

Tender

For

OUTSOURCING OF DIETARY SERVICES

At

All India Institute of Medical Sciences, Jodhpur

NIT Issue Date	: 30th July, 2020
NIT No.	: Admn/Tender/36/2020-AIIMS.JDH
Pre-Bid Meeting	: 10th August, 2020 at 03:30 PM
Last Date of Submission	: 31st August, 2020 at 03:00 PM
Bid opening	: 01st September, 2020 at 03:15 P.M

Tender documents may be downloaded from institute's web site www.aiimsjodhpur.edu.in (for reference only) and CPPP site <https://eprocure.gov.in/eprocure/app>



All India Institute of Medical Sciences, Jodhpur

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All India Institute of Medical Sciences (AIIMS), Jodhpur, Rajasthan, an apex healthcare Institute being established by Act of Parliament of India under aegis of Health & Family Welfare, Government of India, invites online tenders for outsourcing of dietary services at AIIMS, Jodhpur. You are requested to quote your best offer along with the complete details of specifications, terms & conditions.

Terms & Conditions:

Instructions:

1. **Bids shall be submitted online only at CPPP website: <https://eprocure.gov.in/eprocure/app>.**
2. The complete bidding process in online. Bidders should be possession of valid digital Signature Certificate (DSC) of class II or III for online submission of bids. Prior to bidding DSC need to be registered on the website mentioned above. For free of cost training of e-bidding process, if required, and for any other assistance bidder may contact to the helpdesk at 0291-2740741.
3. **Tenderer/Contractor are advised to follow the instructions provided in the ‘Instructions to the Contractors/Tenderer for the e-submission of the bids online through the Central Public Procurement Portal for e Procurement at <https://eprocure.gov.in/eprocure/app>’.**
4. Bid documents may be scanned with 100 dpi with black and white option which helps in reducing size of the scanned document.
5. **EMD Payment:**

The bidder shall be required to submit the Earnest Money Deposit (EMD) for an amount of Rs. 20,00,000/- (Rupees Twenty Lakhs only) by way of demand drafts or Bank Guarantee only. The demand drafts shall be drawn in favour of “**All India Institute of Medical Sciences, Jodhpur**” payable at Jodhpur only. **The demand drafts or Bank Guarantee for earnest money deposit must delivered to the AIIMS, Jodhpur on or before last date of bid submission date/time.** The EMD of the successful bidder shall be returned after the successful submission of Bank Guarantee/ Security Deposit and for unsuccessful bidder(s) it would be returned after award of the contract. Bid(s) received without demand drafts of EMD will be rejected.

The firms who are registered with National Small Industries Corporation (NSIC) / OR Small Scale Industrial (SSI)/ MSME are exempted to submit the EMD (copy of registration must be provide along with).

The Hard Copy of original instruments in respect of earnest money deposit must be delivered to the AIIMS, Jodhpur on or before last date of bid submission date/time as mentioned. Tenderer shall likely to be liable for legal action for non-submission of original payment instrument like DD, etc. against the submitted bid.
6. **Submission of Tender:**

The tender shall be submitted online in Two part, viz., technical bid and financial bid. All the pages of bid being submitted must be signed and sequentially numbered by the bidder irrespective of nature of content of the documents before uploading.

The offers submitted by Telegram/Fax/email shall not be considered. No correspondence will be entertained in this matter.

Technical Bid

The following documents are to be furnished by the Contractor along with **Technical Bid** as per the tender document:

- i) Signed and Scanned copy of valid registration certificate (NSIC/ SSI/ MSME), earnest money deposit, experience certificate as per the tender notice, PAN, GST registration certificate and Tender Acceptance Letter.

Scope of Work:

- 1 Purchasing, Storing, Processing, cooking and serving of food and therapeutic diets to all indoor patients as required by AIIMS, Jodhpur.
- 2 The number of daily diets for indoor patients shall be as per occupancy of beds in the ward of AIIMS, Jodhpur on actual basis.
- 3 The diet shall be supplied to the in – patients as per the Annexure- A, B appended and at such place and time in the Hospital as may be decided by the AIIMS, Jodhpur from time -to-time.
- 4 **The disposables etc. for the packed food shall be of excellent quality with good hygiene and in a presentable manner and of bio-degradable material.** The contractor shall provide disposable items required for serving food.
- 5 The food items supplied shall be contamination-free, palatable and fresh. No left-over or balance food item shall be served.
- 6 The catering contractor service will include:- a) Regular procurements of all quality foods items and accessories as per requirement (list enclosed as Annexure V) b) Proper storage, daily use of meal wise ration as per schedule, processing & proper food production as per instructions from AIIMS, Jodhpur Dietician/officials. c) Bulk Food and individual meals and their distribution bed wise & room wise, Patients diet thali is to be tagged as per meal type (veg/ non veg) type of diet for example: diabetic diet/ semi solid diet etc.
- 7 Using brands not mentioned in the list provided (Annexure V) without prior permission from Dietician/ Committee may lead to penalty.
- 8 For cooking purpose safe drinking water /filtered as standard norms should be used for cooking food.
- 9 Food Timings should be strictly adhered to as advised by the Dietician/AIIMS officials and mentioned in Annexure I and IV. Delay of food will lead to non-agreement of contract and further implications of penalty or necessary action by the AIIMS authorities.
- 10 Additional meal/meals (if required) not covered under Annexure I and IV shall be supplied by the tenderer and payment shall be made as mutually agreed.
- 11 The tenderer will be required to give one extra meal per day for monitoring the quality of food by Dietician/ Medical Officer/ Nursing staff, vegetarian and non-vegetarian food should be cooked and served separately with proper slips as tags on them.
- 12 In the event of contractor failing to execute the Patient's Dietary Service under contract in whole or in part an alternative arrangement will be made by the AIIMS, Jodhpur totally at the risk and cost of contractor limited to the performance guarantee.
- 13 If the contractor fails to provide food at the given time and plan or food provided is of a sub-standard or quality not acceptable as reported by dietitian/staff nurse for the number of diets in question, AIIMS, Jodhpur will recover a penalty so levied @ the rate of 4 times of diet rate mentioned in contract.

Terms & Conditions:

A. General Conditions:

1. Pre-bid meeting shall be held in the AIIMS, Jodhpur to clarify any queries of the tenderer on 10th August 2020 at 03:30 PM.
2. **Period of Contract:** The contract period shall commence on the date of Commencement and shall remain for 1 year. The period is further extendable for a maximum period of 2 years (1 year at a time) on the same terms and conditions and the rates at which the contract is awarded and will be valid throughout the contract.
3. All the Technical Bid will be scrutinized, by the evaluation committee constituted by the Director to check all relevant documents for their authenticity and the Tenderer whose Technical tenders are

accepted will be informed about the date and time for opening the Financial Bid.

4. No tenderer will be allowed to withdraw after submission of the tenders within the bid validity period otherwise the EMD submitted by the tendering firm would stand forfeited.
5. In case the successful tenderer declines the offer of contract, for whatsoever reason(s), his EMD will be forfeited.
6. A formal contract shall be entered into with the successful tenderer. In this contract, the successful tenderer shall be defined as contractor.
7. The successful tenderer will have to deposit an amount equal to 10% of order value inclusive of GST and should be kept valid by way of Bank Guarantee of scheduled bank in favour of AIIMS, Jodhpur payable at Jodhpur as per the prescribed format attached as Annexure -C valid for 60 days beyond the expiry period of contract.
8. The successful Tenderer will have to deposit the Bank Guarantee and commence the work within 7 days of acceptance of tender otherwise the contract may be cancelled and EMD will be forfeited.
9. The Director, AIIMS, Jodhpur reserves the right to withdraw/relax/modify any of the terms and conditions mentioned in the tender document if it is felt necessary in the benefit of the Institute.
10. The Director, AIIMS, Jodhpur reserves the right to reject all or any tender in whole, or in part, without assigning any reasons thereof.
11. The Director, AIIMS, Jodhpur does not bind itself to accept the lowest rates or any other tender and reserves to itself the authority to reject any or all the tenders received without the assignment of any reason. All tenders in which any of the prescribed condition is not fulfilled or any condition including that of conditional rebate is put forth by the tenderer shall be summarily rejected.
12. The contractor shall bear the cost, if required, necessary insurance cover in respect of staff and other personnel to be employed or engaged by him in connection with the afore mentioned services to AIIMS and shall indemnify AIIMS against all acts of omissions, fault, breaches and or any claim or demand, loss injury and expenses to which AIIMS, Jodhpur may be party or involved as a result of the contractor failure to comply and of the obligation under the relevant act law which the contractor is to follow.
13. The successful bidder/contractor will be required to enter into an Agreement/Contract.
14. The tenderer is advised to visit the site before participating in the tender. The tenderer should assess the volume of business by him. The Institute will not guarantee any minimum/ maximum business.
15. The food service will run on all days including Sundays and Holidays.
16. The contractor will be responsible for maintaining adequate number of persons engaged in cooking/ distribution of food.
17. The bearer / staff (not below the age of 18 years) employed by the contractor shall have to be medically fit and kept neat and clean. The contractor shall not employ young children as prohibited under the law / rules / regulations.
18. The contractor shall be responsible for ensuring safety and maintenance of all the equipment/fixtures installed in the Institute, during the entire period of the contract. If any damage/loss of equipment/fixtures found, then the same will be recovered from the contractor.

19. The contractor shall maintain the Institute premises in good condition and shall not cause any damage thereto. If any damage is caused to the premises by the contractor or his workers, employees or agents the same shall be rectified by the contractor at his own cost either by rectifying the damage or by paying cash compensation as may be determined by the Institute.
20. The contractor and his employees would be governed by the discipline rules as may be laid down by the Institute while they are in the Institute premises.
21. **The technically qualified Bidder who submits the lowest financial bid amount shall be declared as successful bidder (L1) and communication to that effect shall be made subject to approval and as decided by the Competent Authority.**
22. Quality of food/services provided will be inspected/checked periodically from time to time by duly appointed committee and if found unsatisfactory the contract may be cancelled at any time by the Institute with/ without furnishing any notice. The Institute reserves the right to impose a fine, if deemed necessary.
23. The conduct/characters/antecedents and proper bonafide of the workers in the dietary services shall be the sole responsibility of the contractor. However, the contractor should provide the necessary details of all its employees (permanent, temporary, casual) to the Institute. All the employees should be police verified.
24. The contractor will use only the commercial cylinder and ISI marked gas stove for the purpose of cooking.
25. Police verification and worker's identity cards will be compulsory before taking the charge of complementary dietary services. Employees will be in proper uniform provided by the contractor, medically found fit, hygienically suitable, nails trimmed, haircut and shave taken.
26. **As regards quality of materials and preparation, the tenderer shall ensure that:** (a) Food ingredients, additives and materials must be of best quality available in the market, (b) Vegetables, bread, fruits, chicken and other such perishable items should be purchased fresh from the market on daily basis, (c) the Tenderer shall take meticulous care to provide clean and quality food in all preparations, (d) the menu decided by the Dietician /officials should be invariably followed. **The dieticians /AIIMS officials shall have free access to inspect the kitchen /dietary service area at any time on any working day.**
27. The Tenderer shall ensure that the staff engaged by him observes safety precautions and security regulations at the campus.
28. The Tenderer shall not utilize the premises and facilities of the Institute to cater any other client, other than AIIMS, JODHPUR.
29. The tenderer shall not keep the premises of dietary services closed without prior permission from the AIIMS, JODHPUR authority. Also during unexpected circumstance like strike, pandemics, lockdowns etc, dietary services should be continued by the contractor thereby making alternative arrangements if required and ensuring proper and timely arrangement of food for patients. Any such incident shall be treated as breach of contract and suitable action including penalty shall be taken for the same by AIIMS, JODHPUR, as it may deem fit.
30. The contractor shall supply to his workers all gadgets/items required for safety purposes, such as masks, gloves, caps etc. It is also desired that he maintains a FIRST AID BOX in the premises in case of accidents/emergency.

31. The successful bidder should make sure that his work should be as per the guidelines laid by FSSAI (Food Safety and Standards Authority of India).
32. Any attempt at negotiation direct or indirect on the part of the tenderer with the authority to whom he has submitted the tender or the authority who is competent finally to accept it after he has submitted his tender or any endeavour to secure any interest for an actual or prospective tenderer or to influence by any means the acceptance of a particular tender will render the tender liable to exclusion from consideration.
33. The technical evaluation committee may call the responsive bidders for discussion or presentation to facilitate and assess their understanding of the scope of work and its execution. However, the committee shall have sole discretion to call for discussion / presentation.

