



A FAMILY RESOURCE • 02

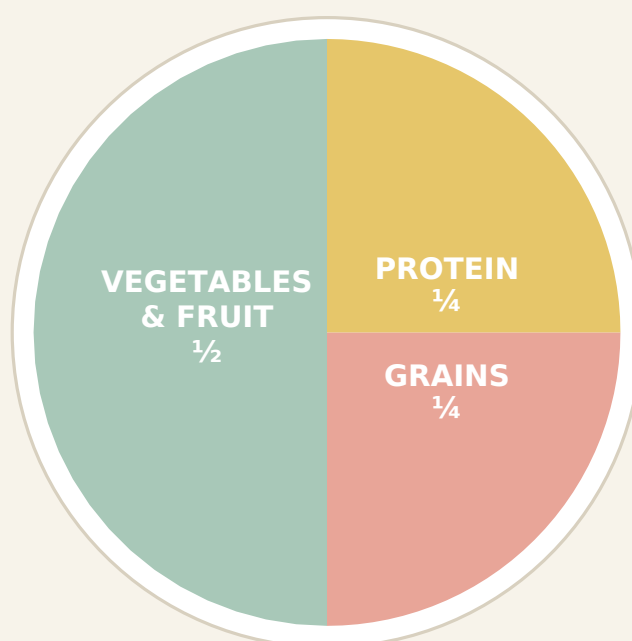
Nourishing the Recovery

*A gentle food guide for stroke patients
and the families who cook for them*

KADJI HOSPITAL

Residential Stroke Rehabilitation • Vadodara, Gujarat

1 The Recovery Plate



A simple visual to plan every meal — soft-cooked, low-salt, colourful.

Fill the Plate

- Leafy greens: palak, methi
- Soft veggies: doodhi, carrot
- Fruits: banana, papaya, apple

Add Protein

- Dal, moong, chana
- Curd, paneer, eggs
- Fish, chicken (skinless)

Choose Grains

- Oats, daliya, khichdi
- Multigrain roti (soft)
- Brown rice, ragi



2 Eat • Limit • Avoid



EAT DAILY

- 5 servings fruits & vegetables
- Whole grains, pulses, lentils
- Curd, buttermilk for gut health
- 1.5–2 L water (unless restricted)
- Nuts & seeds (softened / powdered)



LIMIT

- Salt: under 5 g/day (one tsp)
- Ghee / oil: 3–4 tsp/day total
- Tea & coffee: 2 cups a day
- Sugar & sweets — small portions
- Red meat: twice a week maximum



AVOID

- Pickles, papad, packaged snacks
- Sugary drinks & sodas
- Alcohol during recovery
- Fried foods & bakery items
- Tobacco in any form



3 Swallowing Safety & A Sample Day

◆ Swallowing Safety

- Sit upright, chin tucked slightly down — never eat lying flat.
- Small spoonfuls; wait until the mouth is empty before the next bite.
- Choose soft, moist textures — dals, khichdi, mashed fruit, curd rice.
- Thicken thin liquids if your therapist has advised so.
- Rest for 20 minutes after every meal, sitting up.

A Gentle Sample Day

6:30 AM Warm water, soaked almonds (2)

8:00 AM Vegetable daliya + curd + banana

11:00 AM Coconut water or seasonal fruit

1:00 PM Soft roti + dal + palak sabzi + rice

4:30 PM Buttermilk + roasted chana

7:30 PM Khichdi + curd + steamed lauki

9:30 PM Warm turmeric milk (if allowed)