



S242504178

OP Registration Card

Registration No. : S242504178 Date & Time : 11-05-2024 08:15 AM
Patient Name : MR. KUMAR G Age/Sex : 55Y/M
Father/Spouse : GOPAL Marital Status : Married Mobile No. : 9986221828
Address : BHADRAVATHI, SHIVAMOGGA

Plan : OPREG
Department : INTERNAL MEDICINE Consultant : DR. SHUNYA SAMPAD

Complaints:

Came for MHC. BP - 140/80

not a K/C/O T2DM. wt - 77.5 kg

Clinical Findings:

CG
CG
CG

Diagnosis:

F35 - 232
P035 - 162

Investigations:

7

* MG uprise D₃ (12)

Cross Reference:

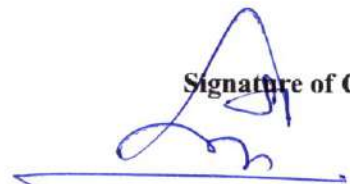
week once

Treatment/Prescriptions:

* MG SIMTALON 100 (30)
100

125/80

Signature of Consultant



CARDIOPRINT

Ms. Kumar G.

11.05.2024 12:02:35
sari super spicity hospital
SHIMOGA

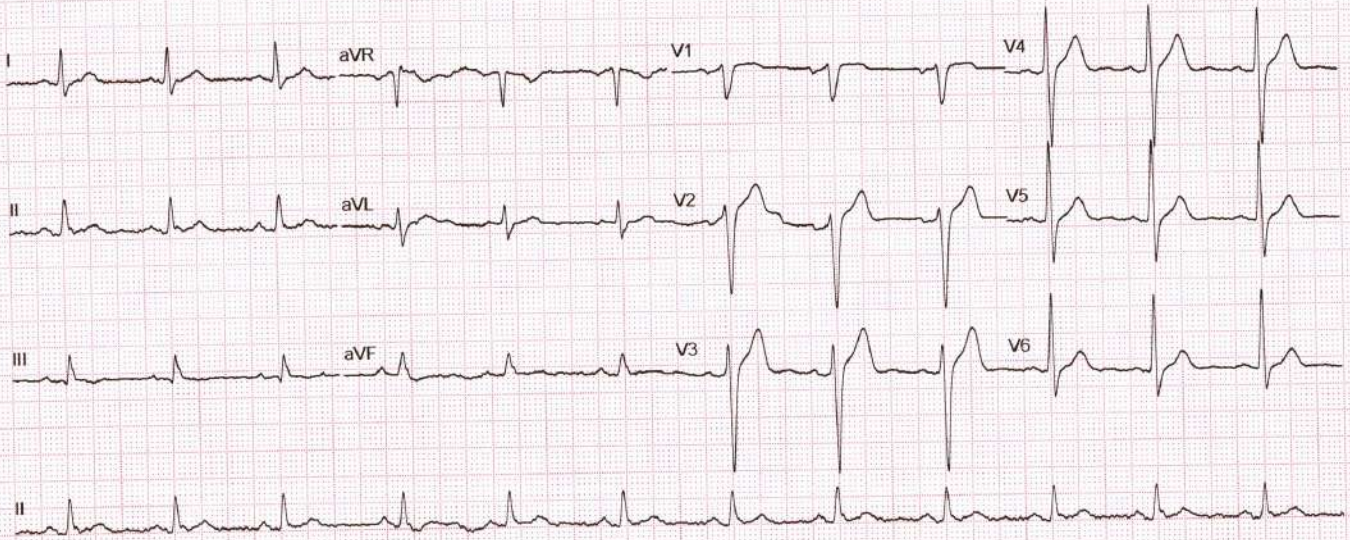
Location:
Room:
Order Number:
Indication:
Medication 1:
Medication 2:
Medication 3:

73 bpm
-- / -- mmHg

QRS 108 ms
QT / QTcBaz 366 / 403 ms
PR 152 ms
P 110 ms
RR / PP 818 / 821 ms
P / QRS / T 54 / 53 / 20 degrees

Normal sinus rhythm
Normal ECG

Technician:
Ordering Ph:
Referring Ph:
Attending Ph:





Name : **KUMAR G** REG/LAB NO. : 24051252 / 47259
AGE/SEX : 55 Yrs / Male UHID : S242504178
CONTACT NO. : 9986221828 IP/OP : OP /
REFERRED BY : **DR. DEPT OF** DATE OF COLLECTION : 11-05-2024 at 08:22 AM
INTERNAL MEDICINE DATE OF REPORT : 11-05-2024 at 09:24 AM



TEST PARAMETER	RESULT	UNIT	REFERENCE RANGE
BIOCHEMISTRY			
SERUM CREATININE <small>ENZYMATIC METHOD</small>	0.71	mg/dL	0.7 - 1.2
LIVER FUNCTION TEST (LFT)			
TOTAL BILIRUBIN	1.57 ✓	mg/dl	0.1 - 1.2
DIRECT BILIRUBIN	0.31	mg/dl	0 - 0.2
INDIRECT BILIRUBIN	1.26	mg/dl	0 - 0.8
SGOT/AST	24	U/L	up to 41
SGPT/ALT	39	U/L	up to 41
ALKALINE PHOSPHATASE	82	IU/L	40 - 129
TOTAL PROTEIN	6.6	g/dl	6.6 - 8.7
SERUM ALBUMIN	4.3	g/dl	3.4 - 5.4
SERUM GLOBULIN	2.3	g/dL	3.5 - 4.5
A/G RATIO	1.8		1.1 - 2.2
SERUM URIC ACID	3.9	mg/dL	3 - 7

Dispatched by: MOHAN J

**** End of Report ****

Printed by: PHLEBOTOMY on 11-05-2024 at 01:21 PM

Please correlate laboratory results clinically. Contact laboratory for any clarification. All results are sample specific.

