

# 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, Shamnath Marg, Civil Lines,  
New Delhi-110054  
Timing: **Mon & Thu : 4pm - 6pm**

## DIET CHART FOR 1400 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 + 2 Roti (or 1/2 Katori Boiled Rice) + 1 Katori Vegetable + ( 1 Katori Dal with 1 Small Katori Curd) or ( 2 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 + 2 Roti (or 1 Katori Boiled Rice)+ 1 Katori Vegetable (1 <sup>1/2</sup> 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**

+91-9818015081  
draasthagupta@gmail.com  
www.draasthagupta.com

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



Scan to book appointment