B. LEGAL TERMS AND CONDITIONS

34. The Tenderer and his staff shall abide by various rules and regulations of AIIMS, JODHPUR as prevalent from time to time.
35. The Tenderer shall comply with all existing labour legislations and Acts, Provisions, such as Contract Labour Regulation Act, Workmen's Compensation Act, Minimum Wages Act, Payment of Wages Act, Provident Fund Act, ESI Act, etc. For any lapse or breach on the part of the Tenderer in respect of non-compliance of any Labour legislation in force during the validity of the contract, the Tenderer would be fully responsible and would indemnify the Institute, in case the Institute is held liable for the lapse if any, in this regard.
36. The Tenderer shall submit to AIIMS, JODHPUR a list of all workers engaged to carry out the dietary work, indicating name, age, home address, qualifications etc. and would also intimate as and when any change takes place. The Tenderer shall not at any time engage any minor to carry out the work under the contract. No unhealthy workers should be allowed to prepare and serve foods. Their periodic health check-ups will be conducted by AIIMS, Jodhpur and after obtaining a fitness certificate to work they should be allowed to work.
37. The Tenderer shall undertake that any act of omission or commission including theft, by his staff shall be his sole responsibility and further that he would compensate the Institute immediately, any loss or damage or theft occurring on account of his staff individually or collectively.
38. AIIMS, JODHPUR would have the right to terminate the contract without notice before the expiry of the term, in case the work performance is not up to the standard, or in case there is any violation of AIIMS, JODHPUR rules & regulations, or if there is any lapse in compliance of any labour legislation, or if there is any incident of indiscipline on the part of the Tenderer or his staff. The decision of AIIMS, JODHPUR's management in this regard would be final and binding on the Tenderer. In such an event, AIIMS, JODHPUR shall have the right to engage any other tenderer to carry out the task.
39. The Tenderer and his staff shall comply with all instructions and directions of the AIIMS, JODHPUR authorities given from time to time. In the event of any emergent situation, the staff of the Tenderer shall comply with instructions given by the AIIMS, JODHPUR authorities, without waiting for confirmation by the Tenderer.
40. The tenderer shall maintain utmost hygiene standards with regards to the food items, utensils for cooking and serving as well as in respect of personnel engaged in cooking and serving food to the satisfaction of AIIMS, Jodhpur and as mandated in the relevant Law (Food & Adulteration Act).
41. All the workers engaged by the Tenderer for carrying out tasks under this contract, shall be deemed to be the employees of the Tenderer only. The tenderer shall be solely responsible for their wages,

fringe benefits, conduct, duty roster, leave-records, relievers, etc. The tenderer shall also provide its Workers photo-identity cards which shall be checked by the AIIMS, JODHPUR, as and when necessary.

42. The successful vendor shall maintain a complaint book in a prominent place in the premises and in such a way that it is easily accessible to any person who wishes to record any complaint and the said book shall be open for inspection by the concerned officer of AIIMS, Jodhpur.

43. The Contractor shall maintain and provide all necessary documentation, registers and records in connection with the performance of dietary services and other related documents including for complying with any statutory requirements and provisions of applicable laws.

44. Noncompliance of any terms and conditions enumerated in the contract shall be treated as breach of contract.

45. The contractor shall ensure that the person deployed are disciplined and conduct in office premises, be best suitable and is entailed on enforce in prohibition of consumption of alcoholic drinks, paan, smoking, loitering without work and engaging in gambling, satta or any immoral act.

46. **Dispute Settlement:** - It is mutually agreed that all differences and disputes arising out of or in connection with this agreement shall be settled by mutual discussions and negotiations if such disputes and differences cannot be settled and resolved by discussions and negotiations then the same shall be referred to the sole Arbitrator appointed by the Director, AIIMS, JODHPUR whose decision shall be final and binding on both the parties.

C. Payment Terms:

46. AIIMS, Jodhpur shall pay the agreed amount on production of monthly bill (in duplicate) for the amount due towards services rendered during the preceding one month. The monthly bill shall include supporting documents, satisfactory performance certificate by the authority designated by AIIMS, Jodhpur along with documents verifying payment by the agency to its employees in the previous month. No other charges of any kind shall be payable. No advance payment shall be made to the Agency. There would be no increase in rates payable to the Agency during the Contract period. The Income-tax as applicable shall be deducted from the bill unless exempted by the Income-tax Department.

D. Qualifying Requirements:-

47. The firm must have valid FSSAI licence issued on or before date of issuance of tender.

48. The bidder shall have at least 3 years' experience in last 5 years as on last date submission of tender for Dietary/Cafeteria/ Canteen Services in Government Hospitals having not less than 500 beds.

or

Have at least 3 years experience in last 5 years as on last date submission of tender of successfully running of Mess/ canteen services in the Institute of National Importance of atleast 500 students.

49. A firm having any suit/criminal case pending against its proprietor or any of its Directors (in case of Pvt. Ltd. Company) or having been earlier convicted for violation of PF/ESI/Minimum Wages Act or any other laws in force shall also not be eligible. **The bidder must submit undertaking on its letter head in this regard.**

50. Bid should be complete and covering the entire scope of job and should confirm to the General and Special Conditions indicated in the bid documents. Incomplete and non-confirming bids will be rejected outright.

51. No Joint Venture/ Consortium is allowed to participate in the Tender Process. **Tenderer should submit an undertaking on firm's letter head in this regard.**

52. List of the present contracts with public and private hospitals to be provided.

53. Certificate for registration with income tax, sales tax, PF, ESI, Labour Licence under Labour abolition act 1970 and any authority applicable for the last three years.

54. **Authority of person signing document:** -A person signing the tender form or any documents forming part of the contract on behalf of another shall be deemed to warranty, that he has authority to bind such other and if, on enquiry, it appears that the person so, signing had no authority to do so, the Director, AIIMS Jodhpur may without prejudice to other Civil and criminal remedies cancel contract and held the signatory liable for all cost and damages.

55. **Validity:** The quoted rates must be valid for a period for 180 days from the date of closing of the tender. The overall offer for the assignment and bidder(s) quoted price shall remain unchanged during the period of validity. If the bidder quoted the validity shorter than the required period, the same will be treated as unresponsive and it may be rejected.

56. In case the tenderer withdraws, modifies or change his offer during the validity period, bid is liable to be rejected and the earnest money deposit shall be forfeited without assigning any reason thereof. The tenderer should also be ready to extend the validity, if required, without changing any terms, conditions etc. of their original tender.

57. **Arbitration:** If any difference arises concerning this agreement, its interpretation on payment to the made there-under, the same shall be settled out by mutual consultation and negotiation. If attempts for conciliation do not yield any result within a period of 30 days, either of the parties may make a request to the other party for submission of the dispute for decision by an Arbitral Tribunal containing Sole Arbitrator to be appointed by the Director, AIIMS, Jodhpur. Such requests shall be accompanied with a panel of names of three persons to act as the sole arbitrator. In case of such arbitrator refusing, unwilling or becoming incapable to act or his mandate having been terminated under law, another arbitrator shall be appointed in the same manner from among the panel of three persons to be submitted by the claimant. The provision of Arbitration and Conciliation Act, 1996 and the rule framed there under and in force shall be applicable to such proceedings.

58. **Subletting of Work:** The firm shall not assign or sublet the work/job or any part of it to anyother person or party without having first obtained permission in writing of AIIMS, Jodhpur, which will be at liberty to refuse if thinks fit. The tender is not transferable. Only one tender shall be submitted by one tenderer.

59. **Breach of Terms and Conditions:** In case of breach of any terms and conditions as mentioned above, the Competent Authority, will have the right to cancel the work order/ job without assigning any reason thereof and nothing will be payable by AIIMS, Jodhpur in that event the security deposit shall also stands forfeited.

60. **Insolvency etc.:** In the event of the firm being adjudged insolvent or having a receiver appointed for it by a court or any other order under the Insolvency Act made against them or in the case of a company the passing any resolution or making of any order for winding up, whether voluntary or otherwise, or in the event of the firm failing to comply with any of the conditions herein specified AIIMS, Jodhpur shall have the power to terminate the contract without any prior notice.

61. AIIMS Jodhpur, reserves the right to review the performance of the firm every three months or whenever a need arises, and also to terminate the contract at any point of time during the currency of the contract in case of performance and the service rendered by the contract firm is found to be

unsatisfactory. The decision of the competent authority shall be binding on the contract firm. AIIMS, Jodhpur further reserves the right to renew the contract the such period(s) as it may deem necessary, taking into account the satisfactory performance of the firm during the currency of the contract.

62. In case of pecuniary and material loss suffered by the Institute on account of negligence attributable to the Contractor or his employees, the AIIMS Jodhpur will have the right to forfeit the Security Deposit falls short or found to be insufficient to the loss thus incurred by the Institute, the balance, as may be necessary shall be recovered from the contractual charges due to the contractor's firm. All disputes arising out of or in connection with the contract shall be settled by the sole arbitration of the competent authority in this behalf.

63. The standard of sanitation will always be upto the satisfaction of the authorized representative or the officer-in charge whose decision in this regard shall be final and binding on the contractor.

64. The intending tenderers may mention the rates clearly in figures as well as in words in the enclosed format. The tenders not submitted in the specified manner or those found to be incomplete in any respect would be summarily rejected.

65. The work shall be carried out satisfactorily as per the directions of the competent authority of the AIIMS Jodhpur. Director, AIIMS, Jodhpur reserves the right to impose a monetary penalty not exceeding 10% of the monthly contractual charges of the respective item, if he notices or it is brought to his notice any unsatisfactory cleaning, non-wearing of uniforms by the employees deputed by the contractor firm.

66. Conditional bid will be treated as unresponsive and it may be rejected.

67. Applicable Law:

- The contract shall be governed by the laws and procedures established by Govt. of India, within the framework of applicable legislation and enactment made from time to time concerning such Commercial dealings / processing.
- Any disputes are subject to exclusive jurisdiction of Competent Court and Forum in Jodhpur, Rajasthan, India only.
- The Arbitration shall be held in accordance with the provisions of the Arbitration and Conciliation Act, 1996 and the venue of arbitration shall be at Jodhpur. The decision of the Arbitrator shall be final and binding on both the parties.

68. Hygiene & Other Standards for the staff provided by the Contractor:

- The contractor shall be responsible for behaviour and conduct of his workers. No workman with doubtful integrity of having bad record shall be engaged by the contractor.
- The employees should be in proper uniform at the time of work. The uniform provided to the workers by the contractor should be different and distinguish from other categories of the Institute staff with name plate & badges.
- The employees should be presentable in appearance i.e. well cut and groomed hair, properly combed, neat shaved etc.
- Contractor/service provider shall get medical examination of the staff deployed to ensure that they are free from any contagious diseases and/or are fit for discharge of duties as are assigned to him/her. Medical certificate of every employee shall be provided from the date of start of work.
- The Contractor shall provide its staff, a minimum of two sets of uniforms. The employees shall also display a photo identity card on their person clipped to the shirt at all times.

69. Right of the AIIMS, Jodhpur: - The AIIMS, Jodhpur reserves the right to suitably increase/reduce the scope of work put to this Tender. In case of any ambiguity in the interpretation of any of the clauses in Tender Document or the contract Document, interpretation of the Clauses by the AIIMS, Jodhpur shall be final and bindings on all Parties.

70. Force Majeure: -

(i) Neither party shall be deemed to be in breach of this agreement if failure to comply with the requirement of this agreement is due to circumstances beyond the control of AIIMS or Successful vendor.

(ii) If because of any strike or lockout either in AIIMS or in the Local area, the Successful vendor is unable to function or his business is affected, AIIMS shall not be liable for any loss, which the Successful vendor may suffer in such an event.

**Administrative Officer
AIIMS, Jodhpur**

Annexure A

Details of equipment likely to be used in carrying out the work:

1. Stainless Steel hot food trolleys.
2. Hot Food Tray Trolley.
3. Disposable Tray Trolley.
4. Clearance / Pick Up Trolley – Tank Type.

Annexure - I**General Diet of a patient on regular basis:**

DAY/ Meal	EARLY MORNING	BREAKFAST	MID- MORNING	LUNCH	EVENING SNACKS	DINNER	Bed Time
	7am	7:30 am	9:30-10am	1 pm	4:30 pm	7:30- 8pm	9:30- 10pm
Sunday	Tea/ milk- 150 ml	Veg. Sandwich- 100gm with Chutney and sauce	Fruit Juice- 200 ml Or Tender Coconut water- 200ml	Salad — 100 gm Chapatti- 4 no. Rice- 1 bowl (100 gm) Mix veg. korma - (150 gm) Moong Dal- 100 gm/Chicken/Lean meat/Fish-100gm Jeera Curd- 100 gm Seasonal Fruit-1	Tea/ milk- 150 ml Kharnan-2	Salad — 100 gm Chapatti- 4 no. Rice- 1 bowl (100 gm) AlooPalak veg.- (100 gm) Paneer curry- (100 gm) Dal Makhani- (100 gm)/ Chicken/Lean meat/Fish- 100gm	Milk- 200 ml
Monday	Tea/Milk- 150 ml	Idli- 3no. Sambar- 100 gm With chutney	Fruit Juice- 200 ml Or Tender Coconut water- 200ml	Salad— 100 gm Chapatti- 4 no. Rice- 1 bowl (100 gm) lauki veg.- (100 gm) Chana curry- 100 gm Aloo/fruit raita — 100 gm Seasonal Fruit-1	Tea/ milk- 150 ml Mix veg. Paratha /stuffed Chapatti 2 and pickle	Salad — 100 gm Chapatti- 4 no. Rice- 1 bowl (100 gm) Mix Veg. - (100 gm) Masoor dal- (100 gm)/Chiken/Lean meat/Fish -100gm Kadhai Paneer-(100 gm)	Milk- 200 ml
Tuesday	Tea/Milk- 150 ml	Poha with steamed sprouts — 100 gm	Fruit Juice- 200 ml Or Tender Coconut water- 200ml	Salad — 100 gm Chapatti- 4 no. Rice- 1 bowl -(100 gm) Matter Paneer-(100 gm) Dalma- (100 gm) Veg. Raita — (100 gm) Seasonal Fruit-1	Tea/ milk- 150 ml Multi grain veg Daliya -100 gm	Salad — 100 gm Chapatti- 4 no. Rice- 1 bowl (100 gm) PakodaKadhi- (100 gm) Mix veg. korma- (100 gm) Soybean curry-(100 gm)	Milk- 200 ml
Wednesday	Tea/Milk- 150 ml	Alloo/Onion Parantha-2 with curd and pickle	Any Fruit Juice- 200 ml Or Tender Coconut water- 200ml	Salad — 100 gm Chapatti- 4 no. Rice- 1 bowl (100 gm) Pumpkin curry- (100 gm) Panchmel dal- (100 gm)/Chicken/Lean meat/Fish-100 gm Boondi Raita100 gm Seasonal Fruit-1	Tea/ milk- 150 ml Veg Sandwkh -2 with sauce	Salad — 100 gm Chapatti- 4 no. Rice- 1 bowl (100 gm) Masoor dal- (100 gm)/Chicken/Lean meat/Fish -100 gm Tinda/ kakdi veg.- (100 gm) Shahi Paneer-(100 gm)	Milk- 200 mi
Thursday	Tea/Milk- 150 ml	Veg upma- 100gm	Fruit Juice- 200 ml Or Tender Coconut water- 200ml	Salad — 100 gmChapatti- 4 no.Rice- 1 bowl (100 gm)Palak Dal- (100 gm)/Chicken/Lean meat/Fish -100 gm Arbi fry/karela veg-(100 gm)Curd-(100 gm)	Tea/ milk- 150 ml Brown bread Poha100gm	Salad — 100 gmChapatti-4 no.Rice- 1 bowl (100 gm)RajasthaniGutta Curry-(100 gm)Capsicum paneer- (100gm) Aloogobhi veg.- (100 gm)	Milk- 200 ml