MOHAN J
Lab technician

LAB INCHARGE

Dr. CHETHAN SAGAR S
MBBS, MD
Consultant Pathologist





Name	: KUMAR G	REG/LAB NO.	: 24051252 / 47259
AGE/SEX	: 55 Yrs / Male	UHID	: S242504178
CONTACT NO.	: 9986221828	IP/OP	: OP /
REFERRED BY	: DR. DEPT OF INTERNAL MEDICINE	DATE OF COLLECTION	: 11-05-2024 at 08:22 AM
		DATE OF REPORT	: 11-05-2024 at 11:12 AM



TEST PARAMETER	RESULT	UNIT	REFERENCE RANGE
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BIOCHEMISTRY

BLOOD UREA NITROGEN <i>GLDH-UREASE METHOD</i>	9.4	mg/dl	6 - 24
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HORMONE ASSAYS

THYROID PROFILE (TFT)

TOTAL TRIIODOTHYRONINE (T3) <i>ELFA METHOD</i>	1.2	ng/ml	0.8 - 1.8
TOTAL THYROXINE (T4) <i>ELFA METHOD</i>	9.8	ug/dl	5.5 - 14
THYROID STIMULATING HORMONE (TSH) <i>CLIA</i>	2.1	μIU/ml	0.35 - 5.5

125-DI HYDROXY CHOLECALCIFEROL <i>ELPHA METHOD</i>	15.8	ng/ml	Deficient - <20 ng/ml Insufficient - 20 to 29 ng/ml Sufficient - 30 to 100 ng/ml Potential Toxicity - > 100 ng/ml
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(Signature)

MOHAN J
Lab technician

LAB INCHARGE

(Signature)

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REFERRED BY : **DR. DEPT OF** DATE OF COLLECTION : 11-05-2024 at 08:22 AM
INTERNAL MEDICINE DATE OF REPORT : 11-05-2024 at 11:12 AM



TEST PARAMETER	RESULT	UNIT	REFERENCE RANGE
BIOCHEMISTRY			
POST PRANDIAL BLOOD SUGAR <i>GOD POD METHOD</i>	232	mg/dl	80 - 140
FASTING BLOOD SUGAR <i>GOD POD METHOD</i>	167	mg/dl	70 - 110
HAEMATOLOGY			
ERYTHROCYTE SEDIMENTATION RATE <i>WESTERGRENS METHOD</i>	15	mm/hr	0 - 10
BLOOD GROUP	"O"		
RH TYPE	POSITIVE		

Dispatched by: MOHAN J

**** End of Report ****

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MOHAN J
Lab technician

LAB INCHARGE

S. Chethan Sagar
Dr. CHETHAN SAGAR S
MRBS, MD
Consultant Pathologist





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AGE/SEX	: 55 Yrs / Male	UHID	: S242504178
CONTACT NO.	: 9986221828	IP/OP	: OP /
REFERRED BY	: DR. DEPT OF INTERNAL MEDICINE	DATE OF COLLECTION	: 11-05-2024 at 08:22 AM
		DATE OF REPORT	: 11-05-2024 at 11:36 AM



TEST PARAMETER	RESULT	UNIT	REFERENCE RANGE
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BIOCHEMISTRY

POST PRANDIAL URINE SUGAR (PPUS) 1.5 %

FASTING URINE SUGAR(FUS) 0.5 %

HbA1c (Glycosylated hemoglobin)

HbA1c (GLYCOSYLATED Hb) 7.8 % 4.2 - 6.4

HPLC
MEAN BLOOD GLUCOSE 177.2 mg/dl 60 - 120

Note:

1. Since HbA1c reflects long term fluctuations in the blood glucose concentration, a diabetic patient who is recently under good control may still have a high concentration of HbA1c.
2. Target goals of < 7.0 % may be beneficial in patients with short duration of diabetes, long life expectancy and no significant cardiovascular disease. In patients with significant complications of diabetes, limited life expectancy or extensive co-morbid conditions, targeting a goal of < 7.0 % may not be appropriate.

Comments:

HbA1c provides an index of average blood glucose levels over the past 8 - 12 weeks and is a much better indicator of long term glycemic control as compared to blood and urinary glucose determinations. ADA criteria for correlation between HbA1c & Mean plasma glucose levels.

HORMONE ASSAYS

VITAMIN B-12 629.0 pg/ml 120 - 915

- CLIA
- Interpretation:**
1. Vit B12 levels are decreased in megaloblastic anemia, partial/total gastrectomy, pernicious anemia, peripheral neuropathies, chronic alcoholism, senile dementia, and treated epilepsy.
 2. An associated increase in homocysteine levels is an independent risk marker for cardiovascular disease and deep vein thrombosis.
 3. HoloTranscobalamin II levels are a more accurate marker of active VitB12 component.

