

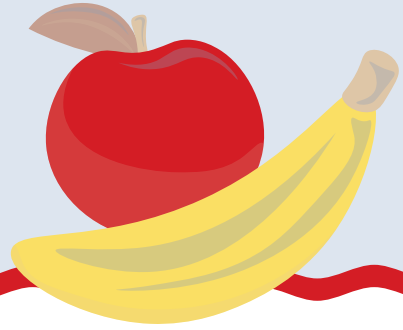


The Power of Nutrition in Fighting Tuberculosis





Eating a balanced diet is the first step in building immunity against Tuberculosis.



4 Major Food Groups



Go, Grow, Glow, and Gut — each contributing unique nutrients for energy, body repair, immune protection, and digestion

Category	What to Eat	What you get	What you get
 <p>GO Foods (Energy-Rich Foods)</p>	Whole grains, millets, vegetable oils, ghee, butter, nuts, oilseeds, sugar	Energy, fiber, B-complex vitamins, fat-soluble vitamins (A, D, E, K), essential fatty acids.	<ul style="list-style-type: none"> • Provide energy for daily activities, work, and play • Help the body stay active and less tired
 <p>GROW Foods (Body-Building Foods)</p>	Pulses, milk and milk products, meat, fish, poultry, nuts, oilseeds	Protein, calcium, iron, B-complex vitamins (B12, riboflavin), iodine, invisible fat	<ul style="list-style-type: none"> • Build muscles and repair body tissues • Support growth of bones, skin, hair, and blood
 <p>GLOW Foods (Protective Foods)</p>	Green leafy vegetables, other vegetables and fruits, eggs, flesh foods	Antioxidants, fiber, vitamin C, vitamin A, minerals (iron, zinc), immune support	<ul style="list-style-type: none"> • Protect against infections and strengthen immunity • Keep skin, eyes, and hair healthy
 <p>GUT Foods (Digestion-Supporting Foods)</p>	Curd, buttermilk, banana, fermented foods (like idli, dosa), whole grains, raw vegetables	Probiotics, Prebiotics and Dietary Fiber	<ul style="list-style-type: none"> • Improve digestion and gut flora balance • Prevent constipation and boost immunity



Food categories for health



Proteins

Vitamin D

Healthy Fats

Iron and Zinc

	Proteins	Vitamin D	Healthy Fats	Iron and Zinc
Meat and Fish	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>
Egg	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>
Milk and Dairy Products	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Ghee and Coconut Oil	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Nuts and Oil Seeds	<input checked="" type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>
Mushrooms	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Green Leafy Vegetables	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Fruits	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Cereals and grains	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Pulses and legumes	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>

Balanced Diet:

- Variety of foods
- Adequate amounts of essential nutrients
- Eat at least one from each food group daily



“EAT TO WIN”

Too much to remember? Let us make it simple.



E	Eggs & Energy foods	Rice, roti, banana, oil for strength	
A	Add pulses and legumes	Essential protein source for healing	
T	Three meals + snacks daily	Regular eating helps medicine work better	
T	Tuberculosis needs extra food	Emphasise more intake	
O	Oil & ghee	For extra calories	
W	Water and hydration	Drink enough water throughout the day	
I	Include green veggies and fruits	Vitamins	
N	Nuts, jaggery, chikki	Quick energy, iron	

(Every bite becomes medicine! Good food is the biggest remedy for TB)

Daily Menu:

What should I be eating today?



DAY 1:

Time	Food Item
Morning Tea 07:00am – 09:00am	
Breakfast 09:00am – 10:00am	
Mid-Morning 11:00am – 12:30pm	
Lunch 12:30pm – 02:00pm	
Evening Tea with Snacks 04:00pm – 05:00pm	
Dinner 07:00pm – 09:00pm	
To bed 10:00pm	

Daily Menu:

What should I be eating today?



DAY 2:

Time	Food Item
Morning Tea 07:00am – 09:00am	
Breakfast 09:00am – 10:00am	
Mid-Morning 11:00am – 12:30pm	
Lunch 12:30pm – 02:00pm	
Evening Tea with Snacks 04:00pm – 05:00pm	
Dinner 07:00pm – 09:00pm	
To bed 10:00pm	

