

### Sample Meal Plan for Adult Man (Sedentary)

Meal Time	Food Group	Raw Amounts	Cooked Recipe	Servings
<b>Breakfast</b>	Milk	100ml	Milk or Tea or Coffee	½ Cups
	Sugar	15 g		2 Cups
				1 Cups
	Cereals	70 g	Breakfast item	
	Pulses	20 g		
<b>Lunch</b>	Cereals	150 g	Rice	2 Cups
			Pulkas	2 Nos.
	Vegetables	150 g	Veg. Curry	¾ Cup
	Pulses	20 g	Dhal	½ Cup
	Vegetables	50 g	Veg. Salad	7-8 Slices
	Milk	100 ml	Curd	½ Cup
<b>Tea</b>	Cereals	50 g	Snack	
	Milk	50 ml	Tea	1 Cup
	Sugar	10 g		
<b>Dinner</b>	Cereals	150 g	Rice	2 Cups
			Pulkas	2 Nos.
	Vegetables	150 g	Veg. Curry	¾ Cup
	Pulses	20 g	Dhal	½ Cup
	Vegetables	50 g	Veg. Raita	
	Milk (Curd)	50 ml		½ Cup
	Fruit	100 g	Seasonal	1 Medium

1 Cup= 200 ml

**Note:** For Non-Vegetarians – Substitute one pulse portion with one portion of egg/meat/chicken/fish.

**Breakfast Items:** Idli – 4 Nos. / Dosa – 3 Nos./ Upma – 1-1/2 cup /Bread – 4 Slices/ Porridge – 2 Cups/ Corn flakes with milk – 2 Cups.

**Snacks:** Poha – 1 Cup/ Toast – 2 Slices / Samosa – 2 / Sandwiches – 2/ Biscuits – 5

### Sample Meal Plan for Adult Woman (Sedentary)

Meal Time	Food Group	Raw Amounts	Cooked Recipe	Servings
	Milk	100ml	Milk or Tea or	½ Cups
	Sugar	15 g		2 Cups

<b>Breakfast</b>			Coffee	1 Cups
	Cereals	50 g	Breakfast item	
	Pulses	20 g		
<b>Lunch</b>	Cereals	100 g	Rice	1Cup
			Pulkas	2 Nos.
	Vegetables	100 g	Veg. Curry	½ Cup
	Pulses	20 g	Dhal	½ Cup
	Vegetables	50 g	Veg. Salad	7-8 Slices
	Milk	100 ml	Curd	½ Cup
<b>Tea</b>	Cereals	50 g	Snack	
	Milk	50 ml	Tea	1 Cup
	Sugar	10 g		
<b>Dinner</b>	Cereals	100 g	Rice	1 Cup
			Pulkas	2 Nos.
	Vegetables	100 g	Veg. Curry	½ Cup
	Pulses	20 g	Dhal	½ Cup
	Vegetables	50 g	Veg. Raita	
	Milk (Curd)	50 ml		½ Cup
	Fruit	100 g	Seasonal	1 Medium

1 Cup= 200 ml

**Note:** For Non-Vegetarians – Substitute one pulse portion with one portion of egg/meat/chicken/fish.

Use 20 g visible fat per day.

**Breakfast Items:** Idli – 4 Nos. / Dosa – 2 Nos./ Upma – 1 Cup /Bread – 3 Slices/ Porridge – 1-1/2 Cups/ Corn flakes with milk – 1-1/2 Cups.

**Snacks:** Poha – 1 Cup/ Toast – 2 Slices / Samosa – 2 / Sandwiches – 2/ Biscuits – 5

### Nutritive Value of Some Common Indian Foods

(All the values are per 100 g of edible portion)

Food Item	Protein g.	Fat g.	Calories Kcal	Calcium Mg.	Phosphorus mg.	Iron mg.	Vit. A µg	Thiamine mg.	Riboflavin mg.	Niacin mg.	Vit. C mg.
1	2	3	4	5	6	7	8	9	10	11	12
<b>Cereals</b>											
1. Bajra	11.6	5.0	361	42	296	8.0	132	0.33	0.25	2.3	0
2. Jowar	10.4	1.9	349	25	222	4.1	47	0.37	0.13	3.1	0

