

Government of Telangana
Aarogyasri Health Care Trust

Circular

AST/P&C/F-43 (Guidelines)/2016-1, Date 20.12.2016

Sub: AHCT – P&C dept., – Standard diet to the Aarogyasri in-patients by Network Hospitals – Intimation – Reg.

It is to inform that under Aarogyasri Scheme Rs. 100/- is earmarked towards provision of breakfast with tea/coffee, lunch and dinner in the package amount of each procedure to the beneficiaries of Aarogyasri Scheme during their stay in the hospital. Hence, inputs were obtained from the senior dietician for providing standard diet to the Aarogyasri in-patients.

Further, as stated in the Service Contract Agreement (SCA) of Article 3: Obligations of Network Hospital, Point II. DIET page no. 47 as stated below:

The Network Hospital shall provide the diet to the Aarogyasri beneficiary for the worth of Rs.100/- per day (breakfast with tea/coffee, lunch and dinner as per the prescribed guidelines issued time to time).

The Network Hospitals shall provide diet to one attendant of the Scheduled Caste/Scheduled Tribe (SC/ST) under Aarogyasri/ other Scheme (related to BPL) beneficiary as per the stay of the patient beneficiary in the hospital.

All the Network Hospitals are hereby informed to follow the enclosed standard diet schedule & menu for Aarogyasri In-patients and above SCA guidelines without fail.


Chief Executive Officer

To,

- 1) The MD/CEO/Medical Superintendent of all the Network Hospitals.
- 2) The GM (PMU), AHCT with a request to place in the AHCT Portal.
- 3) The General Manager (FOSS), AHCT with a request to communicate all District Coordinators of the State of Telangana.

Copy to:

All the HoDs of AHCT for favour of information.

The PS to CEO, AHCT for favour of information.

**PROPOSED DIET – SCHEDULE & MENU FOR AAROGYASRI
INPATIENTS - OF Rs.100/- DIET CHARGES – PER PATIENT –
PER DAY.**

“STANDARD-REGULAR-DIET”

MENU

BREAKFAST

Between 7:30 AM TO 8:30 AM-to be served

S.No	Item Name	Quantity	Weight
1	Idly /Chutney	3 nos with Chutney 1 cup Semi Solid consistency	Idly - 150 grams approx.. wt. Chutney – 100 gms
2	Milk Bread (or) Bansi Rawa – (Wheat Rawa of medium size)	7 Slices -	140 grams Cooked Weight 300 grams
3	Upma with Chutney		Chutney – 100 gms with Semi Solid consistency
4	A Glass of Milk	150 ml with 2 tsp Sugar	150 ml

(Breakfast to be served in a Disposable paper plate)

LUNCH

To be served around 12.00 Noon to 1.00 PM

S.No	Item name	Quantity	Weight
1	Phulkas	3	Each 30 grams weight (3*30 grams =90 grams)
2	Cooked rice (Sona masoori variety)	1	450 grams
3	Vegetable Curry (Iguru)	1 cup	Semisolid / thick Consistency
4	Sambar (made from 30 grams Red gram daal)	1	150 ml
4	Egg (Boiled) (Fresh and good size)	1	50 grams
5	Curd	1 cup	100 ml
6	Banana or Seasonal Fruit	1	

(Lunch to be served in a Disposable paper plate)

DINNER

Between 6:30 PM TO 8:00 PM-to be served

S.No	Item name	Quantity	Weight
1	Phulkas made from wheat flour	3	Each 30 grams (3*30 grams =90 grams)
2	Cooked rice (Sona masoori variety)		
3	Mixed Veg. Curry	1 Cup	Semisolid Consistency
4	Sambar (made from 30 grams red gram Daal)	1	150 ml
5	Egg (Boiled)	1	50 grams
6	A glass of Milk with Sugar (Pasteurized Toned Milk)	150 ml with 2 tsp Sugar	150 ml

(Dinner to be served in a Disposable paper plate)

NUTRIENT ANALYSIS OF THE DIET-PER DAY (APPROXIMATELY)

S.No	Item name	Quantity	Weight
1.	Energy		2800 k.cal per day
2.	Carbohydrate (in grams)		480 grams
3.	Proteins (in grams)		85 grams
4.	Fat (in grams) (Visible & Invisible) (Visible – Rice bran oil – 30 ml in a day for cooking to be used)		60 grams per day

Quality of the Diet:

Agmark Graded spices, oils, pasteurized Toned milk, Good Quality Redgram Daal, Sona Masoori variety rice, modern quality – Milk bread, Bansi rawa, Idli rawa, Blackgram Daal, (standards in accordance to the Diet. G.O.Ms.No. 325, HM&FW Dept., Govt., dt. 01.11.2011 to be strictly followed.

AND

Perishable items like – Milk from Vijaya Diary, Fresh poultry Eggs, Quality Vegetables and Fresh fruits to be served in ‘Aarogyasri inpatients’ Diet without any deviation in terms of Quality and Quantity.

For ICU Enteral Nutrition:

Selection of Formula depends upon patients nutritional requirements, keeping in view of basic points like:

1. Patient's digestive and absorptive capacities.
2. Disease status and Organ Dysfunction and
3. Restriction on intake (eg. Fluid, salt etc.,)

Enteral Formulas:

- A. **Polymeric Formulas** – Contain protein, CHO and fat in high molecular form and require intake digestive and absorption capabilities of the gut, they contain all necessary vitamins and Minerals.
- B. **Pre-digested or Elemental Formula** – Contain partially or fully digested macronutrient and are ready for absorption.
- C. **Modular Formula** – Contain one of the major macronutrient either Carbohydrate, protein or fat. They are prepared especially as per patient's requirements.

The different types of Formulas used in Enteral supplements are as follows, some of them are available commercially, can be had from 'Rate Contract basis'.

- A. **Disease specific Formulas** (Renal, Hepatic, Trauma, Stress, Diabetic and Pulmonary)

Nutraceuticals from: ABBOT/or/Fresenius – Kabi/or/Hexagon Nutrition/or/British Biologicals/or/from other reputed establishments will be most useful in improving Nutrition status

Dy.E.O (T)

EO (P&C)

CEO 14/12