

PERSONALISED DIET FOR JAYANTHY

Structured by Gowtham

DAILY CALORIE REQUIREMENT

- Age - 37 yrs
- Height - 157 cms
- Weight - 84 kgs
- BMI - 34.1 → Obese (Class I)
- BMR - 1475 kcal/day (No. of cal burnt at rest)
- For weight loss: 1500 - 1600 kcal/day
- TDEE: ~
 1. Sedentary: ~1770 kcal/day
 2. Moderate activity: ~2287 kcal/day



ABNORMAL FINDINGS IN REPORT

1. Low Hemoglobin (9.5–9.6 g/dl) → Iron-deficiency anemia
2. Low Hematocrit & MCV/MCH → Microcytic anemia
3. Normal HbA1c (5.1%) → Good sugar control
4. High WBC count (13100) → Possible inflammation/infection
5. Wheezing (Asthmatic tendency) → Needs anti-inflammatory, antioxidant-rich foods

1. Don't stress too much on this slide
2. Just noting this down for better analysis of your current condition

DAILY NUTRIENT REQUIREMENTS

Nutrient Suggestions

- **Protein:** 60–70 g/day (lean meats, fish, dals, sprouts, tofu, paneer)
- **Iron:** 18–20 mg/day (green leafy veggies, beetroot, dates, legumes, lean meat, jaggery)
- **Vitamin C:** 80–100 mg/day (amla, citrus fruits, guava, bell peppers) → boosts iron absorption
- **Calcium:** 1000 mg/day (ragi, sesame, dairy, almonds)
- **Omega-3s & Antioxidants:** (flaxseed, chia, walnuts, turmeric, ginger) → help wheezing
- **Fiber:** 25–30 g/day (whole grains, vegetables, fruits, beans)

Daily Calorie Count

- **For weight loss:** 1500 kcal/day (with balanced nutrition).

DAILY DIET



Morning (6–7 AM)

- Warm water with lemon + soaked fenugreek seeds
- Herbal tea with ginger/tulsi (for wheezing)

Breakfast (8–9 AM)

- Vegetable upma OR ragi dosa with chutney
- 1 boiled egg / sprouted moong salad
- 1 fruit rich in Vitamin C (guava/orange)

Mid-Morning (11 AM - Optional)

- Handful of nuts (almonds/walnuts) + seeds (flax/chia/sunflower)

Lunch (1–2 PM)

- 1 cup brown rice
- Dal / sambar / rasam
- 100gms chicken breast / 100gms paneer / 100gms tofu
- 1 cup leafy vegetable poriyal (palak/keerai)
- 1 cup curd
- 1 salad with lemon



Evening Snack (4–5 PM)

- Green tea with roasted chana OR boiled corn with lemon & pepper

Dinner (7–8 PM - only if needed, else you can skip dinner)

- 2 multigrain rotis or millet upma
- Stir-fried vegetables + paneer/tofu
- 1 bowl dal

BEDTIME (9:30 PM)

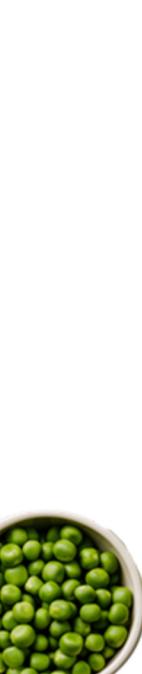


SMART GUIDANCES



Meal Timing Guidance

- Make sure there's 4 hours gap between meals to maintain metabolism.
- Early dinner (before 8:30 PM).
- Avoid late-night heavy meals, if not hungry might as well skip dinner.



Smart Food Swaps

- White rice → Brown rice/millets
- Fried snacks → Roasted nuts/seeds
- Sugary drinks → Lemon water / buttermilk / herbal teas
- Red meat → Fish / chicken breast / plant proteins



Hydration & Lifestyle Tips

- 3.2 - 3.7 liters water/day
- Herbal teas (ginger/tulsi/mulethi) for wheezing
- 20–30 min brisk walk + yoga daily or fit lab daily
- Adequate sleep (7–8 hrs)
- Avoid pollution, smoke, dust triggers wheezing. Do wear mask when you step out of your house.



DO'S & DON'TS

Do's

- ✓ Iron + Vitamin C combination foods
- ✓ Include green leafy vegetables daily
- ✓ Steam, boil, grill instead of frying
- ✓ Practice breathing exercises (pranayama, yoga)

Don'ts

- ✗ Avoid refined sugar, bakery foods
- ✗ Minimize fried, oily, junk foods
- ✗ Avoid cold beverages & ice cream (can worsen wheezing)
- ✗ Limit red meat & processed foods



SLEEP TIMING

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

(Best for entire body system recovery)



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

READ OUT THE DIET CLEARLY FOR THE ACTUAL RECOMMENDED DIET