3. Maize, dry	11.1	3.6	342	10	348	2.3	90	0.42	0.10	1.8	0
4. Ragi	07.3	1.3	328	344	283	3.9	42	0.42	0.19	1.1	0
5. Rice	6.8	0.5	345	10	160	0.7	0	0.06	0.06	1.9	0
6. Wheat	12.1	1.7	341	48	355	4.9	29	0.49	0.17	4.3	0
<b>Pulses</b>											
1. Bengal gram	20.8	5.6	372	56	331	5.3	129	0.48	0.18	2.4	1
2. Black gram	24.0	1.4	347	154	385	3.8	38	0.42	0.20	2.0	0
3. Green gram	24.5	1.2	348	75	405	3.9	49	0.47	0.21	2.4	0
4. Lentil	25.1	0.7	343	69	293	7.6	270	0.45	0.20	2.6	0
5. Red gram	22.3	1.7	335	73	304	2.7	132	0.45	0.19	2.9	0
Green Leafy Vegetables*	3.8	0.8	51	295	59	5.2	4425	0.06	0.21	1.0	42
Other Vegeables*	1.8	0.2	32	45	47	1.4	98	0.04	0.05	0.4	23
<b>Roots &amp; Tubers</b>											
1. Carrot	0.9	0.2	48	80	530	1.0	1890	0.04	0.02	0.6	3
2. Potato	1.6	0.1	50	47	50	0.6	0	0.08	0.01	0.4	11
3. Onion	1.2	0.1	50	47	50	0.6	0	0.08	0.01	0.4	11
<b>Nuts &amp; Oilseeds</b>											
1. Ground nut	25.3	40.1	567	90	350	2.5	37	0.90	0.13	19.9	0
<b>Fruits</b>											
1. Amla	0.5	0.1	58	50	20	1.2	9	0.03	0.01	0.2	600
2. Apple	0.2	0.5	59	10	14	0.7	0	0.0	0.0	0.0	1
3. Banana Ripe	1.2	0.3	116	17	36	0.4	78	0.05	0.08	0.5	7
4. Lime & Orange	1.1	0.6	54	58	20	0.3	560	0.01	0.02	0.1	47
5. Mango, Ripe	0.6	0.4	74	14	16	1.3	2743	0.08	0.09	0.9	16
6. Papaya, Ripe	0.6	0.1	32	17	13	0.5	666	0.04	0.25	0.2	57
7. Tomato, Ripe	0.9	0.2	20	48	20	0.6	351	0.12	0.06	0.4	27
<b>Flesh Foods</b>											
1. Meat	18.5	13.3	194	150	150	2.5	9	0.18	0.14	6.8	0
2. Chicken	25.9	0.6	109	25	245	0.0	0	0.0	0.14	0.0	0
3. Liver, Sheep	19.3	7.5	150	10	380	6.3	6690	0.36	1.70	17.6	20

4. Egg, Hen	13.3	13.3	173	60	220	2.1	420	0.10	0.40	0.1	0
5. Fish, Fresh*	18.9	1.9	100	340	276	2.1	0	0.01	0.03	1.2	5
<b>Milk</b>											
1. Cow	3.2	4.1	67	120	90	2.0	53	0.05	0.19	0.1	2
2. Buffalo	4.3	6.5	117	210	130	0.2	48	0.04	0.10	0.1	1
<b>Fats &amp; Oil</b>											
1. Ghee	0	100.0	900	0	0	0.0	0	0.0	0.0	0.0	0
2. Cooking Oil	0	100	900	0	0	0.0	0	0.0	0.0	0.0	0
<b>Other Foodstuffs</b>											
1. Sugar	0.1	0.0	398	12	1	0.1	0	0.0	0.0	0.0	0
2. Jaggery	0.4	0.1	383	80	40	2.6	0	0.0	0.0	0.0	0
3. Bread, white	7.8	0.7	245	11	0	1.1	0	0.07	0.0	0.7	0

\* Figures indicate the average nutritive value of respective food items.

