

KNOW YOUR CALORIES BEFORE YOU CONSUME THEM!



You consume food in various forms, shapes, sizes and colours every day. Do you know the right calorie content in a bowl of yogurt you just had in breakfast, or the bowl of almonds you ate as an evening snack?

Learning about the total amount of calories in every piece of biscuit you eat or every bite of pizza you enjoy is vital to your overall health.

Food is necessary for performing various life functions. Sweet, sour, pungent or spicy, you must enjoy every food while knowing about its nutritional value in terms of calories that are important to maintain a healthy body and mind.

MORE THAN 400 CALORIES

| | | | |
|---------------------|--------|----------------|---------|
| Tapioca Chips | 100 Gm | Pav Bhaji | 1 Plate |
| Maggie | 100 Gm | Butter Chicken | 1 Bowl |
| Chicken Korma Curry | 1 Bowl | Chola Bhatura | 1 Plate |
| Halwa | 1 Bowl | Salted Peanuts | 75 Gm |
| Jalebi | 2 Pc | Pizza | Medium |

MORE THAN 250 CALORIES

| | | | |
|------------------|-----------|-------------|----------|
| Dahi Vada | 2 Pc | Ice-cream | 1 Scoop |
| Samosa | 1 Pc | Muffin | 1 Pc |
| Namak Para | 7 - 10 Pc | Oreo | 1 Packet |
| Flavoured Yogurt | 1 bowl | Gulab Jamun | 2 Pc |
| Grilled Sandwich | 2 Pc | Burger | 1 Pc |

LESS THAN 100 CALORIES

| | | | |
|---------------|----------|----------------------|--------|
| Egg | 1 Pc | Atta Chapati | 1 |
| Marie Biscuit | 4 Pc | Watermelon | 2 Cups |
| Apple | 1 Pc | Popcorn (Butterless) | 1 Cup |
| Almonds | 6-7 Pc | Cucumber | 100 Gm |
| Curd | 1 Bowl | Roasted Chana | 50 Gm |
| Figs | 2 Medium | | |

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THE RIGHT DIET AND EXERCISE ARE THE KEY TO GOOD HEALTH

Read on to find out.



1800 103 7070
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Diet plays an important role in determining our overall health. To ensure general good health, one must take care of the daily diet. HCL Healthcare recommends the following foods along with certain lifestyle changes including exercise, to ensure optimum holistic health.



Good Diet Instructions

Foods To Be Restricted

Full Cream Milk & its Products

Homogenised Milk & its Products

Organ Meats like Liver, Kidney, Brain, etc.

Fatty Meat, Bacon, Ham

Saturated fat like Dalda, Desi Ghee, Butter, Cheese, Mayonnaise

Pickles and Chutneys in Oil, Sauces

Fried Food

Sugar and Sweet Products

Cakes, Pastries, Rice Puddings and Chocolates

Malted Beverages like Bournvita, Horlicks, Ovaltine

Soft Drinks, Squashes, Syrups and Juices

All Tinned Products

Alcoholic and Aerated Drinks

Foods Allowed In Moderation

Toned, Double Toned & Skimmed Milk and its Products

Egg White, Lean Meat, Chicken, Fish

Tea, Coffee (not more than 2-3 Cups/Day)



Foods Allowed Liberally

Salads without Oil Dressings (Raw or Boiled Vegetables)

Fresh Lemon Juice without Sugar, Homemade Vegetable Soup without Cream

Plain Water



General Instructions

- Do not skip breakfast. In fact, it should be the largest meal and dinner, the lightest meal of the day
- Drink 10 to 12 glasses of water
- Adopt a healthier cooking style like steaming, stir frying, microwave, roasting/baking or grilling
- Eat your salad before meal
- Make your plate more colourful by adding different food groups
- Have dinner at least 2 hours before bed time
- Take Omega-3 rich sources - almonds & walnuts, flaxseeds, fatty fish (salmon, tuna, mackerel, sardines, trout and halibut)
- Choose a combination of oils. Total oil intake should not be more than 3 tsp/day
- Distribute your day's diet into small frequent meals or according to your diet schedule
- Limit the use of table salt. Season your foods with herbs, spices, pepper, vinegar or lemon juice
- Stop smoking
- Avoid stress. It is associated with an increased risk of coronary heart disease

Get Moving

45 to 60 minutes of moderate daily walk is recommended. Use stairs as often as you can. Walk instead of using elevator and automobile whenever possible.

This is only a general information.
For a detailed diet assessment, tailor-made for you by our expert dieticians, visit your nearest HCL Healthcare centre.