Friday	Tea/Milk- 150 ml	Veg Daliya- 100 gm	Fruit Juice- 200 ml Or Tender Coconut water- 200ml	Salad— 100 gm Chapatti- 4 no. Rice- 1 bowl (100 gm) Tinda /Bhindi veg.- (100 gm) Rajma- (100 gm) Kheer — (100gm) mint/fruit Raita for DM Seasonal Fruit-1	Tea/ milk- 150 ml Idli-2 with sambhar and chutney (for DM and HTN patients veg upma- 100 gm/ oats/ragi/mu ltigrain Biscuits 2)	Salad -- 100 gm Chapatti- 4 no. Rice- 1 bowl (100 gm) Paneer bhurji- (100 gm) PanchMel dal- (100 gm)/Chicken/Lean meat/Fish -100gm Mix veg- (100 gm)	Milk- 200 ml
Saturday	Tea/Milk- 150 ml	Paneer kofta with sauce/ chutney (for DM and HTN patients Paneer stuffed Chapati- 100 with curd)	Fruit Juice- 200 ml Or Tender Coconut water- 200ml	Salad— 100 gm Chapatti- 4 no. Rice- 1 bowl (100 gm) Bhindi veg.- (100 gm) Dal Makhani- (100 gm)/Chicken/Lean meat/Fish -100 gm Lauki Raita-(100 gm) Seasonal Fruit-1	Tea/ milk- 150 ml Veg. Poha with steamed sprouts-100 gm	Salad -- 100 gm Chapatti- 4 no. Rice- 1 bowl (100 gm) Mix veg- (100 gm) Soybean curry- (100 gm) Palak Paneer- (100 gm)	Milk- 200 ml

Note:

For Non Vegetarian patients, 30gm.Chicken /Lean meat /Fish will be provided instead of Dal

PORTION SIZE OF FOODS (RAW) AND NUTRIENTS

Food groups	gm / Portion	Energy (kcal)	Protein (gm)	Carbohydrate (gm)	Fat (gm)
Cereals and millets	30	100	3.0	20	0.8
Pulses	30	100	6.0	15	0.7
Egg	50	85	7.0	-	7.0
Meat/ Chicken/ Fish	50	100	9.0	-	7.0
Milk (ml)	100	70	3.0	5	3.0
Roots & Tubers	100	80	1.3	18	-
Green leafy veg	100	45	3.6	-	0.4
Other veg	100	30	1.7	-	0.2
Fruits	100	40	-	10	-
Sugar	5	20	-	5	-
Fats & oils (visible)	5	45	-	-	5.0

Annexure-II

General instructions for Patient Diet Management:

1. Sample menu for standard normal diet to be served to patients.
2. Modifications in normal diet sample menu can be done as per patients' requirement on dietician's instructions. Some patients could be served clear liquid or liquid or semi-solid as per the condition of the patients.
3. Diet will be served in partitioned thalis or in food grade biodegradable disposables.
4. Patient's diet thali is to be tagged according to 1.*bed no-*, 2.*Type of diet* for example diabetic diet/ high protein diet/ semisoft diet, 3.*Meal Type* (eg breakfast / midmorning/Lunch /evening snacks /Dinner), 4. Mentioning *day/date/month* 5.*Food habit* (Veg/ Non Veg).
6. The personnel appointed should wear neat and clean uniform for their clear identification and they should wear uniform on all working days. While serving and food handling staff should wear head caps, gloves, apron etc.
7. The diet menu is suggestive and may change as per the availability of the proposed items. The concerned Dietician/ Medical Officer would be the final authority to take appropriate decision on the menu without compromising the quality.
8. The menu will be modified according to the season.
9. Individual patient changes to be amended as needed and as per instructions (a) early morning (b) breakfast (c) mid-morning (d) evening time (e) dinner (f) bed time.
10. The quantity mentioned in the menu are in the cooked form.
11. Serving time should be as per the following time-table:

	EARLY MORNIN G	BREAKFAST	MID MORNIN G	LUNCH	EVENING SNACKS	DINNER	POST DINNER
TIMING	6:00 AM - 6:30 AM	7:00 AM - 8:00 AM	10:00 AM -10:30 AM	12:00 PM - 1:00 PM	4:00 PM -4:30 PM	7:00 PM - 8:00 PM	9:30 PM - 10:00 PM

Note: - For Jain menu timing will be different.

PATIENT DIET ORDERS

The general or routine diet must be nutritionally adequate either to maintain adequate nutrition or to improve the nutritional status. This general or full diet may be served to ambulatory patients who are not under therapeutic diet. This diet should contain minimum number of rich foods and foods that require longer time for digestion, since hospital patients are physically less active than average normal persons. Patients who need adaptations or modifications in their diet, due to illness, accident or injury, may be served a modified diet until they recover and become ambulatory patients, who can be served the general diet. The diets are tabulated as below:-

General Diets

- All general diet plans are in accordance with RDA 2010 (Ref.: NIN, ICMR).
- Recommended Dietary Allowances for Indians (Macronutrients and Minerals)

The Recommended Dietary Allowances (RDA) are the levels of intake of the essential nutrients that are judged to be adequate or sufficient to meet the nutrient requirement of nearly all (97 to 98 percent) healthy individuals in a particular life stage and gender group.

Summary of Recommended Dietary Allowances (RDA) for Energy, Protein, Fat and Minerals for Indians – 2010

Group	Category/Age	Body Weight (Kg)	Net Energy (Kcal/d)	Protein (g/d)	Visible Fat (g/d)	Calcium (mg/d)	Iron (mg/d)	Zinc (mg/d)	Magnesium (mg/d)
Men	Sedentary work	60	2320	60.0	25	600	17	12	340
	Moderate work		2730		30				
	Heavy work		3490		40				
Women	Sedentary work	55	1900	55	20	600	21	10	310
	Moderate work		2230		25				
	Heavy work		2850		30				
	Pregnant	+ 350	78	30	1200	35	12		
	Lactating 0-6 m	+ 600	74	30	1200	21			
	6-12 m	+520	68	30					
Infants	0-6 months	5.4	92 kcal/kg/d	1.16 g/kg/d	-	500	46 ug/kg/d	-	30
	6-12 months	8.4	80 kcal/kg/d	1.69 g/kg/d	19		05	-	45
Children	1-3 years	12.9	1060	16.7	17	600	09	5	50
	4-6 years	18.0	1350	20.1	25		13	7	70
	7-9 years	25.1	1690	29.5	30		16	8	100
Boys	10-12 years	34.3	2190	39.9	35	800	21	9	120
Girls	10-12 years	35.0	2010	40.4	35	800	27	9	160
Boys	13-15 years	47.6	2750	54.3	45	800	32	11	165
Girls	13-15 years	46.6	2330	51.9	40	800	27	11	210
Boys	16-17 years	55.4	3020	61.5	50	800	28	12	195
Girls	16-17 years	52.1	2440	55.5	35	800	26	12	235

Source: Nutrient Requirements and Recommended Dietary Allowances for Indians (ICMR 2010)

VARIOUS THERAPEUTIC DIETS
TO BE SERVED TO INDOOR HOSPITAL PATIENTS

TABLE NO.		TYPE OF DIET
1		Normal diet
2		Clear fluid diet menu
3		Full fluid diet
4		Standardized liquid feed
	4.1	High calories high protein feed
	4.2	Diabetic feed
	4.3	Renal feed
	4.4	Diabetic renal feed
5		Soft diet
6		Diabetic diet
7		Celiac diet
8		Cardiac diet
9		High calorie high protein diet
10		Renal diet
	10.1	Renal diabetic diet
	10.2	Renal soft diet
11		Pediatric diet

Indicative menus for General Diets are as follows:-

Indicative menus for General Diets are as follows:-

NORMAL DIET

This diet is given to the patients whose condition doesn't necessitate a special diet. A regular hospital diet should be simple in character and preparation; ease to digest and calculated to afford maximum nourishment with minimum effort to the body.

TABLE 1:-PREFERRED WEEKLY SAMPLE NORMAL DIET MENU

DAY	EARLY MORNING	BREAKFAST	MID MORNING	LUNCH	EVENING SNACKS	DINNER	POST DINNER
SUN	Tea/Milk	Idli 3 No.	Butter milk/ Tender coconut water / Fruit juices 100 ml/ Fruits 100 gm	Salad	Tea/ Lemon Water- 100 ml Khaman	Salad(100 gm)+ Soup (1 Bowl) Roti- 3 no. Rice- 1 bowl (100 gm.) Veg. curry- (100 gm.) Mixed dal- 100 gm	Milk- 1 Glass (200ml)
	1 Cup (150ml)	Sambhar 100 gm.		100 gm + Roti- 4 no. Rice- 1 bowl (100 gm.) Seasonal veg.- (100 gm.) Paneer/ egg curry- 100 gm		Suji Halwa 100gm	
MON	Tea/Milk	Veg. Upma –	Butter milk/ Tender coconut water / Fruit juices 100 ml/ Fruits 100 gm	Salad	Tea/ Lemon Water- 100 ml Veg Sandwich- 1 no.	Salad(100 gm)+ Soup (1 Bowl) Roti- 3 no. Rice- 1 bowl (100 gm.) Veg. fry - (100 gm.) Moong dal- 100 gm Gulab Jamun	Milk- 1 Glass (200ml)
	1 Cup (150ml)	100 gm.		100 gm + Roti- 4 no. Rice- 1 bowl (100 gm.) Seasonal veg.- (100 gm.) Chana veg curry- 100 gm Curd – 100 gm.		1 no	
TUE	Tea/Milk	Dalia	Butter milk/ Tendercocon	Salad	Tea/	Salad(100 gm)+	Milk-

	1 Cup (150ml)	(with Milk)– 100 gm	ut water / Fruit juices 100 ml/ Fruits 100 gm	100 gm + Roti- 4 no. Rice- 1 bowl (100 gm.) Dalma- 100 gm Veg raita – 100 gm.	Lemon Water- 100 ml Veg Cutlet -2	Soup (1 Bowl) Roti- 3 no. Rice- 1 bowl (100 gm.) Mixed veg.- (100 gm.) Paneer/ egg curry- 100 gm Semiya Kheer 100 gm	1 Glass (200ml)
WED	Tea/Milk 1 Cup (150ml)	Poha with Steamed Sprouts 100 gm	Butter milk/ Tender coconut water / Fruit juices 100 ml/ Fruits 100 gm	Salad 100 gm + Roti- 4 no. Rice- 1 bowl (100 gm.) Seasonal veg.- (100 gm.) Dahi curry- 100 gm.	Tea/ Lemon Water- 100 ml Mamar a- 100 gm	Salad(100 gm)+ Soup (1 Bowl) Roti- 3 no. Rice- 1 bowl (100 gm.) Plain dal- (100 gm.) Tinda veg.- 100 gm	Milk- 1 Glass (200ml)
						Rasagulla 1no	
THU	Tea/Milk 1 Cup (150ml)	Veg. Upma – 100 gm.	Butter milk/ Tender coconut water / Fruit juices 100 ml/ Fruits 100 gm	Salad 100 gm + Roti- 4 no. Rice- 1 bowl (100 gm.) Seasonal veg.- (100 gm.) Paneer/egg curry- 100 gm	Tea/ Lemon Water- 100 ml Khama n	Salad(100 gm)+ Soup (1 Bowl) Roti- 3 no. Rice- 1 bowl (100 gm.) Mixed veg.- (100 gm.) Dalma- 100 gm Rice Kheer 100 gm	Milk- 1 Glass (200ml)
FRI	Tea/Milk	Steamed Sprouts	Butter milk/ Tender coconut water /	Salad	Tea/	Salad(100 gm)+	Milk-

	1 Cup (150ml)	Mixed with Seasonal Veg 100 gm.	Fruit juices 100 ml/ Fruits 100 gm	100 gm + Roti- 4 no. Rice- 1 bowl (100 gm.) Tinda veg.- (100 gm.) Plain dal- 100gm Curd – 100 gm.	Lemon Water- 100 ml Oats/Ra gi biscuit -2	Soup (1 Bowl) Roti- 3 no. Rice- 1 bowl (100 gm.) Aloo veg.- (100 gm.) Paneer/egg curry- 100 gm Cake 1piece	1 Glass (200ml)
SAT	Tea/Milk 1 Cup (150ml)	Dalia (Mix Veg) – 200 gm	Butter milk/ Tender coconut water / Fruit juices 100 ml/ Fruits 100 gm	Salad 100 gm + Roti- 4 no. Rice- 1 bowl (100 gm.) Bhindi veg.- (100 gm.) Dalma- 100 gm Kheer– 100 gm.	Tea/ Lemon Water- 100 ml Roasted Chana	Salad(100 gm)+ Soup (1 Bowl) Roti- 3 no. Rice- 1 bowl (100 gm.) Veg. fry- (100 gm.) Soyabean curry- 100 gm Custard 100 gm	Milk- 1 Glass (200ml)

ENTERAL FEEDING

Enteral feeding refers to intake of food via the gastrointestinal tract.

