

BOMBAY SPINE CLINIC

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Diet Nutrition Centre - Bombay Spine Clinic

- Diet & Nutrition Centre
- Eat Well. Heal Better. Build a Stronger Spine.
- Good nutrition is an essential part of maintaining a healthy spine and supporting recovery after spine surgery or injury.
- Your spine, muscles, nerves and bones require the right balance of nutrients to remain strong and function properly. A healthy diet can help:
- Maintain strong bones
- Improve muscle strength
- Reduce the risk of osteoporosis
- Support wound healing
- Improve immunity
- Enhance recovery after surgery
- Maintain a healthy body weight
- Reduce stress on the spine
- At Bombay Spine Clinic™, we believe that good nutrition complements medical treatment, physiotherapy and exercise to achieve the best long-term outcomes.
- Nutrition for Spine Health
- Your spine depends on a combination of healthy bones, strong muscles, flexible ligaments and healthy intervertebral discs.
- A balanced diet should include:
- High-quality protein
- Calcium-rich foods
- Vitamin D
- Fruits and vegetables
- Whole grains
- Healthy fats
- Adequate fluids
- No single food can cure back pain, but a nutritious diet helps maintain overall spinal health and supports your body's natural healing process.
- Calcium-Rich Foods
- Calcium is one of the most important minerals for maintaining strong bones.

- Adults generally require approximately 1,000–1,200 mg of calcium daily, although individual requirements may vary depending on age, sex and medical conditions.
- Good dietary sources include:
 - Dairy Products
 - Milk
 - Curd (Yogurt)
 - Paneer
 - Cheese (in moderation)
 - Vegetarian Sources
 - Ragi (Finger Millet)
 - Sesame Seeds (Til)
 - Almonds
 - Soybeans
 - Tofu
 - Rajma
 - Chickpeas
 - Green leafy vegetables such as spinach, fenugreek and amaranth
 - Non-Vegetarian Sources
 - Sardines
 - Salmon (with edible bones)
 - Small fish
 - Prawns (moderate amounts)
- If dietary intake is insufficient, your doctor may recommend calcium supplements.
- Vitamin D Sources
 - Vitamin D helps the body absorb calcium and is essential for healthy bones and muscles.
 - Unfortunately, Vitamin D deficiency is very common, particularly among people who spend most of their time indoors.
- Natural sources include:
 - Sunlight
 - The body produces Vitamin D when the skin is exposed to sunlight.
 - Regular exposure to early morning or late morning sunlight for 15–30 minutes, depending on your skin type and local conditions, can help maintain healthy Vitamin D levels.
- Dietary Sources
 - Egg yolk
 - Fatty fish (Salmon, Tuna, Mackerel)
 - Mushrooms
 - Fortified milk
 - Fortified cereals

- Many individuals with Vitamin D deficiency require supplements prescribed by their doctor after appropriate blood testing.
- Protein-Rich Foods
- Protein is essential for:
- Muscle strength
- Tissue repair
- Wound healing
- Bone healing

Recovery after surgery

- Good protein sources include:
- Vegetarian
- Dal
- Moong
- Chana
- Rajma
- Soybeans
- Tofu
- Paneer
- Milk
- Greek yogurt
- Nuts and seeds
- Non-Vegetarian
- Eggs
- Chicken
- Fish
- Lean meat
- Older adults and patients recovering from surgery often require a higher protein intake to support healing and rehabilitation.
- Diet for Osteoporosis
- People with osteoporosis should focus on foods that support bone health.
- A bone-friendly diet includes:
- Adequate calcium
- Vitamin D
- Protein
- Magnesium
- Vitamin K
- Zinc

- Healthy choices include:
- Milk and dairy products
- Green leafy vegetables
- Nuts
- Seeds
- Whole grains
- Pulses
- Fresh fruits
- Fish
- Eggs
- Limit excessive intake of:
- Sugary beverages
- Highly processed foods
- Excess salt
- Excess alcohol
- If osteoporosis is diagnosed, medications may also be required in addition to a healthy diet.
- Diet After Spine Surgery
- After surgery, your body requires extra nutrients for tissue repair and bone healing.
- Your recovery diet should include:
- High-quality protein
- Calcium-rich foods
- Vitamin D
- Fresh fruits
- Vegetables
- Whole grains
- Healthy fats
- Adequate fluids
- Small, frequent meals are often easier to tolerate during the first few days after surgery.
- Constipation is common after surgery due to pain medications and reduced activity.
- To help prevent constipation:
- Drink adequate water.
- Eat fruits rich in fibre.
- Include vegetables and whole grains.
- Stay physically active as advised.
- Take stool softeners if prescribed.

