

Personalized Diet Chart

Patient: **James Wilson** | Condition: **Hypotension**

BREAKFAST

Dried Dates
Raisins
Figs
Eggs
Bread

Pistachio
Mango Jam
Apple
Lychee

LUNCH

White chickpeas
Bread
Carrot
Radish
Melon
Water Mellon

Meat of Cow
Chicken
Potatos
Rice
Turnip

DINNER

Bread
All Lunch Items

NORMALLY PROHIBITED

Bananas
Oranges
Onion
Red Chilli

Pine Apple
Corn
Phalsa

STRICTLY PROHIBITED

All Sour Items
Fenugreek
Ladyfinger
Apple Gourd
Moong Pulse

Mulberry
Apricot
Peaches
Walnut

GENERAL INSTRUCTIONS

1. Do not take food before 6 hours interval
2. Take exercise on daily basis
3. keep yourself stick to your spouse only
4. Try to avoid bakery items
5. Try to avoid drinking
6. Try to avoid smoking
7. Take medicine on time