



FERNANDEZ HOSPITAL

Health Care for Women & Newborn

Nutrifit

Diet, Nutrition, Therapeutic
Lifestyle Management Clinic

DIETARY GUIDELINES FOR PREGNANCY INDUCED HYPERTENSION

UNIT 1 – BOGULKUNTA

4-1-1230, Off Abids Road, Bogulkunta, Hyderabad – 500001.

UNIT 2 – HYDERGUDA

3-6-282, Opp. Old MLA Qtrs., Hyderguda, Hyderabad – 500029.

UNIT 3 – JUBILEE HILLS

Plot # 769, Near MAA TV, Road # 44
Jubilee Hills, Hyderabad – 500033.

ALL THREE UNITS

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Appointments only Tel. : +91 40 40632301
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Pregnancy Induced Hypertension (PIH) is a syndrome which is characterized by hypertension, proteinuria and edema. It usually develops in the third trimester.

PIH patients should take a balanced diet with optimal calories including good quality protein, calcium, potassium, vitamin A, iron and folic acid rich foods. Diet should contain optimum amount of sodium. In case of edema or high blood pressure sodium is restricted. Salt restriction is no longer routinely advised during PIH. Recent research shows that during pregnancy the body needs salt to help provide the proper fluid balance.

Dietary Guidelines :

- Small and frequent meals should be taken. Avoid fasting or missing any meal.
- Include a variety of foods to get all the nutrients you need.
- Its preferable to use low fat or skimmed milk (0.3% fat).
- Include plenty of green leafy vegetables at least one serving per day.
- Fruits like oranges, sweet limes, water melon, musk melon, pears, guavas, figs, apples and plums can be used.
- Eat and drink at least 4 servings of calcium rich foods like dairy products like milk, paneer, curd, soya milk, whole pulses, whole cereals, green leafy vegetables.
- Eat at least one source of vitamin A every day like carrots, egg, pumpkins, spinach, green leafy vegetables.
- Iron rich foods should be taken. Iron rich sources are green leafy vegetables, rice flakes, cauliflower, amaranth, mint, soy bean, roasted

bengal gram, moth beans, cowpea, ragi malt etc.

- During snack time its preferable to use whole grams like channa, lobia, moong, rajmah either boiled, steamed or sprouted.
- Plenty of water should be taken to keep the bowels regular. (6 – 8 glasses/day).
- Non-vegetarians should include a boiled egg every day.
- Take potassium rich foods like ragi, wheat, bengal gram, cow pea, moong, peas, redgram. colocasia, coconut meal, coriander seeds, fenugreek seeds, musambi, apricots, cherries, musk melon etc.

To be Restricted :

- Diet should contain optimum amount of sodium. In case of oedema or hypertension, sodium is restricted. Reduce salt intake to less than 6 gms / day (approx 1 tsp/day). Table salt should not be used. Avoid pickles papads, biscuits, bakery items and preserved foods like sauce, chocolates, processed cheese, chips mixture etc.
- Reduce the use of saturated fats like ghee, butter, dalda, margarine, mayonnaise.
- Fatty rich foods, fried foods, excessive seasoning, strongly flavored vegetables may be restricted in case of nausea and gastric distress.

Sample Menu Plan

- The quantity of each meal has to be customized as per calories required based on BMI.
- If the patient is diabetic, hypertensive or suffering with any other medical ailment, diet has to be altered accordingly.

- Cooking oil 2tsp/day.
- No Extra table salt

Early Morning : Milk – 1 glass

Breakfast :

Idly (3) / Chapathi (2) / Dosa (2) + veg chutney 2 Tbsp or Sambhar -1/2 cup + Fruit-1

Mid Morning :

Paneer – 30 gms or one boiled egg

Lunch :

Veg salad, Chapathi –3 (100g flour) or rice 100g + green leafy veg curry + soya granules or dhal –1/2 cup + curd –1/2 cup

Evening :

Roasted bengal gram / whole moong chat – 1 cup + veg juice or fruit juice 150 ml

Dinner :

Same as lunch, (Instead of soy granules fish or chicken-50g can be used)

Bedtime : Almonds 4 Nos. or skimmed milk – 100ml

Please contact the following number for an appointment with the Nutritionists, Dr. Janaki Srinath and Dr. Latha Sashi, Tel. No. : 040-40632301. The Nutritionists will be available at the three Units of Fernandez Hospital on following day :

Bogulkunta : Monday (1 pm – 3 pm) / Friday (6pm – 8 pm) / Saturday (11 am – 1 pm)

Hyderguda : Tuesday (1 pm – 3 pm) / Thursday (2 pm – 4 pm)

Jubilee Hills : Saturday (2 pm – 4 pm)

For any queries, please reach us at

nutrifit@fernandezhospital.com