

## 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, Daliya, 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, Daliya, 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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