

Dengue Diet Chart

Morning (Empty Stomach)

- Green Tea
- Orange/kiwi /mosami juice
- Herbal Tea
- Papaya green leafs juice empty stomach (papaya juice from 50 grams of papaya leaves)
- Lemon Water
- Coconut water

Evening

- Ginger Tea/ Coffee
- Fruits bowl (papaya ,dragon fruit ,kiwi)
- dryfruits
- Mix Vegetable Soup

Lunch / Dinner

Acute Phase

- Veg. khichdi with curd
- Lauki handwo
- Veg. khichdi with curd
- Khichdi kadhī ,
- Dal rice + vegetable soup

Initial Phase

- Rice with Green Vegetables ,
- Well cooked Dalia khichdi,
- with butter milk
- Vegetable moong dal chilla with low fat curd
- Rice with mix dal
- Rice with curd

Recovery phase

- Jowar Bajri Ragi Roti with sabji
- Veg. khichdi with curd
- Lauki handwo
- Jowar Bajri Ragi Roti with sabji
- Mix.dal Handwa / Dhokla /Muthiya+curd
- Mix. Veg. paratha with curd
- Bed time – dark chocolate /dry fruits/turmeric milk



Breakfast

Acute phase

- Mix vegetable Poha
- Mix vegetable Upma
- Mix vegetable suji Uttapa (soft)
- Green leaf papaya juice empty stomach
- Whole wheat bread with milk

Initial phase

- Boiled eggs
- Boiled pulses with butter milk
- Vegetable soup
- Sprouts bowl

Recovery phase

- Jowar bajri roti (soft) or paratha
- Idli 2 to 4 piece with coconut chutney
- Poha ,oats ,dhokla
- Mix vegetable Upma
- Mix vegetable suji Uttapa (soft)
- Omlet
- Boil eggs



Foods to Focus On:

- **Hydration:** Water, coconut water, clear broths, and oral rehydration solutions (ORS) are essential to prevent dehydration. Please drink 3-4 liters per day.
- **Easily Digestible Foods:** White rice,RICE BASED ITEMS ,MUNG DAL, WELL BOILED egg WHITE , CURD, and well-cooked vegetables like carrots and potato.
- **Protein Sources:** Boiled eggs, and mashed dal AND CURD.
- **Vitamin C Rich Fruits:** Papaya, guava, and strawberries/black berries can help boost the immune system.
- **Fruits and Vegetables:** Incorporate a variety of fruits and vegetables, especially those rich in vitamins and minerals, like leafy greens.
- **Nuts and Seeds:** A handful of nuts and seeds can provide healthy fats and protein. .
- **Papaya leaf juice.** (30 ml)



Foods to Avoid

- **Oily and Fried Foods:** These can be difficult to digest and may exacerbate nausea or vomiting.
- **Spicy Foods:** Spices can irritate the stomach and potentially lead to bleeding.
- **Sugary Drinks and Processed Foods:** These can dehydrate the body and interfere with recovery.
- **Red Meat:** Non-vegetarian options like red meat are generally discouraged due to their difficulty.