



*The Medical **Bulletin***

Diet Corner

BAJAJ RULE OF 5

Rule of 5 to keep your Hba1c <5.5 Reduce 500cals from present caloric intake Include 5servings of fresh fruits and vega a day, prefer low Glycemic index and low glycemic load. Include physical activity at least 30_45min every day for a minimum of 5times a week Restrict the visible fat intake to <5 x100ml per month per person Restrict fluid intake during meal to <5x40ml =200ml Spend at least 5mins extra to step up the chew count in your meal Increase the time spent on meditation and yoga to a minimum of 5x3=15 mins daily

Restrict your Salt intake (Visible and Invisible) <5 g salt/day.

Reduce the visible sugar intake to less than 5 g per day

***Dr. Meenakshi Bajaj
PGDND, MSc., CDE, CCN, RD,
Monash FODMAP trained Dietician (Australia), PhD.***