

Dr. Aastha Gupta

Consultant Physician (Diabetes & Endocrinology)
MBBS, MD (Medicine),
PG Diploma Endocrinology (UK),
Certification in Diabetes
(BMJ-Royal College of Physician, London)
DMC Reg.: 5010

APOLLO SPECTRA HOSPITAL
66-A/2, New Rohtak Road, Karol Bagh
New Delhi-110005
Timing: **Wed & Fri : 9:00am - 10:30am**

SANT PARMANAND HOSPITAL
18, Sharnath Marg, Civil Lines,
New Delhi-110054
Timing: **Mon & Thu : 4pm - 6pm**

DIET CHART FOR 1200 Kcal

6 AM	1 Cup Tea/Coffee + 1 Sugar free biscuit
8 AM (Breakfast)	1 Katori Salad/Cooked Vegetables + 1 Small Roti/2 Tbsp Cornflakes/ Daliya/ 2 Whole white Bread/ 2 small Idli
10 AM	1/2 Cup double toned milk without sugar/1 Egg White (Boiled) + 1 Piece of Paneer (Ice cube Size)
2 PM (Lunch)	1 Big Katori Salad + 1 Roti (or 1/2 Katori Boiled Rice) + 1 Katori Vegetable + (1 Katori Dal with 1 Small Katori Curd) or (1 medium piece of chicken/fish)
4 PM	1 Cup Tea/Coffee + 1 fistful Channa or Sprouted Dal
5 PM	1 Fruit (Apple/ Orange/ Guava/ Pear)/ 1-2 wedges of Pineapple/ Papaya
7 Pm (Dinner)	1 Big Katori Salad + 1 Roti (or 1/2 Katori Boiled Rice)+ 1 Katori Vegetable (1 Katori Dal/Paneer/ Besan Kadi) or (1 Small piece of Chicken/fish)
10 PM	1/2 Glass double toned milk

- 1 Cup Tea/Coffee = 50 ml of double toned milk without sugar.
- 1 Roti = 20 gm of flour (preferably mix Channa flour and non sieved wheat flour).
- Oil consumption = 15 ml/day

Residence - Clinic: 2/7, Roop Nagar, Kamla Nagar, Delhi-7
Mon to Sat. By Appointment only

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Former Consultant, Diabetes & Endocrinology, Max Saket
Former Asst. Prof. Hindu Rao Medical College & Hospital
Former Doctor, Endocrinology, Safdurjung Hospital



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