

TUBERCULOSIS

Infection caused by ingestion of Tubercullin bacteria is known as Tuberculosis, commonly known as TB.

CAUSES

- 1) Poor nourishment.
- 2) Poor living standards.
- 3) Overcrowding in urban areas.
- 4) Poor immunity.
- 5) Contact with infected people (in pulmonary tuberculosis only).
- 6) Chronic renal failure.
- 7) AIDS.
- 8) Diabetes.

DIETARY MANAGEMENT

- 1) Strawberries are high in potassium, vitamins, and minerals that help boost the immune system and help fight the disease.
 - 2) Blueberries and cherries and dark leafy vegetables along with whole-grain foods, milk, and lean meats and poultry are also recommended to combat weight loss.
 - 3) Consume diet rich in proteins (55 gm of protein daily):
 - a. Milk and milk products, eggs, meat, fish, poultry, nuts and oilseeds, pulses, cereals.
 - 4) Diet rich in carbohydrates: (60% of total calories should come from carbohydrates)
 - a. Cereals and millets, roots and tubers, fruits.
 - 5) Consume considerable amount of fats: (15 gm of fats daily)
 - a. Oils and fats, food of animal origin, nuts and oil seeds.
 - 6) Take lots of vitamin A, helps in maintaining the integrity of the respiratory mucosa: Liver oils of fish like cod, shark, and halibut are richest source.
 - a. Egg, milk and milk products, meat, fish, kidney and liver, yellow orange colored fruits and vegetables, dark green leafy vegetables.
 - 7) Increase intake of Vitamin C, will strengthen immunity: foods of animal origin are poor in vitamin C.
 - a. Citrus fruits, green vegetables.
 - b. Eats fruits and vegetables raw as they provide have maximum of vitamin C when fresh and raw.
 - 8) Include Vitamin E in considerable amount: foods of animal origin are low in vitamin E.
 - a. Vegetable oils and oil seeds, Wheat germ, whole grain, corns, cereals, pulses, nuts, dark green leafy vegetables, olives, spinach and asparagus.
 - 9) Consuming Zinc in adequate amount will boost up immunity: plant foods are low in zinc, Whole wheat grains provide good amount of zinc.
- Animal foods, sea food and sea plants etc.

NOTE

- 1) Maintain personal hygiene and hygienic environment.
- 2) Avoid eating from roadside vendors and from places where hygiene is doubtful.
- 3) Avoid contact with infected person.
- 4) Vaccinate your child with BCG.
- 5) Treat the cause.

NOTE : PLEASE CONTACT WITH YOUR DOCTOR FOR EXACT DIET FOR THE HEALTH PRBLEMS YOU HAVE.THIS A SAMPLE DIET CHART TO GET THE IDEA OF YOUR DAILY ROUTINE FOOD INTAKE TO MAKE YOUR LIFE HEALTHY .