



OFFICE OF THE CHIEF DISTRICT MEDICAL OFFICER &
PUBLIC HEALTH OFFICER, DEOGARH, ODISHA



Tender No. 3153

Date: 21.07.2020

**Notice for Invitation of Tender for DIETARY SERVICES in
District Head Quarters Hospitals**

Date for Availability of Tender	: 22.07.2020
In the website of respective district	: www.deogarh.nic.in
Pre Bid Conference	: 05.08.2020 at 4.30 PM
Last Date for Submission of Tender	: 12.08.2020 before 4 PM
Place, time & venue of Opening Tender	: 13.08.2020 at 4.00 PM, Office of the CDMPHO, Chamber, Deogarh
Address for submission	: Office of the CDM & PHO, Deogarh (Odisha), PIN - 768108
Earnest Money Deposit	: Rs. 20,000/-

CDMPHO also reserves the right to accept or reject summarily any or all the tenders without assigning any reason whatsoever.

The Bidders may download the Tender Documents directly from the Website available www.deogarh.nic.in from **22.07.2020** to **12.08.2020**. The Tender cost fee of Rs. 1000/- (Non-refundable) by way of separate Demand Draft drawn in favour of **Rogi Kalyan Samiti, DHH, Deogarh** should be enclosed along with the Technical Bid.

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Deogarh

TENDER DOCUMENT FOR DIET PREPARATION AND CATERING FIRM FOR DHH, DEOGARH

Rogi kalyan Samiti, D.H.H, DEOGARH invites tender from the eligible registered diet preparation and catering firm/agency/SHGs to prepare and distribute therapeutic and non-therapeutic diet in the District Head Quarter Hospital, Deogarh on annual contract basis.

TERMS AND CONDITIONS

1. The bidder should submit an EMD of **Rs.20, 000/-** (Twenty Thousand) only in shape of DD in favour of RKS, DHH, Deogarh payable at Deogarh.
2. All Bidders are required to pay **Rs. 1,000 (Rupees One Thousand only)** towards Tender Paper cost in the form of Demand Draft drawn in favour of the RKS, DHH, Deogarh payable at Deogarh. The Tender Paper cost is Non-Refundable and cannot be claimed by the tendering agency.
3. The agency should have valid food licence.
4. The agency should be registered under GST in Odisha.
5. The agency should have submit the Income Tax Acknowledge for the Assessment Year - 2017-2018 ,2018-19 & 2019-20.
6. The agency should have PAN.
7. The bidder should have a registered / operating office in the district with staff strength not less than 10 members.
8. The bidder / outsourced agency should have relevant experience in diet preparation, diet service and overall management of diet in hospital or similar Government establishments.
9. The bidder should have a minimum of 3 years experience in diet preparation and its supply / services in public institutions.
10. The agency must be a registered body under appropriate law of the State or Central Government and having the documentary evidence in this regard.
11. In case of Women SHGs, the purchase committee of RKS, Deogarh is free to take suitable decision and may consider relaxation in the overall eligibility criteria.
12. The bidder can apply only one bid in this tendering / bidding process.
13. 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 purchase committee would be liable for rejection.
14. The bid would remain valid for a period of 120 days from the date of submission.
15. The selected agency / bidder would be initially contract given for a period of one year from the date of initiation of the contract. Based on the performance and feedback from different stakeholders, the contract may be renewed for another one year.
16. 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.

17. 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 would verify the bills, vouchers and other supporting and do the needful for payment of the dues within seven working days of submission of bills / vouchers / supporting documents.
18. 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.

General Information to Bidder:

1. The successful bidder [also referred here as the agency or outsourced agency] would operate in 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. Revised Cost Norm for In-door Patient's Diet:

No.	Category of Diet	Existing Rate per bed per day	Proposed Rate per bed per day
1	General Diet	Rs. 50	Rs. 85
2	Paediatrics Diet	Rs.50	Rs. 75
3	Dry Diet	Rs. 50	Rs. 75
4	Liquid Diet	Rs. 85
5	High Protein Diet for Tb/ Cancer/Burn Patients	Rs. 60	Rs. 95.