**Balanced Diet for Adults – Sedentary / Moderate / Heavy Activity  
(Number of Portions)**

<b>Type of Work</b>							
Food Groups	g/ portion	Sedentary		Moderate		Heavy	
		Man	Woman	Man	Woman	Man	Woman
Cereals & Millets	30	14	10	16	12	23	16
Pulses	30	2	2	3	2.5	3	3
Milk	100 ml	3	3	3	3	3	3
Roots & Tubers	100	2	1	2	1	2	2
Green Leafy Vegetables	100	1	1	1	1	1	1
Other Vegetables	100	1	1	1	1	1	1
Fruits	100	1	1	1	1	1	1
Sugar	5	5	4	8	5	11	9
Fats & Oils (Visible)	5	4	4	7	6	11	8

For non-vegetables, substitute one pulse portion with one portion of egg/meat/chicken/fish.

Specific recommendations as compared to sedentary woman:

Children:

- 1-6 : ½ to ¾ the amount of cereals, pulses & vegetables and extra cup of milk.  
 7-12 : Extra cup of milk.  
 Adolescent girls : Extra cup of milk.  
 Adolescent boys : Diet of sedentary man with extra cup of milk.
- 1 Cup : 200 ml

**Balanced Diet for Infants, Children & Adolescents**  
(Number of Portions)

Food groups	g/ portion	Infants 6-12 months	Years						
			1-3	4-6	7-9	10-12		13-18	
						Girls	Boys	Girls	Boys
Cereals & Millets	30	1.5	4	7	9	9	11	10	14
Pulses	30	0.5	1	1.5	2	2	2	2	2
Milk (ml) <sup>a</sup>	100	5	5	5	5	5	5	5	5
Roots & tubers	100	0.5	0.5	1	1	1	1	1	2
Green Leafy Vegetables	100	0.25	0.5	0.5	1	1	1	1	1
Other Vegetables	100	0.25	0.5	0.5	1	1	1	1	1
Fruits	100	1	1	1	1	1	1	1	1
Sugar	5	5	5	6	6	6	7	6	7
Fats/Oils (Visible)	5	2	4	5	5	5	5	5	5

<sup>a</sup> Quantity indicates top milk. For breastfed infants, 200 ml top milk is required.

One portion of pulses may be exchanged with one portion (50 g) of egg/meat/chicken/fish.

For infants, introduce egg/meat/chicken/fish around 9 months.

**Expected Height and Weight for Age**

Age (Years)	BOYS		GIRLS	
	Height (cm)	Weight (Kg)	Height (cm)	Weight (Kg)
1.0	76.1	10.2	74.3	9.5
1.5	82.4	11.5	80.9	10.8
2.0	85.6	12.3	84.5	11.8

2.5	90.4	13.5	89.5	13.0
3.0	99.1	15.7	93.9	14.1
3.5	99.1	15.7	97.9	15.1
4.0	102.9	16.7	101.6	16.0
4.5	106.6	17.7	105.1	16.8
5.0	109.9	18.7	108.4	17.7
5.5	113.1	19.7	111.6	18.6
6.0	116.1	20.7	114.6	19.5
6.5	119.0	21.7	117.6	20.6
7.0	121.7	22.9	120.6	21.8
7.5	124.4	24.0	123.5	23.3
8.0	127.0	25.3	126.4	24.8
8.5	129.6	26.7	129.3	26.6
9.0	132.2	28.1	132.2	28.5
9.5	134.8	29.7	135.2	30.5
10.0	137.5	31.4	138.3	32.2
10.5	140.3	33.3	141.5	34.7
11.0	143.3	35.3	144.8	37.0
11.5	146.4	37.5	148.2	39.2
12.0	149.7	39.8	151.5	41.5
12.5	153.0	42.3	154.6	43.8
13.0	156.5	45.0	157.1	46.1
13.5	159.9	47.8	159.0	48.3
14.0	163.1	50.8	160.4	50.3
14.5	166.2	53.8	161.2	52.1
15.0	169.0	56.7	161.8	53.7
15.5	171.5	59.5	162.1	55.0
16.0	175.2	64.4	162.4	55.9
16.5	175.2	64.4	162.7	56.4
17.0	176.2	66.3	163.1	56.7
17.5	176.7	67.8	163.7	56.6
18.0	176.8	68.9	163.7	56.6

*National Centre for Health Statistics (NCHS), (USA), Standards.*

**Source:** *National Institute of Nutrition, Hyderabad*