Note: Patients on Biotin supplement may have interference in some immunoassays. With individuals taking high dose Biotin (more than 5 mg per day) supplements, at least 8-hour wait time before blood draw is recommended.

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REFERRED BY	: DR. DEPT OF INTERNAL MEDICINE	DATE OF COLLECTION	: 11-05-2024 at 08:23 AM
		DATE OF REPORT	: 11-05-2024 at 09:45 AM



TEST PARAMETER	RESULT	UNIT	REFERENCE RANGE
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CLINICAL PATHOLOGY

URINE ROUTINE

PHYSICAL EXAMINATION

URINE PH	6.0
COLOUR	PALE YELLOW
APPEARANCE	CLEAR
SPECIFIC GRAVITY	1.025

CHEMICAL EXAMINATION

URINE ALBUMIN	NIL
SUGAR	NIL
KETONE BODIES	ABSENT
BILE SALT	NEGATIVE
BILE PIGMENT	NEGATIVE

MICROSCOPIC EXAMINATION

PUS CELLS	1-2 /HPF
EPITHELIAL CELLS	4-6 /HPF
RBC'S	NIL
NITRITE	ABSENT
BACTERIA	ABSENT

MUCUS THREAD PRESENT.

Dispatched by: NIGHT SHIFT

**** End of Report ****

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LAB INCHARGE

Dr. CHETHAN SAGAR S

MBBS, MD
Consultant Pathologist





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CONTACT NO. : 9986221828 IP/OP : OP /
REFERRED BY : **DR. DEPT OF** DATE OF COLLECTION : 11-05-2024 at 08:23 AM
INTERNAL MEDICINE DATE OF REPORT : 11-05-2024 at 08:44 AM



TEST PARAMETER RESULT UNIT REFERENCE RANGE

HAEMATOLOGY

HAEMOGLOBIN <small>PHOTOMETRY</small>	15.4	gm/dl	13.5 - 17.5
TOTAL COUNT <small>FLOW CYTOMETRY METHOD</small>	5780	cells/cumm	4000 - 11000
DIFFERENTIAL COUNT			
NEUTROPHILS	47.2	%	35 - 66
LYMPHOCYTES	42.6	%	24 - 44
MONOCYTES	8.3	%	2 - 8
EOSINOPHILS	1.2	%	0 - 6
BASOPHILS	0.7	%	0 - 1
PLATELET COUNT <small>DC DETECTION METHOD</small>	2.24	Lakhs/cumm	1.5 - 4.5
R.B.C COUNT <small>DC DETECTION METHOD</small>	5.10	mill/cumm	4.5 - 5.9
PACKED CELL VOLUME (PCV) <small>CALCULATED</small>	45.2	%	37 - 53
M.C.V <small>CALCULATED</small>	88.6	fl	80 - 100
M.C.H <small>CALCULATED</small>	30.20	pg	26 - 34
M.C.H.C <small>CALCULATED</small>	34.07	g/dl	32 - 36
RDW-CV <small>CALCULATED</small>	12.9	%	11.5 - 13.1

Dispatched by: NIGHT SHIFT

**** End of Report ****

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Chaithra

CHAITHRA
Lab technician

LAB INCHARGE

S. Chethan Sagar

Dr. CHETHAN SAGAR S
MBBS, MD
Consultant Pathologist





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AGE/SEX	: 55 Yrs / Male	UHID	: S242504178
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REFERRED BY	: DR. DEPT OF INTERNAL MEDICINE	DATE OF COLLECTION	: 11-05-2024 at 08:22 AM
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TEST PARAMETER	RESULT	UNIT	REFERENCE RANGE
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Chethana

S. Chethan Sagar

CHAITHRA
Lab technician

LAB INCHARGE

Dr. CHETHAN SAGAR S
MBBS, MD
Consultant Pathologist



Near Sri Raghavendra Swamy Mutt, Tilak Nagar,
Durgigudi, Shivamogga, Karnataka-577201



S242504178

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Patient Name : MR. KUMAR G Age/Sex : 55Y/M
Father/Spouse : GOPAL Marital Status : Married Mobile No. : 9986221828
Address : BHADRAVATHI, SHIVAMOGGA

Plan : OPREG
Department : ENT Consultant : DR. PRASHANTH C D

Complaints:

PT for Routine
evaluation

Clinical Findings:

O/E N/O
phn (N)

Diagnosis:

BPH

Investigations:

Adv fup Sg

Cross Reference:

Treatment/Prescriptions:

Signature of Consultant

Dr. Prashanth C.D.
ENT, Head & Neck Surgery
KMC Reg. No. 77708

8147169218 ✓

10:30 to 7pm

11:00 to 3pm



Near Sri Raghavendra Swamy Mutt, Tilak Nagar,
Durgigudi, Shivamogga, Karnataka-577201

sarji
Transforming Oral Health

**SUPER
SPECIALITY
HOSPITAL**



S242504178

T-02 11.06 AM

OP Registration Card

Registration No. : S242504178 Date & Time : 11-05-2024 08:15 AM
 Patient Name : MR. KUMAR G Age/Sex : 55Y/M
 Father/Spouse : GOPAL Marital Status : Married Mobile No. : 9986221828
 Address : BHADRAVATHI, SHIVAMOGGA

Plan : OPREG
 Department : DENTISTRY Consultant : DR. DEEPA ARUN

Complaints:

Pl. Cl. Routine Regular check up
sensitivity teeth.