4. Timing of Diet Supply:

The timing of diet supply to the patients is mentioned below for adherence. In no case, there should be deviation in time, not exceeding 0.30 hrs for each category of diet timing. The diet preparing and distributing contractor would be advised accordingly

1. Breakfast: Between 7.30 am to 8.00 am
2. Lunch: Between 12.00 noon to 1.00 pm
3. Dinner: Between 8.00 pm to 9.00 pm

Note: Timing of diet and times of diet provision may vary based on the diagnosis and as per the recommendation / prescription of the dietician / doctor. The hospital manager / person designated for the management of dietary services would adhere to the timing as prescribed by the doctor / dietician. Timing for patients prescribed for "full liquid diet" under therapeutic diet may vary based on the advice of the dietician / doctor.

5. Clear Liquid Diet would be provided to the patients in the pre or post operative stage for one or two days or based on the advice of the doctor and dietician. 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 to be used for a very short period of time. Full liquid diet should be given for all acute conditions before diagnosis.
6. Soft 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 should be nutritionally adequate and planned on the basis of a normal diet. The food should be

- soft in texture and consistency, easy to chew and should 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.
7. The Light Diet would be very similar to a soft diet in addition to simple salads such as fruits or sliced tomato.
 8. Therapeutic diet should be prepared for six different patient categories i.e. persons suffering from [1] Diabetes Mellitus [2] Cardio-Vascular [3] Acute & Chronic Renal Diseases [4] Cancer [5] TB and [6] Burning cases.
 9. The agency would engage required number of staff for cooking and serving so that diet can be supplied to the in-door patients in time.
 10. 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.
 11. 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.
 12. 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.
 13. 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.
 14. 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.
 15. The health institution would have the right to monitor the quality of items purchased and used in the diet preparation process.
 16. The agency would manage kitchen waste in a scientific manner with due consultation with the concerned hospital administration.
 17. 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.
 18. 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.
 19. The behaviour 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 behavioural norm.
 20. The agency would be responsible to make alternative arrangements in cases of situations such as staff strike, local strike [Bandh/Hartal] etc. ensuring that the patients get diet in the appropriate time.
 21. 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.

22. For any grievance, the agency would approach to the DMO (MS) cum Superintend, DHH, Deogarh 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.
23. 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.
24. 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 agency wants to quit its service.
25. 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.
26. The selected firm shall have to deposit a performance security of Rs. 1, 00,000/- in the shape of demand draft in favour of RKS, DHH, Deogarh payable at Deogarh. The performance security submitted by the selected bidder shall be retained for one year contract period. However, the EMD submitted by the agency at the time of submission of tender may be considered as performance security of the selected bidders.
27. Instruction for submission of Tender: The tender will be in two parts i.e. Technical Bid (Cover-A) and Price Bid (Cover-B). The bidders should submit their technical and price bid separately in two envelopes and these two envelopes should be put into another covering envelope super scribed as "**Tender for diet preparation and catering firm for DHH Deogarh with reference to adv. no _____**". The Technical & Price Bid envelopes should be clearly marked as Technical Bid & Price Bid on the top of the relevant envelopes. The tenders should be addressed to: The Office of the Chief District Medical Officer, Deogarh, 768108, Odisha. The last date & time of submission of tender is as mentioned in the Advertisement and the tender shall be opened as per schedule in presence of the bidders or their authorized representative who may wish to present.
28. Those Bidders who will qualify in the technical bid, their Financial Bid (Cover B) shall only be opened.
29. That the organization agrees to abide by all terms & conditions of tender.
30. If any information or documents furnished by the bidder is found to be incorrect or misleading at any stage, the tender will be rejected.
31. The blacklisted agencies: either by the Tender inviting authority or by any state Govt. or Central Govt. organization is not eligible to participate in the tender for that item during the period of blacklisting **Annexure - A**.
32. If the selected agency will not provide quality food, the contract will be cancelled and the bidder in the panel will be assigned for the same. The food quality will be randomly checked by a hospital team.
33. The details of the financial bids Attached in **Annexure - B**

