

**GOVERNMENT OF ASSAM  
HEALTH & FAMILY WELFARE DEPARTMENT  
DISPUR :: GUWAHATI- 781006**

No.HLA.270/2020/Pt/71

Dated Dispur the 24<sup>th</sup> April, 2021

**ORDER**

In supersession of earlier orders/ instructions regarding provision of diet to COVID-19 patients, the following system of providing diet to COVID-19 patients shall be put in place in Medical College Hospitals, other hospitals and COVID Care Centres throughout the State of Assam w.e.f. 25/04/2021 :-

1. The maximum amount available for providing diet to COVID-19 patients will be Rs. 300/- per day per person (inclusive of all taxes). The indicative diet menu which will be inclusive of one litre of bottled water per day, is given as Annexure- A.

Concerned Principal cum Chief Superintendent/ Superintendent and concerned District Commissioners will finalise the suppliers (along with rates) in case of Hospitals and COVID Care Centres respectively immediately, as per procedure.

Wastage of food/ diet ordered by the authorities should not exceed 10% of the COVID patients admitted.

2. Record of distribution of food to each patient should be maintained by the Superintendent/ In-charge in a ledger, to facilitate proper accounting.
3. District Commissioners and Principal cum Chief Superintendents/ Superintendents will encourage private entrepreneurs etc. to set up canteens outside the hospital/ COVID Care Centres from where hospital staff/ attendants can purchase additional food items for the patients, if they so desire.
4. Home cooked food will be allowed to be provided to the COVID-19 patients through the hospital authorities. The Superintendent/ in-charge will display the procedure prominently in the Hospital/ CCC premises.



Principal Secretary to the Government of Assam  
Health & Family Welfare Department

Memo. No.HLA.270/2020/Pt/71- A


Dated Dispur the 24<sup>th</sup> April, 2021.

Copy to:

1. Additional Chief Secretary to Hon'ble Chief Minister, Assam,
2. Principal Secretary, Home & Political Department, Assam.
3. Director General of Police, Assam.

4. ADGP (L&O) / ADGP (S), Assam.
5. Principal Secretary, Health & Family Welfare Department, Assam
6. Chief Executive Officer, Assam State Disaster Management Authority.
7. Mission Director, National Health Mission, Assam.
8. All Deputy Commissioners ,Assam.
9. All Superintendents of Police, Assam.
10. Director of AYUSH/ Director of Health Services/ Director of Medical Education/ Director of Health Services (FW), Assam.
11. Financial Advisor, Health & Family Welfare Department, Assam, Dispur.
12. All Joint Directors of Health Services, Assam.
13. All Principal cum Chief Superintendents/ Superintendents, Medical College Hospitals, Assam.
14. P.S. to Hon'ble Minister, Health & F.W., Assam.
15. P.S. to Hon'ble Minister of State, Health & F.W., Assam.
16. P.S. to Chief Secretary, Assam.
17. Any other concerned.

By orders etc.,

  
Deputy Secretary to Government of Assam  
Health & Family Welfare Department

**ANNEXURE-A****Indicative COVID Hospital Diet Menu with Calorie and Protein Value**

Meal	Item	Quantity	Calorie(Kcal)	Protein (gm)
Morning tea @ Rs 10/-	Tea	1 cup	15	Negligible
	Marie biscuit	2	90	0.8
Breakfast @ Rs 60/-option 1	Roti	3	208.8	6.6
	Potato sabji	1 katori	131	1.5
	Egg (boiled)	1	121.1	9.401
	Banana	1	370.4	1
Breakfast @ Rs 60/-option 2	Alu paratha ( large)	1	415.8	11.62
	Curd	100g	60	3.1
	Banana	1	370.4	1
Breakfast @ Rs 60/-option 3	Poha with vegetables	150 gm (cooked wt)	268	3
	Milk	200ml x 2 pkt	240	12
	Banana	1	370.4	1
Breakfast @ Rs 60/-option 4	Puri	3	260	6.6
	Potato sabji	1 katori	131	1.5
	Egg (boiled)	1	121.1	9.401
	Banana	1	370.4	1
Breakfast @ Rs 60/- option 5	Rice flakes	15g	222	1.5
	Curd	200 gm	120	6.2
	Milk	200ml	120	6
	Sugar	10gm	10	-
	Banana	1	370.4	1
Lunch @ Rs 100/-	Rice	200g (cooked weight)	222	4.4
	Roti	2	170	6
	Dal	1 katori	79	4.2
	Vegetable dry fry	1/2 katori	70	0.9
	Vegetable gravy	1/2 katori	110	2.6
	Roasted papad	1	36	0.4
	Pickle	10g	125	0.5
Evening tea @ Rs 10	Tea	1 cup	15	Negligible
	Marie biscuit	2	90	0.8
Dinner @ Rs 120/-	Rice	200g (cooked weight)	222	4.4
	Roti	2	170	6
	Dal	1 katori	79	4.2
	Vegetable curry	1/2 katori	70	0.9
	Fish / Meat/ Panner curry	70-80gm	141	17.6
	Pickle	10g	125	0.5

The tentative menu will provide approximately 2693 kcal energy and 70.2 gm protein per day per patient, which is sufficient as per the recommended dietary allowance for sedentary to moderate worker male & more than enough for moderate worker female.