

## 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	Breakfast	Mid-morning	Lunch
	Warm water + lemon	Vegetable poha + 4 almonds	Coconut water
			2 roti + dal + lauki sabzi + salad
Evening	Dinner		
	Roasted chana + herbal tea	Vegetable khichdi + curd (small bowl)	