A person on enteral feed usually has a condition or injury that prevents eating a regular diet by mouth, but their gastro intestinal tract is still able to function.

Common indications for enteral nutrition are:

stroke, cancer, critical illness or injury, failure to thrive, neurological or movement disorders, gastro intestinal dysfunction or disease etc.

CLEAR FLUID DIET

This diet is given for a patient having acute illness, infections acute inflammatory conditions of the intestinal tract following operations. This diet is desirable to prevent evacuation from the bowel, to relieve thirst, removal of gas etc. This diet should be residue free, non-stimulating to peristaltic action. This diet is entirely inadequate from the nutritional stand point i.e. deficient in protein vitamins, minerals and calories; for e.g. clear strained fruit juices, rice water, black tea etc.

Clear Fluid Diet is suitable for the conditions such as:-

- [1] Head Injuries
- [2] Gastrostomy Cases
- [3] Paralytic Syndrome and other conditions, where patients are unable to swallow
- [4] First 24-48 Hrs in Cardiovascular Disorders
- [5] Post-Operative Cases
- [6] Severe Burns etc

ABLE 2:-CLEAR FLUID DIET MENU

Early Morning [06: 00 AM]	Coconut Water /Black tea/Black coffee
Breakfast [08: 00 AM]	Veg Soup (Double Strain)
Mid-Morning [10: 00 AM]	Gelatin or Jelly or lemon water
Lunch [12 : 00 PM]	Tomato Soup /Rice water
Evening Tea [4:00 PM]	Vegetable Soup/Dal soup/
Dinner [8:00 PM]	Sago water/Rice water
Bed Time [10:00 PM]	Barley Water

NOTE:

- No milk in clear liquid Diet.
- Fruit Juice without pulp, vegetable soup without corn flour, tender coconut water, barley water, dal water etc. can be given.
- Fruit juices, lemon juice, coconut water depending upon potassium level in case of renal patients.
- The concerned dietician / medical officer would be the final authority to take appropriate decision on the food item without compromising the quality.
- Quantities to be decided by the Medical Officer / Dietician.

FULL FLUID DIET

This diet bridges the gap between clear fluid and soft diet. This diet is used in following operations in acute gastritis, acute infections and diarrhoea and for patients who are unable to eat semisolid or solid or foods. In this diet foods which are liquid and which readily become liquid on reaching the stomach are given, e.g. milk, butter milk, milk shake, lassi, eggs, ice creams, fruit juices, tea, coffee, porridges which are well blended -oats, raggi, blended soups etc. When planned carefully, this diet can be given over an extended period of time, with sufficient calories and proteins. This diet is given at 2 -4 hours intervals.

TABLE 3:-FULL FLUID DIET MENU

Early Morning [06 : 00 AM]	Milk with or without Egg
Breakfast [8: 00 AM]	Fruit Shake (Blended)
Mid-Morning [10: 00 AM]	Lassi with sugar or salt/Fruit Lassy
Lunch [12 : 00 PM]	Daliya Blend/oats Blend/ Rice porridge(Rice+Sooji+Sugar+Milk)
Evening Tea [4:00 PM]	Veg. Soup or Chicken Soup/Fruit juice/Tender Coconut water
Dinner [8:00 PM]	Dal + Rice Blend +5ml oil Rich in MUFA/PUFA
Bed Time [10:00 PM]	Milk with or without Egg

NOTE:

- The diet menu is suggestive and may be changed on the recommendation of the dietitian / medical officer.
- Fruit juices & fresh fruit milk shake - Banana/chikoo/mango/lemon juice/coconut water depending upon potassium level in case of Renal Patient.
- Fruit juices & fresh fruit shake - Banana/chikoo/mango should be strictly avoided, lemon juice, coconut water depending upon Blood glucose level in case of Diabetic patients.
- Concerned dietitian / medical officer would be the final authority to take appropriate decision on the menu without compromising the quality.
- Quantities to be decided by the Medical Officer / Dietician.

TABLE 4:- STANDARDIZED LIQUID FEEDS :-**TABLE 4.1 HIGH CALORIES HIGH PROTEIN FEED CHART**

Pt. Name/ Age/ Gender:-

Date:-

Diagnosis:-

Dietician Review:- Make this feed_____ times in a day.

S.No.	Ingredients	Amount	Energy	Protien (gm)	Fat (gm)
1.	Milk	200 ml	120	6.5	0.2
2.	MCT Oil	10 ml	78	--	20
3.	Kabi pro powder	24 gm	86	10	0.8
4.	Sugar	(2 scoop or spoon)	80	--	--
5.	Egg	20 gm (4 spoon)	11	3.0	--
6.	Corn Starch	1-Egg White only 10 gm (2 spoon)	40	--	--
Total:-			415	19.5	30

Note:- →

- Always use sterilized stainless steel/ Glass bottles or utensiles.
- Feeding tube should be clean.

Total Energy:-**Protein:-****Fat:-**

TABLE 4.2:-DIABETIC FEED CHART

Pt. Name/ Age/ Gender:-

Date:-

Diagnosis:-

Dietician Review :- Make this feed____ times in a day.

S.N.	Ingredients	Amount	Energy	Protien (gm)	Fat (gm)
1.	Milk	200 ml	120	6.5	0.30
2.	MCT Oil	10 ml	78	--	20.0
3.	Fresubin DM	25 gm (2 scoop or spoon)	110	5	5.0
5.	Egg	1-Egg White only	11	3.0	--
6.	Corn Starch	10 gm (2 spoon)	40	--	--
Total:-			359	14.5	25.3

Note:->

- Always use sterilized stainless steel/ Glass bottles or utensiles.
- Feeding tube should be clean.

Total Energy:-**Protein:-****Fat:-**

TABLE 4.3:-RENAL FEED CHART

Pt. Name/ Age/ Gender:-

Date:-

Diagnosis:-

Dietician Review :- Make this feed ____ times in a day.

S.N.	Ingredients	Amount	Energy	Protien (gm)	Fat (gm)
1.	Milk	200 ml	120	6.5	0.30
2.	MCT Oil	10 ml	78	--	20
3.	Fresubin LP	14 gm (2 scoop or spoon)	66.4	1.2	3.0
4.	Sugar	20 gm (4 spoon)	80	--	--
5.	Egg	1-Egg White only	11	3.0	--
6.	Corn Starch	10 gm (2 spoon)	40	--	--
Total:-			395.4	10.7	23.3

Note:-→

- Always use sterilized stainless steel/ Glass bottles or utensiles.
- Feeding tube should be clean.

Total Energy:-**Protein:-****Fat:-**

TABLE 4.4:-DIABETIC RENAL FEED CHART

Pt. Name/ Age/ Gender:-

Date:-

Diagnosis:-

Dietician Review :- Make this feed____ times in a day.

S.N.	Ingredients	Amount	Energy	Protien (gm)	Fat (gm)
1.	Milk	200 ml	120	6.5	0.30
2.	MCT Oil	10 ml	78	--	20
3.	Fresubin LP	14 gm (2 scoop or spoon)	66.4	1.2	3.0
5.	Egg	1-Egg White only	11	3.0	--
6.	Corn Starch	10 gm (2 spoon)	40	--	--
Total:-			313.6	10.7	23.3

Note:→

- Always use sterilized stainless steel/ Glass bottles or utensiles.
- Feeding tube should be clean.

Total Energy:-**Protein:-****Fat:-****NOTE:-** The quantities and timings of prepared all formula feeds will decided by the Dietician.

SOFT DIET

This diet bridges the gap between acute illness and convalescence. This diet is given for patients having acute infections following surgery, who are unable to chew and for those having dental problems. This can often be modified for certain pathological conditions as bland and low residue diet. It should be simple easily digested and contain no harsh fibre and no rich highly seasoned foods. Three meals with intermediate feeds should be given. Example bread, eggs baked items, ripe banana, pudding, idly or payasam, custard, Porridge, Soft upma, de-husked dal and Rice khichadi etc.

TABLE 5:- PREFERRED WEEKLY SAMPLE SOFT DIET MENU

DAY	EARLY MORNING	BREAKFAST	MID MORNIN G	LUNCH	EVENING SNACKS	DINNER	POST DINNER
SUN	Tea/Milk 1 cup (150 ml)	Suji Halwa 100 gm.	Butter milk/ Tender coconut water / Fruit juices(strained) 100 ml/ Fruits (as mentioned) 100 gm	Khichadi 100 gm. Dahi curry 100 gm Soft cooked Boiled Vegetable 100 gm	Tea/ Lemon Water 100 gm Khaman 100 gm	Soup 1 bowl Rice- 1 bowl (100 gm.) Dalma- 100 gm Paneer-50 gm/ 2 eggs	Milk- 1 Glass (200ml)
MON	Tea/Milk 1 cup (150 ml)	Idli- 3no. Sambar- 100 gm	Butter milk/ Tender coconut water / Fruit juices(strained) 100 ml/ Fruits (as mentioned) 100 gm	Daliya - 100 gm. Boiled Mixed veg- 100 gm Sago Kheer- 100 gm	Tea/ Lemon Water 100 ml Custard- 100 gm	Soup 1 bowl Rice- 1 bowl (100 gm.) Moong dal- 100 gm Paneer-50 gm/ 2 egg	Milk- 1 Glass (200ml)
TUE	Tea/Milk 1 cup (150 ml)	Bajra Rab 100 gm.	Butter milk/ Tender coconut water / Fruit	Oats daliya- 100 gm.	Semai kheer-	Soup 1 bowl Rice- 1 bowl (100 gm.)	Milk- 1 Glass

	ml)		juices(strained) 100 ml/ Fruits (as mentioned) 100 gm	Mixed soft cooked veg 100 gm	100 gm	Dalma-100 gm Paneer-50 gm/ 2 egg	(200ml)
WED	Tea/Milk 1 cup (150 ml)	Soft Veg upma- 100 gm.	Butter milk/ Tendercoco nut water / Fruit juices(strained) 100 ml/ Fruits (as mentioned) 100 gm	Bajra Daliya- 100 gm. Curd- 100 gm	Tea/ Lemon Water 100 ml Upma- 100 gm	Soup 1 bowl Rice- 1 bowl (100 gm.) Mixed Dal- 100 gm Paneer-50 gm/ 2 egg	Milk- 1 Glass (200ml)
THU	Tea/Milk 1 cup (150ml)	Veg Daliya- 100 gm.	Butter milk/ Tendercoco nut water / Fruit juices(strained) 100 ml/ Fruits (as mentioned) 100 gm	Khichadi- 100 gm. boiledMix veg.- 100 gm Curd- 100 gm	Tea/ Lemon Water 100 ml Khaman 100 gm	Soup 1 bowl Rice- 1 bowl (100 gm.) Dalma- 100 gm Paneer-50 gm/ 2 egg	Milk- 1 Glass (200ml)
FRI	Tea/Milk 1 cup (150 ml)	Veg. Brown Bread Poha 100 gm.	Butter milk/ Tendercoco nut water / Fruit juices(strained) 100 ml/ Fruits (as mentioned) 100 gm	Daliya- 100 gm. Mix veg.- 100 gm Sago Kheer- 100 gm	Tea/ Lemon Water 100 ml Pudding- 100 gm	Soup 1 bowl Rice- 1 bowl (100 gm.) Mix Dal- 100 gm Paneer-50 gm/ 2 egg	Milk- 1 Glass (200ml)
SAT	Tea/Milk 1 cup	Rab (Bajra)- 100 gm.	Butter milk/ Tendercoco nut water / Fruit juices(strai	Oats Daliya- 100 gm.	Tea/ Lemon	Soup 1 bowl Rice- 1 bowl (100 gm.)	Milk- 1 Glass

Tender for Outsourcing of Dietary Services				Admn/Tender/36/2020-AIIMS.JDH			
	(150 ml)		ned) 100 ml/ Fruits (as mentioned) 100 gm	Mixed soft veg- 100 gm Rice Kheer- 100 gm	Water 100 ml Suji Halwa- 100 gm	Dalma- 100 gm Paneer-50 gm/ 2 egg	(200ml)

NOTE:

- For non-vegetarian patients, 50 gm. Chicken, Lean Meat or Fish will be provided instead of 30 gm. Raw Dal.
- De husked dals and sieved flour to be used .
- Fruits without skin and seeds to be used(Pappaya/Plum/Ripe Banana/Jamun/Stewed Apple or Stewed Pear).
- Harsh fibre containing food items to be avoided.
- Vegetables should be boiled and mashed to be included in the diet.
- The diet should be less spicy, less oily and avoid creamy gravy.

