



AANANTHA PERSONALISED DIET (RS.199)

MEDICAL REPORT
SUBMISSION SUGGESTED

- DAILY CALORIE COUNT
- NUTRIENT SUGGESTIONS
- PERSONALIZED DIET PLAN
- MEAL TIMING GUIDANCE
- SMART FOOD SWAPS
- HYDRATION & LIFESTYLE TIPS
- DO'S & DON'TS LIST
- WHATSAPP SUPPORT



Call: 86107 03653

**PERSONALISED
DIET FOR
M. SHANKARESWARI**

Structured by Gowtham

DAILY CALORIE REQUIREMENT

- Height: 150 cm
- Weight: 64 kg
- BMI: 28.4 (Overweight - But don't worry about it)
- Activity: Yoga or walking suggested

Calories recommendation

1500–1700 kcal/day (with balanced macros).



ABNORMAL FINDINGS IN REPORT

1. Anemia

- Hemoglobin 7.9 g/dL (low, normal: 12–15)
- MCV, MCH, MCHC → all low → Microcytic hypochromic anemia (Iron deficiency likely).
- Iron 21 µg/dL (low), Transferrin saturation 4.8% (very low).
- RBC smear shows microcytic hypochromic anemia with eosinophilia.

2. Eosinophilia

- Eosinophils 18.7% (normal 1–6%) → possible allergy/parasite.

3. Thyroid

- TSH 6.59 uIU/ml (high) → Hypothyroidism.
- T3 & T4 normal → Subclinical / early hypothyroidism.

4. Vitamin Deficiencies

- Vitamin D <4.2 ng/ml (very low, severe deficiency).
- Folate slightly low-normal (8.49, should be ≥10 ideally).

5. Inflammation

- CRP 7 mg/L (mildly elevated).

6. Lipid Abnormalities

- HDL 44 mg/dL (low; ideal >50).
- LDL/HDL ratio 2.7 (borderline).
- TG/HDL ratio 3.3 (above 2, indicates insulin resistance risk).

7. Blood Sugar

- Fasting glucose 121 mg/dL (Pre-diabetic).
- HbA1c 5.5% (normal). → Stress hyperglycemia possible.

1. Don't stress too much on this slide

2. Just noting this down for better analysis of your current condition

DAILY NUTRIENT REQUIREMENTS

Based on your deficiencies/abnormalities)

- Protein: 65–70 g/day
(helps anemia + muscle growth).
- Iron: 18–20 mg/day
(from heme & non-heme sources).
- Vitamin C: 100 mg/day
(enhances iron absorption).
- Vitamin D: 2000–4000 IU/day
(till deficiency corrects)
- Calcium: 1000 mg/day
(support with Vitamin D).
- Folate (B9): 400–600 mcg/day.
- Vitamin B12: 500–1000 mcg/week
(supplement if needed or under doctor's suggestion)
- Fiber: 25–30 g/day
(cholesterol & sugar control).
- Healthy fats (omega-3, MUFA): 40–45 g/day.
- **Water: 3.2 L/day.**

- heme - animal based sources
- non-heme - plant based sources



DAILY DIET



Breakfast (8–8:30 AM)

- 2 boiled eggs OR paneer grill (100 g).
- 1 roti OR 2 idlis with sambar.
- 1 cup spinach/methi.
- 1 small orange/guava (Vit C for iron absorption)

Mid-Morning (11 AM)

- 200 ml buttermilk + 1 tbsp roasted flax/chia seeds.

Lunch (1 PM)

- 1 cup brown rice (small).
- 1 bowl dal/chana/rajma/creeper + veggies poriyal or kootu (iron, folate)
- or
- 1 cup spinach + beetroot + carrot salad (iron, folate, vit A).
- 100 g grilled fish/chicken OR tofu/paneer (if non-veg)



Evening Snack (4:30 PM)

- Green tea + roasted chana (30 g) or
- Papaya or pomegranate.

Dinner (7:30–8 PM)

- 1–2 rotis or again 2 idlies with chutney or sambar
- Palak paneer OR methi chicken (iron, protein).
- Steamed broccoli/cabbage/some left over poriyal



BEDTIME (9:30 PM)



SMART GUIDANCES

Meal Timing Guidance

- Breakfast: between 7.30 - 9.30 am
- Lunch: between 12:30–1:30 PM.
- Dinner: before 8 PM (No food beyond this point)
- Water: before 8.30 PM (No water beyond this point, to avoid urinating in the middle of the night, coz this might disturb the sleep cycle)
- Snacks: protein/fiber-rich, avoid fried/junk.
- Fasting gap: 12 hrs overnight (8 PM to 8 AM).

Smart Food Swaps

- White rice → brown rice/quinoa.
- Refined flour → multigrain/whole wheat.
- Fried snacks → roasted chana, seeds, nuts.
- Sugary drinks → lemon water, buttermilk.
- Red meat → lean fish/chicken/tofu.



Water Requirement

- 3.2 liters/day (split across the day, avoid >500 ml at once).



DO'S & DON'TS

Do's

- Iron-rich foods (spinach, beetroot, dates, rajma, chicken liver, fish).
- Pair iron foods with Vitamin C.
- Daily sunlight exposure (15–20 mins).
- Regular yoga & light strength training.

Don'ts

Avoid tea/coffee, especially after meals (blocks iron absorption).

- Avoid refined sugar, sweets, and deep-fried foods (lipids & sugar).
- Limit processed foods, bakery items.
- No late-night heavy dinners.



SLEEP TIMING

7–8 hrs per night, best between 10 PM – 6 AM.

(Supports thyroid, sugar control, and recovery).



**ALL THE PICTURES IN THIS PDF ARE
JUST FOR VISUAL PURPOSE.**

**READ OUT THE DIET CLEARLY FOR
THE ACTUAL RECOMMENDED DIET**

