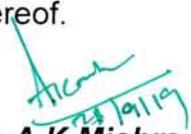


OFFICE OF THE CHIEF DISTRICT MEDICAL & PUBLIC HEALTH
OFFICER, MALKANGIRI
(MEDICAL WINGS)

Tender Call Notice No.:- 2582 / 19-Diet DHH-38-(A) Dated:- 21 / 09 / 19

TENDER CALL NOTICE

Sealed tenders are invited from the eligible reputed registered firms for diet preparation and catering firm to prepare and distribute the diet in the District Head Quarter Hospital(D.H.H), Malkangiri and Nutritional Rehabilitation Center (N.R.C), Malkangiri on annual contract basis. The details, Term & condition Guideline etc. including tender paper format can be downloaded from the district web site www.malkangiri.nic.in. The tenders in the prescribed format along with all relevant documents should be reach in the office of the D.M.O(M.S)-cum-Superintendent, D.H.H, Malkangiri by 14.10.19 on or before 5.00 PM through Regd. Post / Speed Post / Courier only. No other mode is allowed. The envelope should duly super scribed on top of Envelope as "**Tender for Diet Preparation and Catering of DHH & NRC, Malkangiri for the F.Y 2019-20**". The tender will open on Dt. 17.10.19 at 5.00 PM **in the office chamber of the Chief District Medical & Public Health Officer, Malkangiri.** The undersigned reserves the right to reject any or all the quotations without assigning any reason thereof.


Sd/- A.K Mishra
D.M.O(M.S)-cum-Superintendent
D.H.H, Malkangiri


District Medical Officer
(Medical Services) - cum -
Superintendent,
D.H.H, Malkangiri

OFFICE OF THE CHIEF DISTRICT MEDICAL & PUBLIC HEALTH
OFFICER, MALKANGIRI
(MEDICAL WINGS)

Tender Call Notice No.: 2582 / 19

Dated: 21 / 09 / 19

**TENDER CALL NOTICE FOR DIET PREPARATION AND CATERING
OF D.H.H & NRCs, MALKANGIRI FOR THE F.Y 2019-20**

The District Health Administration, DHH Malkangiri invites sealed tender from the eligible registered diet preparation , catering firm , Self Help Group (S.H.G) & Individual to prepare and distribute therapeutic and non-therapeutic diet in the District Head Quarter Hospital, Malkangiri, NRC of Malkangiri District. The bid is called as per the decision of Department of Health and Family Welfare Deptt. for outsource the diet preparation and its services to the patients on annual contract basis to the eligible firms. All the dietary services in the hospital should be provided as per govt. guideline

Introduction:

1. This bid is open to agency/agencies and women Self Help Groups [SHGs] satisfying the criteria laid down in this bid document who have the required operational experience in dietary services and its management. Preference will be given to the Self Help Group those having experience and Fulfill all the criteria.
2. The D.H.H, Malkangiri will select an agency, in accordance with the method of selection specified in this bid document.
3. The work details has 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 Orissa for daily Diet menu/Chart consisting of therapeutic and non therapeutic value. Those bidder who has submitted all the relevant documents as per Annexure-I is only eligible to compete the Financial bid.
5. The RKS, Malkangiri is not bound to accept any bid/s, and reserves the right to terminate 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

Digitally signed by
District Medical Officer,
Malkangiri, DN: cn=District Medical Officer,
ou=District Health Administration,
o=Government of Orissa, c=IN

Accepted
District Medical Officer
(Medical Services) - cum -
Superintendent,
DMH, Malkangiri

administration if prescribed quality Standards are not adhered . However, hospital administration is not bound to show any reason for cancellation of the bidding process or termination of contract.

6. The potential bidders can download the tender / bid document from the tender section of district web site www.malkangiri.nic.in. The bid should attached Rs.2,100/- (Rupees Two Thousand & One Hundred) Only towards cost of tender paper and another Rs.2,100/- (Rupees Two Thousand & One Hundred) Only towards the processing fee of the bid in shape of demand draft. 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 along with the Bid documents in shape of demand draft drawn in favour of **"ROGI KALYAN SAMITTI, D.H.H,MALKANGIRI"** payable at **State Bank of India, Malkangiri Branch, Malkangiri**. The Tender Document is not transferable to any other bidder.

7. The bidder is expected to examine all instructions, forms, terms, specifications, and other information in the bid / tender document. Failure to furnish all information required for bidding or to submit the bid may be consider for rejection.

8. The bidder would bear all costs in connection with the preparation of the bid and its submission. The RKS, Malkangiri would not bear any bid preparation cost and cost for submission of the bid.