Clinical Findings:

O/E, Caries 7/

All filling done 7/

Diagnosis:

Re
① Vantyl^o tooth paste - ①
1-01 - 1 month
↓
2

Investigations:

Cross Reference:

Treatment/Prescriptions:

Dr. DEEPA ARUN
Signature of Consultant
BDS.,MDS.

Dr. ARUNKUMAR K.V.
PERIODONTIST
Reg. No. 5664-A
BDS.,MDS.

Reg. No. 5644-A
Oral and Maxillofacial Surgeon

ADULT TRANS-THORACIC ECHO REPORT

PATIENT NAME : MR.KUMAR G	AGE :55YRS	SEX : MALE
REF. DOCTOR : DPT OF I M	OP/IP: S242504178	DATE 11.05.2024

FINDINGS

ATRIA

LEFT ATRIUM : Normal

RIGHT ATRIUM : Normal

ATRIOVENTRICULAR VALVES

MITRAL VALVE : **MR-Moderate**

TRICUSPID VALVE : Normal

VENTRICLES

LEFT VENTRICLE : Concentric

RIGHT VENTRICLE : Normal

SEPTAE

INTERATRIAL SEPTUM : **PFO+**

INTERVENTRICULAR SEPTUM : Intact

SEMILUNAR VALVES

AORTIC VALVE : Normal

PULMONARY VALVE : Normal



GREAT ARTERIES

AORTA : Normal
ASCENDING AORTA : Normal
PDA : No
PERICARDIUM : No Pericardial Effusion
THROMBUS / VEGETATION : Nil
AORTIC ARCH : Normal
PULMONARY ARTERY : Normal

DOPPLER

VALVES	PEAK VELOCITY	PEAK GRADIENT	REMARKS
MITRAL	E-0.9m/sec, A-0.8m/sec	-	E>A; MR-Moderate
TRICUSPID	0.6 m/sec	TR Gradient -25mmHg	TR- Trivial
AORTIC	1.4 m/sec	8 mmHg	
PULMONARY	0.8 m/sec	3 mmHg	

M MODE

AO : 25mm	LVIDd : 41mm	IVSd : 15mm	EDV : ml
LA : 36mm	LVIDs : 28mm	PWd : 14mm	ESV : ml
	LVEF : 60%	FS : 30%	TAPSE: 18mm

OTHER: Sinus Rhythm {HR-76bpm}
IVC-12/6 mm, Normal Collapsing

WALLMOTION ABNORMALITIES : NO RWMA

FINAL DIAGNOSIS:

- ❖ NO RWMA
- ❖ NORMAL LV SYSTOLIC FUNCTION
- ❖ LVEF-60%
- ❖ CONCENTRIC LVH
- ❖ MR-MODERATE
- ❖ TR-TRIVIAL
- ❖ NO CLOT / VEGETATION

DONE BY :  Harshitha (Bsc.CVT)

