

1. NORMAL ADULT DIET

Updated on 23.07.2026

Meals	Items	Qty	Energy(Kcal)	Protein(gm.)
Morning Tea	Tea	50ml	29	1.6
	Sugar	10gm	40	---
	Biscuits	4 pcs	82	1.2
Breakfast	Bread slice	3 pcs/90 gm	210	4
	Butter	10gm	90	-
	Milk	250ml	148	8
	Sugar	10gm	40	-
	Egg/Paneer	1no/35gm	80	7
Lunch	Chapaties	100gm/4nos	320	8
	Rice/Khichari	40gm	132	2.6
	Dal /Legumes	30gm	100	7
	Green Vegetable	150gm	70	3
	Potato	50gm	48	0.8
	Curd	100gm	82	6.8
	Fruit	100gm	116	-
Evening Tea	Tea	50ml	29	1.6
	Sugar	10gm	40	---
	Biscuits	4 pcs	82	1.2
Dinner	Chapaties	100gm/4nos	320	8
	Rice/Khichari	40gm	132	2.6
	Dal / legumes	30gm	100	7
	Green Vegetable	150gm	70	3
	Potato	50gm	48	0.8
TOTAL			2408	74.8

- As per the menu advised by the treating doctor and made by dietician.

2. NORMAL CHILD DIET

Meals	Items	Qty	Energy(Kcal)	Protein(gm.)
Breakfast	Cereals (According to cyclic menu)	2 pcs/60 gm	142	3.6
	Butter	10gm	90	-
	Milk	250ml	148	8
	Sugar	10gm	40	-
	Egg/Paneer	1no/35gm	80	7
Lunch	Chapaties	75gm/3nos	240	6
	Rice/Khichari	20gm	66	1.3
	Dal /Legumes	30gm	100	7
	Green Vegetable	100gm	46.6	2
	Potato	35gm	33.6	0.5
	Curd	100gm	82	6.8
	Fruit	100gm	116	-
Evening Tea	Milk	250ml	148	8
	Sugar	10gm	40	-
	Evening Snacks (Poha , Kheer)	100gm	82	1.2
Dinner	Chapaties	75gm/3nos	240	6
	Rice/Khichari	20gm	66	1.3
	Dal / Legumes	30gm	100	7
	Green Vegetable	100gm	46.6	2
	Potato	35gm	33.6	0.5
TOTAL			1854.4	68.2

- As per the menu advised by the treating doctor and made by dietician.

Cyclic Menu for Breakfast & Evening snacks in Ward.

Days	Breakfast	Evening Snacks
Monday	Veg Upma	Veg. Poha
Tuesday	Daliya	Semiya (Sweet)
Wednesday	Bread Butter	Bhelpuri (Murmura mix)
Thursday	Veg Upma	Suji Halwa
Friday	Daliya	Veg. Poha
Saturday	Bread Butter	Semiya (Sweet)
Sunday	Daliya	Bhelpuri or Biscuits

- As per the menu advised by the treating doctor and made by dietician

3. DIABETIC DIET

Meals	Items	Qty	Qty	Qty
Morning Tea	Tea Marie Lite Biscuits	1 cup 2 pcs	1 cup 2 pcs	1 cup 2 pcs
Breakfast	Bread (Brown) Butter Milk Egg/Paneer	2 slice 10gm 250ml 1no/35gm	2 slice 10gm 250ml 1no/35gm	3 slice 10gm 250ml 1no/35gm
Lunch	Chapaties Dal/Legumes Green Vegetable Curd Salad Fruit	80gm/2-3 nos 30gm 150gm 100gm 50gm 100gm	100gm/3-4 nos 30gm 150gm 100gm 50gm 100gm	120gm/4-5 nos 40gm 150gm 100gm 50gm 100gm
Evening Tea	Tea Marie Lite Biscuits	1 cup 2 pcs	1 cup 2 pcs	1 cup 2 pcs
Dinner	Chapaties Dal /Legumes Green Vegetable Salad	80gm/2-3 nos 30gm 150gm 50gm	100gm/3-4 nos 30gm 150gm 50gm	120gm/4-5 nos 40gm 150gm 50gm
TOTAL	Energy	1600 kcal	1800 kcal	2000 kcal
	Protein	65 gm	70 gm	75 gm
Note: Dalia, Tea Milk and Kheer without Sugar.				