9. In case of requirement, DMO(M.S)-cum-Superintendent, D.H.H, Malkangiri would provide required information, basing on the request of the bidder, which is necessary for preparing the bid.

10. This bid / tender does not commit to award the contract or to engage any agency through negotiations. Further, no reimbursable cost may be incurred in anticipation of award and in such cases; hospital administration would not be responsible to bear such costs incurred by the bidder.

Eligibility Criteria:

1. The bidder should have a registered / operating office in the district 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 3 years experience in diet preparation and its supply / services in public or private institutions.

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(Medical Services) - cum -
Superintendent
D.H.H, Malkangiri

2019/11/15
District Medical Officer
(Medical Services) - cum -
Superintendent
D.H.H, Malkangiri

4. If the agency has provided similar type of services in any public /private 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.
6. In case of Women SHGs, the Diet Tender Committee is free to take suitable decision and may consider relaxation in the overall eligibility criteria.
7. Every tendered should have to furnish Self Attested Photocopy of the GST Registration, Food License, Registration Certificate of the Agency, Labour License & Service Tax Registration Certificate, PAN Card from the competent Authority along with the tender. However at the time of the opening of tender the bidders will have to produce the original documents for verification.

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 the decision of the Executive Committee would be liable for rejection.

Bid Validity:

The bid will remain valid for a period of 120 days from the date of Submission.

Tenure of Contract:

The selected agency / 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.

Payment Schedule:

1. The agency 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, subject to based on the submitted bills / vouchers in the prescribed format only. The hospital administration, Matron and Hospital Manager would verify the bills, vouchers and other supporting documents and do the needful for payment of the dues within seven working days of submission of bills / vouchers / supporting documents.

Handwritten signature
District Medical Officer
(Medical Services) - cum -
Superintendent,
DHH, Malkangiri

3. The payment will be made regularly as per the above guideline subject to allotment of funds.

4. No claim shall be made against the first party in respect of interest on EMD and S.D.

Tender Fee:

All Bidders are required to pay Rs. 2,100 (Rupees Two Thousand & One Hundred only) towards Tender Fees in the form of Demand Draft drawn in favour of the **Rogi Kalyan Samiti, D.H.H, Malkangiri**. The Tender Fee is Non-Refundable and cannot be claimed by the tendering agency.

Tender Processing Fee:

All Bidders are required to pay Rs. 2,100 (Rupees Two Thousand & One Hundred only) towards Tender Processing Fees in form of Demand Draft drawn in favour of the **ROGI KALYAN SAMITI, D.H.H, Malkangiri**. The Tender Processing Fee is Non-Refundable and cannot be claimed by the tendering agency.

Performance Bank Guarantee:

The agency, after selection, has to deposit "security money" in shape of Bank Guarantee amounting to Rs.1,00,000/- (Rupees One lakh) Only. Which should not be less than 20 % of the total reimbursable amount within one week of signing the contract. The Bank Guarantee would remain valid initially till the end of the initial contract period and extendable if the contract gets extended.

Last Date for Submission of Bid:

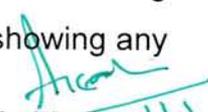
The bid would be submitted in an appropriate form in a sealed envelope on or before 14.10.19 at 5.00pm through Regd. Post / Speed Post / Courier only duly super scribed at the top of Envelope. "**Tender for Diet Preparation and Catering of DHH & NRC, Malkangiri for the F.Y 2019-20**". No other mode for submission is allowed. The bids received after the due date would not be accepted and liable for rejection.

Bid Withdrawal:

After the submission of the bid, if so wished by the bidder, she/he may withdraw the bid on payment of non-refundable amount of Rs.2,100/- towards withdrawal processing fee. The bid may be withdrawn before 12.10.19.

Right to Accept or Reject the Bid:

The CDM&PHO, Malkangiri 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


District Medical Officer
(Medical Services) - cum -
Superintendent,
DHH, Malkangiri

reason there by.

Opening of Bids:

The bids would be opened on 17.10.19 at 5.00 pm in the office chamber of the Chief District Medical & Public Health Officer, Malkangiri, in the presence of the Selection committee, and in presence of the bidders or their legal representatives. The bidders would be requested to attend the bid opening and all present bidders shall put their signature on the bid as an evidence of their attendance.

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.

Disqualification:

1. The D.M.O(M.S)-cum-Superintendent, D.H.H, Malkangiri, reserves under its sole discretion to disqualify any bid document if;
2. The bidder submit the bid after the last date of submission of bid;
3. The bid document does not have the proof of similar nature of work in public / private health institutions or any such establishments of Government or Private agency
4. No Registration certificate [photo copy] is attached to the bid document. The bidder is blacklisted by any Govt. agency [declaration in this regard is to be given by the Bidder duly noted at Notary Public]
5. No attachment of bank draft towards processing fee of Rs.2,100/- and cost of the bid document amounting to Rs.2,100/-.