DIABETIC DIET

A diabetic diet is given to patient with high blood sugar levels, to minimise symptoms, and dangerous complications due to long time elevation of blood sugar levels. This diet should be low in sugar and refined carbohydrates, while relatively high in dietary fibre. Roasted fenugreek seeds can be included in the diet, as these have been shown to have hypoglycaemic effects.

FOODS TO AVOID

Sugar and honey

Sweet foods like fizzy drinks, sweets, chocolate, cookies, energy drinks

Ketchups, syrups, Jams, ice cream

Salad dressing, sausages, Sweet pickles

Fatty foods

Saturated fats – ghee, butter, cheese

Root vegetables

Fruits like mango, chikoo, grapes

Dried fruits and nuts

Restrict Animal meat

Potato chips French fries, corn chips

Avoid too much salt in cooking

Reduce the amount of salt in cooking

Whole milk and milk products

DIABETIC DIET SCALE

1200 Kcal	
FOOD	QUANTITY
Double Toned Milk	400 ml.
Paneer/Egg/Fish/Chicken	30 gm/1/30 gm
Cereals	125 gm
Pulses	50 gm
Vegetables	400-500 gm
Fruit	100 gm
Oil	15 gm

1400 Kcal	
FOOD	QUANTITY
Double Toned Milk	500 ml.
Paneer/Egg/Fish/Chicken	30 gm/1/30 gm
Cereals	150 gm
Pulses	50 gm
Vegetables	400-500 gm
Fruit	100 gm
Oil	20 gm

1600 Kcal	
FOOD	QUANTITY
Double Toned Milk	600 ml.
Paneer/Egg/Fish/Chicken	30 gm/1/30 gm
Cereals	200 gm
Pulses	50 gm
Vegetables	400-500 gm
Fruit	100 gm
Oil	25 gm

1800 Kcal	
Food	Quantity
Double Toned Milk	750 ml.
Paneer/Egg/Fish/Chicken	30 gm/1/30 gm
Cereals	225 gm
Pulses	50 gm
Vegetables	400-500 gm
Fruit	150 gm
Oil	25 gm

2000 Kcal	
FOOD	QUANTITY
Double Toned Milk	750 ml.
Paneer/Egg/Fish/Chicken	30 gm/1/30 gm
Cereals	275 gm
Pulses	50 gm
Vegetables	400-500 gm
Fruit	150 gm
Oil	30 gm

2200 Kcal	
FOOD	QUANTITY
Double Toned Milk	750 ml
Paneer/Egg/Fish/Chicken	100 gm/2/100 gm
Cereals	275 gm
Pulses	50 gm
Vegetables	400-500 gm
Fruit	250-300 gm
Oil	30 gm
Curd	100 ml

IABETIC DIET SCALE (CONT.)

2500 Kcal	
FOOD	QUANTITY
Double Toned Milk	1000 ml.
Paneer/Egg/Fish/Chicken	50 gm/1/30 gm
Cereals	300 gm
Pulses	50 gm
Vegetables	400-500 gm
Fruit	250 -300 gm
Oil	35gm

TABLE 6:-PREFERRED WEEKLY SAMPLE DIABETIC DIET MENU

DAY	EARLY MORNIN G	BREAKFAST	MID MORNIN G	LUNCH	EVENIN G SNACKS	DINNER	POST DINNE R
SUN	Tea/Milk 1 Cup 150ml	Idli 3 no Sambhar 100 gm.	Butter Milk - 150 ml/ Fruit as Mentioned	Salad (100 gm) Roti- 3 no. Raita (100 gm.) Seasonal veg.- (100 gm.) Paneer/ egg W curry- 100 gm	Tea/ Lemon Water- 150 ml Khaman 100 gm	Salad(100 gm)+ Soup 1 bowl Roti- 3 no. Raita (100 gm.) Veg. curry- (100 gm.) Mixed dal- 100 gm	Milk- 1 Glass (200ml)
MO N	Tea/Milk 1 Cup 150ml	Veg. Upma – 100 gm.	Butter Milk - 150 ml/ Fruit as Mentioned	Salad (100 gm) Roti- 3 no. Seasonal veg.- (100 gm.) Chana veg curry- 100 gm Curd – 100 gm.	Tea/ Lemon Water- 150 ml Brown bread sandwich- 1 no.	Salad(100 gm)+ Soup 1 bowl Roti- 3 no. Raita (100 gm.) Veg. fry - (100 gm.) Moong dal- 100 gm	Milk- 1 Glass (200ml)
TUE	Tea/Milk 1 Cup 150ml	Dalia (with Milk)– 100 gm	Butter Milk - 150 ml/ Fruit as Mentioned	Salad (100 gm) Roti- 3 no. Dalma- 100 gm Veg Raita – 100 gm.	Tea/ Lemon Water- 150 ml Sprouts 100 gm	Salad(100 gm)+ Soup 1 bowl Roti- 3 no. Raita (100 gm.) Mixed veg.- (100 gm.) Paneer/ egg W curry- 100 gm	Milk- 1 Glass (200ml)
WE D	Tea/Milk	Poha with	Butter	Salad	Tea/	Salad(100 gm)+	Milk-

	1 Cup 150ml	Steamed Sprouts 100 gm	Milk - 150 ml/ Fruit as Mentioned	(100 gm) Roti- 3 no. Paneer/ egg W curry- 100 gm Seasonal veg.- (100 gm.) Dahi curry- 100 gm.	Lemon Water- 150 ml Mamara- 100 gm	Soup 1 bowl Roti- 3 no. Raita (100 gm.) Plain dal- (100 gm.) Tinda veg.- 100 gm	1 Glass (200ml)
THU	Tea/Milk 1 Cup 150ml	Veg. Upma – 100 gm.	Butter Milk - 150 ml/ Fruit as Mentioned	Salad (100 gm) Roti- 3 no. Curd – 100 gm. Seasonal veg.- (100 gm.) Paneer/egg W curry- 100 gm	Tea/ Lemon Water- 150 ml Khaman	Salad(100 gm)+ Soup 1 bowl Roti- 3 no. Raita (100 gm.) Mixed veg.- (100 gm.) Dalma- 100 gm	Milk- 1 Glass (200ml)
FRI	Tea/Milk 1 Cup 150ml	Steamed Sprouts Mixed with Seasonal Veg 100 gm.	Butter Milk - 150 ml/ Fruit as Mentioned	Salad (100 gm) Roti- 3 no. Tinda veg.- (100 gm.) Plain dal- 100gm Curd – 100 gm.	Tea/ Lemon Water- 150 ml Oats/Ragi biscuit -2	Salad(100 gm)+ Soup 1 bowl Roti- 3 no. Raita (100 gm.) Mixed veg.- (100 gm.) Paneer/egg W curry- 100 gm	Milk- 1 Glass (200ml)
SAT	Tea/Milk 1 Cup 150ml	Dalia (Mix Veg) – 100 gm	Butter Milk - 150 ml/ Fruit as Mentioned	Salad (100 gm) Roti- 3 no. Curd – 100 gm. Bhindi veg.- (100 gm.)	Tea/ Lemon Water- 150 ml Roasted Chana	Salad(100 gm)+ Soup 1 bowl Roti- 3 no. Raita (100 gm.) Veg. fry- (100 gm.)	Milk- 1 Glass (200ml)

				Dalma- 100 gm		Soyabeen curry- 100 gm	
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NOTE:

- **For non-vegetarian patients, 50 gm. Chicken, Lean Meat or Fish will be provided instead of 30 gm. raw Dal.**
- **Fruits allowed: Apple/Guava/Orange/Pear/Plum/Jamun**

CELIAC DIET

A gluten-free diet essential for managing signs and symptoms of celiac disease and other medical complications associated with gluten.

Food allowed

- Fruits and vegetables
- Beans, seeds, legumes and nuts in their natural and processed forms
- Eggs, lean, non-processed meats, fish and poultry
- Most low-fat dietary products
- Grains, starches or flours that can be part of gluten – free diet include
- Amaranth, arrowroot, buckwheat,ragi
- Corn – corn meal, flats,
- Gluten-free flours – Rice, soy, corn, potato and bean flours
- Millet,
- Rice, sorghum, soy, tapioca

Food not allowed

Avoid all flours and drinks containing the following

- Wheat
- Barley
- Rye
- Oats, while oats are naturally gluten free, in some cases they may be contaminated during production with wheat, barley or rye. Oats and all products labelled gluten-free have not been cross contaminated.

TABLE 7:- PREFERRED WEEKLY SAMPLE CELIAC DIET MENU

DAY	EARLY MORNIN G	BREAK FAST	MID MORNIN G	LUNCH	EVENIN G SNACKS	DINNER	POST DINNE R
SUN	Tea/Milk 1 Cup 150ml Ragi/Bajr a Biscuits- 2 no.s	Idli 3 no Sambhar 100 gm.	Seasonal Fruit Butter Milk - 150 ml	Salad 100 gm + Roti- 4 no. Rice- 1 bowl (100 gm.) Seasonal veg.- (100 gm.) Paneer/ egg curry- 100 gm	Tea/ Lemon Water- 100 ml Khaman 100 gm	Salad 100 gm / + Soup 1 bowl Roti- 3 no. Rice- 1 bowl (100 gm.) Veg. curry- (100 gm.) Mixed dal- 100 gm	Milk- 1 Glass (200ml)
MON	Tea/Milk 1 Cup 150ml Ragi/Bajr a Biscuits- 2 no.s	Veg Upma 100 gm	Seasonal Fruit Butter Milk - 150 ml	Salad 100 gm + Roti- 4 no. Rice- 1 bowl (100 gm.) Seasonal veg.- (100 gm.) Chana veg curry- 100 gm Curd – 100 gm.	Tea/ Lemon Water- 100 ml Veg Sandwich- 1 no.	Salad 100 gm / + Soup 1 bowl Roti- 3 no. Rice- 1 bowl (100 gm.) Veg. fry - (100 gm.) Moong dal- 100 gm	Milk- 1 Glass (200ml)
TUE	Tea/Milk 1 Cup 150ml Ragi/Bajr a Biscuits- 2 no.s	Poha with Steamed Sprouts 100 gm	Seasonal Fruit Butter Milk - 150 ml	Salad 100 gm + Roti- 4 no. Rice- 1 bowl (100 gm.) Dalma- 100 gm Veg Raita – 100 gm.	Tea/ Lemon Water- 100 ml VegCutlet -2	Salad 100 gm / + Soup 1 bowl Roti- 3 no. Rice- 1 bowl (100 gm.) Mixed veg.- (100 gm.) Paneer/ egg curry- 100 gm	Milk- 1 Glass (200ml)
WED	Tea/Milk 1 Cup 150ml Ragi/Bajr	Uttappam 1 no Sambar- 100 gm	Seasonal Fruit Butter Milk	Salad 100 gm + Roti- 4 no. Rice- 1 bowl	Tea/ Lemon Water- 100 ml	Salad 100 gm / + Soup 1 bowl Roti- 3 no. Rice- 1	Milk- 1 Glass (200ml)

	a Biscuits- 2 no.s	Chatney 25 gm	- 150 ml	(100 gm.) Seasonal veg.- (100 gm.) Dahi curry- 100 gm.	Mamara- 100 gm	bowl (100 gm.) Plain dal- (100 gm.) Tinda veg.- 100 gm	
THU	Tea/Milk 1 Cup 150ml Ragi/Bajra a Biscuits- 2 no.s	Veg. Upma – 100 gm.	Seasonal Fruit Butter Milk - 150 ml	Salad 100 gm + Roti- 4 no. Rice- 1 bowl (100 gm.) Seasonal veg.- (100 gm.) Paneer/egg curry- 100 gm	Tea/ Lemon Water- 100 ml Khaman	Salad 100 gm / + Soup 1 bowl Roti- 3 no. Rice- 1 bowl (100 gm.) Mixed veg.- (100 gm.) Dalma- 100 gm	Milk- 1 Glass (200ml)
FRI	Tea/Milk 1 Cup 150ml Ragi/Bajra a Biscuits- 2 no.s	Mix Veg. Daliya – 100 gm.	Seasonal Fruit Butter Milk - 150 ml	Salad 100 gm + Roti- 4 no. Rice- 1 bowl (100 gm.) Tinda veg.- (100 gm.) Plain dal- 100gm Curd – 100 gm.	Tea/ Lemon Water- 100 ml Oats/Ragi biscuit -2	Salad 100 gm / + Soup 1 bowl Roti- 3 no. Rice- 1 bowl (100 gm.) Aloo veg.- (100 gm.) Paneer/egg curry- 100 gm	Milk- 1 Glass (200ml)
SAT	Tea/Milk 1 Cup 150ml Ragi/Bajra a Biscuits- 2 no.s	Rab Bajara 100 gm.	Seasonal Fruit Butter Milk - 150 ml	Salad 100 gm + Roti- 4 no. Rice- 1 bowl (100 gm.) Bhindi veg.- (100 gm.) Dalma- 100 gm Kheer– 100 gm.	Tea/ Lemon Water- 100 ml Roasted Chana	Salad 100 gm / + Soup 1 bowl Roti- 3 no. Rice- 1 bowl (100 gm.) Veg. fry- (100 gm.) Soyabean curry- 100 gm	Milk- 1 Glass (200ml)

NOTE: For non-vegetarian patients, 50 gm. Chicken, Lean Meat or Fish will be provided instead of 30 gm. raw Dal.

