

CUSHING'S SYNDROME DIET & LIFESTYLE

THIS IS ONLY FOR A REFERENCE PURPOSE

DEPARTMENT OF BREAST AND ENDOCRINE SURGERY

High Protein (Very Important)

Cortisol causes muscle breakdown.

Include in every meal: Moong dal, Masoor dal, Paneer (limited fat), Eggs, Chicken / fish, Curd

Target: ~1–1.2 g protein per kg body weight

Low Salt Diet

Cortisol increases BP & fluid retention.

Avoid: Pickles, Papad, Namkeen, Processed food, Restaurant food | Use minimal salt in cooking.

Controlled Carbohydrates

High cortisol → high blood sugar risk.

Choose: Oats, Dalia, Whole wheat roti (1–2 only), Brown rice (small portion)

Avoid: Refined sugar, Sweets, White bread, Sugary drinks

Bone Protection

Cushing's weakens bones.

Include: Curd (1 bowl), Ragi (moderate), Sesame seeds, Almonds (4–5)

Sun exposure 15–20 mins daily. | Avoid self-starting calcium supplements.

Healthy Fats (Limited)

1 tsp oil per meal, Nuts in moderation | Avoid deep fried foods.

Hydration

2.5–3 liters water daily | Helps BP control & metabolism.

Strictly Avoid

Alcohol, Smoking, Crash dieting, High-sodium packaged foods, Excess caffeine

AFTER SURGERY DIET PLAN

After adrenal/pituitary surgery, body cortisol suddenly drops.

Temporary weakness common.

Phase 1 (First Few Days)

Soft diet, Khichdi, Dalia, Soup, Soft rice + dal | Small frequent meals.

Phase 2 (Recovery Phase)

High Protein (Continues)

Eggs, Paneer, Dal, Chicken, Curd

Gradually Normalize Salt

If BP stable, moderate salt allowed.

Prevent Weight Regain

After cortisol normalizes, metabolism improves.

Balanced plate: Half vegetables, Quarter carbs, Quarter protein

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Bone Strengthening Continues

Vitamin D (if prescribed), Weight-bearing exercises, Regular DEXA scan if advised

Lifestyle After Surgery

Gradual return to exercise, Avoid heavy lifting for 4–6 weeks, Monitor BP & sugar, Follow steroid taper schedule strictly (if prescribed), Regular endocrinology follow-up

Sample One-Day Diet (Recovery Phase)

Morning Breakfast Mid-morning Lunch

Warm water Vegetable oats + boiled egg Papaya 2 roti + dal + lauki sabzi + curd

Evening Dinner

Roasted chana Paneer bhurji + vegetables

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