

Hepatitis Diet Chart

Morning (Empty Stomach)

- Tea / Coffee
- Turmeric Milk
- Lemon Water
- Ginger Tea



Breakfast

Acute Phase

- Rice Dhokla
- Boiled Moong
- Green leafy Vegetable soup + Dalia + Curd
- Chana bowl + Dahi / Raita
- Idlis 2 to 4 pieces with Coconut chutney

Recovery Phase

- Boil Eggs
- Soaked Dryfruits
- Omlet 2
- Green leafy vegetable soup + oats +
- Fruit bowl (oranges, papaya, apple, strawberries, pomegranate, berries)

Initial Phase

- Vegetable Poha + Fruits
- Upma
- Uttapam
- Fruit juice (Pomegranate Juice, Cranberry Juice, Grape Juice and Tomato Juice)
- Soaked Kaju, Badam, Pista Dry fruits



Evening

- Ginger Tea / Coffee
- Green Vegetable Soup
- Coconut water
- Lemon Water
- Fruit Juice/ Prune Juice
- Tomato Juice
- Roasted Chana, Singdana



Lunch / Dinner

Acute Phase

- Oats + Curd
- Mix vegetable soft Dalia khichdi
- Khichdi + Kadhi
- Lauki handvo

Initial Phase

- Rice with mixed dal
- Boiled Vegetables + Handwa / Dhokla / Muthiya + Curd, Soft Methi and Palak Puda
- Rice + Moong Dal Khaman

Recovery phase

- Daliya with sunflower seeds or pumpkin seeds
- Green sabji roti, Aloo paratha and Curd rice
- Jowar Bajri Ragi Roti / Rice with All green vegetables Sabji, Green Sabji, Curd and Salad.
- Jowar Bajri Ragi Roti / Rice with Rajma / Vaal / Chana / Kathor, Sabji, Curd, Boil Salad
- Lauki pudla, Lauki paratha, Thepla, Oats and Soft khichdi with curd
- Khichdi + Kadhi

Foods to Focus On:

- **Hydration:** Water, Coconut water, Clear broths, and Oral Rehydration Solutions (ORS) are crucial for preventing dehydration. Take lots of water, Plain or Lemon, with or without salt.
- **Easily Digestible Foods:** White rice, Rice and Mung Dal based Items, Well Boiled Egg white, Curd and well-cooked vegetables like Carrots, Potatoes and Lauki.
- **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, broccoli, and berries. Avoid fruit Juices, use mashed fruit instead.
- **Nuts and Seeds:** A handful of nuts and seeds can provide healthy fats and protein.
- You feel hungry in morning and less in evening, so take more food in the morning time.
- If you feel hungry in between meals, then take fruits, vegetables in mashed form. Soup, boiled or some rice-based item.
- If you are vomiting, take an anti-vomiting tablet before food
- Contact your doctor for vomiting.

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.