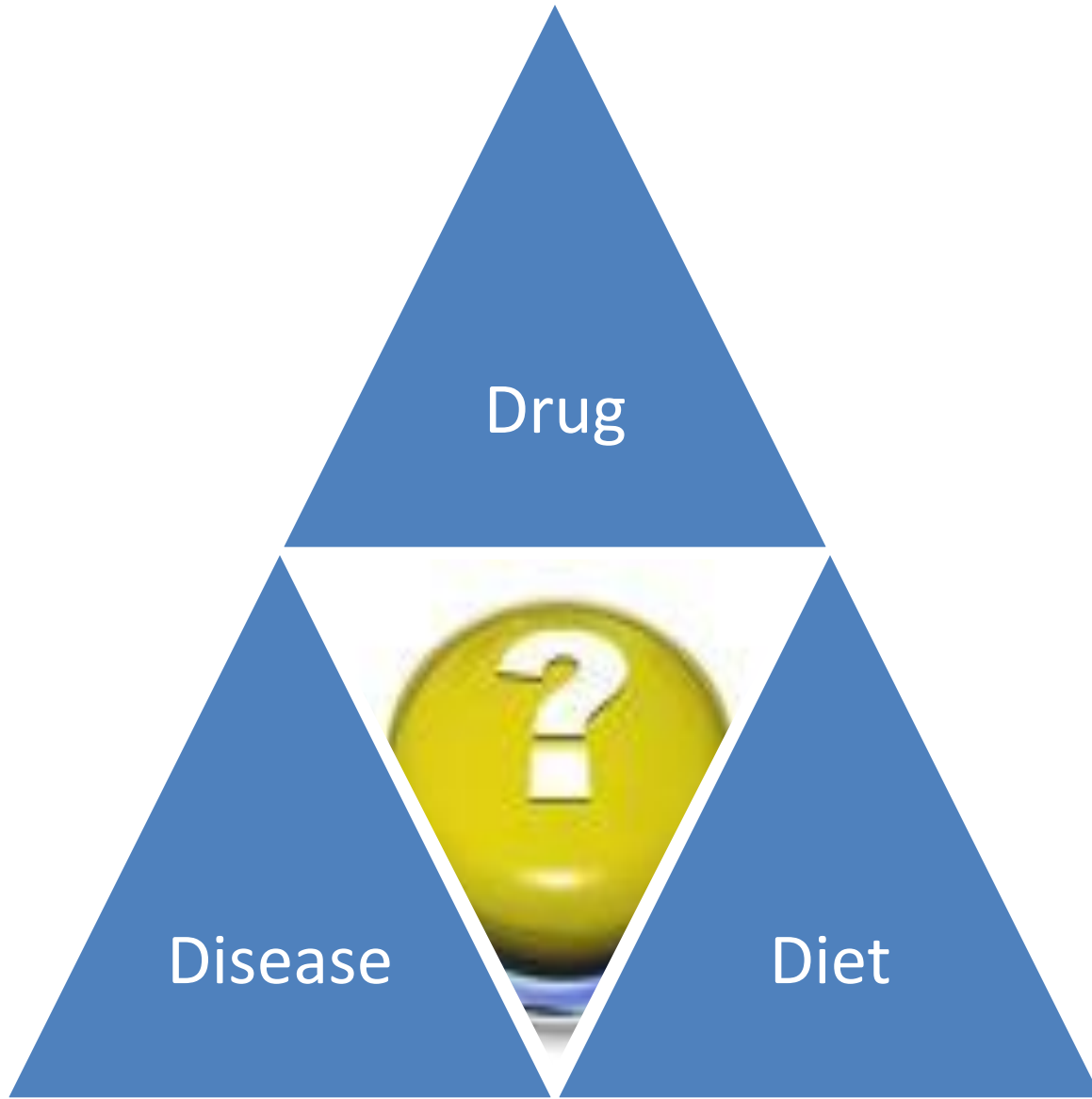


Drug Disease Diet

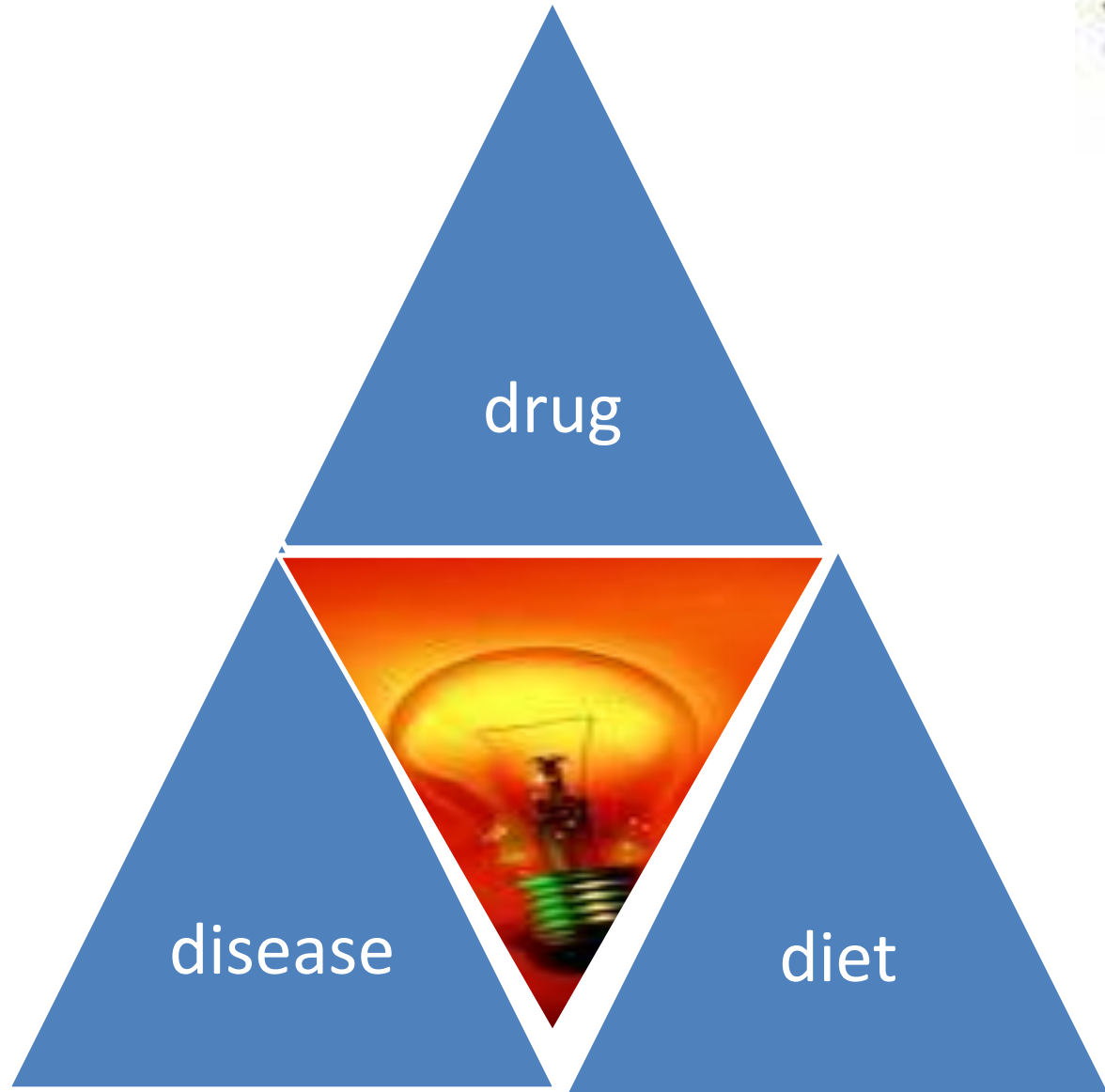




This is what happens to the patients

- Patient perception differs from health care professionals
- What patient requires???
- What pharmacists could do???





