

NO.F.(5-I)/(Dietary Articles)/DHS/2014-15
GOVERNMENT OF TRIPURA
DIRECTORATE OF HEALTH SERVICES

Dated, Agartala the 28/3/ 2017.

M E M O

In suppression of this Directorate memo of even number dated, 15th July, 1991 a comprehensive "adoption of new diet scale of Tripura for indoor patients in the Hospitals and PHC/CHC will be effective as follows:-

| <u>Sl. No.</u> | <u>Name of the items</u> | <u>Scale for per patient per day</u> |
|---------------------|--|--------------------------------------|
| Diet.No.I | Milk | 1 Lts |
| Milk Diet | Sugar | 60 gm |
| Diet No. II | Milk | 1 ½ Lts. |
| Milk & Bread Diet | Bread | 120 gram |
| | Sugar | 60 gram |
| | Banana | 2 nos |
| Diet No- III | Milk | ½ Lt. |
| Diet for Adult | Sugar | 30 grams |
| | Bread | 60 grams |
| | Rice | 350 grams |
| | Dal | 60 grams |
| | Vegetable including Green Leafy vegetable | 300 grams |
| | Potato | 70 grams |
| | Soya bean | 25 grams (at Dinner) |
| | Banana | 2 nos |
| | Egg | 1 No (at lunch) |

Contd....P/2.

Diet No- IV

Diet
For Children

| | |
|--|----------------------|
| Milk | ½` Lt. |
| Suger | 30 grams |
| Rice | 150 grams |
| Bread | 60 grams |
| Potato | 60 grams |
| Dal | 60 grams |
| Soya bean | 20 grams (at Dinner) |
| Vegetable including Green leafy vegetable | 200 grams |
| Banana | 2 nos. |
| Egg | 1 no. (at lunch) |

Diet No. V

For Severe
Malnourished
Children

| | |
|--|----------------------|
| Milk | ½` Lt. |
| Suger | 30grams |
| Rice | 150 grams |
| Bread | 60 grams |
| Potato | 70 grams |
| Dal | 60 grams |
| Soya bean | 25 grams (at Dinner) |
| Vegetable including Green leafy vegetable | 200 grams |
| Banana | 2 nos. |
| Egg | 1 no (at lunch) |
| Coconut Oil | 5ml |
| Dalia | 50grams |
| Pulses | 50grams |

Contd. . . . p/3

| | | |
|---|--|----------------------|
| Diet No. VI For Malnourished Adult | Milk | ½ Lt. |
| | Suger | 30grams |
| | Rice | 300 grams |
| | Bread | 60 grams |
| | Potato | 70 grams |
| | Dal | 60 grams |
| | Soya bean | 75 grams (at Dinner) |
| | Vegetable including Green leafy vegetable | 300 grams |
| | Banana | 2 nos. |
| | Egg | 1 no (at lunch) |
| | Coconut Oil | 10ml |
| | Dalia | 100grams |
| | Pulses | 100grams |
| Sippy I | Milk | 2 Lts. |
| | Sugar | 20 grams |
| Sippy II | Rice (Cooked soft) | 250 grams |
| | Boiled Egg | 1 Nos |
| | Dal | 120 grams |
| | Bread | 120 grams |
| | Sugar | 120 grams |
| | Milk | ½ Lts. |
| Diabatic Diet | Chapatti | 200 grams |
| | Bread | 60 grams |
| | Dal | 60 grams |
| | Milk | 1 Lts. |
| | Green Veg. | 100 grams |
| | Vegetables | 200 grams |
| | Soya bean | 25 grams |
| Egg | 1 No. | |

* For T.B and Cancer patients one egg and 250 ml milk may be provided extra.

*Chira/muri may be supplied in lieu of bread where bread is not available.

Spices/oil etc. For diet III, diet IV. Diet Sippy II and for diabetic diet.

| | |
|-----------|--------------------------|
| Salt | 25grams/patients/day |
| Chilli | 3grams |
| M. Oil | 20ml |
| Hallud | 3grams |
| Jira | 1grams |
| Ginger | 3grams |
| Onion | 5grams |
| Fire Wood | 900grams (for all diet). |

The concerning Officers are therefore requested to follow the diet chart with immediate effect.

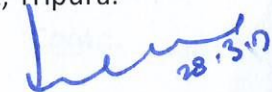

Director of Health Services
Govt. of Tripura, Agartala

Copy for information & necessary action to :-

1. The Planning & Budget Section of this Directorate, is requested to indicate additional requirement of fund during RE.About additional expenditure of Rs.100.375 lakhs may be additional per year for adoption of new diet scale of Tripura for indoor patients in the Hospitals and PHC/CHC.
2. The Director of Family Welfare & P.M. Govt. of Tripura, Agartala
3. Medical Superintendent, AGMC & GBP/I.G.M./Cancer Hospital, Agt.
4. The Joint Director of Health Services(S), Tripura Agartala.
5. The Chief Medical Officer, West/North/South/Unakuti/Dhalai/Khowai/ Gomati/Shepahijala Tripura.
- 6.The SDMO,Belonia/Sabroom/Bishalghar/Melaghar/Amarpur/Kamalpur/Chailengta/ Gandhachara/Tripura Sundari Sub-div.Hospital/Kailashahar and Kanchanpur.
- 7.TheMedicalSuperintedent,Unakoti(Kailashahar)/Gomati(Udaipur)/Dharmanagar/Khowai/ Dhalai/South Tripura(Belonia) District Hospital.
8. The M.O,I/C, _____ CHC/PHC.
9. The M.O.I/C, _____ Rural Hospital.
- 10.The Store-Keeper I/C (Diet), GBP/IGM/Cancer, Hospital Agartala.
- 11.The Accounts Section/Store Keeper (Misc. Store), Health Directorate, Agartala.

Copy also forwarded for kind information to :-

1. The PS to the Hon'ble Minister for Health & Family Welfare Department, Tripura.
2. The PS to the Principal Secretary Health & Family Welfare Department, Tripura.


DIRECTOR OF HEALTH SERVICES
GOVERNMENT OF TRIPURA