

1200 KCALS / DAY

MORNING

Warm Water - 1 cup + Turmeric Powder - pinch +
Lemon Juice - 1/4 tsp **OR** Tea / Coffee
(Low fat milk) - 1 cup (Without Sugar)

BREAKFAST

1. Veg. Poha / Upma (Sooji or Quinoa) / Oats Porridge / Daliya / Uttapam / Paratha / Chilla (Moong Dal **OR** Besan) / Boiled & sauted pulses - 1 plate / 1 piece **OR** Egg preparation - 1 Egg white only with 1 Roti +
2. Milk (Low fat - Without Sugar) - 1 cup

MID MORNING

Fruit - 80 g (Avoid very sweet fruits like Mango, Banana, Chiku, Grapes and Pineapple) **OR**
Green Tea - 1 cup

LUNCH

1. Roti - 2 (thin) **OR** Brown Rice - 1 bowl **OR** Veg. Khichadi - 1 bowl +
2. Salad - 1 big bowl +
3. Dal / Pulse / Kadhi - 1 bowl **OR** Chicken (50g) / Fish (50g)

EVENING SNACK

1. Roasted Chana, Khakharas - 1 small bowl / 2 pieces **OR** Nuts (Almonds / Walnuts) - 2 pcs +
2. Green Tea - 1 cup

DINNER

1. Soup (Without cream / butter) - 1 bowl
2. Roti - 1 (thin) **OR** Brown Rice - 1/2 bowl **OR** Veg. Khichadi - 1/2 bowl +
3. Salad - 1 big bowl +
4. Dal / Pulse / Kadhi - 1 bowl **OR** Chicken (50g) / Fish (50g)

Dietary Guidelines

- Dietary Guidelines (Portion Sizes: 1 cup=80 ml, 1 plate=200 g, 1 pc=50 g, 1 glass=200 ml, 1 bowl=100 ml, 1 big bowl=150 ml, 1 tsp=5 ml, 1 tbsp=15 ml)
- Consume small and frequent meals. Do not skip any meals. Avoid fasting & feasting.
- Consume skimmed milk and milk products.
- Prefer whole fruits rather than fruit juices.
- Increase the consumption of items made from whole wheat instead of refined flour like maida.

Prefer brown rice over white rice.

- Add variety to the food you consume by using different types of pulses, cereals, fruits and vegetables.
- Avoid sugar, sugary products, sweets, junk foods (high fat, high carbohydrate), red meat. Avoid smoking, chewing of tobacco and consumption of alcohol.
- Exercise regularly (at least 30-40 minutes).
- Eat nuts but avoid dried fruits.

Daily Allowance: Oil: 5 tsp, Sugar: No consumption, Salt: 5 gm

1500 KCALS / DAY

MORNING

Warm Water - 1 cup + Turmeric Powder - pinch +
Lemon Juice - 1/4 tsp **OR** Tea / Coffee
(Low fat milk) - 1 cup (Without Sugar)

BREAKFAST

1. Veg. Poha / Upma (Sooji or Quinoa) / Oats Porridge / Daliya / Uttapam / Paratha / Chilla (Moong Dal **OR** Besan) / Boiled & sauted pulses - 1 plate / 2 small piece **OR** Egg preparation - 2 Egg whites only with 1 Roti +
2. Milk (Low fat - Without Sugar) - 1 cup

MID MORNING

Fruit - 80 g (Avoid very sweet fruits like Mango, Banana, Chiku, Grapes and Pineapple) **OR**
Green Tea - 1 cup

LUNCH

1. Roti - 2 (thin) **OR** Brown Rice - 1 bowl **OR** Veg. Khichadi - 1 bowl +
2. Vegetables (Without Potatoes) - 1 bowl +
3. Salad - 1 Big Bowl +
4. Dal / Pulse / Kadhi - 1 bowl **OR** Chicken (50 g) / Fish (50 g)

EVENING SNACK

1. Roasted Chana, Khakharas - 1 small bowl / 2 pieces **OR** Nuts (Almonds / Walnuts) - 4 pcs +
2. Green Tea - 1 cup

DINNER

1. Soup (Without cream / butter) - 1 bowl
2. Roti - 2 (thin) **OR** Brown Rice - 1 bowl **OR** Veg. Khichadi - 1 bowl +
3. Vegetables (Without Potatoes) - 1 bowl +
4. Salad - 1 big bowl +
5. Dal / Pulse / Kadhi - 1 bowl **OR** Chicken (50 g) / Fish (50 g)

Dietary Guidelines

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- Consume skimmed milk and milk products.
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- Increase the consumption of items made from whole wheat instead of refined flour like maida.

Prefer brown rice over white rice.

- Add variety to the food you consume by using different types of pulses, cereals, fruits and vegetables.
- Avoid sugar, sugary products, sweets, junk foods (high fat, high carbohydrate), red meat. Avoid smoking, chewing of tobacco and consumption of alcohol.
- Exercise regularly (at least 30-40 minutes).
- Eat nuts but avoid dried fruits.

Daily Allowance: Oil: 5 tsp, Sugar: No consumption, Salt: 5 gm

1800 KCALS / DAY

MORNING

Warm Water - 1 cup + Turmeric Powder - pinch +
Lemon Juice - 1/4 tsp **OR** Tea / Coffee
(Low fat milk) - 1 cup (Without Sugar)

BREAKFAST

1. Veg. Poha / Upma (Sooji or Quinoa) / Oats Porridge / Daliya / Uttapam / Paratha / Chilla (Moong Dal **OR** Besan) / Boiled & sauted pulses - 1 plate / 2 small piece **OR** Egg preparation - 2 Egg (2 whites & 1 Yellow) with 1 Roti +
2. Milk (Low fat - Without Sugar) - 1 cup

MID MORNING

Fruit - 80 g (Avoid very sweet fruits like Mango, Banana, Chiku, Grapes and Pineapple) **OR**
Green Tea - 1 cup

LUNCH

1. Roti - 3 (thin) **OR** Brown Rice - 1 bowl **OR** Veg. Khichadi - 1 bowl +
2. Vegetables (Without Potatoes) - 2 bowl +
3. Salad - 1/2 bowl +
4. Dal / Pulse / Kadhi - 1 bowl **OR** Chicken (50g) / Fish (50g)

EVENING SNACK

1. Roasted Chana, Khakharas - 1 small bowl / 2 pieces **OR** Nuts (Almonds / Walnuts) - 5 pcs +
2. Green Tea - 1 cup

DINNER

1. Soup (Without cream / butter) - 1 bowl
2. Roti - 3 (thin) **OR** Brown Rice - 1 bowl **OR** Veg. Khichadi - 1 bowl +
3. Vegetables (Without Potatoes) - 2 bowl +
4. Salad - 1/2 bowl +
5. Dal / Pulse / Kadhi - 1 bowl **OR** Chicken (50g) / Fish (50g)

Dietary Guidelines

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Daily Allowance: Oil: 5 tsp, Sugar: No consumption, Salt: 5 gm