



## DIETITIAN'S CHOICE- DIET FOR CONSTIPATION

### ABOUT US



We are a team of experienced health professionals in the field of diet therapy. Our team consist of renowned senior Doctors & Nutritionists, those have decade long experience in prescribing diet therapies for different health ailments such as Obesity, Diabetes, Cardiovascular diseases and so on. Our team do not offer general diet plans or scientifically unproven fancy diets, but we offer customized diet plan on the basis of medical reports & history, body's requirements, food preferences, scientific journals and national & international guidelines. Our team treats every client with full attention and customized plans to fulfil actual scientific requirements of not only macronutrients (Calories, Protein, Fat, Carbohydrate, Fibers), but also of micronutrients (Vitamins, Minerals, Antioxidants). By this way clients see results while eating tasty and nutritious meals. Our team breaks myths about food & nutrition and educate people to live healthy lifestyle with the help of our sound and decade-old experience.

Below is the scientific, nutritious and delicious some of the meals, which are easy to cook and are suitable for weight loss goals.



**ONE DAY 2000 KC DIET FOR CONSTIPATION**

06:30 AM	WATER	AMOUNT	APPROXIMATE NUTRITION VALUE FOR GENERAL ONE DAY DIET-CONSTIPATION	
	Luke Warm Water with lemon juice	2-3 Glass	<b>TOTAL CALORIES</b>	<b>2033.90 KC</b>
	Apple	100 gm	<b>PROTEIN</b>	<b>69.81 GM</b>
			<b>CARBOHYDRATE</b>	<b>282 GM</b>
07:30 AM	HOT TEA WITH NUTS	AMOUNT	<b>FIBERS</b>	<b>57.82 GM</b>
	Toned Milk	50 ml	<b>FAT</b>	<b>20.0 GM</b>
	Sugar	5 gm	<b>VITAMIN A</b>	<b>6303.63 MCG</b>
	Tea	As per taste	<b>B1</b>	<b>1.70 MG</b>
	Raisins	10 gm	<b>B2</b>	<b>.78 MG</b>
	Almonds	10 gm	<b>B3</b>	<b>8.22 MG</b>
			<b>B5</b>	<b>4.48 MG</b>
09:30 AM	QUINOA POHA	AMOUNT	<b>B9</b>	<b>997.41 MCG</b>
	Quinoa	30 gm	<b>VITAMIN C</b>	<b>168.39 MG</b>
	Chopped Tomato	20 gm	<b>CALCIUM</b>	<b>1576.15 MG</b>
	Green Peas	15 gm	<b>MAGNESIUM</b>	<b>816.66 MG</b>
	Carrot	10 gm	<b>IRON</b>	<b>23.49 MG</b>
	Roasted Peanuts	10 gm	<b>SODIUM</b>	<b>361.67 MG</b>
	Veg Oil	5 ml	<b>POTASSIUM</b>	<b>5400.74 MG</b>
	Green Corriander	For taste		
	Lemon Juice	For taste		
	Green Chilli	For taste		
	Curry Leaves	For taste		
	Musturd Seeds	For taste		
	Asofoetida	For taste		
	Low Sodium Salt	For taste		
11:30 AM	PINEAPPLE	200 gm		
01:30 PM	DAL TADKA	AMOUNT		
	Toor Dal (Cajanus cajan)	30 gm		
	Onion	10 gm		
	Ginger	5 gm		
	Garlic	5 gm		
	Green Coriander	5 gm		
	Kadi Patta	As per		



		taste		
	Cumin seeds	As per taste		
	Turmeric Powder	As per taste		
	Low Sodium Salt	As per taste		
	Red Chilli	As per taste		
	Asoefetida	As per taste		
	Desi Ghee	5 gm		
	<b>TWO CHAPATI</b>	<b>AMOUNT</b>		
	Whole Wheat Flour	20 gm		
	Whole Wheat Flour	20 gm		
	<b>COOKED RICE</b>	<b>30 gm</b>		
	<b>ALOO PALAK</b>	<b>AMOUNT</b>		
	Spinach	100 gm		
	Boiled Potato	50 gm		
	Ginger	5 gm		
	Garlic	5 gm		
	Desi Ghee	5 ml		
	Low Sodium Salt	As per taste		
	Red Chilli	As per taste		
	Garam Masala	As per taste		
	<b>CURD RAITA</b>	<b>AMOUNT</b>		
	Curd	100 gm		
	Grated Cucumber	50 gm		
	Mint Leaves	5 gm		
	Raita Masala	As per taste		
<b>03:30 PM</b>	<b>SALTY BUTTER MILK</b>	<b>AMOUNT</b>		
	Butter Milk	200 ml		
	Roasted Cumin Seeds	5 gm		
	Low Sodium Salt	As per taste		