TECHNICAL BID

(The documents are to be arranged serially as per the order mentioned below)

1	Name of the Organization	
2	Registered Office address with phone, fax number and email.	
3	Name of authorized signatory (in block letters)	
	Declaration by Notary Public regarding blacklisted of supplier either by the Tender inviting authority or by any state Govt. or Central Govt. organization.	
4	Registration Status - NGO/ Agencies/SHG.	(Photo copy of Registration Certificate to be attached)
5	Minimum of 3 years experience in diet preparation and its supply / services in public institutions.	(Photo copy of work order & experience certificate from the head of the institution)
6	EMD of Rs.20,000/- (Twenty Thousand) Only in shape of DD in favour of RKS, DHH, Deogarh payable at Deogarh.	
7	Tender Paper cost of Rs. 1,000 (Rupees One Thousand only) in the form of Demand Draft drawn in favour of the RKS, DHH, Deogarh payable at Deogarh.	
8	Address of local operating office in the District	(Proof of local office Photo copy to be attached)
9	Staff strength (Minimum 10 Staff)	(attach payment roll and EPF Challan)
10	Labour Office Registration Certificate	(Photo copy to be attached)
11	Photo copy of the Bank Pass book of the Organization	(Photo copy of Pass Book to be attached)
12	Valid Food License Certificates	(Photo copy to be attached)
13	Organization PAN	(Photo copy to be attached)
14	Valid GST registration certificate	(Photo copy to be attached)
15	Income return filing acknowledge for the F.Y 2017-18, 2018-19 & 2019-20.	(Photo copy to be attached)
16	Whether all documents submitted signed by the authorized signatory of the firm (Yes/ No)	

Annexure - A

Format for Affidavit certifying that Entity / Promoter(s) / Director(s) / Partners of Entity are not blacklisted (On a Stamp Paper of relevant value)
Affidavit

I, M/s. (the name of the agency with address of the registered office) hereby certify and confirm that we or any of our promoter(s) / director(s) are not barred by Department of Health & FW, Govt. of Odisha / or any other entity of GoO or blacklisted by any state Government or central Government/ department / organization in India from participating in Project/s, either individually or as member of a Consortium as on the _____ (Date of Signing of proposal).

We further confirm that we are aware that, our proposal for the captioned Project would be liable for rejection in case any material misrepresentation is made or discovered at any stage of the Bidding Process or thereafter during the agreement period.

Dated this Day of, 2020

Authorized Signatory/Signature [In full and initials]: _____
Name and Title of Signatory: _____
(Company Seal)

Handwritten signature and date: 21/7/2020
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Deogarh

Annexure - B

PRICE BID

SN	Diet Type	Cost per Meal			Cost per patient per day
		Break fast	Lunch	Dinner	
1	General Diet				
2	Diabetic Diet				
3	Diet for Patients suffering from heart disease				
4	Diet for CRF / CKD				
5	Full Liquid Diet				
6	Semi Solid Diet				
	Average Cost				

N.B: The details of the food items are attached in the Annexure – C

[Name and designation of the person signing on behalf of the agency] **Signature**

Date & Place
Name of the Bidder / Applicant

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Diet Menu

C 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.

C 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 1: 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	Carbohydrates	420 gm	400 gm
	Diet Specification		
1	Cereals		
2	Bread	350 gm	350 gm
3	Pulses	50 gm	50 gm
4	Milk/Curds	50 gm	25 gm
5	Green & other Vegetables	550 ml	300 ml
6	Potato or substitutes	300 gm	300 gm
7	Butter	100 gm	100 gm
8	Fats & oils	10 gm	10 gm
9	Sugar	20 gm	30 gm
10	Seasonal fruit	50 gm	50 gm
11	Meat/Fish/Chicken or Egg	150 gm	150 gm
12	Tea / Coffee	-	100 gm; 2 egg
13	Salt	7 gm / 15 gm	7 gm / 15 gm
14	Condiments	10 gm	10 gm
		15 gm	15 gm