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 is selected on the basis of its submitted bid, the agency would be responsible to fulfill his/her obligation as per the submitted bid.

Address for Submission of Bid:

The bid should be addressed to the following address –

**District Medical Officer(M.S)-cum-Superintendent,
District Head Quarter Hospital, Malkangiri**


District Medical Officer
(Medical Services) - cum -
Superintendent,
D.H.H, Malkangiri

A+ / P.O. /Dist. – Malkangiri – 764045, Odisha

Clarification on the Bid:

In case the bidder seeks further clarification, s/he may contact the following designated person for correspondence and providing clarification on the bid.

Name: **Sasanka Sekhar Panditra**

Designation: **Hospital Manager, D.H.H, Malkangiri**

Telephone No.: **9439989363**

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 tender documents should be serially arranged and should be securely tied and bound.
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

Alexander
**District Medical Officer
(Medical Services) - cum -
Superintendent,
DHH, Malkangiri**

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 reimburse the incurred cost. The documents to be prepared should be supplied by the health institution before hand and maintained by the agency on daily basis. 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/Harta*] etc. ensuring that the patients get diet in the appropriate time.

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 CDM&PHO / D.M.O(M.S)-cum-Superintendent, D.H.H, Malkangiri 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 party i.e. the outsourced agency and the hospital administration should discuss and take appropriate decision that is mutually agreeable otherwise the decision of the Chairman E.C RKS is final.

18. The hospital administration reserves the right to cancel or renew the contract of the outsourced agency with prior notification of 7 days without assigning any reason thereof. The same condition is also applicable for the outsourced agency in case the

Heavily
District Medical Officer
(Medical Services) - cum -
Superintendent
D.M.O, Malkangiri

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. All men/manpower to be engaged by the agency should be covered under the Statutory Government regulation framed from time to time relating to Labor Law like work man compensation act, Insurance, ESI, the safety measure for his/her employees. In case of any accident so occurs during process of cooking by fuel D.M.O(M.S)-cum-Superintendent, D.H.H, Malkangiri will not be a party to any kind of dispute and legal matter will be solved by the agency.

21. Tenders should be typed neatly without any over writing. In case of any correction / Over writing in the tender, the same should be invariably be attested by full signature with date before submission.

22. The total cost of the patients per day will not exceed Rs.85/- for General Diet & Liquid Diet, Rs75/- for Paediatric Diet & Dry Diet & Rs.95/- for High Protection Diet for TB/Cancer/ Burn Patients respectively.

23. The utensils for cooking and distribution diet carrying trolleys, kitchen space with electricity and water shall be provided by the D.M.O(M.S)-cum-Superintendent, D.H.H, Malkangiri to facilitate cooking by using fuel not by using heater and wood.

24. Sample diet menu for that particular day should be sent to i. Matron ii. Hospital Manager for that day for testing before distribution to the patients of this Hospital. The tenderer should be collect indent for supply of diet to the patients from the Hospital Manager.

25. In the event of any dispute arising out of the tender, such disputes would be subject to the jurisdiction of the Civil Court, Malkangiri.

26. Unsatisfactory of performance, if any detected, a penalty of 5% proportionately payment shall be deducted from the monthly payment. Repeated irregularity/Unsatisfactory performance shall entail in termination of agreement.

(The tender paper format & financial proposal format attached separately. Bidders are required to download both and submit the same duly filled in.)

Dist. Medical Officer
(Medical Services) - cum -
Superintendent,
D.H.H, Malkangiri


District Medical Officer
(Medical Services) - cum -
Superintendent,
D.H.H, Malkangiri

**CHECKLIST FOR SUPPLY OF DIET TO THE INDOOR PATIENTS OF D.H.H & NRCs of
MALKANGIRI**

Sl.	Documents	Submitted Or Not	Page No.
1	Name of the Bidder / Applicant:-		
2	Whether the Bidder is NGO/ Agencies/SHG / Individual (attach proof):-		
3	Registration Certificate with Xerox copy:-		
4	Year of relevant experience in diet preparation with proof:-		
5	Address of registration /operating office in the District:-		
6	The Original tender book with terms and condition of the scheduled signed by the tenderer at the bottom of each page with Seal duly affixed:-		
7	Valid food license in the line of preparation and distribution of diet :-		
8	Staff strength (attach payment roll):-		
9	The declaration form in Annexure –II duly signed by the Tenderer before Notary Public/ Executive Magistrate.		
10	Amount of tender fee deposited with D.D No.(attached D.D.):-		
11	Amount of Tender processing Fees deposited With DD No.(attached D.D.):-		
12	Financial proposal form duly filled to be attached:-		
13	Photo copy of the PAN card :-		
14	Valid GST Certificate		
15	Labour License certificate if any(attached Xerox copy):-		