Dr.Vijeth H
MD, DNB (Interventional Cardiology)
Consultant Cardiologist

Name **MR.KUMAR G,55Y,**
Patient Id **S242504178**

Gender **Male**
Date **11/05/2024**

Image 1

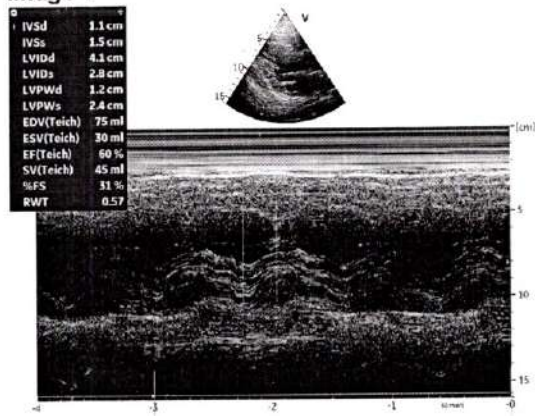


Image 2

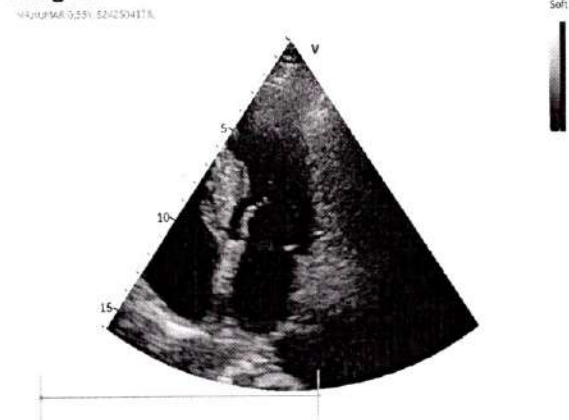


Image 3

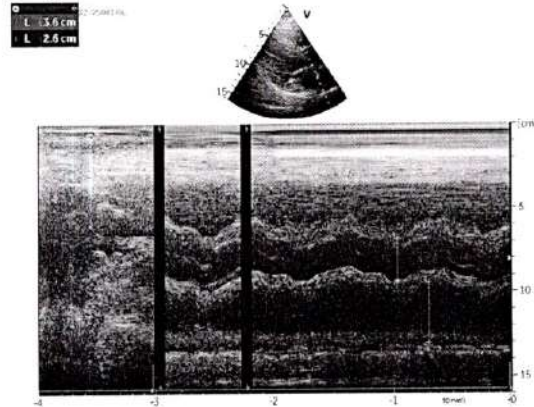
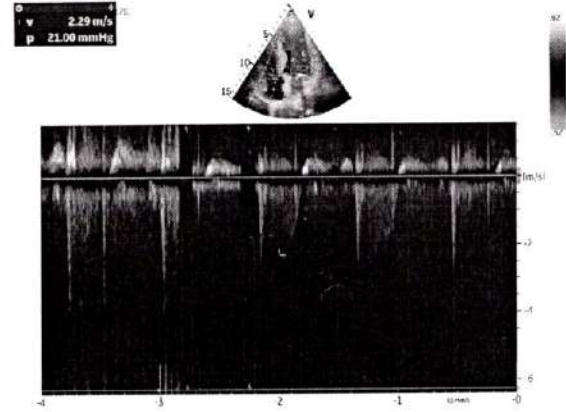


Image 4



Patient Name :: Mr. Kumar G W/o Gopal	Age :: 55 Years	Gen. :: Male
Referred By :: Dept of Internal medicine	Tr. I.D.:: S242504178	Date :: 11/05/2024


Clinical data: Health check up.

USG ABDOMEN & PELVIS

- ◆ **Liver (14.0 cm) is normal in size and shows diffuse increased echogenicity.** No focal lesion detected to the extent imaged. No IHBR / EHBR dilatation. CBD is not dilated.
- ◆ **Gall Bladder** is well distended and has normal wall thickness. No calculi detected to the extent imaged.
- ◆ **Spleen (10.5 cm span)** is normal in size and echotexture. No focal lesion detected to the extent imaged.
- ◆ **Pancreas** - Visualized part of pancreas is normal in size and echotexture.
- ◆ **Both kidneys** are normal in size, shape, position and echotexture. Corticomedullary differentiation is maintained. No focal mass detected to the extent imaged.
Right Kidney measures: 10.7 cm. No dilatation of pelvicalyceal system in the present study. No calculi seen to the extent imaged.
Left Kidney measures: 10.9 cm. No dilatation of pelvicalyceal system in the present study. No calculi seen to the extent imaged.
- ◆ **HRUSG reveals,** no significant mass formation / collection to the extent imaged.
- ◆ **Urinary Bladder** is well distended and echoes free contents. There is no evidence of calculi to the extent imaged.
- ◆ **Prostate:** is normal in size (volume ~ 20 cc) and echotexture. No obvious focal lesion.
- ◆ No ascites.

IMPRESSION

- ✧ Diffuse grade I fatty liver.
- ✧ No other obvious abnormality detected in the present study.
- ➔ Correlate clinically.


Dr. Akhila D MBBS, DMRD, FRCR (London)
 Consultant Radiologist

Siddu



DEPARTMENT OF NUTRITION AND DIETETICS

Patient details <i>Keemath. U</i>		
Name: <i>Keemath. U</i>	Height:	
Age/Sex: <i>55Y/M</i>	Weight:	BMI:
Clinical findings:		
Total calories:		
Proteins:	Fats:	Carbs:

ಅಹಾರ ಕ್ರಮ

ಬೆಳಿಗ್ಗೆ 6.30 - 7.00AM

- ನೆನೆಸಿದ ಮೆಂತ್ಯಕಾಳು / ಮೊಳಕೆಯೊಡೆದ ಮೆಂತ್ಯಕಾಳು - 1-2 ಚಮಚ
- ಚಕ್ಕೆ ಟೀ / ಧನಿಯ ಟೀ / ಅಲೋವೆರ ಜ್ಯೂಸ್ (ಸಕ್ಕರೆ ರಹಿತ) - 1 ಲೋಟ

ತಿಂಡಿ (ಯಾವುದಾದರೂ ಒಂದು)

- ಮಿಲ್ಕೆಟ್ ದೋಸೆ / ರಾಗಿ ದೋಸೆ / ಓಟ್ಸ್ ದೋಸೆ / ಬಾರ್ಲಿ ದೋಸೆ *1 1/2*
- ಓಟ್ಸ್ ಇಡ್ಲಿ / ರಾಗಿ ಇಡ್ಲಿ / ರವೆ ಇಡ್ಲಿ *1 1/2*
- ಚಪಾತಿ/ ರೊಟ್ಟಿ (ರಾಗಿ,ಜೋಳ) / ರಾಗಿ ತಾಳಿಪಟ್ಟು + ಪಲ್ಯ/ ಸಾಂಬಾರ್/ ಸಾಗು/ ಚಟ್ನಿ - 1 ಕಪ್
- ಓಟ್ಸ್ ಉಪ್ಪಿಟ್ಟು / ಗೋಧಿ ರವೆ ಉಪ್ಪಿಟ್ಟು / ಅವಲಕ್ಕಿ / ಕಿಚಡಿ (ಮಿಲ್ಕೆಟ್ಸ್ ಜೊತೆ) *1* ಕಪ್
+ ಕಾಫಿ/ ಟೀ/ ಕಷಾಯ/ ಹಾಲು - 1 ಲೋಟ

