

DIET PLAN FOR ADDISON'S DISEASE

THIS IS ONLY FOR A REFERENCE PURPOSE

DEPARTMENT OF BREAST AND ENDOCRINE SURGERY

Addison's Disease

(Diet & Lifestyle – Long Term Management)

Main Goals

- 1.Prevent low BP
2. Prevent dehydration
- 3.Maintain electrolyte balance
- 4.Maintain energy
- 5.Prevent adrenal crisis

Adequate Salt Intake (Very Important)

Unlike many other conditions Patients with Addison's often need slightly higher salt intake, especially in:

- 1.Hot weather
- 2.Heavy sweating
- 3.Exercise
- 4.Fever

Include:

- 1.Normal homemade salted food
2. Lemon water + pinch of salt (if BP low)
- 3.Buttermilk with light salt

Follow doctor's advice (especially if kidney/heart disease present).

Hydration

- 1.2.5 – 3 liters fluid daily
2. Increase during summer or illness

Dehydration can trigger a crisis.

Balanced Carbohydrates

Low cortisol → low blood sugar risk.

Include: 1.Oats 2.Daliya 3.Whole wheat roti 4.Rice (moderate) 5.Fruits (banana, apple, papaya)

Avoid long fasting. Eat every 3–4 hours.

Adequate Protein

For muscle strength & recovery:

- 1.Dal
2. Paneer
- 3.Eggs
- 4.Chicken / fish
- 5.Curd | Target ~1 g/kg body weight.

Potassium Awareness

Some patients may have high potassium.

Limit excess: 1.Too much coconut water 2. Excess banana 3. High potassium supplements

Bone Protection

Long-term steroid replacement may affect bones.

Include: 1.Curd Ragi 2.Sesame seeds 3.Almonds (4–5) Sun exposure 15 mins
4.Take calcium/Vitamin D only if prescribed.

Strictly Avoid

- 1.Skipping steroid medicines
- 2.Sudden stopping of steroids
- 3.Crash dieting
- 4.Severe dehydration
- 3.Alcohol excess

Medication Discipline (Life-Saving)

- 1.Take steroid tablets exactly as prescribed
- 2.Carry emergency steroid card
- 3.Keep injectable hydrocortisone if advised
- 4.Increase dose during illness (as instructed by doctor)

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Lifestyle Recommendations

1. Regular sleep 2. Moderate walking 3. Avoid extreme stress 4. Avoid extreme heavy gym 5. Regular endocrinology follow-up

Sample One-Day Diet Plan

Morning Breakfast Mid-morning

Warm water Vegetable oats + boiled egg Banana

Lunch Evening Dinner

2 roti + dal + lauki sabzi + curd Buttermilk (light salt) Rice + paneer / chicken + vegetables

ADRENAL CRISIS WARNING SIGNS

Immediate hospital visit if:

1. Severe weakness 2. Vomiting 3. Severe abdominal pain 4. Confusion 5. Very low BP 6. Collapse