# Disease



- Communicable diseases:
  - Infection
- Non-communicable diseases
  - Respiratory : Asthma
  - Cardio-vascular : Hypertension
  - Endocrine : Diabetes/ thyroid
  - Cerebro-vascular : Anxiety/ depression
  - Gastrointestinal : Peptic ulcers

# Disease - Diabetes



- Nature: Acute/ chronic
- Etiology : Reason
- Epidemiology : We are the diabetic capital of the world.

## India`s Status at 2030 as per WHO

RANKING	COUNTRY	PEOPLE WITH DIABETES (in MILLIONS)	
		2000	2030
1	INDIA	31.7	79.4
2	CHINA	20.8	42.3
3	USA	17.7	30.3

# Disease contd...

- Types of the disease
- Symptoms – general
- Diagnosis
- Complications

Hypoglycemia	Diabetic keto-acidosis
Heart disease	Foot ulcers
Kidney damage	Eye complications
Nerve disorders	Depression
Infections	Bone disease

# Disease contd...

- Disease monitoring
  - Glucose testing – glucometer
    - FBS
    - RBS
    - PPBS
  - HbA<sub>1</sub>C
  - Others





# Drugs- “the double edged sword”

- Drug to produce the intended the effect should be taken at the right time and dose and for the right time period along with proper life style modification.
- There are well known and widely reports on administration of drugs with respect to disease and diet.