	Mint	As per taste		
<b>05:30 PM</b>	<b>GREEN TEA WITH CHANA CHAAT</b>	<b>AMOUNT</b>		
	<b>GREEN TEA</b>	One Cup		
	<b>CHANA CHAAT</b>	<b>AMOUNT</b>		
	Roasted Channa Chaat	50 gm		
	Chopped Onion	10 gm		
	Chopped Tomato	10 gm		
	Green Corriander	10 gm		
	Grinded Flax Seeds	5 gm		
	Chaat Masala	As per taste		
<b>7:30:PM</b>	<b>COCONUT WATER</b>	<b>AMOUNT</b>		
	Coconut Water	200ml		
<b>09:30 PM</b>	<b>PALAK PANEER</b>	<b>AMOUNT</b>		
	Spinach	100 gm		
	Paneer	50 gm		
	Onion	10 gm		
	Ginger (One Teaspoon)	5 gm		
	Garlic	5 gm		
	Corriander Powder	5 gm		
	Garam Masala	5 gm		
	Red chilli	As per taste		
	Lemon Juice	5 ml		
	Kasuri Methi	As per taste		
	Desi Ghee	5 ml		
	Low Sodium Salt	As per taste		
	<b>TWO CHAPATI</b>	<b>AMOUNT</b>		
	Whole Wheat Flour	20 gm		
	Whole Wheat Flour	20 gm		
	<b>TWO CHAPATI</b>	<b>AMOUNT</b>		
	Whole Wheat Flour	20 gm		



	Whole Wheat Flour	20 gm		
<b>10:30 PM</b>	<b>HOT YELLOW MILK</b>	<b>AMOUNT</b>		
	Milk	200 ml		
	Turmeric Powder	5 gm		
	Psyllium Husk	5 gm		

### DO'S

- Use non-stick cooking ware during cooking.
- You can use any type of spices as per your taste.
- If feel hungry, any type of fruit is allowed.
- During the day, any type of without sugar beverage can be taken such as Herbal tea, Green tea, Lemon tea for refreshment.
- Use low sodium salt, which is easily available in your super market.
- Use very minimum amount of sodium salt as much as you can. Instead, for improving taste, you may use different ingredients such as lemon juice, tamarind juice, dried mango powder, black pepper, small amount of sugar etc.
- Liberal intake of fruits & vegetables are allowed.
- Intake of toned milk is allowed.
- Intake of lean chicken, fish and egg white is allowed.
- Use low sugar, low oil and low salt during cooking.
- Drink 15-20 glasses of water (preferably Luke warm water) every day for improving metabolism, healthy digestion and detoxification.
- Use measuring cups & spoons for measuring ingredients such oil, sugar, vegetables, flour and others before cooking for nutrition values. It is essential for following planned diet.
- Use of different types of vegetable oils during different timings of cooking such as Soybean Oil, Musturd Oil, Groundnut Oil, Sunflower Oil, Safflower Oil, Corn Oil may support healthy cholesterol profile. Hence mixed use of oils are recommended during cooking.
- Every day 45- 60 minutes of physical activity is essential for weight management such as Cycling, Skipping, Running, Jogging, Surya-namashkar, Swimming or any type of planned exercise is recommended for improving metabolism and burn fat.
- Aloevera Juice, Probiotic foods, Psyllium Husk can be taken for better digestive health.
- Small amount of Desi ghee can be taken for better bowel movement.
- If you have any health condition, please connect to your Dietician before following.
- For more, please visit [www.thinkyou.in](http://www.thinkyou.in) or email to [contact@thinkyou.in](mailto:contact@thinkyou.in)

### DON'S

- Don't use junk foods during this diet plan.



- Don't skip your prescribed medicines during this diet plan.
- Avoid restaurant's foods as much as you can.

THINK YOU