Note: Dietician should prepare a weekly diet calendar in accordance to the calorie and nutritional norm

C 1.1.2 General Diet for Children [From Six Months to Three Year]

Table 2: 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	
2	Bread	1 lt.
3	Egg	50 gm
		One



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4	Sugar	
5	Orange	50 gm
6	Banana	One
7	Butter	One
Note:		10 gm

Attending mother of the child below six months would be provided with normal adult diet if the child is dependent upon mother's milk.

C 1.1.3 General Diet for Children [3-9 Years]

SN	Food Items	Quantum
A	Calories	1450
B	Protein	50 gm
C	Fat	65 gm
D	Carbohydrate	125 gm
Diet Specification		
1	Milk	
2	Bread	1.25 lt.
3	Egg	50 gm
4	Sugar	One
5	Orange or Banana	50 gm
6	Tea	One
7	Butter	7 gm
8	Salt	100 gm
9	Green & other leafy vegetables	10 gm
10	Potatoes [for soup]	150 gm
		50 gm

Note: Dietician should prepare a weekly diet calendar in accordance to the calorie and nutritional norm

C 1.1.4 General Full Diet [Children]

SN	Food Items	Vegetarian	Non-Vegetarian
A	Calories	2000	2000
B	Protein	68 gm	75 gm
C	Fat	45 gm	55 gm
D	Carbohydrate	350 gm	340 gm
Diet Specification			
1	Cereals		
2	Bread	250 gm	250 gm
3	Pulses	100 gm	100 gm
4	Milk/Curds	25 gm	25 gm
5	Green & other vegetables	750 ml	450 ml
6	Potato or substitute	150 gm	150 gm
7	Butter	50 gm	50 gm
8	Fats & oil	10 gm	10 gm
9	Sugar	10 gm	10 gm
10	Tea / Coffee	50 gm	50 gm
11	Seasonal fruits	7 gm / 15 gm	7 gm / 15 gm
12	Meat/Fish/Chicken or Egg	150 gm	150 gm
13	Salt		100 gm; 2 eggs
14	Condiments	10 gm	10 gm
		10 gm	10 gm

Note: Dietician should prepare a weekly diet calendar in accordance to the calorie and nutritional norm

C 1.1.5 Full Soft Diet [Children]

SN	Food Items	Vegetarian	Non-Vegetarian
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		
2	Pulses [Dal]	100 gm	100 gm
3	Bread	50 gm	50 gm
4	Milk/Curds	100 gm	100 gm
5	Green & other vegetables	750 ml	450 ml
6	Potato or substitute	150 gm	150 gm
7	Butter	50 gm	50 gm
8	Fats & oil	10 gm	10 gm
9	Egg or Paneer	10 gm	10 gm
10	Sugar	25 gm	One
11	Tea / Coffee	50 gm	50 gm
12	Seasonal fruits	7 gm / 15 gm	7 gm / 15 gm
13	Meat/Fish/Chicken or Egg	150 gm	150 gm
14	Salt		100 gm; 2 eggs
15	Condiments	10 gm	10 gm
		10 gm	10 gm

Note: Dietician should prepare a weekly diet calendar in accordance to the calorie and nutritional norm

Day	Breakfast	Lunch	Dinner
Sunday	Apple one and Bread-100gm	Rice-50gm Dalma- [Dal 15 Gm + 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 Simei 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 / medical officer would be the final authority to take appropriate decision on the menu without compromising the quality

C 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

C 1.2.1 Liquid Diet-Clear / Full Liquid Diet

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 hydrosylate*	25 g	
		Oil	10 g	
		Approx. Nutritive Value		
		Calories	980	
		Protein	30 g	
		Fat	40 g	
		Carbohydrate	125 g	
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	

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	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	
C	Diet of 2000 Calories	
	Milk	1 litre
	Curd	250 g
	Fruit for juice	2000 g
	Sugar	100 g
	Vegetables	200 g
	Rice (for gruel)	75 g.
	Cream	50 g.
	Dal/ Egg	60 g.
	Approx. Nutritive Value	
	Calories	1965
	Protein	65 g.
	Fat	65 g.
	Carbohydrate	280 g.
	Note: Liquid jelly, custard etc. can be included	

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 / medical officer	

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C 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.