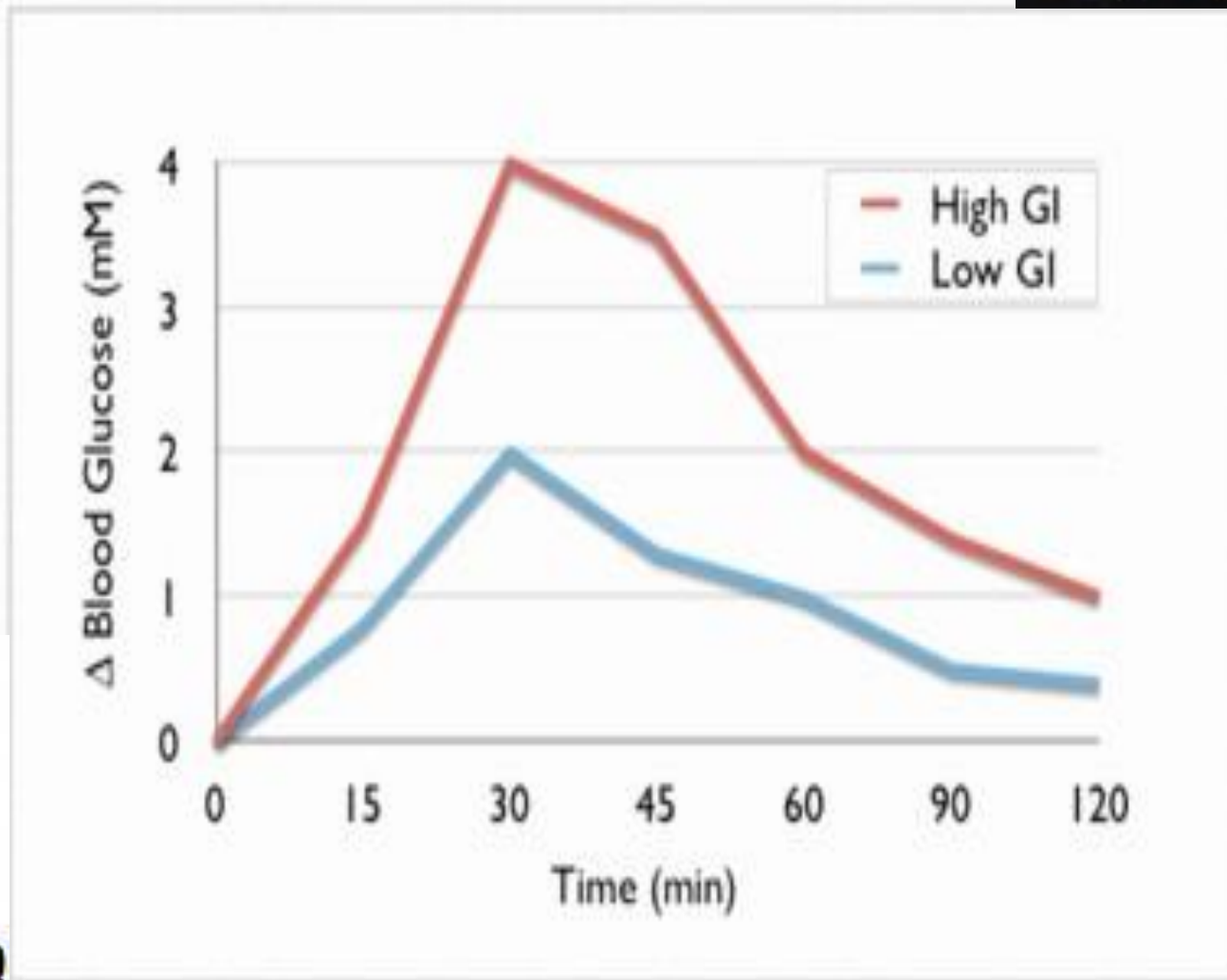
# Glycemic index



- The Glycemic Index (GI) rates foods based on how they affect blood sugar levels.
- The GI score compares foods to white sugar.
- Many people believe that knowing the GI scores of foodstuffs helps them control blood sugars



# Glycemic index



# Glycemic index



- Some foods do raise blood sugars quickly, such as white potatoes.
- Fiber content, whether the food is cooked or ripened, the degree of processing, and portion sizes are not factored into the GI.
- The total amount of carbohydrate consumed is more important than the individual food source.
- Exercise, Stress, Time of day, and overall health

# Recommended Daily Caloric Intake

<b>Adult</b>	<b>Sedentary Work</b>	<b>Moderate Work</b>	<b>Heavy Work</b>
<b>Male</b>	2200	2800	3900
<b>Female</b>	1900	2200	3000

- For adults Total energy requirement = Basal energy requirement + energy need for activity.
- Basal energy (Kcal) = 10 Kcal/lb of desirable body weight
- Energy for activity (Kcal) = 10% of estimated basal calories for sedentary activity or 20% of estimated basal calories for moderate activity or 40% of estimated basal calories for strenuous activity

# Break fast/ snacks

<b>Foodstuff</b>	<b>Calories</b>	<b>Fat Saturated (gm)</b>	<b>Total (gm)</b>	<b>Cholesterol</b>
<b>Bread White</b> 2 slices (40 gms)	98	.....	0.3	.....
<b>Dosa-Masala / Mysore with butter</b> (200 gms)	400	9	25	42
<b>Idili with Sambar</b> (60 gms)	250	1	45	....
<b>Uppama</b> 1 plate (150 gms)	235	3.8	8	...
<b>Parotha, Plain</b> (50 gms)	250	7	10	25
<b>Milk whole</b> 1 cup (200 ml)	150	4.8	8.1	22
<b>Kachoris</b> (150 gm)	400	14	20	
<b>Samosa</b> (150 gms)	500	14	20	
<b>Pizza veg/ Meat</b> 1 small (225 gm)	325	14.5	20	75