- As per the menu advised by the treating doctor and made by dietician

4. SALT RESTRICTED DIET

Meals	Items	Qty	Energy(Kcal)	Protein(g)
Morning Tea	Tea	50ml	29	1.6
	Sugar	10gm	40	---
	Biscuits	4 pcs	82	1.2
Breakfast	Bread slice	3 pcs/90 gm	210	4
	Butter	10gm	90	-
	Milk	250ml	148	8
	Sugar	10gm	40	-
	Egg/Paneer	1no/35gm	80	7
Lunch	Chapaties	100gm/4nos	320	8
	Rice/Khichari	40gm	132	2.6
	Dal / Legumes	30gm	100	7
	Green Vegetable	150gm	70	3
	Potato	50gm	48	0.8
	Curd	100gm	82	6.8
	Fruit	100gm	116	-
Evening Tea	Tea	50ml	29	1.6
	Sugar	10gm	40	---
	Biscuits	4 pcs	82	1.2
Dinner	Chapaties	100gm/4nos	320	8
	Rice/Khichari	40gm	132	2.6
	Dal / Legumes	30gm	100	7
	Green Vegetable	150gm	70	3
	Potato	50gm	48	0.8
TOTAL			2408	74.8

Note: In salt restricted diet, salt will be restricted in vegetables and dal not change in calories and protein unless there is any other Therapeutic Restrictions.

- As per the menu advised by the treating doctor and made by dietician

5. High Protein Diet

- a. Same as normal diet but extra milk (200ml) + 1egg or paneer (40gm)/dal(30gms) or paneer (40gm+ sprout (30gm)
 - b. High protein & other nutritional supplement for R.T foods pending on clinical condition of patient.
- As per the menu advised by the treating doctor and made by dietician

6. Liquid Diet

- a. Clear Liquids:- Juice, Coconut water, dal water, veg soup, rice water, milk, egg white etc.
 - b. Other Liquid diet:- Milk special feeds, WHO recommended feeds as per patient's clinical conditions.
- As per the menu advised by the treating doctor and made by dietician

7. Milk diet for children below six month

- a. 200ml milk thrice a day (breakfast, lunch & dinner)
- As per the menu advised by the treating doctor and made by dietician

code	Form	specification	
1	3386005	Tab	Acetazolamide 250mg Available
2	1111003	Tab	Acetylsalicylic Acid 75mg Available
3	1331005	Tab	Acyclovir 400mg Available
4	3321019	Oint	Acyclovir Eye oint 3% Available
5	2270004	Gel	Adapalene 0.10% Available
6	2037011	Inj	Adenosine 3 mg. / ml. Available
7	1532014	Inj	Adrenaline bitartrate 1mg/ml Available
8	1358006	Susp.	Albendazole 200 mg/ 5ml Available
9	1358005	Tab	Albendazole 400 mg Chewable Available
10	3048002	Tab	Alendronate 70 mg, Available
11	1111027	Tab	Allopurinol 100mg NA
12	3984010	Cap	Alphacalcidol(vitamin D) 0.25mcg Available
13	1318026	Inj	Amikacin 500mg/2ml Available
14	3881021	Infusion	Amino Acid 10% soln. All Essential Available
15	2037010	Inj	Amiodarone 150 mg./ Vial Available
16	2015001	Tab	Amlodipine 5mg Available
17	1318001	Cap	Amoxycillin 250mg. Available
18	1318002	Cap	Amoxycillin 500mg. Available
19	1318071	Susp.	Amoxycillin 125+ 31.2mg 5ml NA
20	1318073	Tab	Amoxycillin Clav. acid 625mg (500 mg + 125 mg) Available
21	1318085	Inj	Amoxycillin Clav. acid 1.2g Available
22	1318007	Inj	Ampicillin 500mg. Powder/vial. NA
23	3156013	Multi dose	Anti Rabies vaccine Inj:IM/ID pack Available
24	3156024	Inj	Anti Rh (D) 300 mcg pack Available
25	4000689	Inj	Artesunate 60mg Available