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

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	Roti-100gm

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	Bharta(Mixed/Brinjal bharta-100gm),Kheer-150gm	Dalma-150gm/Santula-250gm Kheer/Milk-250ml
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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

C 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.

C 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
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 & Milk Product-1glass
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	Roti-2 Veg.curry-150gm Dal-100gm

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Thursday	Idli-3 Sambar-100gm Fruit-80gm	Paneer-100gm 1 Cup Rice/Roti-3-150gm,Dalma-100gm, Brinjal bharta100gm, Curd-80gm	Milk & Milk Product(240ml) Roti-2-100gm,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 / medical officer would be the final authority to take appropriate decision on the menu without compromising the quality			

C 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:

Table 14: Diet by Calorie Norm for Cardio-Vascular Disorders

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.
		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		

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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.
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 15: Weekly Diet Menu for Patients of Heart Disease

Day	Breakfast	Lunch	Dinner
Sunday	Roti 3pc medium size, sambar and chatni	Rice/Roti-150gm, Dal-25-25gm Sabaji(mixed)-150gm-Seasonal vegetable Chicken/fish-75 gm/Egg-2pc/ Paneer 50gm exchange	Roti/Dalma/Mixed bhaja/Mixed vegetable curry, One glass of milk
Monday	Idli 3pc medium size, sambar and chatni	Rice/Roti-150gm, Dal-25-25gm Sabaji(mixed)-150gm-Seasonal vegetable, Meal Maker/Sola curry/Besan curry Fruits-apple/orange/banana-one medium size	Roti/Dalma/Mixed bhaja/Mixed vegetable curry, One glass of milk
Tuesday	Chakuli 3pc medium size, sambar and chatni	Rice/Roti-150gm, Dal-25-25gm Sabaji(mixed)-150gm-Seasonal vegetable, Meal Maker/Sola curry/Besan curry Fruits-apple/orange/banana-one medium size	Roti Dalma/Mixed bhaja/Mixed vegetable curry, One glass of milk
Wednesday	Upama, sambar and chatni	Rice/Roti-150gm, Dal-25-25gm Sabaji(mixed)-150gm-Seasonal vegetable Chicken/fish-75 gm/Egg-2pc/ Paneer 50gm exchange	Roti/Dalma/Mixed bhaja/Mixed vegetable curry, One glass of milk
Thursday	Chuda Puha, sambar and chatni	Rice/Roti-150gm, Dal-25-25gm Sabaji(mixed)-150gm-Seasonal vegetable, Meal Maker/Sola curry/Besan curry Fruits-apple/orange/banana-one medium size	Roti/Dalma/Mixed bhaja/Mixed vegetable curry, One glass of milk
Friday	Roti 3pc medium size, sambar and chatni	Rice/Roti-150gm, Dal-25-25gm Sabaji(mixed)-150gm-Seasonal vegetable Chicken/fish-75 gm/Egg-2pc/ Paneer 50gm exchange	Roti/Dalma/Mixed bhaja/Mixed vegetable curry, One glass of milk
Saturday	Idli 3pc medium size, sambar and chatni	Rice/Roti-150gm, Dal-25-25gm Sabaji(mixed)-150gm-Seasonal vegetable, Meal Maker/Sola' curry/Besan curry Fruits-apple/orange/banana-one medium size	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 / medical officer would be the final authority to take appropriate decision on the menu without compromising the quality

C 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 16: Diet by Protein Requirement

SN	Particulars	Food Items	Quantum		
A	20 g. Protein diet	Milk and Milk Products	200 ml.		
		Egg/ Paneer	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	
	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.
Foods to avoid in Renal disorders:		
<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. 		