Recovery Nutrition

- Good nutrition helps your body recover more efficiently.
- Important nutrients during recovery include:
 - Protein
 - Supports wound healing and muscle recovery.
 - Calcium & Vitamin D
 - Essential for bone healing and spinal fusion.
 - Vitamin C
 - Supports collagen production and wound healing.
 - Good sources:
 - Oranges
 - Lemon
 - Amla
 - Guava
 - Bell peppers
 - Iron
 - Supports healthy blood production after surgery.
 - Sources include:
 - Spinach
 - Dates
 - Beans
 - Lentils
 - Lean meats
 - Zinc
 - Helps wound healing and immune function.
 - Sources include:
 - Nuts
 - Seeds
 - Eggs
 - Meat
 - Whole grains
 - Hydration
 - Water is often overlooked but is vital for recovery and spinal health.
 - Adequate hydration helps:
 - Maintain healthy intervertebral discs
 - Improve circulation
 - Reduce constipation
 - Support healing

- Maintain energy levels
- Most healthy adults should aim for approximately 2–3 litres of fluids per day, unless advised otherwise because of kidney disease, heart disease or other medical conditions.
- Water should remain your primary source of hydration.
- Foods That Support Bone Healing
- Following fractures or spine surgery, your body requires additional nutrients to build new bone.
- Focus on:
 - Protein
 - Calcium
 - Vitamin D
 - Magnesium
 - Vitamin C
 - Zinc
 - Phosphorus
- Bone healing also depends on:
 - Regular walking
 - Physiotherapy
 - Good blood sugar control
 - Avoiding smoking
 - Adequate sleep
- Healing is influenced by many factors—not nutrition alone.
- Foods to Limit
- For better spinal and overall health, try to reduce:
 - Sugary drinks
 - Processed foods
 - Deep-fried foods
 - Excess sweets
 - High-salt packaged snacks
 - Excess alcohol
- Smoking should be avoided, particularly after spine surgery, as it delays wound healing, reduces bone fusion rates and increases the risk of complications.
- Maintaining a Healthy Weight
- Being overweight places additional stress on the spine, discs and joints.
- Even modest weight loss can:
 - Reduce back pain
 - Improve mobility
 - Reduce stress on spinal joints
 - Improve surgical outcomes

- Lower the risk of future spine problems
- A balanced diet combined with regular physical activity is the most effective long-term strategy for maintaining a healthy weight.

Frequently Asked Questions

- Should I take calcium supplements?
- Not everyone requires supplements. Your doctor will advise calcium supplementation if your dietary intake is inadequate or if you have osteoporosis or other bone health concerns.
- Should everyone take Vitamin D?
- Vitamin D deficiency is common, but supplementation should ideally be based on your clinical evaluation and, when appropriate, blood test results. Your doctor will recommend the correct dose if needed.
- Is milk necessary after spine surgery?
- Milk is a good source of calcium and protein, but it is not essential if you obtain these nutrients from other foods.
- Are protein powders necessary?
- Most people can meet their protein needs through a balanced diet. Protein supplements may be recommended for selected patients with increased nutritional requirements.
- Can diet alone cure back pain?
- No. Nutrition supports spinal health and recovery but should be combined with appropriate medical treatment, physiotherapy, exercise and lifestyle modification.
- Downloadable Diet Charts
- To help you make healthier food choices, we provide downloadable nutrition guides for different spinal conditions.
- Available resources include:
 - Daily Spine Health Diet Chart
 - High-Protein Diet After Spine Surgery
 - Calcium-Rich Foods Guide
 - Vitamin D Food Sources
 - Osteoporosis Nutrition Plan
 - Indian Vegetarian High-Protein Diet
 - Indian Non-Vegetarian High-Protein Diet
- These practical meal plans are designed to help you and your family make informed dietary choices during treatment and recovery.
- Key Message
- Healthy Nutrition Is an Investment in Your Spine
- Good nutrition cannot replace medical treatment, but it plays a vital role in maintaining strong bones, healthy muscles and successful recovery after spine surgery.
- When combined with regular exercise, good posture, adequate sleep and appropriate medical care, a balanced diet helps you achieve the best possible long-term spinal health.
- Need Personalised Nutrition Advice?

- Some patients—particularly those with osteoporosis, diabetes, obesity, malnutrition or recovering from major spine surgery—may benefit from an individual nutrition plan.
- Our team can guide you regarding healthy eating habits and, when required, coordinate care with a qualified dietitian to support your recovery and long-term spine health.
- Bombay Spine Clinic™ Dr. Siddharth Katkade Consultant Spine Surgeon

Need Clinical Evaluation or Second Opinion?

This educational document was prepared by **Dr. Siddharth Katkade**. For appointments or to share MRI scan reports for clinical review, call **+91 88507 73095** or consult at Byculla (E) / Khar (W) clinics.