



BALANCED DIET FOR INDIANS



BALANCED DIET IS TO ACHIEVE OUR DIETARY GOALS

- Maintenance of a state of positive health and optimal performance in populations at large by maintaining Ideal body weight.
- Ensuring adequate nutritional status for pregnant women and lactating mothers.
- Improvement of birth weights and promotion of growth of infants, children and adolescents to achieve Their full genetic potential.
- Achievement of adequacy in all nutrients and prevention of deficiency diseases.
- Prevention of chronic diet-related disorders.
- Maintenance of the health of the elderly and increasing the life expectancy.

Source: Dietary guidelines for Indians manual, NIN reprinted 2011.

FOOD PYRAMID



MY PLATE FOR THE DAY



FOOD GROUPS AND NUTRIENTS



FOODS ARE CONVENTIONALLY GROUPED AS:

- 1) Cereals, millets and pulses
 - 2) Vegetables and fruits
 - 3) Milk and milk products, egg, meat and fish
 - 4) Oils & fats and nuts & oilseeds.
- Energy giving foods : grains, millets, starchy vegetables , sugars
 - Body building foods : pulses, dairy, eggs, non-veg
 - Protective foods: fruits and vegetables

SAMPLE DIET



RECOMMENDED DIETARY ALLOWANCE (RDA)

Requirements are the quantities of nutrients that healthy individuals must obtain from food to meet their physiological needs.

The recommended dietary allowances (RDAs) are estimates of nutrients to be consumed daily to ensure the requirements of all individuals in a given population.

Recommended level depends upon the bioavailability of nutrients from a given diet. The term bioavailability indicates what is absorbed and utilized by the body

The RDAs are suggested for physiological groups such as infants, pre-schoolers, children, adolescents, pregnant women, lactating mothers, and adult men and women, taking into account their physical activity

BALANCED DIET FOR ADULT MAN SEDENTARY

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FOOD GROUPS	SERVING SIZE
Cereals, millets , grains., starchy vegetable	12 serving (each serving 30 gm raw)
Vegetables (fruit vegetables & leafy vegetables)	3 servings (each serving 100 gm)
Fruits	1-2 (100-150 gm) seasonal fruits
Milk and milk products	300ml /daily
Pulses , lentils	2 servings (each serving 30 gm raw) : vegetarians 1serving (each serving 30 gm raw) non –vegetarians
Fats and oils	25gm /daily
Sugar	25gm /daily

Non - vegetarian : Egg / non – veg (lean meat should be added 1 serving / daily or replace it with pulses/lentils

BALANCED DIET FOR PREGNANT & LACTATING WOMEN

FOOD GROUPS	SERVING SIZE
Cereals, millets , grains., starchy vegetable	09 serving (each serving 30 gm raw)
Vegetables (fruit vegetables & leafy vegetables)	3 servings (each serving 100 gm) Green leafy vegetables 1 serving
Fruits	2 (200-250 gm) seasonal fruit + 1 regular fruit Of your choice
Milk and milk products	300ml /daily
Pulses , lentils	2 servings (each serving 30 gm raw) : vegetarians 1 serving (each serving 30 gm raw) : non –vegetarians
Fats and oils	20gm /daily
Sugar	20gm /daily

Non - vegetarian : egg / non – veg (lean meat should be added 1 serving / daily or replace it with pulses / lentils
Folic acid supplementation local foods like nachni / curd / nuts will help in good quality nutrition

BALANCED DIET FOR ADOLESCENT BOYS

FOOD GROUPS	SERVING SIZE
Cereals, millets , grains., starchy vegetable	15 serving (each serving 30 gm raw)
Vegetables (fruit vegetables and leafy Vegetables, roots and tubers)	2 servings (each serving 100 gm) green leafy Vegetables 1 serving roots and tubers – 2 serving
Fruits	1 regular fruit of your choice
Milk and milk products	500ml /daily
Pulses , lentils	3 servings (each serving 30 gm raw) : vegetarians
Fats and oils	50gm /daily
Sugar	30gm /daily

Non - vegetarian : One portion of pulse may be exchanged with one portion (50 g) of egg/meat/chicken/fish.

BALANCED DIET FOR ADOLESCENT GIRLS

FOOD GROUPS	SERVING SIZE
Cereals, millets , grains., starchy vegetable	11 serving (each serving 30 gm raw)
Vegetables (fruit vegetables and leafy vegetables, roots and tubers)	2 servings (each serving 100 gm) green leafy Vegetables 1 serving roots and tubers – 2 serving
Fruits	1 regular fruit of your choice
Milk and milk products	500ml /daily
Pulses , lentils	2.5 servings (each serving 30 gm raw) : vegetarians
Fats and oils	35gm /daily
Sugar	25gm /daily

Non - vegetarian : One portion of pulse may be exchanged with one portion (50 g) of egg/meat/chicken/fish.

DIETARY GUIDELINES FOR THE ELDERLY.

Body composition changes with advancing age, and these changes affect nutritional needs of the elderly.

Elderly or aged people require reduced amounts of calories, as their lean muscle mass and physical activity decrease with ageing

Elderly are more prone to diseases due to lowered food intake, physical activity and resistance to infection

Good / healthy food habits and regular comfortable level of physical activity are required to minimise the ill effects of ageing and to improve the quality of life.

Elderly need adequate amounts of protein, carbohydrates, fat, vitamins, minerals and dietary fibre

Elderly need more calcium, iron, zinc, vitamin a and antioxidants to prevent age-related degenerative diseases and for healthy ageing.

Apart from cereals and pulses, they need daily at least 200-300 ml of milk and milk products and 400 g of vegetables and fruits to provide fibre, micro-nutrients and antioxidants.

The diet needs to be well cooked, soft and less salty and spicy.

Small quantities of food should be consumed at more frequent intervals and adequate water should be consumed to avoid dehydration, hyponatremia and constipation.

BALANCED DIET NEEDS TO BE ACHIEVED BY:

- variety in diet
- seasonal foods
- local foods
- traditional recipes
- traditional cooking practices
- avoiding all processed and ready to eat foods.
- adding healthy fats and avoiding processed fats like vanaspati, bakery, highly refined and saturated fat
- good hydration
- exercise discipline
- avoid over eating and undereating. Know your exact portions.
- maintain a balance in good lifestyle by exercise, yoga, meditation, good nutrition, sleep and hydration.



Issued in Public Interest by:

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