

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.Dalia 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

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