

Diet for HIATAL HERNIA

7 Days



MONDAY

Time	Menu
07:30 am	Start your day with drinking plain water
08:30 am	1 Methi paratha (use very less oil and add 1 tbsp bran to it) with low-fat home-set curd
11:00 am	1 Banana + Coconut water
01:00 pm	1 Chapati (Add 1 tbsp wheat bran) + Lauki ki sabji (use less oil and very less spices) + Cucumber carrot raita (low-fat home-set curd)
04:00 pm	Ginger tea + 2 tbsp Roasted mixed seeds
07:00 pm	Jowar roti +Palak moong dal

TUESDAY

Time	Menu
07:30 am	Start your day with drinking plain water
08:30 am	Boiled moong sprouts with Chaach/ buttermilk (use low-fat home-set curd)
11:00 am	1 Apple + 5 soaked and peeled almonds
01:00 pm	1-2 Wheat bran chapati + Low-fat paneer ki bhurji (use very less oil or no oil) +Cucumber carrot salad
04:00 pm	Ginger tea + 1 cup roasted makhana
07:00 pm	Vegetable dalia with ½ tbsp ghee

WEDNESDAY

Time	Menu
07:30 am	Start your day with drinking plain water
08:30 am	Vegetable uttapam (use less oil) with coriander chutney
11:00 am	1 bowl watermelon + 2 walnuts
01:00 pm	Steamed rice + Any dal (no oil) +Beet-root raita (use low-fat home-set curd)
04:00 pm	Ginger tea + 2 tbsp roasted chana
07:00 pm	Moong dal chilla (use less oil) with coriander chutney

THURSDAY

Time	Menu
07:30 am	Start your day with drinking plain water
08:30 am	Egg omlette (use egg whites)
11:00 am	Coconut water with chia seeds + 1 bowl papaya
01:00 pm	Jowar roti + Bhindi ki sabji + Besan ki kadhi
04:00 pm	Ginger tea + 2 tbsp roasted flax seeds
07:00 pm	Ragi vegetable thick soup (no black pepper)

FRIDAY

Time	Menu
07:30 am	Start your day with drinking plain water
08:30 am	Vegetable oats upma with low-fat home-set curd
11:00 am	1 Pear with 1 glass chia seeds water
01:00 pm	2 wheat bran chapati + Ghia/torai ki sabji + Carrot beetroot salad (steamed)
04:00 pm	Ginger tea + 2 tbsp mix nuts–almonds and walnuts.
07:00 pm	Steamed fish/chicken with sauteed herbed veggies

SATURDAY

Time	Menu
07:30 am	Start your day with drinking plain water
08:30 am	Boiled/steamed sprouts salad with low-fat home-set curd
11:00 am	1 Banana + 2 walnuts
01:00 pm	Ragi roti + Soya curry (use very less oil or no oil) + Carrot cucumber salad
04:00 pm	Ginger tea + 1 cup roasted makhana
07:00 pm	Dalia porridge with 1 tsp ghee and 1 tsp jaggery

SUNDAY

Time	Menu
07:30 am	Start your day with drinking plain water
08:30 am	Vegetable vermicelli with low-fat home-set curd
11:00 am	1 bowl muskmelon + 5 soaked and peeled almonds
01:00 pm	Vegetable pulao (add rice bran)+Cucumber raita
04:00 pm	Ginger tea + 2 tbsp roasted mixed seeds
07:00 pm	Plain dosa (use less oil) with coconut chutney

FOODS TO INCLUDE ✓

- **Alkaline Foods** – fruits like banana, apple, melons, pear, papaya. Vegetables like bottle gourd, bhindi, spinach, peas
- **Anti-Inflammatory Foods** – Ginger, chamomile tea
- **Foods Low in Carbs and Calories** – Whole vegetables, nuts, seeds, legumes, eggs
- **Fiber-Rich Foods** – whole grains, vegetables,whole pulses, seeds

FOODS TO AVOID ☹

- **Acidic foods like tomatoes, citrus fruits**
- **Fatty foods because they delay gastric emptying.**
- **Tea, coffee and chocolate** – they relax the LES and cause acid reflux.
- **Caffeinated beverages** – they cause gaseous distension of the stomach which increases the pressure on LES causing acid reflux.
- **Garlic and Onions** – they relax the LES and cause acid reflux.
- **Spicy foods** – Avoid black pepper and chili

Do's	Dont's
Eat dinner 3 hours before going to bed.	Avoid lying down or bending just after a meal.
Eat small and frequent meals.	Avoid intake of alcohol, caffeine, and carbonated beverages.
Reduce weight if you are overweight. Increased weight increases abdominal pressure and causes reflux.	Avoid foods that are acidic, cause reflux or decrease LES pressure – spicy and fatty foods, acidic foods, tea, coffee, chocolate, citrus fruits.
Raise the head of the bed by 6-8 inches while sleeping.	Avoid prolonged usage of non-steroidal anti-inflammatory drugs like ibuprofen and aspirin.
Reduce the amount of oil/ghee used for cooking. Fats delay gastric emptying.	Avoid smoking, as nicotine reduces LES pressure and causes reflux.
Drink atleast 2 liters of water in a day. Water dilutes the stomach acid. But avoid drinking a lot of water just after meals.	Avoid tight fitting clothes.

MEDICAL EXPERT CONSIDERATIONS

Medical experts recommend this diet plan for hiatal hernia patients to reduce symptoms and improve digestive health. The plan emphasizes alkaline and anti-inflammatory foods, fiber-rich meals, and low-fat, low-carb options. It avoids acidic, fatty, spicy foods, caffeine, and chocolate, which can exacerbate reflux. Small, frequent meals are encouraged, along with staying upright after eating and maintaining a healthy weight. Hydration is important, but large quantities of water post-meal are discouraged. Personalized guidance from healthcare providers ensures optimal outcomes.

PHYSIOLOGICAL BENEFITS

This diet plan for hiatal hernia provides several physiological benefits, including reducing acid reflux and alleviating digestive discomfort. High-fiber foods improve bowel movements and prevent constipation, while low-fat meals speed gastric emptying, decreasing stomach pressure. Alkaline foods help neutralize stomach acid, and anti-inflammatory options like ginger reduce esophageal irritation. Small, frequent meals prevent overeating, minimizing pressure on the lower esophageal sphincter. Proper hydration and avoiding trigger foods further support overall gastrointestinal health and enhance symptom management.

PHYSIOLOGICAL RISKS

While generally beneficial, this diet plan for hiatal hernia may pose some physiological risks if not properly balanced. Over-restriction of fats can lead to deficiencies in essential fatty acids and fat-soluble vitamins. Insufficient caloric intake from overly small portions could result in nutrient deficiencies and fatigue. Additionally, excessive fiber from whole grains and vegetables might cause bloating and discomfort if not introduced gradually. It's crucial to tailor the diet to individual needs and consult with a healthcare provider for personalized guidance.