11-11.30 ಗಂಟೆಗೆ

- ಹಣ್ಣು *4* ಪೀಸ್
- ಮೊಟ್ಟೆಬಿಳಿ ಭಾಗ *1* ಅಥವಾ ಮೊಳಕೆಯೊಡೆದ ಕಾಳು *1* ಕಪ್

*ನೂರ ಶಾಖಾ / ಬಹು ಲೋಟಾ ಶಾಖಾ
ಬ್ಯಾಕ್ - 19/5*



ಮಧ್ಯಾಹ್ನ ಊಟ

- ಕೆಂಪಕ್ಕಿ ಅನ್ನ/ ಗೋಧಿ ನುಚ್ಚಿನ ಅನ್ನ/ನವಣೆ ಅಕ್ಕಿ ಅನ್ನ/ ಬಿಸಿಬೆಳೆ ಬಾತ್ / ಪಲಾವ್...../.....ಕಪ್
ಅಥವಾ ಮುದ್ದೆ - 1
+ ಪಲ್ಯ (ತರಕಾರಿ/ ಸೊಪ್ಪು + ಕಾಳು/ ಬೇಳೆ) / ಸಲಾಡ್ / ಕೋಸಂಬರಿ - 1 ಕಪ್
- ತರಕಾರಿ ಸಾಂಬಾರ್ / ರಸಂ / ಚಿಕನ್ ಸಾರು / ಮೀನಿನ ಸಾರು - 1 ಕಪ್
- ಮೊಸರು/ಮಜ್ಜಿಗೆ - 1 ಸಣ್ಣ ಕಪ್ / 1 ಲೋಟ

ನಂಜೆ

- ಅವಲಕ್ಕಿ/ ಮಂಡಕ್ಕಿ / ಕಾಳಿನ ಉಸಳಿ / ತರಕಾರಿ ಸಲಾಡ್ / ತರಕಾರಿ ಸೂಪ್ (ಉಪ್ಪು ರಹಿತ)
..... ಕಪ್ + ನೆನೆಸಿದ ಬಾದಾಮಿ / ವಾಲ್ನಟ್ಸ್ / ಪಿಸ್ತಾ -
+ ಹಾಲು - 1 ಲೋಟ

ರಾತ್ರಿ ಊಟ

- ಮಿಲೆಟ್ ರೊಟ್ಟಿ/ ಚಪಾತಿ/ ರಾಗಿ ರೊಟ್ಟಿ/ ಪಾಲಕ್ ಚಪಾತಿ/ ಮೆಂತ್ಯ ಸೊಪ್ಪಿನ ಚಪಾತಿ.....
ಅಥವಾ ಮುದ್ದೆ - 1
- ಸೊಪ್ಪಿನ ಪಲ್ಯ/ ತರಕಾರಿ ಪಲ್ಯ/ ತರಕಾರಿ ಸಾಗು / ಚಿಕನ್ ಸಾರು / ಮೀನಿನ ಸಾರು - 1 ಕಪ್

ಮಲಗುವ ಮುಂಚೆ

- ಅರಿಶಿನದ ಹಾಲು - 1 ಲೋಟ

ತಿನ್ನಬಹುದಾದ ಆಹಾರಗಳು:

- ಕೆಂಪಕ್ಕಿ, ಗೋಧಿ, ಗೋಧಿ ನುಚ್ಚು, ಚೋಳ, ಮಿಲ್ಲೆಟ್ಸ್ (ಸಿರಿಧಾನ್ಯ) - ರಾಗಿ, ನವಣೆ, ಓಟ್ಸ್, ಬಾರ್ಲಿ, ಸಜ್ಜೆ, ಸಾಮೆ, ಅರ್ಕ, ಕೊರಲೆ, ಬರಗು, ಊದಲು
- ಕಡಲೆ ಕಾಳು, ಹೆಸರು ಕಾಳು, ಅವರೆಕಾಳು, ಹುರಳಿಕಾಳು, ಅಲಸಂದೆ ಕಾಳು, ಸೋಯ ಚಂಕ್ಸ್ ಹಾಗೂ ಎಲ್ಲಾ ತರಹದ ಬೇಳೆ-ಕಾಳುಗಳು
- ಕೊಬ್ಬಿನಾಂಶ ಕಡಿಮೆಯಿರುವ ಹಾಲು ಮತ್ತು ಹಾಲಿನ ಉತ್ಪನ್ನಗಳು
- ಈರುಳ್ಳಿ, ಬೆಳ್ಳುಳ್ಳಿ, ಮೂಲಂಗಿ, ಹಸಿಯಾದ ಕ್ಯಾರೆಟ್.
- ಎಲ್ಲಾ ತರಹದ ಸೊಪ್ಪುಗಳು- ಸಬ್ಬಸ್ಕೆ ಸೊಪ್ಪು, ದಂಟಿನ ಸೊಪ್ಪು, ಕರಿಬೇವಿನ ಸೊಪ್ಪು, ಕೊತ್ತಂಬರಿ ಸೊಪ್ಪು, ನುಗ್ಗೆ ಸೊಪ್ಪು, ಪಾಲಕ್ ಸೊಪ್ಪು, ಮೆಂತ್ಯಾ ಸೊಪ್ಪು, ಹೂ ಕೋಸು, ಎಲೆ ಕೋಸು, ನವಿಲು ಕೋಸು

