

HYPERPARATHYROIDISM WITH METABOLIC BONE DISEASE DIET PLAN

THIS IS ONLY FOR A REFERENCE PURPOSE

DEPARTMENT OF BREAST AND ENDOCRINE SURGERY

Protect bone density, Prevent fractures, Maintain safe calcium balance, Support muscle strength, Prepare for / recover after surgery (if advised)

Moderate Calcium Intake (Not Excess)

Include natural dietary calcium:

1 small bowl curd daily, Limited paneer, Ragi (small portion), Sesame seeds (1 tsp), Almonds (4–5)

- Avoid self-started calcium supplements, Avoid high-dose Vitamin D without doctor advice

Hydration

2.5–3 liters water daily | Prevents kidney stone formation.

Reduce Salt

High sodium increases calcium loss in urine.

Avoid: Pickles, Namkeen, Processed foods, Excess restaurant food

Protein – Adequate but Not Excess

Protein helps muscle strength (important to prevent falls).

Dal, Paneer (small portion), Egg, Chicken (moderate), Curd

Bone-Friendly Foods

Green vegetables (cooked), Pumpkin, Beans, Carrot, Lauki, Tori

Magnesium sources:

Banana, Seeds, Spinach (moderate if stones absent)

Vitamin D

Essential for bone health.

15–20 min sunlight daily | Supplement only if doctor prescribes

Strictly Avoid

Smoking, Excess alcohol, Long bed rest, Very sedentary lifestyle, Crash dieting

Lifestyle for Bone Protection

Weight-Bearing Exercise

Walking, Light stair climbing, Light resistance training, Yoga

Avoid heavy impact if severe bone weakness.

Fall Prevention

Good footwear, Adequate lighting at home, Avoid slippery floors

Regular Monitoring

Serum calcium, PTH, Vitamin D, Bone density (DEXA scan)

Sample One-Day Diet Plan

Morning

Warm water

Breakfast

Vegetable oats + 4 almonds

Mid-morning

Banana

Lunch

2 roti + dal + lauki sabzi + curd

Evening

Roasted makhana

Dinner

Soft khichdi + pumpkin sabzi