

Case Study I

The patient is an executive, diagnosed with typhoid. He is underweight.

Advice on diet plan, foods to avoid and diet in convalescence

1. Prefer foods rich in Class I proteins-milk, fish, egg.
2. Diet should be low on spice and oil, so avoid all types of masalas to avoid any ulceration of the gut.
3. All safe food handling and cooking practices to be followed.
4. Prefer boiled water.
5. No street food/food cooked outside the home should be consumed.
6. Consume protein supplements to help convalescence.
7. Take adequate rest.
8. Take moderate exercise, do not strain.
9. Consume simple, easily digested carbohydrates.
10. Use foods rich in soluble fibres.
11. Avoid all kinds of raw and uncooked foods.

The McGraw Hill logo is a large, semi-transparent red square containing the text "McGraw Hill" in a white, bold, sans-serif font. The text is arranged in three lines: "Mc" on the top line, "Graw" on the middle line, and "Hill" on the bottom line. The logo is positioned on the right side of the page, partially overlapping the list of dietary advice.

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