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26	2055005	Tab	Atorvastatin	10 mg	Available
27	1074008	Inj	Atropine Sulphate	0.6mg/ml	NA
28	3364004	Eye O.	Atropine Sulphate	1%	NA
29	1318022	Tab	Azithromycin	500 mg	Available
30	1318076	Susp.	Azithromycin	200mg/ 5ml	Available
31	4000050	Cream	Benzoyl peroxide	2.50%	Available
32	4000057	Tab	Betahistine	16mg	Available
33	2222001	Cream	Betamethasone Dipropionate	0.05%	Available
34	2942001	Tab	Bisacodyl	5mg.	Available
35	4000074	Eye Drops	Brimonidine 0.1%, 5ml	0.001	NA
36	2647016	Syp	Bromhexine Hydro.	4mg./ 5ml	Available
37	2647017	Inhalati	Budesonide	100 mcg./ dose	Available
38	4000680	Respule	Budesonide	0.5 mg/2 ml	Available
39	1061002	Inj	Bupivacaine Hydro.	0.5%	Available
40	1061003	Inj	Bupivacaine Hydro.	0.5% (Heavy) with anhydrous dextrose	NA
41	2222003	Lotion	Calamine Lotion	As per IP	Available
42	3984015	Tab	Calcium Carbonate	500mg	Available
43	3780037	Inj	Calcium Gluconate	10%	Available
44	1219010	Tab.	Carbamazepine	200mg	Available
45	3082006	Tab	Carbimazole	5mg	Available
46	1318077	Syp	Cefixime	100mg/5ml	NA
47	4000108	Inj	Cefotaxime	500mg vial	Available
48	1318042	Inj	Ceftriaxone	1gm.	Available
49	2445001	Soln.	Chlorhexidine	0.2%	Available
50	2445002	Scrub.	Chlorhexidine	4.00%	NA
51	1328003	Syp	Chloroquine Phosphate	50 mg./ 5ml.	Available

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52	1328001	Tab	Chloroquine Phosphate	250mg	Available
53	2144004	Gel	Choline Salicylate soln+ Benzalkonium chloride soln + Lignocaine HCL IP	(8.7 to 9%	Available
54	1318028	Tab	Ciprofloxacin	500mg.	Available
55	3321016	Eye D.	Ciprofloxacin	0.3%	Available
56	4000145	Gel	Clindamycin phosphate 1% gel	20gm	Available
57	4000701	Oint	Clobetasol propionate 0.05% ointment plus salicylic acid 3%		Available
58	1219020	Tab	Clonazepam	0.5 mg	Available
59	2015008	Tab	Clonidine	0.1mg	Available
60	4000150	Tab	Clopidogrel	75mg	Available
61	2239001	Cream	Clotrimazole	1%	Available
62	2239002	Powder	Clotrimazole	1%	Available
63	2239003	100mg	Clotrimazole	Vaginal Pessary	Available
64	2853004	Ear D.	Clotrimazole	1%	Available
65	4000152	Oral P.	Clotrimazole	1%	Available
66	3780003	Inj	Dextrose	5%	Available
67	3780006	Inj	Dextrose	10%	NA
68	3780039	Inj	Dextrose	25%	NA
69	3780025	Inj	Dextrose with Saline	5% + 0.9%	Available
70	1074007	Inj	Diazepam	5mg/ml	Available
71	1111022	Tab	Diclofenac Sodium	50mg	Available
72	1111025	Gel	Diclofenac Sodium	1% w/w	Available
73	1111024	Inj	Diclofenac Sodium (Aqueous Form)	75mg/ml	Available