CARDIAC DIET

A Cardiac diet is also known as a heart healthy diet. It is a diet focused on reducing sodium, fat and cholesterol intake. This diet concentrates on reducing foods containing saturated fat and trans fat and substituting them with mono and poly and saturated fats. This diet advocates increasing intake of complex carbohydrates, soluble fibre and omega 3 fatty acids.

Avoid

- Whole milk, cream, ice cream & other preparation made out of whole milk
- Animal Meat
- Fried items like Potato chips, french-fries, corn chips etc.
- Too much salt
- Saturated fats like ghee, butter, hydrogenated fat, coconut oil, palm oil, egg-yolk, processed cheese.
- Glandular meat E.g. Kidney, Liver and Brain
- Sweets of all kinds, cakes, pastries
- Dry nuts like almonds, walnut, ground nut, coconut
- Coco and chocolate based drinks
- All aerated drinks
- Alcohol and wines

High Sodium Foods

(To be avoided if the patient suffers from hyper-tension and oedema.)

- Bread, biscuits, eggs, cakes, pastries
- Canned vegetables, soups and fruits
- Salted or smoked fish, chicken, cheese
- Salted nuts, peanut butter, salted pickles, samosa, etc.
- Any other food in the preparation of which baking powder has been used

Note:

1. Green leafy vegetables have high sodium content and therefore should be consumed after boiling the vegetables and discarding the water/leaching process.
2. Salt should not be added to flour while making dough for chapaties.

TABLE 8:- PREFERRED WEEKLY SAMPLE DIET MENU FOR CARDIAC PATIENT

DAY	EARLY MORNING	BREAKFAST	MID MORNING	LUNCH	EVENING SNACKS	DINNER	POST DINNER
SUN	Tea 1 Cup 150ml	Idli 3 no Sambhar 100 gm. Raita 100 gm. Veg. curry- (100 gm.)	Seasonal Fruit Butter Milk - 150 ml	Salad 100 gm + Roti 2 no. Rice 1 bowl 100gm Raita 100 gm. Seasonal veg.-	Tea/ Lemon Water- 100 ml Khaman	Salad 100 gm / + Soup 1 cup Roti 2 no. Rice 1 bowl 100gm Raita 100 gm. Veg. curry-	Milk- 1 Glass (200ml)

		Mixed dal- 100 gm		(100 gm.) Paneer/ egg W curry- 100 gm		(100 gm.) Mixed dal- 100 gm	
MON	Tea 1 Cup 150ml	Veg. Upma – 100 gm.	Seasonal Fruit Butter Milk - 150 ml	Salad 100 gm + Roti 2 no. Rice 1 bowl 100gm Seasonal veg.- (100 gm.) Chana veg curry- 100 gm Curd – 100 gm.	Tea/ Lemon Water- 100 ml Veg Sandwich- 1 no.	Salad 100 gm / + Soup 1 cup Roti 2 no. Rice 1 bowl 100gm Raita 100 gm. Veg. fry - (100 gm.) Moong dal- 100 gm	Milk- 1 Glass (200ml)
TUE	Tea 1 Cup 150ml	Veg Dalia (with Milk)– 100 gm	Seasonal Fruit Butter Milk - 150 ml	Salad 100 gm + Roti 2 no. Rice 1 bowl 100gm Dalma- 100 gm Veg raita – 100 gm.	Tea/ Lemon Water- 100 ml Sprouts 100 gm	Salad 100 gm / + Soup 1 cup Roti 2 no. Rice 1 bowl 100gm Raita 100 gm. Mixed veg.- (100 gm.) Paneer/ egg W curry- 100 gm	Milk- 1 Glass (200ml)
WED	Tea 1 Cup 150ml	Veg Poha with Steamed Sprouts 100 gm	Seasonal Fruit Butter Milk - 150 ml	Salad 100 gm + Roti 2 no. Rice 1 bowl 100gm Seasonal veg.- (100 gm.) Paneer/ egg W curry- 100 gm Dahi curry- 100 gm.	Tea/ Lemon Water- 100 ml Mamara- 100 gm	Salad 100 gm / + Soup 1 cup Roti 2 no. Rice 1 bowl 100gm Raita 100 gm. Plain dal- (100 gm.) Tinda veg.- 100 gm	Milk- 1 Glass (200ml)
THU	Tea 1 Cup	Veg. Upma – 100 gm.	Seasonal Fruit	Salad 100 gm +	Tea/ Lemon	Salad 100 gm / + Soup 1	Milk- 1 Glass

	150ml		Butter Milk - 150 ml	Roti 2 no. Rice 1 bowl 100gm Seasonal veg.- (100 gm.) Paneer/egg W curry- 100 gm Curd – 100 gm.	Water- 100 ml Khaman	cup Roti 2 no. Rice 1 bowl 100gm Raita 100 gm. Mixed veg.- (100 gm.) Dalma- 100 gm	(200ml)
FRI	Tea 1 Cup 150ml	Mix Veg. Poha – 100 gm.	Seasonal Fruit Butter Milk - 150 ml	Salad 100 gm + Roti 2 no. Rice 1 bowl 100gm Tinda veg.- (100 gm.) Plain dal- 100gm Curd – 100 gm.	Tea/ Lemon Water- 100 ml Oats/Ragi biscuit -2	Salad 100 gm / + Soup 1 cup Roti 2 no. Rice 1 bowl 100gm Raita 100 gm. Mixed veg.- (100 gm.) Paneer/eg g W curry- 100 gm	Milk- 1 Glass (200ml)
SAT	Tea 1 Cup 150ml	Steamed Sprouts mixed with Seasonal veg 100 gm	Seasonal Fruit Butter Milk - 150 ml	Salad 100 gm + Roti 2 no. Rice 1 bowl 100gm Bhindi veg.- (100 gm.) Dalma- 100 gm Curd – 100 gm.	Tea/ Lemon Water- 100 ml Roasted Chana	Salad 100 gm / + Soup 1 cup Roti 2 no. Rice 1 bowl 100gm Raita 100 gm. Veg. fry- (100 gm.) Soyabean curry 100 gm	Milk- 1 Glass (200ml)

NOTE: For non-vegetarian patients, 50 gm. Chicken, Lean Meat or Fish will be provided instead of 30 gm. Raw Dal.

HIGH PROTEIN HIGH CALORIE DIET

This type of diet is suitable for conditions like tuberculosis, chronic fevers, burns, post-surgery conditions, malnutrition etc. Foods rich in high-protein like milk and milk products, fish, eggs, nuts, soya and pulses should be included more in this type of diet.

FOOD	QUANTITY
Cereals	400 gm.
Pulses	50 gm.
Roots & Tubers	100 gm.
Green Leafy Vegetables	200 gm.
Other Vegetables	200 gm.
Egg/ Paneer	2/60 gm.
Fruits	200 gm.
Milk & Milk products	1 ltr
Fats and Oils	25 gm.
Sugar	50 gm.
Tea/ Coffee	7/ 15 gm.
APPROXIMATE NUTRITIVE VALUE	
Calories	3085 kcal
Protein	110 gm.
Fat	85 gm.
Carbohydrate	470 gm.

NOTE:

Nutritive value of the diet may be further enhanced by addition of 100 gm. of full cream milk or milk powder (quantity to be decided by the Dietician).

TABLE 9:-PREFERRED WEEKLY SAMPLE DIET IN HIGH CALORIE HIGH PROTEIN DIET

DAY	EARLY MORNIN G	BREAKFAST	MID MORNIN G	LUNCH	EVENIN G SNACKS	DINNER	POST DINNE R
SUN	Tea 1 Cup 150ml	Idli 3 no sambhar 100 gm. Boiled Egg W- 2 no.s OR Paneer 50 gm	Seasonal Fruit/ Fruit juices 150 ml	Salad 100 gm + Roti- 4 no. Rice- 1 bowl (100 gm.) Seasonal veg.- (100 gm.) Paneer/ egg curry- 100 gm	Tea/ fruit- Juices/ Milk shake / Custard 100 gm/ml	Salad 100 gm / + Soup 1 bowl Roti- 3 no. Rice- 1 bowl (100 gm.) Veg. curry- (100 gm.) Mixed dal- 100 gm	Milk- 1 Glass (200ml)
MO	Tea	Veg. Upma –	Seasonal	Salad	Tea/ fruit-	Salad 100	Milk-

N	1 Cup 150ml	100 gm. Boiled Egg W- 2 no.s OR Paneer 50 gm	Fruit/ Fruit juices 150 ml - 150 ml	100 gm + Roti- 4 no. Rice- 1 bowl (100 gm.) Seasonal veg.- (100 gm.) Chana veg curry- 100 gm Curd – 100 gm.	Juices/ Milk shake / Custard 100 gm/ml 1 no.	gm / + Soup 1 bowl Roti- 3 no. Rice- 1 bowl (100 gm.) Veg. fry - (100 gm.) Moong dal- 100 gm	1 Glass (200ml)
TUE	Tea 1 Cup 150ml	Dalia (with Milk)– 200 gm Boiled Egg W- 2 no.s OR Paneer 50 gm	Seasonal Fruit/ Fruit juices 150 ml - 150 ml	Salad 100 gm + Roti- 4 no. Rice- 1 bowl (100 gm.) Soyabean Curry 100 gm Veg raita – 100 gm.	Tea/ fruit- Juices/ Milk shake / Custard 100 gm/ml	Salad 100 gm / + Soup 1 bowl Roti- 3 no. Rice- 1 bowl (100 gm.) Mixed veg.- (100 gm.) Paneer/ egg curry- 100 gm	Milk- 1 Glass (200ml)
WE D	Tea 1 Cup 150ml	Poha with steamed Sprouts 100 gm Boiled Egg W- 2 no.s OR Paneer 50 gm	Seasonal Fruit/ Fruit juices 150 ml - 150 ml	Salad 100 gm + Roti- 4 no. Rice- 1 bowl (100 gm.) Seasonal veg.- (100 gm.) Dahi curry- 100 gm.	Tea/ fruit- Juices/ Milk shake / Custard 100 gm/ml	Salad 100 gm / + Soup 1 bowl Roti- 3 no. Rice- 1 bowl (100 gm.) Plain dal- (100 gm.) Tinda veg.- 100 gm	Milk- 1 Glass (200ml)
THU	Tea 1 Cup 150ml	Veg. Upma – 100 gm. Boiled Egg W- 2 no.s OR	Seasonal Fruit/ Fruit juices 150 ml	Salad 100 gm + Roti- 4 no. Rice- 1	Tea/ fruit- Juices/ Milk shake /	Salad 100 gm / + Soup 1 bowl Roti- 3 no. Rice- 1	Milk- 1 Glass (200ml)

		Paneer 50 gm	- 150 ml	bowl (100 gm.) Seasonal veg.- (100 gm.) Paneer/egg curry- 100 gm	Custard 100 gm/ml	bowl (100 gm.) Mixed veg.- (100 gm.) Dalma- 100 gm	
FRI	Tea 1 Cup 150ml	Mix Veg. Poha – 100 gm. Boiled Egg W- 2 no.s OR Paneer 50 gm	Seasonal Fruit/ Fruit juices 150 ml - 150 ml	Salad 100 gm + Roti- 4 no. Rice- 1 bowl (100 gm.) Tinda veg.- (100 gm.) Plain dal- 100gm Curd – 100 gm.	Tea/ fruit- Juices/ Milk shake / Custard 100 gm/ml	Salad 100 gm / + Soup 1 bowl Roti- 3 no. Rice- 1 bowl (100 gm.) Aloo veg.- (100 gm.) Paneer/egg curry- 100 gm	Milk- 1 Glass (200ml)
SAT	Tea 1 Cup 150ml	Dalia (Mix Veg) – 100 gm Boiled Egg W- 2 no.s OR Paneer 50 gm	Seasonal Fruit/ Fruit juices 150 ml - 150 ml	Salad 100 gm + Roti- 4 no. Rice- 1 bowl (100 gm.) Bhindi veg.- (100 gm.) Dalma- 100 gm Kheer– 100 gm.	Tea/ fruit- Juices/ Milk shake / Custard 100 gm/ml	Salad 100 gm / + Soup 1 bowl Roti- 3 no. Rice- 1 bowl (100 gm.) Veg. fry- (100 gm.) Soyabeen curry- 100 gm	Milk- 1 Glass (200ml)

NOTE: For non-vegetarian patients, 50 gm. Chicken, Lean Meat or Fish will be provided instead of 30 gm. raw dal.

RENAL DIET

People with compromised kidney function must adhere to a renal or kidney diet to cut down on the amount of waste in their blood. A renal diet is one that is low in sodium, phosphorous, and protein and potassium. A Renal diet also emphasises the importance of consuming high-quality protein and usually limiting the fluids. Food should be cooked without salt and serve salt packet as per the instruction. Green leafy vegetables have relatively high sodium and potassium content and they should be served after boiling the vegetables and discarding the water.

