



ORANGE DENTAL AND ENT CARE CENTER

30K, Ramkrishna Samadhi Road, Opposite Kankurgachi Bara Park

(Near Charring Cross Nursing Home), Kolkata- 700054.

Helpline – 9007511115, E-mail – info@orangedentalandent.com

Website – www.orangedentalandent.com, www.snoreandsinus.com

Dr. Uttam Agarwal

MBBS, MNAMS, DLO (CAL), DNB (ENT) ,Consultant ENT and Sleep Apnea Surgeon

DIET CHART FOR OSA/OBESITY

CONTINUE

Normal Water/ Warm water
Alcohol (0 - 60 ml/day)
Plain pan/ Clove/Cardamom
Green tea/Black tea/lemon tea
Boiled food/Non-spicy thin gravy
Raisin/Apricot
Less sugar/jam/jelly/molasses/honey
Chicken/Fish (Whole weight 2kgs)
Boiled /water fried egg white (2/day)
Double toned milk & milk products
All vegetable except
All fruits except
Rice/rice noodle (1 small bowl/day)
Roti/chapatti/bread(2 pcs/day)/chowmein
Corn/corn flakes/corn flour/corn soup
Oats/saboo/great millet/pearl millet
Creamcracker biscuits
Sweets with less sugar (1/day)

AVOID

Cold drinks/Ice cream/Cold water
Alcohol(>60 ML/DAY) , Tobacco chewing, smoking
Zarda/catechunut/Limestone powder
Black coffee/Coffee with milk/Tea with milk
Fried food/smoked food/spicy thick gravy
peanut/almond/walnut/cashewnut/ Pistachio
Ghee/butter/cheese/mayoniese/cream/sugarfree
mutton/beef/pork/duck/jungle fowl/Turkey
egg yolk/fried eggs/fried boiled eggs
other milk and milk products(e.g. Paneer)
potato/pumpkin/ripe jack fruit/papaya
banana/mango/coconut
puffed rice(muri)/flattened rice(chiwda)
puri/bhatora/paratha/pasta/pizza/ Dalia
cheese pop corn/caramel pop corn
multigrain biscuits/ nutritional/Supplements
cookies/other biscuits
sweets with more sugar