Signature of Bidder
Address
Telephone / Mob. :-
Date:-

(Bid should be addressed to the D.M.O(M.S)-cum-Supt, D.H.H, Malkangiri super Scribed at the top of Envelope **“Tender for Diet Preparation and Catering of DHH & NRC, Malkangiri for the F.Y 2019-20”** by regd. Post/ speed post/ courier only.)

19-10
**District Medical Officer
(Medical Services) - cum -
Superintendent,
DHH, Malkangiri**

**TENDER PAPER FOR OUT SOURCING
FOR SUPPLY OF DIET FOR DHH & NRC MALKANGIRI FOR THE F.Y 2019-20**
(To be submitted along with Financial Proposal in separate sheet)

FINANCIAL PROPOSAL FORM

Sl. No	Diet Type	Cost per Meal			Cost per Patient per day
		Tiffin	Lunch	Dinner	
1	General Diet				
2	Paed. Diet				
3	Dry Diet				
4	Liquid Diet				
5	High protein Diet for TB/Cancer/ Burn Hospital				
Average Cost					

Signature

(Name & Designation of the person signing on behalf of the Agency)

Date & Place

Name of the Bidder / Applicant

Received
District Medical Officer
Malkangiri
21/9/15

Alankar
21/9/15
District Medical Officer
(Medical Services) - cum -
Superintendent,
DHH, Malkangiri

DECLARATION FORM

I / We..... having my/our..... office atdo declare that I / We have carefully read all the terms and conditions of the tender of the D.M.O(M.S)-cum-Superintendent, D.H.H, Malkangiri for Diet preparation, Catering (Distribution) for a period of one year from the date of approval of the rate contract. I will abide by all terms and conditions set forth in the tender paper for the year 2019-20.

I/We promise to maintain the behavioral norm to the staffs of the Dietary Department & Office of the DMO(M.S)-cum-Superintendent, D.H.H, Malkangiri during the process of the supply of the diet.

I/We also promise either to replace any damage / misplace to the Utensils / Dietary articles or discoloration to the Dietary Department during the process of Supply of Diet.

Signature of the Bidder

Date

Name and address of the Firm


**District Medical Officer
(Medical Services) - cum -
Superintendent,
D.H.H, Malkangiri**

A 1 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	Carbo-hydrates	420 gm	400 gm
Diet Specification			
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			

Attention
27/9/15
District Medical Officer
(Medical Services) - cum -
Superintendent,
DHH, Malkangiri

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
Diet Specification		
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
Diet Specification		
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 calorie and nutritional norm		

A 1.1.4 General Full Diet [Children]

Table 5: General Full Diet [Children]			
SN	Food Items	Vegetarian	Non-Vegetarian
A	Calories	2000	2000


District Medical Officer
(Medical Services) - cum -
Superintendent,
DHH, Ballangir

B	Protein	68 gm	75 gm
C	Fat	45 gm	55 gm
D	Carbo-hydrate	350 gm	340 gm
Diet Specification			
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	Condi-ments	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	Vege-tarian	Non-Vege-tarian
A	Calories	1800	1800
B	Protein	55 gm	65 gm
C	Fat	55 gm	55 gm
D	Carbohydrate	275 gm	260 gm
Diet Specification			
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 15Gm+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 Simeji 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 / DMO(M.S)-cum-Supt., D.H.H, Malkangiri 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

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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

SN	Food Items	Vegetarian
A	Calories	1500
B	Protein	45 gm
C	Fat	60 gm
D	Carbohydrates	190 gm
	Diet Specification	
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.

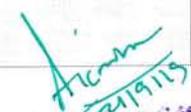
SN	Particular	Diet	Quantum
A	Diet of 1000 Calories	Milk	750 ml.
		Sugar	50 g
		Fruit for juice	200 g
		Dal/protein hydrolysate*	25 g
		Oil	10 g
		Approx. Nutritive Value	
		Calories	980
		Protein	30 g
		Fat	40 g
		Carbohydrate	125 g


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		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
		Approx. Nutritive value	
		Calories	1510
		Protein	50 g.
		Fat	50 g.
		Carbohydrate	215 g.
		Note-if milk is not tolerated, equal amount of curd can be given	
		Sugar	100 g
		Fruit for juice	200 g
		Vegetables for soup	200 g
		Dal/Egg	50 g
		Oil	10 g
		Approx. Nutritive value	
		Calories	1510
		Protein	50 g.
		Fat	50 g.
		Carbohydrate	215 g.
		Note-if milk is not tolerated, equal amount of curd can be given	

Table 10: Menu of Full Liquid Diet

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
Note: The diet menu is suggestive & may be changed based on the recommendation of the dietician	


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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.

