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Be Healthy Again

What Foods should not be taken and act like a poison to the Insomnia patients

What foods should not be taken by Insomnia, Depression or Sleep disorder patients till becoming normal

- i) **SALT:** Less than 5 gram salt should be consumed . Patient consume maximum 1 gram of salt in each meal i.e. 1 gram for break fast, 1 gram for lunch, and 1 gram for dinner. Salt increases the retention of water in the body which could cause Oedema and increased blood pressure.
- ii) **WATER:** Less than 1 litre of water a day should be consumed (which includes water content in the food).
- iii) **CEREALS:** Less than 25 % of cereals in the food like Rice, Idly, chapati, Roti, any wheat products like bread should be consumed . Consumption of more than 25% of cereals will contribute to increase of the creatinine. Cereals has around 14% of the indigestible protein –one of the root causes of higher creatinine. ex: if the person is used to having 3 idles, then replace it with only 1 idly., Supplement the remaining with the belly vegetables, leafy vegetable, 5% pulses, and 15% or backed fish along with defined herbs. Eating more leafy vegetable helps reduce hunger.
- iv) **COARSE GRAINS:** Cereals-Coarse grains like millet and minor millets should not be consumed
- v) **DAIRY:** Milk and milk-based products should not be consumed but curds/yo-gurt without cream can be consumed limited quantity.
- vi) **BAKED FOODS:** Processed baked foods such as cookies, biscuits, etc. should not be consumed
- vii) **PULSES:** Pulses like red gram and Horse gram should not be consumed
- viii) **PULSES:** Limit Green gram, and Bengal gram (chick pea) to less than 5% of the food intake.
- ix) **NON-VEG:** Beef, pork , mutton, chicken with skin should not be consumed
- x) **DRINKS:** Alcohol, Aerated Beverages and Fruit Juices should not be consumed
- xi) **FRUIT:** Banana fruit should not be consumed



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