- **ತರಕಾರಿಗಳು:** ಬೀನ್ಸ್, ಬಾಳೆ ದಿಂಡು, ಜವಳಿ ಕಾಯಿ, ಬದನೆ ಕಾಯಿ, ಸೋರೆ ಕಾಯಿ, ಹೀರೇ ಕಾಯಿ, ಪಡವಲ ಕಾಯಿ, ಸೀಮೆ ಬದನೆಕಾಯಿ, ಟಮೋಟೊ, ಸೌತೆಕಾಯಿ, ಮಂಗಳೂರು ಸೌತೆಕಾಯಿ, ಸೋರೆಕಾಯಿ, ತೊಂಡೆ ಕಾಯಿ, ಬೆಂಡೆ ಕಾಯಿ, ಬೂದ ಕುಂಬಳಕಾಯಿ, ದಪ್ಪ ಮೆಣಸಿನಕಾಯಿ
- **ಹಣ್ಣುಗಳು:** ನೆಲ್ಲಿಕಾಯಿ (ಅಮ್ಲ), ಕಿವಿ, ಸೇಬು, ಪಪಾಯಿ, ಕಿತ್ತಳೆ, ಮೋಸಂಬಿ, ಸೀಬೆ ಕಾಯಿ, ಬನಸ್ಸತ್ತೆ, ಮರಸೇಬು, ಬೇಲದ ಹಣ್ಣು (ಬೆಲ್ಲದ ಹಣ್ಣು), ಬೆಣ್ಣೆ ಹಣ್ಣು (ಬಟರ್ ಫ್ರೂಟ್), ನಿಂಬೆ ಹಣ್ಣು, ನೇರಳೆ ಹಣ್ಣು, ದಾಳಿಂಬೆ, ಸ್ವಾಬೆರಿ, ಕಲ್ಲಂಗಡಿ, ಅನಾನಸ್.
- ವಾಲ್ನಟ್ಸ್, ಬಾದಾಮಿ, ಪಿಸ್ತಾ (5-8 ವಾರಕ್ಕೆ 4 ಸಲ) + ಚಿಯಾ ಸೀಡ್ಸ್, ಎಳ್ಳು, ಸೂರ್ಯಕಾಂತಿ ಬೀಜ, ಕಲ್ಲಂಗಡಿ ಹಣ್ಣಿನ ಬೀಜ (1-2 ಚಮಚ ವಾರಕ್ಕೆ 3 ಸಲ) ಅಗಸೆ ಬೀಜ ಪ್ರತಿದಿನ 1 ಚಮಚ

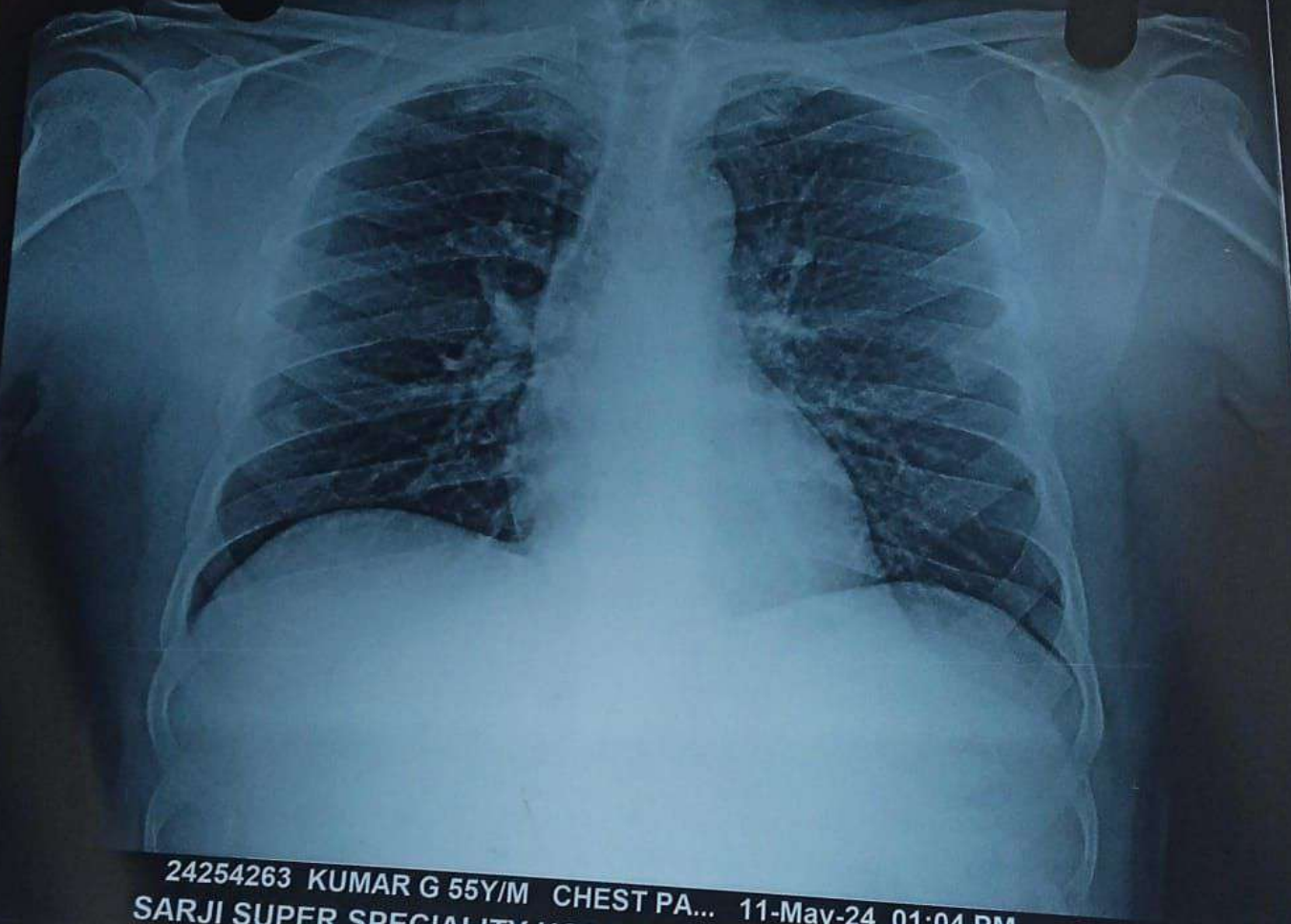
ಮಾಂಸಾಹಾರ:

- ಚಿಕನ್ (ಸ್ಕಿನ್ ಲೆಸ್) ವಾರಕ್ಕೆ 2 ಸಲ - 3-4 ಪೀಸ್
- ಮೀನು (ಭೂತಾಯಿ, ಬಂಗುಡೆ, ಬಯಿಗೇ, ಸೀಗಡಿ) - ವಾರಕ್ಕೆ 3 ಸಲ
- ಮೊಟ್ಟೆ ಬಿಳಿ ಭಾಗ ಮಾತ್ರ.

ತಿನ್ನಬಾರದ / ನೇವಿಸಬಾರದ ಆಹಾರಗಳು

- ಪಾಲಿಶ್ ಮಾಡಿರುವ ಅಕ್ಕಿ (ಬಿಳಿ ಅಕ್ಕಿ), ಮೈದಾ, ಕರ್ನ ಸ್ವಾಚ್ಚ್.
- ಅತೀಹೆಚ್ಚಾದ ಜಿಡ್ಡು ಹಾಗೂ ಎಣ್ಣೆಯಲ್ಲಿ ಕರಿದ ಪದಾರ್ಥಗಳು.
- ಅತಿ ಹೆಚ್ಚಾದ ಹಾಲಿನ ಸೇವನೆ.
- ಸಕ್ಕರೆ, ಬೆಲ್ಲ, ಚೀನು ತುಪ್ಪ, ಜಾಮ್, ಕೆಚಪ್ಸ್, ಕೇಕ್, ಚಾಕೋಲೇಟ್ಸ್ ಹಾಗೂ ಬೇಕರಿ ಉತ್ಪನ್ನಗಳು.
- ಕೆಂಪು ಮಾಂಸಗಳು, ಹಂದಿ ಮಾಂಸ, ಬೀಫ್, ಮಟನ್, ಕಬಾಬ್, ಫಿಶ್ ಫೈ.
- ಸಂರಕ್ಷಿಸಿದ ಆಹಾರ ಪದಾರ್ಥಗಳು **Preserved foods** (ತಯಾರಿಸಿಟ್ಟ ಆಹಾರಗಳು, ಹಪ್ಪಳ, ಉಪ್ಪಿನಕಾಯಿ, ಚಟ್ನಿ, ಒಣಗಿದ ಹಣ್ಣುಗಳು)
- ಒಣಗಿದ ಹಣ್ಣುಗಳು (ಒಣಗಿಸಿ ಸಕ್ಕರೆ ಪಾಕದಲ್ಲಿ ಮುಳುಗಿಸಿಟ್ಟ ಹಣ್ಣುಗಳು)
- ಕಬ್ಬಿನಹಾಲು, ಎಳನೀರು, ಸಿಹಿ ಪಾನೀಯಗಳು, ಜ್ಯೂಸ್ ಹಾಗೂ ಕಾರ್ಬೋನೇಟೆಡ್ ಪಾನೀಯಗಳು
- ಆಲ್ಕೋಹಾಲ್ / ಮದ್ಯಪಾನ
- ಗೆಡ್ಡೆ ಗೆಣಸುಗಳು - ಆಲೂಗಡ್ಡೆ, ಬೀಟ್ರೂಟ್, ಸುವರ್ಣಗೆಡ್ಡೆ, ಬಾಳೆಕಾಯಿ, ಸ್ವೀಟ್ ಕಾರ್ನ್, ಮರಗೆಣಸು, ಸಿಹಿ ಕುಂಬಳಕಾಯಿ (ಚೀಣೆಕಾಯಿ)
- ಹಣ್ಣುಗಳು - ಬಾಳೆಹಣ್ಣು, ಖರ್ಜೂರ, ಸಪೋಟ, ಸೀತಾಫಲ, ಹಲಸಿನ ಹಣ್ಣು, ಮಾವಿನಹಣ್ಣು, ದ್ರಾಕ್ಷಿ,

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