

Piles Diet Chart



Diet Plan for Piles Patients

Sunday	
Breakfast (8:00-8:30A M)	Vegetable Oats Upma 1 cup+ 1/2 cup low-fat milk.
Mid-Meal (11:00-11:30 AM)	plain Yoghurt with raw vegetables / grilled vegetables -1 cup
Lunch (2:00-2:30P M)	1/2 cup rice + 2 medium chappati+1/2 cup Kidney beans curry+ Snake guard subji 1/2 cup+ 1/2 cup Buttermilk

Evening (4:00-4:30P M)	3 biscuits (Nutrchoice or Digestiva or Oatmeal.)
Dinner (8:00-8:30P M)	4 Idli + Sambar 1/2 cup/ 1 tablespoon Green chutney/ Tomato Chutney

Monday

Breakfast (8:00-8:30A M)	4 Idli + Sambar 1/2 cup/ 1 tablespoon Green chutney/ Tomato Chutney
Mid-Meal (11:00-11:30 AM)	green gram sprouts 1 cup
Lunch (2:00-2:30P M)	3 Roti+1/2 cup salad +1/2 cup chicken curry(150 g chicken)+ 1/2 cup cabbage subji+ 1/2 cup Buttermilk
Evening (4:00-4:30P M)	1 Portion fruit(Options: Pears, small Banana, Apple, Prunes, Raspberries, Avocados, Blackberries, Oranges, Apricot, Blueberries.)
Dinner (8:00-8:30P M)	2 Roti/chappati.+ Tomato subji 1/2 cup.

Tuesday

Breakfast (8:00-8:30A M)	2 Slice brown bread.+1 slice low fat cheese + 1/2 cup low fat milk.
Mid-Meal (11:00-11:30AM)	1 Portion fruit(Options: Pears, small Banana, Apple,Prunes, Raspberries,Avacados, Blackberries, Orenge, Apricot, Blueberries.)

Lunch (2:00-2:30P M)	Veg pulav rice 1 cup+ 1/2 cup Soya Chunk curry+ 1/2 cup Low fat curd.
Evening (4:00-4:30P M)	3 wheat rusk.
Dinner (8:00-8:30P M)	Broken wheat upma 1 cup+ 1/2 cup green beans subji

Wednesday

Breakfast (8:00-8:30A M)	Mix veg Poha 1 cup+ 1/2 cup low fat milk.
Mid-Meal (11:00-11:30AM)	1 Portion fruit(Options: Pears, small Banana, Apple,Prunes, Raspberries,Avacados, Blackberries, Orenge, Apricot, Blueberries.)
Lunch (2:00-2:30P M)	3 Chappati+ 1/2 cup cluster beans subji+small cup low fat curd
Evening (4:00-4:30P M)	1 cup boiled channa.
Dinner (8:00-8:30P M)	2 Roti / chappathi+Ridge guard subji 1/2 cup.

Thursday

Breakfast (8:00-8:30A M)	Utappam 2+ 1 tbs green chutney.
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Mid-Meal (11:00-11:30 AM)	1 cup lentil soup
Lunch (2:00-2:30PM)	1.5 cup rice+ Soya chunk curry 1/2 cup+ Ladies finger subji 1/2 cup+ 1/2 cup Buttermilk.
Evening (4:00-4:30PM)	1 Portion fruit(Options: Pears, small Banana, Apple, Prunes, Raspberries, Avacados, Blackberries, Orenge, Apricot, Blueberries.)
Dinner (8:00-8:30PM)	Broken wheat upma 1 cup+ 1/2 cup green beans subji

Friday

Breakfast (8:00-8:30AM)	Chappati 3 + 1/2 cup Potato green peas curry.
Mid-Meal (11:00-11:30 AM)	1 cup lentil soup
Lunch (2:00-2:30PM)	1.5 cup rice+ 1/2 cup Dhal(properly cooked)+ Palak subji 1/2 cup+ 1/2 cup Buttermilk.
Evening (4:00-4:30PM)	1 Portion fruit(Options: Pears, small Banana, Apple, Prunes, Raspberries, Avacados, Blackberries, Orenge, Apricot, Blueberries.)
Dinner (8:00-8:30PM)	2 Roti / chappati.+ Tomato subji 1/2 cup.

Saturday

Breakfast (8:00-8:30A M)	Methi Parata 2+ 1 tbs green chutney.
Mid-Meal (11:00-11:3 0AM)	1 Portion fruit(Options: Pears, small Banana, Apple,Prunes, Raspberries,Avacados, Blackberries, Orenges, Apricot, Blueberries.)
Lunch (2:00-2:30P M)	1.5 cup rice+ chicken curry(150 gm chicken+ 1 cup cucumber salad.
Evening (4:00-4:30P M)	Brown rice flakes poha 1 cup.
Dinner (8:00-8:30P M)	Wheat dosa 3 + 1/2 cup Bitter guard subji.

Do's And Dont's in Diet Plan in Piles Problem

Do's:

1. Drink lots of fluids to avoid constipation.
2. Exercise regularly. In pregnancy, exercise under appropriate guidance and supervision.
3. Lose weight, if overweight.
4. Don't end up with heavy meals.

Don'ts: Do in Piles diet plan

1. Avoid spicy, hot curries.
2. Avoid regular use of laxatives.

3. Avoid too much coffee and alcohol
4. Don't sit in the toilet for long periods and don't strain for stools.
5. Avoid prolonged sitting at work. Get up and move around periodically.

Food Items You Can Easily Consume Piles Diet

1. Whole unrefined grains such as oat bran whole wheat, brown rice, dried bean, barley, and lentils.
2. Beans such as chickpeas, peas, baked beans, and kidney beans.
3. Fruits including Apples, Oranges, Peaches, Raspberries, Pears, Papaya, Melons, and properly ripe Banana. All different vegetables.

Please call us for any query or get more diet charts by visiting our website:

<https://drdeepikashomeopathy.com/all-diet-charts/>

Thanks & Regard

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