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
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 &	Rice/Rotti Sabji-150gm Porridge-(kheer)-50gm-Cerels 100gm-Milk

	Tomato	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		

C 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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Annexure II: Diet Prescription Slip

Diet Prescription Slip:

Sl. No.		Date of Issue			
District		Institution Type		MCH	DHH
Block / Sub-division				SDH	AH
Patient's Name				CHC	PHC
Patient's Age		Gender		Male	Female
Diagnosed Disease		Diagnosis Date			
Name of the Doctor		Admission Date			
Expected days of stay		Expected Discharge Date			
Prescribed Diet:					
Date	Breakfast		Lunch		Dinner
	Diet Type	Diet	Diet Type	Diet	Diet Type
<p>Signature of the Dietician Name: Place:</p> <p>Please mention the Diet Type by date: [1] Normal Diet; [2] Semi-solid Diet; [3] Full-Liquid Diet; [4] Diet for Cardio-Vascular; [5] Diet for Diabetic; [6] Diet for CRF/CKD; [7] Diet for Paediatric</p>					

Specific colour code for specific disease and specific diet

Note:

1. Use of **red colour** may kindly be avoided as it may create different impression in the mind of the patients.
2. Use of **Light Colour** is preferable in all the colour segments for different diet types.
3. For Liquid diet, soft diet and light diet, single unique or mixed colour can be used in a pattern mode i.e. original colour of therapeutic diet and colour of diet category. For Example, if colour of diet slip for cancer patient is green and liquid diet is having a water colour, the slip should have both the colours in a pattern i.e. top green and bottom with water colour or vice versa. Or the slip should have indication of both the colour. It will identify the patient type and diet type

SN	Diet Prescription Slip by patient types	Colour of the Slip	Remark
A	Therapeutic Diet		
A1	Diabetes Mellitus		Cyan
A2	Cardio-Vascular		Yellow
A3	Acute & Chronic Renal Diseases		Black
A4	Cancer		Cyan50% + Magenta50%
A5	TB and		Magenta 50%+ Yellow 50%
A6	Burning cases		Cyan 50% + Yellow 50%
A7	Paediatric		Magenta 50% + Black 50%
B	Specific Diet Type		
B1	Liquid Diet		Yellow 25% + Black 25%
B2	Soft Diet		Magenta 50% + Yellow 100%
B3	Light Diet		Cyan 25 % + Yellow 100%
B4	Normal Diet		Magenta 50 % + Yellow 25 %
C	Non-Therapeutic Diet		Cyan 100% +Magenta 100%

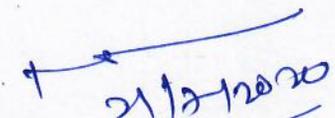

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Diet Slip for Diabetic Patients

Sl. No.				Date of Issue			
District				Institution Type		MCH	DHH
Block / Sub-division						SDH	AH
Patient's Name						CHC	PHC
Patient's Age				Gender		Male	Female
Diagnosed Disease				Diagnosis Date			
Name of the Doctor				Admission Date			
Expected days of stay				Expected Discharge Date			
Prescribed Diet:							
Date	Breakfast		Lunch		Dinner		Special Diet, if any
	Diet Type	Diet	Diet Type	Diet	Diet Type	Diet	
	Liquid Diet		Liquid Diet		Liquid Diet		
	Soft Diet		Soft Diet		Soft Diet		
	Light Diet		Light Diet		Light Diet		
	Normal Diet		Normal Diet		Normal Diet		
<p>Signature of the Dietician Name: _____ Place: _____</p> <p>Please mention the Diet Type by date: [1] Normal Diet; [2] Semi-solid Diet; [3] Full-Liquid Diet; [4] Diet for Cardio-Vascular; [5] Diet for Diabetic; [6] Diet for CRF/CKD; [7] Diet for Paediatric</p>							

