

OSTEOARTHRITIS **DISEASE**



PATIENT DIET



► DIET TIPS FOR OSTEOARTHRITIS PATIENT

Human body needs energy to be alive and work normally, it will get through nutrient i: e carbohydrates, fats, proteins. Minerals and vitamins. A healthy diet is required to help the body to fight against foreign particle which can prevent from the disease.

A balance food is very important to achieve maximum health benefit, which can be get through bread, rice, Vegetables, fresh fruits, dry fruits, Non –Veg, Milk and their product.

Good Diet is Very essential for being healthy whole life. It's the good nutrition only which builds up a healthy and strong human system. If you are suffering from OSTEOARTHRITIS disease then your immune system might got weak, the diet tips given below helps you to chose that what is safe to eat and what's not. These Diet guidelines should be followed by patient to make their health better as well as trying to stop the progression in their disease.

VEGETABLES :-

- CABBAGE
- SPINACH
- BEANS
- TURNIP
- CAULIFLOWER (In Less Quantity)
- BROCOLI (In Less Quantity)
- PEAS
- GARLIC

FRUITS:-

- BANANA
- GUAVA
- KIWI
- PAPAYA
- DATES
- DRIED FIGS

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- PINEAPPLE
 - ORANGES
 - BERRIES

- PAPAYA
- GRAPES
- GUAVA

PULSES:-

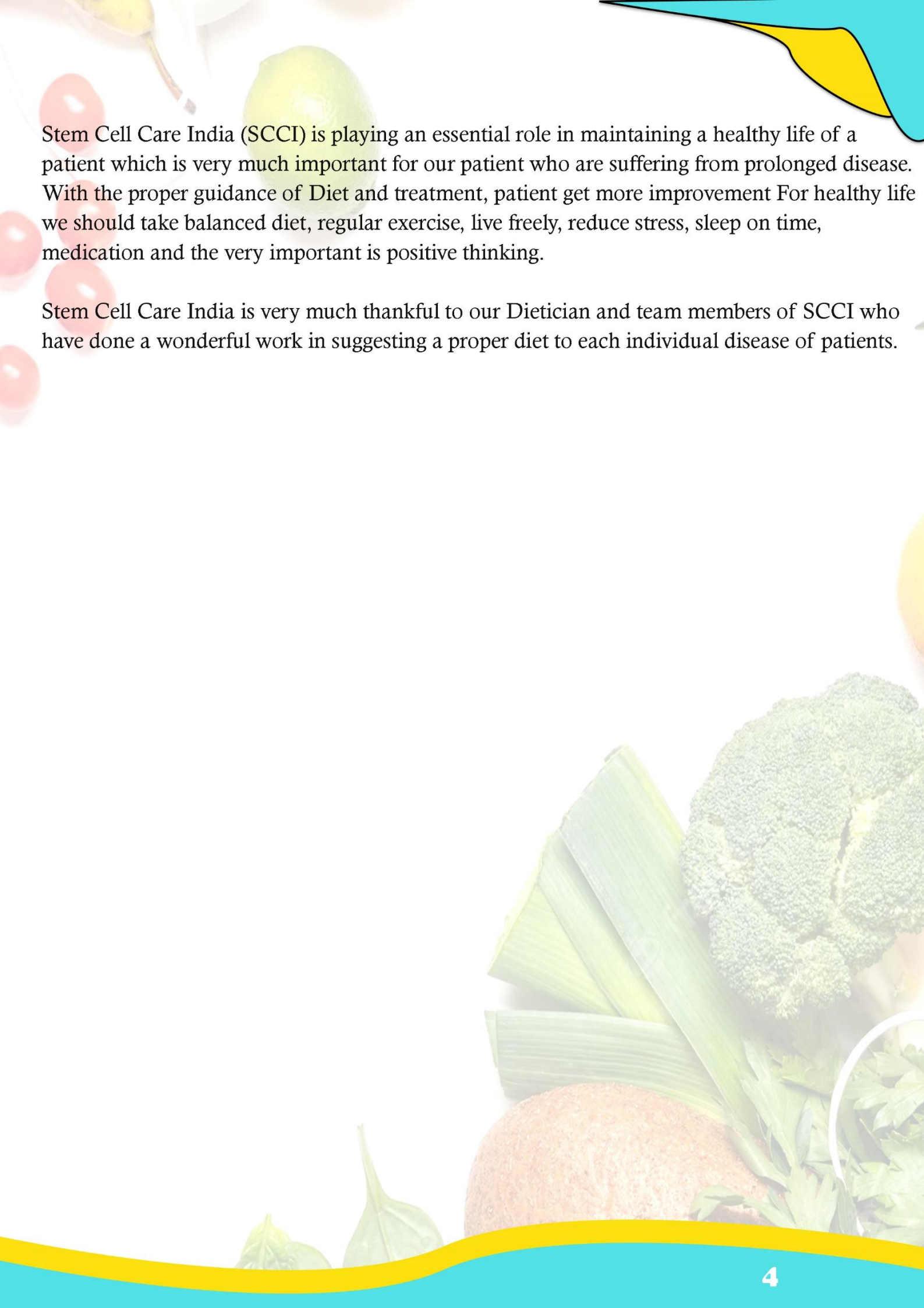
- GREENGRAM (MOONG DAL)
- ORANGE LENTILS (MASOOR DAL)
- FENNEL
- CUMIN
- TURMERIC
- CORIANDER
- GINGER
- FENUGREEK

NON VEG:-

- EGGS
- SEA FOOD LIKE SALMON, COD AND SHRIMP

OTHER FOOD PRODUCTS:-

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- TOFU
 - ASPARGUS
 - YOGHURT
 - SWEET POTATOES
 - LETTUCE
 - GREEN TEA
 - PEPPERMINT LEAVES
 - PEANUT BUTTER
 - WHOLE GRAIN BREAD
 - SUNFLOWER SEEDS AND FLAXSEEDS
 - RED MEAT
 - AVACADO
 - OMEGA 3 FATTY ACID

The background of the page is decorated with various fruits and vegetables. In the top left, there are red tomatoes and a yellow lemon. In the top right, there is a yellow and blue abstract shape. In the bottom right, there is a large image of green broccoli, a green leek, and a brown sweet potato. A yellow and blue wavy border is at the bottom of the page.

Stem Cell Care India (SCCI) is playing an essential role in maintaining a healthy life of a patient which is very much important for our patient who are suffering from prolonged disease. With the proper guidance of Diet and treatment, patient get more improvement For healthy life we should take balanced diet, regular exercise, live freely, reduce stress, sleep on time, medication and the very important is positive thinking.

Stem Cell Care India is very much thankful to our Dietician and team members of SCCI who have done a wonderful work in suggesting a proper diet to each individual disease of patients.



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