

Fever / Viral Diet Chart

Morning (Empty Stomach)

- Tea / Coffee
- Green Tea / Herbal tea
- Ginger or Mint tea
- Pomegranate juice
- Lemon water
- Coconut water

Evening

- Tea with Roasted Chana
- Coffee with Dry Fruits
- Herbal Tea with Roasted Peanuts
- Green leafy vegetable soup or Boiled vegetables
- Fruit Bowl / Mashed Fruits
- Coconut water

Lunch / Dinner

Acute Phase

- Khichdi with Curd
- Lauki Millets Paratha
- Milk with Poha
- Khichdi Kadhi or Curd
- Dal Rice + Vegetable soup
- Vermicelli Pulav, Tofu Salad
- Mutter Pulav, Curd Rice, Oats Soup

Recovery phase

- Millets Roti with Sabji
- khichdi with Curd
- Lauki Handwo
- Jowar Bajri Ragi Roti with Sabji
- Mix dal (Handwa/ Dhokla / Muthiya) with curd.
- Veg. Parantha with Curd

Initial Phase

- Rice with Green Vegetables
- Well-cooked Dalia khichdi, with Buttermilk
- Vegetable Moong Dal Chilla with low-fat curd
- Rice with Mixed Dal
- Rice with Curd



Breakfast

Acute Phase

- Poha with Spinach Mint Coriander Soup
- Upma with Vegetable Soup
- Dhokla with Carrot Beet Soup
- Sprouts Bowl
- Boil Eggs

Recovery Phase day 6-7

- Idlis 2 to 4 pieces with Coconut Chutney
- Poha, Oats, Dhokla
- Mix Vegetable Upma
- Mix Vegetable Suji Uttapam (soft)
- Omlet

Initial Phase

- Vegetable Dalia
- Fruit Bowl
- Boil Moong with Lemon Coriander Soup
- Mug Dal Chilla



Foods to Focus On:

- **Hydration:** Water, Coconut water, Clear broths and Oral Rehydration Solutions (ORS) are crucial for preventing dehydration. Please drink 3-4 liters per day.
- **Easily Digestible Foods:** White rice, Rice based items, Moong Dal, well-boiled Egg White, Curd, and well-cooked vegetables like carrots and potatoes.
- **Protein Sources:** Boiled Eggs, Mashed Dal and Curd.
- **Vitamin C Rich Fruits:** Papaya, guava, strawberries and all other berries can help to 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.

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 offer little nutritional value and may worsen symptoms.
- **Red Meat:** Non-vegetarian options like red meat are generally discouraged due to their difficulty.
- **Caffeinated and Alcoholic Beverages:** These can dehydrate the body and interfere with recovery.