Information on Availability of Hospital Diet for Patients

A. J. Hospital and Research Centre has a full-fledged diet kitchen to provide balanced food to patients.

- Diet food is compulsory in the critical care sections like all the ICUs and cardiac patients.
- Therapeutic diet is provided to patients such as diabetic, renal, cancer and others on reference from consultants.
- Normal diet includes five meals - breakfast, lunch, dinner and two snacks at midmorning and evening for patients for whom it is not convenient to bring food from home.

Types of Diet Provided

Normal Diet: Balanced diet given to all normal patients without any special needs and therapeutic conditions. Kindly inform your nursing counter for requirements. Cost will be added in your final bill.

Therapeutic Diet: Given to patients with various therapeutic conditions. It Includes following:

- Diabetic diet
- Renal diet (for kidney disorders)
- Hypertensive diet
- High protein diet
- Cardiac diet
- Antenatal, postnatal diet
- Pediatric diet

Special Diets: Provided for patients with special needs with modifications in the consistency, texture or taste. They include:

- Tube feeds (Nasogastric, Jejunostomy)
- Semi-solid diet
- Liquid diet
- Soft diet
- Bland diet (low fat, low fiber, low spice)

Departments & Facilities at A. J. Hospital & Research Centre

SUPER SPECIALITIES
Cardiology
Cardiothoracic Surgery
Endocrinology
Emergency Medicine
Gastroenterology
Medical Oncology
Nephrology
Neurology
Neuro Surgery
Nuclear Medicine
Pain & Palliative Medicine
Plastic & Microvascular Surgery
Radiation Oncology
Surgical Oncology
Urology, Andrology & Transplant Surgery

SPECIALITIES
Anaesthesiology
Dentistry
Dermatology
ENT
General Medicine
General Surgery
OBG
Ophthalmology
Orthopaedics
Paediatrics
Physiotherapy
Psychiatry
Pulmonary Medicine
Radio Diagnosis

SUPPORT DEPARTMENTS
Ambulance
Cafeteria & Dietary
Casualty
Component Blood Bank
Computerised X-Ray
Corporate Desk
Health Check-up Lounge
Laboratory
Laminar Flow OT
Pharmacy

SPECIAL EQUIPMENT
Automated Digital X-Ray
Brachytherapy
CT Scan 128 Slice Dual Source
Cathlab
Computer Navigated System
DEXA Scan
Dialysis Unit
EEG & ENMG
Echocardiogram
Gamma Camera
Holmium Laser
Liner Accelerator
Lithotripsy
MRI 1.5 Tesla
Mammography
PET CT
Spirometry
TMT
Ultrasound, 4D, TV, TR
Urodynamic Lab
Video-Endoscopy

INTENSIVE CARE UNITS
Burns ICU
Cardiac ICU
Cardiothoracic ICU
Medical ICU
Neonatal ICU
Neuro ICU
Paediatric ICU
Respiratory ICU
Surgical ICU

SPECIALITY CLINICS
Breast Health Clinic
Back Pain Clinic
Diabetic Clinic
Infertility Clinic
Joint Replacement & Arthroscopy
Minimally Invasive Surgery Unit
Podiatry Clinic
Stroke Clinic

Call: 0824 - 222 5533
for 24x7 EMERGENCY SERVICES

A. J. Hospital & Research Centre

Kuntikana, Mangaluru - 575 004. INDIA
Phone: +91 824 222 5533 Fax: +91 824 222 5541
E-mail: ajhospitalmangaluru@gmail.com Website: www.ajhospital.in

DIET

Division of DIET AND NUTRITION

A. J. Hospital & Research Centre

Division of
DIET AND NUTRITION

Diet and lifestyle diseases like diabetes, cardiovascular diseases, kidney disorders, liver disease and obesity are the NCDs (non-communicable diseases) whose number is rapidly increasing. Diet and lifestyle are two of the preventive and controllable factors for these diseases which have to be modified in order to be healthy. Hence diet counselling becomes an important aspect of healthcare.

A. J. Hospital & Research Centre has a full fledged diet department with qualified dieticians which takes care of patient catering and diet counselling. Therapeutic diet in hospital helps in faster patient recovery and reduces the duration of hospital stay.

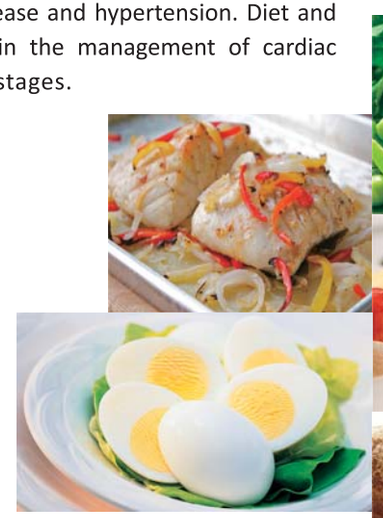
Department Functions

- Diet counselling for inpatients and outpatient
- Nutritional assessment of all inpatients
- Diet food provision for all the critical care patients
- Therapeutic food provision in wards

Outpatient Diet Couselling

Cardiovascular Disease

Modern day lifestyle is the major cause of cardiac problems. Factors like smoking, inactivity, diet and stress increase the risk of coronary artery disease and hypertension. Diet and lifestyle counselling help in the management of cardiac diseases in the early stages.



Coronary artery diseases which arise due to high cholesterol are directly linked to diet and lifestyle practices which can be modified.

Diabetes

Diabetes is one of the most common endocrine disorders whose complications affect the heart, brain, kidneys, eyes, nerves and feet. Diet and lifestyle changes help in controlling the condition as well as preventing further complications. Dietician, after taking a detailed diet recall from the patient, counsels him / her on the type of diet to be followed for diabetes and regular follow up for the same is essential.

Obesity

Diet plays an important role in the genesis of obesity. Personal choices, advertising, social customs and cultural influences as well as food availability and pricing all play a role in determining what and how much an individual eats. As societies become increasingly reliant on energy-dense fast food meals, the association between fast food consumption and obesity becomes a cause for concern.

Due to changing lifestyle and eating habits obesity among children and adults is at an all time high in India. Obesity contributes to diabetes, hypertension, heart disease, osteoarthritis and several other problems. Dietician along with endocrinologist helps in the management of obesity and overweight to prevent further complications.

Kidney Disease

Kidney diseases require changes in the diet like limiting fluids, eating a low protein diet, restricting salt, phosphorous and other electrolytes to limit the build up of waste products in the body. Patients on dialysis however require special diet. Most dialysis patients urinate very little or not at all. Limiting fluids between treatments is very important. Without urination, fluid will build up in the body and lead to excess fluid in the heart, lungs and ankles. According to the nephrologists' recommendation the dietician will advice suitable diet to the patient.

For eating healthy and right consult the Dietician
Timings: 10:00 a.m. to 2:00 p.m. in the OPD, AJHRC

Contact No: 0824-2225533 (Extension 170)