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74	2929001	Tab	Dicyclomine	10mg.	Available
75	2041001	Tab	Digoxin	0.25mg	NA
76	2037007	Inj	Diltiazem	25mg/vial	Available
77	3471007	Inj	Dinoprostone	0.5mg/Syringe	Available
78	2052001	Inj	Dobutamine	50mg/ml.	Available
79	2938005	Susp.	Domperidone	1mg./ ml.	Available
80	2938006	Tab	Domperidone	10 mg.	NA
81	2052002	Inj	Dopamine	40mg/ml	Available
82	3984043	Eye D.	Dorzolamide	2%	Available
83	1318068	Cap	Doxycycline	100 mg	Available
84	2749005	Inj	Enoxaparin	40mg/0.4ml Prefilled Syringe	Available
85	2647011	Inj	Etophylline+ Theophylline	220mg/2ml (169.4+50.6mg)	Available
86	1054008	Inj	Fentanyl	0.05mg/ml	Available
87	2733001	Tab	Ferrous Sulphate	200mg	Available
88	4000235	Tab	Fexofenadine	180mg	Available
89	1320007	Tab	Fluconazole	150 mg.	NA
90	3323010	Eye D.	Flurbiprofen	0.03%	NA
91	4000249	Cream	Fluticasone propionate	0.05%	Available
92	4000250	Spray	Fluticasone Propionate Nasal spray	50mcg	Available
93	2214004	Cream	Framycetin	1%	Available
94	2546004	Tab	Frusemide	40mg	NA
95	2546005	Inj	Frusemide	10mg. / ml.	NA
96	4000811	Cream	Fusidic acid 2%	2%	Available
97	1219024	Tab	Gabapentine	300mg	Available
98	3057009	Tab	Glimepiride	1mg	Available

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99	2445003	Soln.	Glutaraldehyde	2% w/v	Available
100	2942003	20ml	Glycerine enema	20ml Pouch	Available
101	2034016	Inj	Glyceryl Trinitrate	5mg/ml	Available
102	4000274	Inj	Heparin sodium	1000 IU/ml	NA
103	3156027	Inj	Hepatitis B immunoglobulin	100 IU	Available
104	3364001	Eye D.	Homatropine hydrobromide	2%	NA
105	3386010	Inj	Hyaluronidase	1500 Unit/ml	NA
106	2546011	Tab	Hydrochlorothiazide	12.5mg	Available
107	1532008	Inj	Hydrocortisone Sodium Succinate	100mg/ml	Available
108	2445010	Soln.	Hydrogen Peroxide	6% w/v	Available
109	3386004	Inj	Hydroxy Propyl Methyl Cellulose	2 % prefilled syringe	Available
110	2929004	Tab	Hyoscine Butyl Bromide	10mg.	Available
111	2929005	Inj	Hyoscine Butyl Bromide	20mg./ ml.	Available
112	1111021	Susp.	Ibuprofen	100mg/5ml	NA
113	1111028	Cap	Indomethacin	75mg	Available
114	3057003	Inj	Insulin Glargine(Human)	100 IU/ml	Available
115	3057001	Inj	Insulin Soluble (Human)	40 IU/ml	Available
116	2733009	Syp	Iron Folic Acid	Each 5ml	NA
117	2733010	Inj	Iron Sucrose	20 mg/ml	Available
118	4000755	Inj	Iron/ Ferric Carboxy Maltose	500mg/10ml	Available
119	1054004	Inhal.	Isoflurane	No- preservative	Available



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120	2034018	Tab	Isosorbide dinitrate	10 mg	NA
121	2034021	Tab	Isosorbide mononitrate	20 mg	Available
122	4000312	Cap	Isotretinoin	20mg	Available
123	4000315	Cap	Itraconazole	100mg	Available
124	1358012	Tab	Ivermectin	6 mg	NA
125	1054007	Inj	Ketamine Hydrochloride	50mg/ml	NA
126	2015010	Inj	Labetolol	20mg/ml	Available
127	2015011	Tab	Labetolol	100mg	Available
128	2942002	Syp	Lactulose	667mg/ml	Available
129	1532020	Syp	Levocetirizine	2.5mg/5ml	Available
130	1532021	Tab	Levocetirizine	5mg	Available
131	1318081	Tab	Levofloxacin	500mg	Available
132	3082009	Tab	Levothyroxine	100 mcg	Available
133	3082010	Tab	Levothyroxine	12.5mcg	Available
134	3082013	Tab	Levothyroxine	25mcg	Available
135	3082014	Tab	Levothyroxine	50mcg	Available
136	2037008	Inj	Lignocaine (preservative)	2% (21.3mg/ml)	NA
137	4000353	Spray	Lignocaine 10%		NA
138	1061006	Jelly	Lignocaine Hydrochloride	2%	Available
139	1061010	Inj	Lignocaine Hydrochloride (without adrenaline)	2%	Available
140	1061009	Soln.	Lignocaine Hydrochloride. Topical	4%	NA


