

RUCHI GURNANI · NUTRITIONIST

5 days for Mummy and Papa

For anyone over 50, and for the son or daughter who sent it. Nothing here is a diet. It is the same food, moved around, plus three tests.

Swipe 👉

RUCHI GURNANI

Read this first

Tiredness after 50 gets blamed on age. In my clinic it is usually three things: **chai at the wrong time**, a tablet taken for years, and **too little protein**. All three show up on a blood report, and all three can be fixed at home.

Each day adds one thing. Keep the earlier days going as you add the next. If you are the one who received this from your child, they are not nagging. They read the report.

THE ONE RULE

Nothing goes into the stomach before water and a bite of food. Chai always comes second. If you keep one page, keep Day 2.

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1

THE THREE TESTS

- ASK FOR** **Vitamin B12, haemoglobin, vitamin D.** Ferritin too if the doctor agrees. One morning, fasting, one prick.
- TELL THEM** On a **sugar tablet** (metformin) or a **daily antacid** for more than two years? Say so. Both block B12, and the doctor may want a nerve check as well.
- WRITE IT** The three numbers with the date, in one folder with every year's report. What the doctor wants is the change over years, not one number.

WHAT LOW LOOKS LIKE

B12 under 200: tiredness, numb or tingling feet, forgetting names, low mood.

Haemoglobin under 12: breathless on stairs.

Vitamin D under 20: aching bones, weak legs.

2

THE MORNING

ON WAKING

A glass of water. Then **four or five soaked almonds** or a small banana. Chai only after that.

BREAKFAST

Poha with peanuts, besan chilla, egg and roti, or dalia in milk. **Something with protein in it, every day.** Rusk and chai is not breakfast.

CHAI

An hour after breakfast, not with it. Chai with the meal blocks most of the iron in that meal. Same rule at lunch and dinner.

HOW MANY

Two cups a day is fine. Four is where acidity and poor sleep start. Sugar: half a spoon, on the way to none.

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3

THE ANTACID

ASK

A daily antacid for years? Ask the doctor whether it is still needed.

Many people keep taking it out of habit, and it quietly eats B12. Never stop it on your own.

THE CAUSE

Most acidity after 50 is the empty-stomach chai, dinner too late, and lying down straight after. Fix those and half the tablets become unnecessary.

DINNER

By 8 pm. Then a slow walk inside the house, ten minutes. Bed at least two hours after eating.

BURNING

Still burning at night? Raise the head of the bed with a pillow under the mattress, and cut the pickle and fried snacks at dinner.

4

THE PROTEIN

EVERY MEAL

One of these, **a full katori, not a spoon**: dal, rajma, chana, curd, paneer, eggs, fish, chicken.

MILK

Milk at night is fine but it is not enough. It is the dal at lunch that keeps the arms and legs strong.

SOFT FOOD

Weak teeth or small appetite? **Moong dal khichdi with curd, paneer bhurji, egg bhurji, dalia in milk.** Easy to chew, full of protein.

HOW MUCH

After 50 the body needs more protein than at 30, about one gram per kilo of weight a day. A 60 kg parent needs three katoris of dal or the same in paneer, curd and eggs across the day.

5

THE BODY

THE CHAIR Sit and stand from a chair **ten times without using the hands**. Hard, or slow? That is muscle going, and Day 4 is the fix. Do it every morning; it gets easier in a month.

THE SUN Fifteen minutes of morning sun on the arms and face, no sunscreen. Vitamin D from food alone is not enough.

THE SIGNS Numb or tingling feet, forgetting names, low mood, breathless on stairs. **These are report lines, not age**. Take the Day 1 report to the doctor.

FOR LIFE

Water before chai. Chai an hour after food. A katori of protein at every meal. The three tests every year. That is the whole plan.

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Their report is one part. Their plan is the rest.



I write plans for parents too. Their reports, their routine, the food already in the house. Three plans of ten days each, and I speak to them directly on WhatsApp.

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