# Lunch n curry's

<b>Foodstuff</b>	<b>Calories</b>	<b>Fat Saturated (gm)</b>	<b>Total (gm)</b>	<b>Cholesterol</b>
<b>Briyani, Mutton</b> 1 med. bowl (150 gm)	255	11.5	16.5	.....
<b>Chappati</b> 1 med. (30 gms)	100	....	0.5	.....
<b>Naan</b> 1 med. (60 gms)	225	2.1	3.4	...
<b>Pooris 1 no</b> (20gms)	105	4.2	6.2	...
<b>Rice cooked</b> 1 med bowl (100gms)	400	...	...	...
<b>Beef curry</b>	185	8	11	100
<b>Chiken butter</b>	305	11.4	21	160
<b>Mutton curry</b>	185	8	12.7	95
<b>Pork curry</b>	185	8.3	13.5	80



# Vegetable curries/ sweets/ desserts

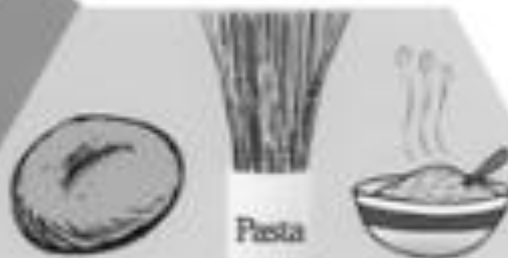
<b>Foodstuff</b>	<b>Calories</b>	<b>Fat Saturated (gm)</b>	<b>Total (gm)</b>	<b>Cholesterol</b>
<b>Dum aloo</b>	254	10.8	15.7	1.6
<b>Mixed vegetables</b>	175	7	10.5	.....
<b>Paneer tikka</b>	180	11	13	20
<b>Fruit salad</b>	250	5	8.4	22
<b>Basundi</b>	270	6	12	27.5
<b>Rasmalai /rasgullas</b>	370	9.6	12.5	19
<b>Halwa</b>	165	...	12	70
<b>Gulab Jamun</b>	282	13	20.2	12.5
<b>Ice cream</b>	185	8.3	13.5	80
<b>Custard</b>	220	5	8.2	22

So **What** is the **right** diet???

IT'S VERY IMPORTANT TO HAVE A BALANCED DIET



Refined grains,  
potato and sweets



Unrefined grains  
and pasta



Reduced fat dairy  
Lean protein  
Nuts and legumes



Fruits  
Vegetables  
(cooked or  
dressed with  
healthy oil)

DO's	DONT's
Apples, Grapefruit, Lime, Peaches.	water melon, mangoes, banana, Chikoos, jackfruit, Strawberry, Sugarcane. Sugar, artificial sweeteners and honey
Continental dark chocolate	Sweets and chocolates, cakes, biscuits, pies, tarts, breakfast cereals, wheat, rye
fruit Juices : dilute one part of juice with 3 or 4 parts of water	Avoid fresh fruit juices with high sugar content
High Fibre Diet: Cereals, Fruits, Nuts, Pulses, Seeds, Vegetables	Barley, Corn, Bread, Pasta, Pastry
Whole grain, like whole-wheat Spaghetti, Brown Rice	White rice, snack foods, fast food
Meat of lamb, beef, White meat like poultry chicken, duck, Fish, Eggs- white	Fatty meat, Eggs- yellow
Unsaturated fats like olive oil, corn oil, wheat/rice bran oil, sunflower oil, soya oil	Saturated groundnut oil, palm oil, vanaspathi
Skimmed Milk, Non-fat Cheese , Yoghurt	Whole milk, Cottage Cheese, butter, Cream
Take all Vegetables	Avoid potatoes, carrots, peas, beans.

# Sample diet plan



## Meal Menu

- Early morning Tea (preferably without sugar)
- Breakfast Dalia (salted)/ Paneer on toast  
Tea without sugar
- Mid day: Apple
- Lunch : 2 chapatti  
Channa curry / or any other whole dal  
Beans sabzi / or any other sabzi (avoid potatoes)  
Curds / ghia raita  
Salad
- Tea : Tea & Salty biscuits
- Dinner: Vegetable soup / tomato soup / chicken soup  
2 chapatti / missi roti (combining wheat flour with channa flour and soya flour)  
Palak paneer sabzi / paneer bhurji  
Curds







**Thank you**