Avoid

- Extra milk or milk products
- Meat, fish, chicken, extra egg, etc.
- Pulses, extra cereals, legumes, peas, beans
- Dry fruits, pea nut, coconut, cashew nuts and other nuts
- Cakes, pastries, jams, jellies
- Squash, lemon, fruit, juices
- Vegetables which are rich in protein, sodium and potassium such as dried peas, spinach, etc.

HIGH RECOMMENDED RENAL DIET WITH PROTEIN AND CALORIES NORMS FOR RENAL PATIENTS

S.No.	Protein & Calories	Dietary	Intake /day
A.	Low Protein Diet 40 grams (0.65gr/kg)	Milk /Tea Curd	250 ml 100 gm
	Calories 2000 kcal(34kcal/kg)	White Egg/Tofu	One/30 grams
		Fruit	200 grams
		White bread	50 gm-2 slice
		Cereal	125 grams
		Unsalted Butter	15 gram
		Sugar	30 grams
		Rice boiled	50 gm-2 bowl
		Arrowroot Powder	100 grams
		Low-fat Curd/Butter Milk	50 gr/01 glass
		Vegetables/Root Vegetables	200 grams
		Cooking Oil- MUFAs/PUFAs	35 ml
		Dal	25 grams
Approx .Nutritive Value			
		Type of Nutrient	Unit
		Protein	40 grams
		Total Fats	70 grams
		Carbohydrates	300 grams
		Sodium	22 meq
		Potassium	38 meq
S.No.	Protein & Calories	Dietary	Intake /day
B.	Very low Protein diet 30 grams (0.5gr/kg)	Milk /Tea	150 ml
	Calories 1600 kcal (25kcal/kg)	Fruit	100 grams
		White bread	25 gm-1 slice
		Unsalted butter	10 grams
		Poha/Kichari Sagoo/Porridge Sagoo	50 grams

		Sugar	5 grams
		Rice boiled	50 gm-2 bowl
		Arrowroot Powder	100 grams
		Vegetables/Root Vegetables	200 grams
		Dal	15 grams
		Cooking Oil- MUFAs/PUFAs	25 ml
Approx .Nutritive Value			
		Type of Nutrients	Unit
		Protein	30 grams
		Total Fats	50 grams
		Carbohydrates	250 grams
		Sodium	20 meq
		Potassium	31 meq

TABLE 10:- PREFERRED WEEKLY SAMPLE DIET MENU FOR RENAL PATIENTS

DAY	BREAKFAST	MID MORNING	LUNCH	EVENING SNACKS	DINNER	POST DINNER
SUN	Porridge(Sagoo) Raw 100 gm, Milk-100 ml, Sugar-20 gm to taste	Buttermilk 100ml	Rice 1 Cup – 100 gm., Roti – 2 pc Sabji (Seasonable Vegetable except Green Leafy Vegetable) Potato, Paneer 50 gm Or 1 egg	Tea 100ml khaman- 100 gm.	Rice– 100 gm Roti – 2 pc Tinda ka sabji -100 gm. Salad curd 100 gm	Milk 1 cup (150 ml)
MON	Sagoo Khichdi – 100 gm Milk-100 ml, Sugar – 20 gm to taste	Buttermilk 100ml	Rice 1 Cup – 100 gm., Roti – 2 pc Sabji (Seasonable Vegetable except Green Leafy Vegetable, Potato Paneer 50 gm Or 1egg	Tea 100ml Daliya - 100gm	Rice– 100 gm Roti – 2 pc matar Paneer Salad 100 gm curd 100 gm	Milk 1 cup (150 ml)
TUE	Bajra daliya150gm Milk-100 ml, Sugar – 20 gm to	Buttermilk 100ml	Rice 1 Cup – 100 gm., Roti – 2 pc Sabji (Seasonable Vegetable except Green	Tea 100ml Bread	Rice– 100 gm Roti – 2 pc Tori ka Sabji-	Milk 1 cup (150 ml)

	taste		Leafy Vegetable, Potato Paneer 50gm Or 1 egg	poha- 100gm	100 gm., Salad 100 gm Curd 100gm	
WED	veg simiya 100 gm.	Buttermil k 100ml	Rice 1 Cup – 100 gm.,	Tea 100ml	Rice– 100 gm	Milk 1 cup (150 ml)
			Roti – 2 pc Sabji (Seasonable Vegetable except Green Leafy Vegetable, Curd 100 gm Paneer 50gm Or 1egg	Mamara - 100gm	Roti – 2 pc Sabji – 100 gm., Salad Mixed Veg Curry	
THU	Veg upma 100 gm. Milk-100 ml, Sugar – 20 gm to taste	Buttermil k 100ml	Rice 1 Cup – 100 gm. Roti – 2 pc Sabji (Seasonable Vegetable except Green Leafy Vegetable, Potato Paneer 50gm Or 1 egg	Khaman 100 gm	Rice– 100 gm Roti – 2 pc Loki ka Sabji- 100 gm., Salad 100gm Curd 100 gm	Milk 1 cup (150 ml)
FRI	veg daliya 100gm	Buttermil k 100ml	Rice 1 Cup – 100 gm., Roti – 2 pc Sabji (Seasonable Vegetable except Green Leafy Vegetable, Curd 100 gm Paneer 50gm Or 1 egg	oats or marri biscuit 2 no	Rice– 100 gm Roti – 2 pc gobi ka Sabji– 100 gm. Salad 100 gm curd 100 gm	Milk 1 cup (150 ml)
SAT	Rab(Bajira) 100 gm.	Buttermil k 100ml	Rice 1 Cup – 100 gm., Roti – 2 pc Sabji (Seasonable Vegetable except Green Leafy Vegetable, Potato	Puffed corn- 50 gm	Rice– 100 gm Roti – 2 pc Tori ka Sabji- 100 gm., Salad 100 gm	Milk 1 cup (150 ml)

			Paneer 50gm Or 1 egg		curd 100 gm	
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NOTE:

- For non-vegetarian patients, 50 gm. Chicken, Lean Meat or Fish will be provided.
- Whole egg or egg white would be provided depending upon the Patient's condition.

TABLE 10.1:-PREFERRED WEEKLY SAMPLE RENAL DIABETIC DIET MENU

DAY	BREAKFAST	MID MORNIN G	LUNCH	EVENIN G SNACKS	DINNER	POST DINNE R
SUN	Porridge(Sagoo) Raw 100 gm, Low fat Milk- 100 ml,	Buttermilk 100ml	Roti 3 no Sabji (Seasonable Vegetable except Green Leafy Vegetable) Potato, Paneer 50 gm Or 1egg	Tea 100ml Oats biscuit 100 gm.	Roti – 3 pc Tinda ka sabji -100 gm. Salad Curd 100 gm	Milk 1 cup (150 ml)
MO N	Veg Daliya – 100 gm Low fatMilk- 100 ml,	Buttermilk 100ml	Roti 3 no Sabji (Seasonable Vegetable except Green Leafy Vegetable, Potato Paneer 50 gm Or 1 egg	Tea 100ml Brown bread sandwich 100 gm	Roti 3 no mattar Paneer Salad 100 gm Curd 100 gm	Milk 1 cup (150 ml)
TUE	Bajra daliya150gm Milk-100 ml,	Buttermilk 100ml	Roti 3 no Sabji (Seasonable Vegetable except Green Leafy Vegetable, Potato Paneer 50 gm Or 1 egg	Tea 100ml Brown Bread poha- 100 gm	Roti 3 no Tori ka Sabji- 100 gm., Salad 100 gm Curd 100gm	Milk 1 cup (150 ml)
WED	veg simiya100 gm.	Buttermilk 100ml	Roti 3 no Sabji (Seasonable Vegetable except Green	Tea 100ml Mamara - 100 gm	Roti 3 no Sabji – 100 gm.,	Milk 1 cup (150ml)

			Leafy Vegetable, Curd 100 gm Paneer 50 gm Or 1 egg		Salad Mixed Veg Curry	
THU	Veg upma 100 gm. Milk-100 ml,	Buttermilk 100ml	Roti 3 no Sabji (Seasonable Vegetable except Green Leafy Vegetable, Potato Paneer 50 gm Or 1 egg	Tea 100 ml Mamara 100 gm	Roti 3 no Roti – 2 pc Loki ka Sabji- 100 gm., Salad 100gm Curd100 gm	Milk 1 cup (150 ml)
FRI	veg daliya 100gm	Buttermilk 100ml	Roti 3 no Sabji (Seasonable Vegetable except Green Leafy Vegetable, Curd 100 gm Paneer 50 gm Or 1 egg	oats orbiscuit	Roti 3 no gobi ka Sabji– 100 gm. Salad 100 gm Curd 100 gm	Milk 1 cup (150 ml)
SAT	Rab (Bajira) 100 gm.	Buttermilk 100ml	Roti 3 no Sabji (Seasonable Vegetable except Green Leafy Vegetable, Potato Paneer 50gm Or 1 egg	Rava idly chutney	Roti 3 no Tori ka Sabji- 100 gm., Salad 100 gm Curd 100 gm	Milk 1 cup (150 ml)

NOTE: For non-vegetarian patients, 50 gm. Chicken, Lean Meat or Fish will be provided instead of 30 gm. Raw Dal.

Avoid

- Extra milk or milk products
- Extra egg, pulses
- Baking soda, fried foods, cold drinks
- Ajinomoto (Chinese salt) rock salt, black salt
- Fruits like banana, citrus fruits and dried fruits
- Highly potassium containing foods like tender coconut water, coffee, jam, jelly, chocolate, Raggi, nuts etc.

TABLE 10.2:-PREFERRED WEEKLY SAMPLE SOFT DIET MENU FOR RENAL PATIENTS

DAY	BREAKFAST	MID MORNING	LUNCH	EVENING SNACKS	DINNER
SUN	Porridge(Sagoo) Raw 100 gm, Milk-100 ml, Sugar 20 gm to taste	Buttermilk 100ml	Veg daliya – 100 gm., Sabji (as mentioned) Paneer 50 gm Or 1 egg	Tea 100ml khaman- 100 gm.	Veg Rice (soft)– 100 gm Tinda ka sabji -100 gm. Curd 100 gm
MON	Sagoo Khichdi – 100 gm Milk-100 ml, Sugar 20 gm to taste	Buttermilk 100ml	Oats Daliya (1Cup – 100 gm., Sabji (as mentioned) Paneer 50 gm Or 1 egg	Tea 100ml Daliya - 100 gm	Soft cooked Rice– 100 gm Paneer ka sabji Boondi curd 100 gm
TUE	Bajra Rab 150gm Milk-100 ml, Sugar – 20 gm to Taste	Buttermilk 100ml	Veg Rice(soft) 1 Cup – 100 gm., Sabji (as mentioned) Paneer 50 gm Or 1 egg	Tea 100ml Bread poha- 100 gm	Soft cooked Rice– 100 gm Tori ka Sabji- 100 gm., Curd 100gm
WED	veg simiya100 gm.	Buttermilk 100ml	Soft cookedRice 1 Cup – 100 gm., Sabji (as mentioned) Curd 100 gm Paneer 50 gm Or 1 egg	Tea 100ml Mamara - 100 gm	Soft cooked Rice– 100 gm Sabji – 100 gm., Mixed Veg Curry
THU	Veg upma 100 gm. Milk-100 ml, Sugar 20 gm to taste	Buttermilk 100ml/ Fruit	Soft cooked Rice 1 Cup – 100 gm., Sabji (as mentioned) Paneer 50 gm Or 1 egg	Sago vada	Soft cooked Rice– 100 gm Loki ka Sabji- 100 gm., Curd 100 gm

FRI	veg daliya 100gm	Buttermilk 100ml/ Fruit	Soft cooked Rice 1 Cup – 100 gm., Sabji (as mentioned) Curd 100 gm Paneer 50 gm Or 1 egg	Potato Tikki	Soft cooked Rice– 100 gm Tori ka Sabji– 100 gm. curd 100 gm
SAT	Corn flakes with milk) 100 gm. Sugar 20 gm	Buttermilk 100ml/ Fruit	Soft cooked Rice 1 Cup – 100 gm., Sabji (as mentioned) Paneer 50gm Or white of two egg	Sooji Idli2no Chutney	Soft cooked Rice– 100 gm Tori ka Sabji- 100 gm., Curd 100 gm

NOTE:

- For non-vegetarian patients, 50 gm. Chicken, Lean Meat or Fish will be provided instead of 30 gm. raw dal
- Salt and sugar sachet to be given separately
- Fruits like stewed apple , stewed pear, papaya and Vegetables like bottle gourd (lauki), ridge gourd (tori), pumpkin(kaddu) , round gourd (tinda) can be used

Avoid

- Extra milk or milk products
- Extra egg, pulses
- Baking soda, fried foods, cold drinks
- Ajinomoto (Chinese salt) rock salt, black salt
- Fruits like banana, citrus fruits and dried fruits
- Highly potassium containing foods like tender coconut water, coffee, jam, jelly, chocolate, Raggi, nuts etc.