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141	1061011	Inj	Lignocaine with Adrenaline	2% with adrenaline (1:2,00,000)	Available
142	4000338	Tab	Linezolid	600mg	Available
143	2913002	Gel	Magnesium hydroxide + aluminium hydroxide + activated dimethicone/ simethicone	250mg + 250mg + 50mg/ 5ml	Available
144	3471006	Inj	Magnesium sulphate	50% w/v	Available
145	2546006	Inj	Mannitol	20%	Available
146	3075005	Tab	Medroxy Progesterone Acetate	10 mg	Available
147	4000382	Tab	Mefenamic Acid	500mg	NA
148	1318056	Inj	Meropenem	1 Gm.	Available
149	3057012	Tab	Metformin hydrochloride	500 mg	Available
150	1635007	Tab	Methotrexate	2.5mg	Available
151	4000398	Cap	Methylcobalamin	500 micro gm	Available
152	3471005	Inj	Methylergometrine Maleate	0.2.mg/ml.	Available
153	3471004	Tab	Methylergometrine Maleate	0.125mg.	NA
154	3010009	Inj	Methylprednisolone Sod. Succinate	125 mg./ Vial	NA
155	2938002	Inj	Metoclopramide	5mg/ml aml.	NA
156	2034011	Tab	Metoprolol	50mg	Available
157	1328005	Tab	Metronidazole	400mg	Available
158	1328006	Inj	Metronidazole	500mg/100ml.	Available

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159	1328007	Susp.	Metronidazole	200mg/ 5ml	Available
160	3984041	Oral G.	Metronidazole	1%	NA
161	2239004	Cream	Miconazole Nitrate	2%	Available
162	1074009	Inj	Midazolam	1mg/ml	NA
163	3471011	Tab	Mifepristone	200 mg	Available
164	3471012	Tab	Misoprostol	200 mcg	NA
165	3471013	Tab	Misoprostol	25mcg	Available
166	4000417	Cream	Mometasone furoate	0.10%	Available
167	4000421	Tab	Montelukast	10mg	Available
168	4000426	Eye D	Moxifloxain preservative free 0.5%	0.50%	NA
169	4000429	Cream	Mupirocin	2%	Available
170	3263002	Inj	Neostigmine	0.5mg in 1ml	Available
171	1318082	Tab	Nitrofurantoin	100mg	Available
172	2052003	Inj	Noradrenaline	1mg/ml	NA
173	1318032	Tab.	Norfloxacin	400mg	Available
174	3323012	Eye D	Olapatadine	0.10%	Available
175	2938007	Inj	Ondansteron	2mg./ ml.	Available
176	2938009	Syp	Ondansteron	2mg/5ml	Available
177	2951001	Powder	ORS		Available
178	3471003	Inj	Oxytocin	5 IU/ ml.	Available
179	2913009	Inj	Pantaprazole	40mg	Available
180	4000470	Tab	Pantoprazole	40mg	Available
181	1111015	Tab	Paracetamol	500mg	Available
182	1111016	Syp	Paracetamol	125mg/ 5ml	Available
183	1111018	Inj	Paracetamol (I.V.)	1000 mg/100 ml	NA
184	4000472	Oint	Paraffin white soft 13.7% + light liquid paraffin 10.2%		NA

