

# HEART PATIENTS - HRUDHROGAM

## AVOID COMPLETELY

Yellow of egg  
No meat  
No Sweets ( Icecreame ,Chocolate ,Pastrys etc )  
Milk products ( Ghee, Cheese , Butter Dalda Etc )  
Oil fried products ( Vada, Chips, Samosa., Cutlet Etc )  
Fish ( Prawns , Crab, Lobster , etc )  
Sweets( Cashew nut, Peanut, Coconut )  
Soups ( All soups of meat )  
Reduce fat and cholesterol  
Frozen Fruit

## PRODUCT TO EAT

Fruit Avacados  
All legumes ( Dhal, Beans ,Amara Etc )  
Small fish  
White of egg  
Lean meat ( Kozhi) few without Skin  
Buttermilk with curry leaves and Ginger  
Steam food ( Iddali, Appam, Puttu )  
Salads with olive oil  
Veg Soups  
Food with fibers ( Brown rice, Wheat , Oats, Raggi, Horse gram, Banana stem & flower.  
Black tea.  
Green tea with half teaspoon Arjuna bark powder

## **Taken if necessary moderately ( Sodium contained food )**

Baking powder, Ajinomotto,Biscuits,Cake, Bread, Bun, Pickels, Sauce, Cornflates, noodles, Complian, Boost