TABLE 11:- PREFERRED WEEKLY SAMPLE DIETS FOR CHILDREN

DAY	EARLY MORNIN G	BREAKFAST	MID MORN ING	LUNCH	EVENIN G SNACKS	DINNER	POST DINNE R
SUN	Milk 1 Cup (150ml)	Stuffed Parantha 100 gm. With Jam or peanut butter	Seasonal Fruit+ Cake- 50 gm	Salad 100 gm + Roti- 3 no. Rice- 1 bowl (100 gm.) Seasonal veg.- (100 gm.) Paneer/ egg curry- 100 gm	Milk 150 ml Khaman 100 gm	Salad 100 gm. Soup 1 Bowl Roti- 3 no. Rajma Rice (100 gm.) Veg. curry- (100 gm.) Raita- 100 gm	Milk- 1cup (150ml)
MON	Milk 1 Cup (150ml)	Idli 3 no Sambar 100 gm Chutney 50 gm	Seasonal Fruit+ Finger fries- 100 gm	Salad 100 gm + Roti- 3 no. Veg fried rice (100 gm.) Chana Curry 100 gm Seasonal veg 100 gm. Curd 100 gm.	Milk 150 ml Veg Sandwich- 1 no.	Salad 100 gm. Soup 1 Bowl Roti- 3 no. Rice- 1 bowl (100 gm.) Potato fry - (100 gm.) Moong dal- 100 gm	Milk- 1cup (150ml)
TUE	Milk 1 Cup (150ml)	Poha with Steamed Sprouts 100 gm	Seasonal Fruit Uttapa m- 100 gm	Salad 100 gm + Roti- 3 no. Khichadi (100 gm.) Dalma- 100 gm Veg raita – 100 gm.	Milk 150 ml Veg Cutlet -2	Salad 100 gm. Soup 1 Bowl Roti- 3 no. Chole Rice (100 gm.) Mixed veg.- (100 gm.) Raita 100 gm.	Milk- 1cup (150ml)
WED	Milk 1 Cup (150ml)	Utappam -1 Sambar 100 gm Chutney 50	Seasonal Fruit +veg	Salad 100 gm + Roti- 3 no.	Custard-	Salad 100 gm. Soup 1 Bowl Roti- 3 no.	Milk- 1cup (150ml)

		gm	tikki- 100 gm				
				Rice- 1 bowl (100 gm.) Seasonal veg.- (100 gm.) Dahi curry- 100 gm.	100 gm	Rice- 1 bowl (100 gm.) Plain dal- (100 gm.) Tinda veg.- 100 gm	
THU	Milk 1 Cup (150ml)	Stuffed Parantha 2 piece 100 gm.	Seasona l Fruit + flavoure d milk- 100 ml	Salad 100 gm + Roti- 3 no. Curd Rice- (100 gm.) Seasonal veg.- (100 gm.) Raita 100 gm.	Rice Kheer 250 ml	Salad 100 gm. Soup 1 Bowl Roti- 3 no. Rice- 1 bowl (100 gm.) Mixed veg.- (100 gm.) Dalma- 100 gm	Milk- 1cup (150ml)
FRI	Milk 1 Cup (150ml)	Veg Daliya 100 gm.	Seasona l Fruit Butter Milk - 150 ml	Salad 100 gm + Roti- 3 no. Rice- 1 bowl (100 gm.) Tinda veg.- (100 gm.) Plain dal- 100gm Curd – 100 gm.	Milk 150 ml Suji Halwa 100 gm	Salad 100 gm. Soup 1 Bowl Roti- 3 no. Rice- 1 bowl (100 gm.) Aloo veg.- (100 gm.) Paneer/egg curry- 100 gm	Milk- 1cup (150ml)
SAT	Milk 1 Cup (150ml)	Namkeen Daliya – 100 gm.	Seasona l Fruit Butter Milk - 150 ml	Salad 100 gm + Roti- 3 no. Rice- 1 bowl (100 gm.) Bhindi veg.-	Milk 150 ml Paneer finger pakora-2 no.	Salad 100 gm. Soup 1 Bowl Roti- 3 no. Rice- 1 bowl (100 gm.) Veg. fry-	Milk- 1cup (150ml)

			(100 gm.) Dalma- 100 gm Kheer- 100 gm.		(100 gm.) Soyabeen curry- 100 gm	
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NOTE:

- For non-vegetarian patients, 50 gm. Chicken, Lean Meat or Fish will be provided instead of 30 gm. Raw Dal.
- Lactating mother of the child less than six months would be provided with normal adult diet if the child is on breastfeeding.
- If child can chew, the same menu will be appropriately processed to make them palatable.
- Paediatric diet will be further tailor made according to the age group of the child and their food habits (veg/ non veg).

Annexure III**S.No. Items Quality/Brand****(A) Dairy Products**

1. Milk- (Toned/Double Toned/Full Cream) Amul/Saras Dairy/Paras.
2. Milk Powder- Nestle/Amul / Mother dairy/ Anchor
3. Butter - Amul/Britannia/Saras Dairy.
4. Processed Cheese - Britannia/LeBon/Amul/ Saras Dairy.
5. Curd - Saras Dairy/Nestle/Amul.
6. Fresh Paneer - Amul Paneer/Paras/Saras Dairy.
7. Ice Cream - Saras Dairy/Kwality Walls/Amul /Havmore/ Vadilal/ bharkha devi.

(B) Bakery Products

1. Bread - Harvest/ Britannia/Perfect/Bonn/Popular/ Top & Town

(C) Meat Products

1. Eggs Best Quality - Available from standard vendors such as: Odoor/Bigbaazar/ D-mart/ Best Price.

(D) Provision & Stores

1. Atta - DLF/Modi/Rajdhani/Shakti Bhog/Ashirwad/Shudh Aahar/Silver Coin/ Patanjali.
2. Baked Beans - Heinz/ Druk/Bhutan/Crown
3. Baking Powder - Tops/Ajanta/Crown
4. Besan - Shakti Bhog/Rajdhani/Nafed/Swach/Shudh Aahar/Ashirwad/ Patanjali
5. Biscuits - Nestle/Britannia/Parle/Sunfeast/Good Day/ Sunfeast
6. Bournvita - Cadbury
7. Chilli Sauce - Tops/Diamond/Golden Crown/Kishan
8. Coconut Powder - Peacock/Nafed
9. Coffee - Nescafe/Bru/Tata Coffee/ Sunrise
10. Tomato Ketchup - Tops/Kissan/Nestle
11. Corn Flakes - Kellogs/Mohan Meaken/Bagrry's
12. Cornflour - Wiekfield/Brown & Polson
13. Custard Powder - Weikfield/Brown & Polson/Crown
14. Ghee - Amul/Saras/Aashirvaad/Gowardhan/ Mother dairy/Madhusudan/ Patanjali
15. Dalia - Rajdhani/Nafed/Shaktibhog/Ashirwad/Silver coin/ Patanjali
16. Artificial Sweetner - Equal/Sugar free/ Stevia
17. Gelatin - Parasuma's/Topsal
18. Hing - Catch/MDH/Everest /B44adshah
19. Jam - Tops/Katyis/Kissan
20. Jelly - Rex/Wiekfield
21. Juices - Real/Tropicana/B-Natural
22. Macaroni - Bambino/Maggie/Colavita
23. Maida - Shakti Bhog/Rajdhani/Nafed/Aashirvaad/Shudh Aahar
24. Makki Atta - Nafed/Gangwal
25. Masalas (Brand) - Catch/MDH/Badshah/Everest
26. Milk Creamer - Nestle/Amul/ Mother dairy

27. Oats - Bagrry's/Champion/Saffola/Quaker/ Kelloggs
28. Olive Oil - Figaro/Oleev Active / Patanjali
29. Pasta - Monte Regale/Bombino
30. Pickle - Tops/Mother Recipe/ Nilons / Haldiram /Priya
31. Plain Noodle - Tops/Weikfield
32. Poha - Rajdhani/Nafed/Ashirward/Swach
33. Pulses,Dal, Beans - Nafed/Tata/Rajdhani
34. Refined Oil - Soyumn/Ruchi/Fortune/Kriti/Mahakosh/ Saffola/ Patanjali
35. Rice Basmati - Jagat/India gate/Dawat/fortune/ patanjali/ Mahakosh
36. Rice Parmal - Nafed/ Quaker
37. Rose syrup- Roohafza / Hamdard/ Dabar/ Rasna/ Guruji
38. Sabudana - Verlaxmi/Jain Trading Co. /Sachamoti/ Mother Recipe
39. Salt (iodized) - Tata/Annapurna/Captain Cook/ Mahakosh
40. Salt n Pepper Sachets - Catch/Everest
41. Sevian - Lion/Super star/Nafed/Nilons/ Fespro
42. Soft Drinks - Pepsi/ Coke/Fanta/Mirinda/Sprite/ Thums Up
43. Soya Bean Badi - Nafed/Nutrela/Fortune
44. Soya Nugget - Ruchi/Nafed/Manna
45. Soya Sauce - Tops/Diamond Golden Crown/Hachi
46. Spice Whole - Nafed/Catch/Everest
47. Sugar - Uttam Sugar/Sachet Hi Choice/Trust/Madhur
48. Sweet corn - Golden Crown/Kaytis/Bhutan
49. Tea Bag - Brooke Bond/Tata/Tetley/Lipton/Organic india
50. Tea- Brooke Bond/Tata/Lipton/Taaza/Taj Mahal
51. Tomato Ketchup Sachet -Tops/Maggie/Heinz/Kissan
52. Vermicilli - Bambino/Fespro/Nilons
53. Vinegar - Tops/Diamond/Golden Crown
54. Mineral Water - Kinley/Bisleri/Aquafina/Aquasure
55. Idli Mix - Pillsbury/MTR/Gangwal
56. Wostershire Sauce - Solar/Bawa
57. Pickle Sachets - Hi Choice/Halls/Tops/Nilons/Kissan
58. Jam Sachets - Hi Choice/Halls/Tops/Kissan/Duerrs
58. Marmalade - Hi Choice/Halls/Tops/Keiller

(D) Fruits & Vegetable

1. Fresh Fruits & Vegetables of Good Quality – Local Market/ Ondoor/BestPrize/D-mart/Big Bazaar.

(E) Misc

1. Packed Coconut Water Cocolal –Jain Agro Food Product/Real Active
2. White Butter - Saras Dairy/Amul

The tenderer may use any other standard/FPO approved brands only after taking approval from the Dietician or the appointed committee.

Annexure – IV
Performa of Performance Bank Guarantee

- 1 In consideration of the Director All India Institute of Medical Sciences, Jodhpur (hereinafter called "The Client") having offered to accept the terms and conditions of the proposed agreement between AIIMS, JODHPUR and (hereinafter called "the said contractor(s) for the work of Contract Dietary services (hereinafter called "the said agreement") having agreed to production of an irrevocable Bank Guarantee for Rs..... only) as a security/ guarantee from the contractor(s) for compliance of his obligations in accordance with the terms & conditions in the said agreement.
- 2 We..... (hereinafter referred to as the "Bank") hereby undertake to (indicate the name of the Bank).
- 3 We do hereby undertake to pay amounts due and payable (indicate the name of the Bank) under this Guarantee without any demur, merely on a demand from the AIIMS, JODHPUR stating that the amount claimed is required to meet the recoveries due or likely to be due from the said contractor(s). Any such demand made on the Bank shall be conclusive as regards the amount due and payable by the Bank under this guarantee. However, our liability under this Guarantee we shall be restricted to an amount not exceeding Rs. (Rupees.....)
- 4 We, the said Bank, further undertake to pay to the AIIMS, JODHPUR any money so demanded not withstanding any dispute or disputes raised by the contractor(s) in any suit or proceeding pending before any Court or Tribunal relating thereto, our liability under this present being absolute and unequivocal. The payment so made by us under bond shall be a valid discharge of our liability for payment thereunder, and the contractor(s) shall have no claim against us for making such payment.
- 5 We..... further agree that the Guarantee herein contained shall (indicate the name of the Bank) remain in full force and effect during the period that would be taken for the performance of the said agreement, and it shall continue to be enforceable till all the dues of the AIIMS, JODHPUR under or by virtue of the said agreement have been fully paid, and its claims satisfied or discharged, or till the Administrative Officer, AIIMS Jodhpur on behalf of the AIIMS, JODHPUR, certifies that the terms & conditions of the said contractor(s), and accordingly discharges this guarantee. We..... further agree with the AIIMS, JODHPUR that the AIIMS, JODHPUR (indicate the name of the Bank) shall have the fullest liberty without our consent , and without effecting in any manner our obligations hereunder, to vary any of the terms & conditions of the said agreement or to extend time of performance by the said contractor(s) from time to time or to postpone for any time or from time to time any of the powers exercisable by the AIIMS, JODHPUR against the said contractor(s) and to forbear or enforce any of the terms and conditions relating to the said agreement, and we shall not be relieved from our liability by reason of any such variation or extension being granted to the said contractor(s) or for any forbearance, act of omission on the part of the AIIMS, JODHPUR or any indulgence by the AIIMS, JODHPUR to the said contractor(s) or by any such matter or thing whatsoever which under the law relating to sureties would, but for this provision, have effect of so relieving us.
- 6 This Guarantee will not be discharged due to the change in the constitution of the Bank or the contractor(s).
- 7 We..... lastly undertake not to revoke this Guarantee except with (indicate the name of the Bank) the previous consent of the AIIMS, JODHPUR in writing.
- 8 This guarantee shall be valid up to unless extended on demand by the AIIMS, JODHPUR Notwithstanding anything mentioned above, our liability against this Guarantee is restricted to Rs.....(Rupees..... Only), and unless a claim in writing is lodged with us under this Guarantee shall stand discharged.

Dated the day of for
(Indicate the name of the Bank)