

Healthy Diet ...



Healthy Habits , Healthy Life , Healthy India

Alternative food items are indicated as follows

ITEMS	ALTERNATIVES
Prantha (200 Kcal)	Plain chappati (80cal)
Pulao/fried rice (170 Kcals/75gm)	Plain boiled rice (80 Kcal/75gms)
Fried vegetables (140 Kcals/100gm)	Baked vegetables (50 Kcals/100gm)
Fried or curried chicken or Fish Preparation (250 Kcals/135gm)	Grilled (tandoori) chicken/fish (160 Kcals/135gm)
Fried eggs : Omellete (120 Kcals)	Poached/half boiled egg. (60cal)
Salad oil (1tbs/14gm)/ mayonnaise	
Dressing (100cals/1 tbs/14gms)	Lemon dressing (0cal)
Sour cream (210 Kcals/100gm)	Yoghurt (60 cal/100gm)
Regular sugar (20 Kcals/1tsp)	Caramelized sugar (5cals/1tsp)
Regular pudding or dessert (average 150 Kcals/serving)	Fresh fruit as a dessert (40 Kcals/piece)
Aerated soft drink (Kcal 60 –80)	Plain soda with fresh lime (0 Kcal)
Whole milk (170 Kcals/glass)	Skimmed milk (80 cal/glass)
Sherbat (80 Kcals/glass)	Butter milk (40 Kcals/glass)



A day's sample menu for an adult

BED TEA	:	1 Cup of tea or coffee
BREAKFAST	:	1 Glass of low fat milk – 240 ml, 2 Slices of whole wheat bread, 2 chapatis (or 2 idlis or dosa) Dalia – 1 bowl or porridge or oats - 1 bowl
LUNCH	:	Sprouted dal /paneer – 25 gm or Egg Whites – 2 medium) Salad, clear soup Chapati; (Channa ; Wheat =1 : 4) (3
		Rice - 1 Karchi
		Dal with husk - 1 Karchi
		Curd - 1 Serving
		Green Vegetables - 1 Serving
		Fresh fruit (100g) - 1 medium
TEA	:	1 Cup of tea or coffee, Biscuits 2 – 3/ Sprouts /Upma
DINNER	:	Salad, Soup Chapati 3 medium
		Curds - 1 Serving
		Dal with husk - 1 Karchi
		Green Vegetables - 1 Serving
		Cooking Oil (Soya/Mustard) 15gm 2 –3 tsp./day
		Soya nuggets/paneer - 1 serving or Grilled fish/ chicken
BED TIME	:	1 Cup of low fat milk.