Diet Slip for Cardio-Vascular

Sl. No.				Date of Issue			
District				Institution Type		MCH	DHH
Block / Sub-division						SDH	AH
Patient's Name						CHC	PHC
Patient's Age				Gender		Male	Female
Diagnosed Disease				Diagnosis Date			
Name of the Doctor				Admission Date			
Expected days of stay				Expected Discharge Date			
Prescribed Diet:							
Date	Breakfast		Lunch		Dinner		Special Diet, if any
	Diet Type	Diet	Diet Type	Diet	Diet Type	Diet	
	Liquid Diet		Liquid Diet		Liquid Diet		
	Soft Diet		Soft Diet		Soft Diet		
	Light Diet		Light Diet		Light Diet		
	Normal Diet		Normal Diet		Normal Diet		
<p>Signature of the Dietician Name: _____ Place: _____</p> <p>Please mention the Diet Type by date: [1] Normal Diet; [2] Semi-solid Diet; [3] Full-Liquid Diet; [4] Diet for Cardio-Vascular; [5] Diet for Diabetic; [6] Diet for CRF/CKD; [7] Diet for Paediatric</p>							


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Diet Slip for Acute & Chronic Renal Diseases

Sl. No.				Date of Issue			
District				Institution Type		MCH	DHH
Block / Sub-division						SDH	AH
Patient's Name						CHC	PHC
Patient's Age				Gender		Male	Female
Diagnosed Disease				Diagnosis Date			
Name of the Doctor				Admission Date			
Expected days of stay				Expected Discharge Date			
Prescribed Diet:							
Date	Breakfast		Lunch		Dinner		Special Diet, if any
	Diet Type	Diet	Diet Type	Diet	Diet Type	Diet	
	Liquid Diet		Liquid Diet		Liquid Diet		
	Soft Diet		Soft Diet		Soft Diet		
	Light Diet		Light Diet		Light Diet		
	Normal Diet		Normal Diet		Normal Diet		
<p>Signature of the Dietician Name: Place:</p> <p>Please mention the Diet Type by date: [1] Normal Diet; [2] Semi-solid Diet; [3] Full-Liquid Diet; [4] Diet for Cardio-Vascular; [5] Diet for Diabetic; [6] Diet for CRF/CKD; [7] Diet for Paediatric</p>							

Diet Slip for Cancer

Sl. No.				Date of Issue			
District				Institution Type		MCH	DHH
Block / Sub-division						SDH	AH
Patient's Name						CHC	PHC
Patient's Age				Gender		Male	Female
Diagnosed Disease				Diagnosis Date			
Name of the Doctor				Admission Date			
Expected days of stay				Expected Discharge Date			
Prescribed Diet:							
Date	Breakfast		Lunch		Dinner		Special Diet, if any
	Diet Type	Diet	Diet Type	Diet	Diet Type	Diet	
	Liquid Diet		Liquid Diet		Liquid Diet		
	Soft Diet		Soft Diet		Soft Diet		
	Light Diet		Light Diet		Light Diet		
	Normal Diet		Normal Diet		Normal Diet		
<p>Signature of the Dietician Name: Place:</p> <p>Please mention the Diet Type by date: [1] Normal Diet; [2] Semi-solid Diet; [3] Full-Liquid Diet; [4] Diet for Cardio-Vascular; [5] Diet for Diabetic; [6] Diet for CRF/CKD; [7] Diet for Paediatric</p>							


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Diet Slip for TB and

Sl. No.				Date of Issue			
District				Institution Type		MCH	DHH
Block / Sub-division						SDH	AH
Patient's Name						CHC	PHC
Patient's Age				Gender		Male	Female
Diagnosed Disease				Diagnosis Date			
Name of the Doctor				Admission Date			
Expected days of stay				Expected Discharge Date			
Prescribed Diet:							
Date	Breakfast		Lunch		Dinner		Special Diet, if any
	Diet Type	Diet	Diet Type	Diet	Diet Type	Diet	
	Liquid Diet		Liquid Diet		Liquid Diet		
	Soft Diet		Soft Diet		Soft Diet		
	Light Diet		Light Diet		Light Diet		
	Normal Diet		Normal Diet		Normal Diet		
<p>Signature of the Dietician Name: _____ Place: _____</p> <p>Please mention the Diet Type by date: [1] Normal Diet; [2] Semi-solid Diet; [3] Full-Liquid Diet; [4] Diet for Cardio-Vascular; [5] Diet for Diabetic; [6] Diet for CRF/CKD; [7] Diet for Paediatric</p>							