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185	2279001	Lotion	Permethrin	1%	Available
186	2279002	Cream	Permethrin	5%	Available
187	1532005	Inj	Pheniramine maleate	22.75mg/ml	NA
188	1219002	Tab	Phenytoin Sodium	100mg	Available
189	1219004	Inj	Phenytoin Sodium	50mg/ml	Available
190	3984018	Inj	Phytomenadione	1mg/ 0.5 ml	Available
191	4000491	Inj	Piperacillin + Tazobactam	4.5gm	Available
192	3780036	Inj	Potassium Chloride	150mg/ml	Available
193	2144003	Mouth Wash	Povidone Iodine	1%	Available
194	2214006	Soln.	Povidone iodine	5%	Available
195	2214008	Oint	Povidone iodine 500Gm	5%	Available
196	1736007	Inj	Pralidoxime Chloride (2-PAM)	25mg/ml	NA
197	1074002	Syp	Promethazine hydrochloride	5mg/5ml	Available
198	1532015	Inj	Promethazine Hydrochloride	25mg/ml	Available
199	3386011	Eye D.	Proparacain	0.50%	NA
200	1054010	Inj	Propofol	1%	Available
201	1111044	Tab	Propranolol HCl	10mg	Available
202	2913003	Inj	Ranitidine	50mg/2ml	Available
203	3780017	Inj	Ringer Lactate		Available
204	2647004	Inhaler	Salbutamol	100 mcg. / dose	Available
205	2647005	Soln.	Salbutamol Nebulizer	5mg/ml	Available
206	1054017	Inhal.	Sevoflurane U.S.P (IP/ BP/ USP as approved by DCGI)		Available

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208	2214001	Cream	Silver sulfadiazine 20 Gm.	1%	Available
	2214003	Cream	Silver sulfadiazine 500 Gm.	1%	Available
209	1736006	Inj	Snake venom		Available
210	3780038	Inj	Sodium Bicarbonate	7.5% Isotonic	Available
211	2853017	Nasal D.	Sodium Chloride	0.65%	NA
212	3780014	Inj	Sodium Chloride	0.90%	Available
213	1219014	Syp	Sodium Valproate	200mg./ 5ml.	NA
214	1219018	Tab.	Sodium Valproate	500mg	Available
215	2749013	Inj	Streptokinase	15,00,000 IU/vial	Available
216	3263013	Inj	Succinyl choline	50 mg/ml	NA
217	1318065	Tab	Sulfamethoxazole + Trimethoprim	800mg+160mg	Available
218	1111051	Tab	Sulfasalazine	500mg	Available
219	4000791	Cream	Tacrolimus	0.10%	Available
220	4000599	Tab	Tamsulosin	0.4mg	Available
221	2015016	Tab	Tab. Telmisartan	40mg	Available
222	4000608	Tab	Terbinafine Hydrochloride	250mg	NA
223	3156012	Inj	Tetanus Toxoid	Each 0.5 ml	Available
224	3362005	Eye D.	Timolol	0.50%	Available
225	3321020	Eye D.	Tobramycin	0.30%	NA
226	1111029	Cap	Tramadol	50mg.	NA
227	1111030	Inj	Tramadol	50mg/ml	Available
228	2749016	Inj	Tranexamic acid	500 mg./5ml	Available
229	2749017	Tab	Tranexamic acid	500 mg.	Available
230	2270003	Inj	Triamcinolone acetate	40 mg/ ml.	Available
231	1427001	Tab	Trihexyphenidyl	2mg	NA

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232	3364005	Eye Drops	Tropicamide + Phenylephrine	(0.8% to 1%) + 5%	Available
233	3386006	Inj	Trypan Blue	0.08%	Available
234	2942006	Tab	Urso deoxy cholic acid	300mg	Available
235	4000656	Inj	Valethamate Bromide	8mg	Available
236	1318058	Inj	Vancomycin as hydrochloride	500mg Powder	Available
237	3057020	Tab	Vildagliptin	50mg	Available
238	4000659	Inj	Vitamin B12 im/iv	500mcg/ml	Available
239	4000661	Drops	Vitamin D Drops	400 IU/0.5 ml	Available
240	3984007	Granule	Vitamin D3	(60000 IU	NA
241	2853019	Ear D.	Wax dissolvent		Available
242	2853005	Nasal D.	Xylometazoline	0.10%	Available
243	2853006	Nasal D.	Xylometazoline	0.05%	Available
244	3984021	Syp	Zinc sulfate	20mg/5ml	Available



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