

# DIET & LIFESTYLE PLAN FOR HYPERPARATHYROIDISM WITH HYPERCALCEMIC CRISIS

THIS IS ONLY FOR A REFERENCE PURPOSE

DEPARTMENT OF BREAST AND ENDOCRINE SURGERY

## Diet Goals (After Stabilization)

### Aggressive Hydration (Most Important)

3–4 liters fluid daily (if kidney function allows), Spread evenly, Urine should stay clear/light

**Best fluids:** Plain water, Lemon water, ORS (if weak), Coconut water (if potassium normal) | Avoid dehydration at all cost.

### Strict Salt Control

High sodium worsens calcium excretion imbalance.

**Avoid:** Pickles, Packaged snacks, Processed food, Restaurant food

### Temporarily Limit High-Calcium Foods

During crisis recovery phase:

**Reduce:** Milk, Paneer, Cheese, Calcium supplements | Do NOT eliminate permanently without doctor advice.

### Moderate Protein

Excess protein increases calcium loss in urine.

Dal (moderate), Egg, Soft chicken, Light khichdi | Avoid high-protein gym diets.

### Safe Vegetables

Lauki, Tori, Pumpkin, Beans, Carrot | Avoid excess spinach if stones are present.

### Strictly Avoid

Vitamin D supplements (unless prescribed), Calcium tablets, Alcohol, Dehydration, Very high-protein diet

### Lifestyle After Crisis

Strict follow-up with endocrinologist, Regular calcium & PTH monitoring, Surgery planning (if primary hyperparathyroidism confirmed), Light walking only after stabilization, Avoid heavy gym till doctor clearance

### Sample Recovery Diet (Post-Stabilization)

| Morning | Breakfast | Mid-morning | Lunch |
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| Warm water + lemon | Vegetable dalia | Apple | 2 roti + moong dal + lauki sabzi |
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| Evening | Dinner |
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| Roasted chana | Soft rice + vegetable curry |
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