Table 11: Full Soft Diet

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
	Diet Specification		
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
2. Dietician should prepare a weekly diet calendar in accordance to the calorie and nutritional norm


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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 / D.M.O(M.S)-cum-Supt., D.H.H, Malkangiri 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

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

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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	-	-	-	-	-
Approx Nutritive Value					
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 [zeera] water, Jamun [Jamu Koli], 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 [Khamba Alu], 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	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&MilkProduct-1glass

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 D.M. Bhatkangli

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 bharta 100gm, Curd-80gm	Roti - 2 - 100 gm, 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:

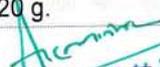
The diet menu is suggestive and may change as per the availability of the proposed items. The concerned dietician / DMO(M.S)-cum-Supt., D.H.H, Malkangiri would be the final authority to take appropriate decision on the menu without compromising the quality

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.
		Approximate Nutritive Value	
		Calories	1020
		Protein	40 g.
		Fat	40 g.
		Carbohydrate	150 g.
		Sugar	20 g.


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		Oil (unsaturated)	10 g.
		Note: Light tea, Coffee, jelly, sweet drinks can be given.	
B	Maintenance Diet – 1800 Calories	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.
		Approximate Nutritive Value	
		Calories	1815
		Protein	70 g.
		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	
	Foods to avoid:		
	1. Glandular meat e.g. Kidney, liver and brain		
	2. Whole milk, cream, ice cream and other preparations made out of whole milk		
	3. Butter, ghee, hydrogenated fat, coconut oil, palm oil, Egg yolk, processed cheese		
	4. Sweets of all kinds, cakes, pastries		
	5. Dry nuts like almonds, walnut, groundnut, coconut		
	6. Fried foods		
	7. Cocoa and chocolate based drinks		
	8. All aerated waters		
	9. Alcohols and wines		
	High sodium foods – (To be avoided if the person has hypertension and oedema)		
	1. Bread, biscuits, eggs, cakes, pastries.		
	2. Canned vegetables, soups and fruits.		
	3. Salted or smoked fish, chicken, cheese etc.		
	4. Salted nuts, peanut butter, salted pickles, samosa etc.		

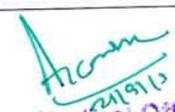

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5. Any other food in the preparation of which baking powder has been used

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


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Friday	Roti 3pc medium size, sambar and chatni	Rice/Roti-150gm, 25gm Sabaji(mixed)-150gm- Seasonal vegetable Chicken/fish-75 gm/ Egg-2pc/ Paneer 50gm exchange	Dal-25-	Roti / Dalma / Mixed bhaja/Mixed vegetable curry, One glass of milk
Saturday	Idli 3pc medium size, sambar and chatni	Rice/Roti-150gm, 25gm Sabaji(mixed)-150gm- Seasonal vegetable, Meal Maker/Sola curry/ Besan curry Fruits-apple/orange/ banana-one medium size	Dal-25-	Roti/Dalma/Mixed bhaja/Mixed vegetable curry, One glass of milk

Note:

The diet menu is suggestive and may change as per the availability of the proposed items. The concerned dietician / DMO(M.S)-cum-Supt., D.H.H, Malkangiri 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

Table 17: Diet by Protein Requirement

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
		Approx Nutritive Value	
		Calories	1900
		Protein	20 g
		Fat	60 g
		Carbohydrate	320 g
		Sodium	136 g
		Potassium	922 mg

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		Note: 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
		Approx Nutritive Value	
		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 3. All green leafy vegetables and potato should be boiled and water is to be discarded.	
C	40 gm. Protein diet	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.
		Approximate Nutritive Value	
		Calories	2155
		Protein	40 g.
		Fat	75 g.
		Carbohydrate	330 g.
		Sodium	230 mg.
		Potassium	1552 mg.


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<p>Foods to avoid in Renal disorders:</p> <ol style="list-style-type: none"> 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 (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 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


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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- Cerels 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- Cerels 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.
Approximate Nutritive Value	
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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(Medical Services) - cum -
Superintendent,
D.M.H., Bellary

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