

## Case Study II

---

1. To increase fluid intake, he should be given thin buttermilk, fresh lime juice (without salt), thin clear soups, *kokam* sherbet, and encouraged to drink water, barley water, etc.
  2. He should be given porridges made with milk along with either rice, semolina, *sago*, cornstarch, etc.
  3. He must increase the intake of fruits since they will provide him fluids and potassium.
  4. Foods that should be avoided by the patient are all foods rich in sodium such as ajino moto, soya sauce, *papads*, pickles, table salt, black salt, etc.
  5. He must read the labels before consuming any processed foods.
  6. Most importantly, he must consume good-quality proteins and FOLLOW THE DOCTOR'S ADVICE.
- 

The logo for McGraw Hill, featuring the words "Mc", "Graw", and "Hill" stacked vertically in a bold, white, sans-serif font, centered within a solid red square background.

Mc  
Graw  
Hill