Diet Slip for Burning cases

Sl. No.				Date of Issue			
District				Institution Type		MCH	DHH
Block / Sub-division						SDH	AH
Patient's Name						CHC	PHC
Patient's Age				Gender		Male	Female
Diagnosed Disease				Diagnosis Date			
Name of the Doctor				Admission Date			
Expected days of stay				Expected Discharge Date			
Prescribed Diet:							
Date	Breakfast		Lunch		Dinner		Special Diet, if any
	Diet Type	Diet	Diet Type	Diet	Diet Type	Diet	
	Liquid Diet		Liquid Diet		Liquid Diet		
	Soft Diet		Soft Diet		Soft Diet		
	Light Diet		Light Diet		Light Diet		
	Normal Diet		Normal Diet		Normal Diet		
<p>Signature of the Dietician Name: _____ Place: _____</p> <p>Please mention the Diet Type by date: [1] Normal Diet; [2] Semi-solid Diet; [3] Full-Liquid Diet; [4] Diet for Cardio-Vascular; [5] Diet for Diabetic; [6] Diet for CRF/CKD; [7] Diet for Paediatric</p>							

Diet Slip for Paediatric

Sl. No.		Date of Issue					
District		Institution Type		MCH	DHH		
Block / Sub-division				SDH	AH		
Patient's Name				CHC	PHC		
Patient's Age		Gender		Male	Female		
Diagnosed Disease		Diagnosis Date					
Name of the Doctor		Admission Date					
Expected days of stay		Expected Discharge Date					
Prescribed Diet:							
Date	Breakfast		Lunch		Dinner		Special Diet, if any
	Diet Type	Diet	Diet Type	Diet	Diet Type	Diet	
	Liquid Diet		Liquid Diet		Liquid Diet		
	Soft Diet		Soft Diet		Soft Diet		
	Light Diet		Light Diet		Light Diet		
	Normal Diet		Normal Diet		Normal Diet		
<p>Signature of the Dietician Name: Place:</p> <p>Please mention the Diet Type by date: [1] Normal Diet; [2] Semi-solid Diet; [3] Full-Liquid Diet; [4] Diet for Cardio-Vascular; [5] Diet for Diabetic; [6] Diet for CRF/CKD; [7] Diet for Paediatric</p>							

Diet Slip for Non-Therapeutic Diet

Sl. No.		Date of Issue					
District		Institution Type		MCH	DHH		
Block / Sub-division				SDH	AH		
Patient's Name				CHC	PHC		
Patient's Age		Gender		Male	Female		
Diagnosed Disease		Diagnosis Date					
Name of the Doctor		Admission Date					
Expected days of stay		Expected Discharge Date					
Prescribed Diet:							
Date	Breakfast		Lunch		Dinner		Special Diet, if any
	Diet Type	Diet	Diet Type	Diet	Diet Type	Diet	
	Liquid Diet		Liquid Diet		Liquid Diet		
	Soft Diet		Soft Diet		Soft Diet		
	Light Diet		Light Diet		Light Diet		
	Normal Diet		Normal Diet		Normal Diet		
<p>Signature of the Dietician Name: Place:</p> <p>Please mention the Diet Type by date: [1] Normal Diet; [2] Semi-solid Diet; [3] Full-Liquid Diet; [4] Diet for Cardio-Vascular; [5] Diet for Diabetic; [6] Diet for CRF/CKD; [7] Diet for Paediatric</p>							


 CDM & PHO,
 Deogarh

