

Daily Spine Health Diet Chart

Bombay Spine Clinic™

Daily Nutrition Guide for a Healthy Spine

Why Good Nutrition Matters

A balanced diet helps maintain strong bones, healthy muscles and a healthy body weight. It also supports recovery after spine surgery, improves bone healing and reduces the risk of osteoporosis. Combine good nutrition with regular exercise, adequate sleep and an active lifestyle for long-term spine health.

Time	Suggested Daily Meal
6:30–7:00 am	Warm water + 5 soaked almonds + 2 walnuts
Breakfast	2 eggs / Paneer / Tofu + Oats, Dalia or Vegetable Poha + Milk
Mid-Morning	Seasonal fruit + Curd / Buttermilk
Lunch	2 Chapatis or Brown Rice + Dal + Paneer/Chicken/Fish + Vegetables + Salad
Evening Snack	Sprouts Chaat / Roasted Chana / Greek Yogurt
Dinner	Paneer/Tofu/Chicken/Fish + Vegetables + Dal + Chapati
Bedtime	Glass of Milk (if tolerated) or Unsweetened Greek Yogurt

Daily Spine Health Checklist

- Include a source of protein with every meal.
- Eat calcium-rich foods daily.
- Get regular sunlight exposure for Vitamin D where appropriate.
- Eat at least 5 servings of fruits and vegetables each day.
- Drink 2–3 litres of water daily unless medically restricted.
- Limit processed foods, sugary drinks and excess salt.
- Avoid smoking and limit alcohol.

Foods to Include Regularly

- Milk, curd, paneer and tofu
- Dal, rajma, chickpeas and sprouts
- Eggs, fish or lean chicken (if non-vegetarian)
- Ragi, whole grains and oats
- Fresh fruits and green leafy vegetables
- Nuts and seeds in moderation

Disclaimer: This chart is intended for general patient education. Individual dietary requirements vary depending on age, diabetes, kidney disease, osteoporosis, pregnancy and other medical conditions. Please consult your treating doctor or a qualified dietitian for personalised dietary

advice.