

DIET PLAN & LIFESTYLE FOR HYPERPARATHYROIDISM

THIS IS ONLY FOR A REFERENCE PURPOSE

DEPARTMENT OF BREAST AND ENDOCRINE SURGERY

Hydration is MOST Important

High calcium = kidney stone risk. Drink 3–3.5 liters water daily, Spread throughout the day, Add lemon water (helps reduce stone formation)

Balanced Calcium Intake

Completely stopping calcium is wrong. Take normal dietary calcium (not excess), Avoid calcium supplements unless prescribed

Sources (moderate quantity):

Curd, Paneer (small portion), Ragi (limited), Almonds (4–5 only)

Avoid Excess Calcium & Vitamin D

Extra calcium tablets, High-dose Vitamin D without doctor advice, Overuse of dairy

Reduce Salt Intake

High salt → calcium loss in urine increases.

Use less salt, Avoid packaged snacks, Avoid pickles in excess

Vegetables (Safe Options)

Lauki, Tori, Pumpkin, Beans, Carrot, Cabbage

Limit high-oxalate foods if stones present:

Spinach, Beetroot, Excess tea

Protein – Moderate Amount

Too much protein increases calcium loss.

Dal, Paneer (small portion), Eggs, Chicken (moderate)

Fruits

Banana, Apple, Papaya, Citrus fruits

Avoid excessive dried fruits.

Sample One-Day Diet Plan

Morning

Warm water + lemon

Breakfast

Vegetable poha + 4 almonds

Mid-morning

Coconut water

Lunch

2 roti + dal + lauki sabzi + salad

Evening

Roasted chana + herbal tea

Dinner

Vegetable khichdi + curd (small bowl)