

For Woman (18-30yrs)

Breakfast : Milk for Coffee / Tea
Idli/dosa/Chapathies 3 or 1- ½ cups Upma/pongal
With sambar/tomato chutney.

Lunch : Cooked rice/Kazi 1- ½ cups or Chapathi 3
Dal cooked (Thick) ½ cup or Sambar 1 cup/Egg - 1
Vegetables cooked ½ - 1 cup
curd 50ml/Buttermilk 1 cup from it.

Evening : Coffee/tea/Plain milk
Snacks : Steamed sundal /adai / roasted grams / puffed rice
corn/fried occasionally

Dinner: Cooked rice/Kazi 1-1½ cups or Chapatti 2-3
Dal cooked (Thick) ½ cup or Sambar 1 cup
Vegetables cooked ½ - 1 cup
Fruit 1 at any time of the day
Oil for cooking: 3-4teaspoons a day

1 cup = 200ml

For Man (18-30yrs)

Breakfast: Milk for Coffee/Tea
Idli/ Dosa/ Chapatties- 4 or 2 cups Upma/Pongal
With sambar/ tomato chutney

Lunch : Cooked rice/Kazi 2-2 ½ cups or Chapatti 4-5
Dal cooked (Thick) ½ cup or Sambar 1 cup /Egg -1
Vegetables cooked ½ -1 cup
Curd 50ml/ Buttermilk 1 cup from it

Evening: Coffee / tea /Plain milk
Snacks: Steamed sundal/adai/roasted grams/puffed rice
corn/ fried occasionally

Dinner: Cooked rice/Kazi 2- 2½ cups or Chapatti 4-5
Dal cooked (Thick) ½ cup or Sambar 1 cup
Vegetables cooked ½ -1 cup
Fruit 1 at any time of the day
Oil for cooking: 4-5 teaspoons a day

Note : If older > 30 years reduce cereals and oil.

Desirable body weight for this height = $2.31 \times 20 = 46.2$ kg

If you are right weight for your height that means your energy intake is adequate. However check your diet and correct if it is not as per the guideline given here.

If you are overweight / underweight you need to consult a dietitian.

Tips for keeping you healthy:

Be physically active. Adults 18 and older need 30 minutes of physical activity on five or more days a week to be healthy; children and teens need 60 minutes of activity a day for their health.(WHO recommendation)

Eat when you are hungry. Your body will tell you when it's hungry.

Eat slowly. You will enjoy your meals and be able to stop when you are full before you eat too much.

Eat balanced/healthful diet everyday

Expert Committee of the Indian Council of Medical Research (ICMR) recommendations: Every individual should consume atleast 300 g of vegetables and 100 g fresh fruits in a day (Green leafy vegetables:50 g; Other vegetables: 200 g; Roots & Tubers : 50 g)

Eat Breakfast (the first meal of the day) everyday. Your body needs a fresh supply of nutrients each day to nourish and rebuild its cells and organs. If you skip your breakfast then you will be feeling tired and sleepy and will have difficulty in concentrating in the work / study

Suggested Substitution diet for non-vegetarians :

Pulses (20-30 g) can be exchanged with 1 egg or 30 g of meat or fish with additional 5 g of oil or fat

***Sugar is not an essential food item so you can skip it.** It can be replaced with fruits Eg: 10g sugar by 1 orange or ½ banana and so that you get additional nutrition-vitamins and mineral with this!

Ref: DIETARY GUIDELINES FOR INDIANS-A Manual by National Institute Of Nutrition, Hyderabad – Second Edition .. 2010

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Wellness Diet for Good Health Information Brochure



"Good health begins with good information on nutrition"

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Greetings from Department of Dietetics!

Our bodies need nourishment to survive and this nourishment is obtained through the foods we eat. Food provides energy, maintains and regulates and makes our body healthy. Food becomes our nutrition. Good nutrition is fundamental requirement for positive health functional efficiency. The importance of good nutrition is central to maintain good health, to resist disease, correct imbalances in the body and provide energy and enthusiasm for life. Good health is impossible without good nutrition and without good health one cannot have a good quality life. One should eat enough to meet one's nutritional needs.

Important factors to consider for good nutrition are as follows

Overall Nutrition - The quantity of the food items to be consumed will vary according to age, gender, activity, body size – height and weight & health.

The meal should contain the following major food groups

- ✦ Cereals – Rice, wheat, ragi, corn, sorghum, pearl millet (kambhu)
- ✦ Fruits & Vegetables*
- ✦ Milk & Meat
- ✦ Dhal & Nuts



Water: Drink enough of safe water to meet daily fluid requirements. Drink boiled water, when safety of the water is in doubt. Drink natural and fresh fruit juices instead of carbonated beverages.

Salt: Salt should not be consumed **more than 6 g per day (WHO recommendation)**. High intake of salt (sodium chloride) is associated with high blood pressure and stomach cancer. Use of iodized salt ensures adequate iodine intake. Iodine deficiency leads to goitre (enlargement of thyroid gland). Iodine deficiency during pregnancy results in still births, abortions and cretinism.

Choice of cooking oils

For ensuring this appropriate balance of different fat, the choice of cooking oil should be as follows:

- Groundnut/Seasame/Rice bran +Mustard
- Safflower / Sunflower+ Groundnut/Seasame/ Rice bran
- Groundnut/Seasame/Rice bran +Soyabean



Safe and good-quality food is essential for maintaining good health

Foods may contain naturally-occurring toxins, environmental contaminants and adulterants that could lead to health hazard. Foods should be washed well before cooking and consumption to remove contaminants like pesticide residues, parasites and other extraneous material.

Selection of the right food is the first step to ensure safe and good quality diet



Tips for food selection/purchase:

- Foodstuffs should be free from artificial colors.
- Food grains should be free from foreign matter and insects and mold
- Fats/oils should be purchased from reputed brand products in sealed sachets/containers.
- To buy pasteurized milk in sachets from a reputed dairy
- Check for certification mark assuring good quality. For example
AGMARK for Honey and ghee and
FPO (Fruit Products Order) for fruit and vegetable products (jams, squashes, etc)

Tips in handling of foods

•Perishable foods such as milk, meat, vegetables and cooked foods that, are prone to spoilage due to microbes should be stored under refrigeration, preferably at a temperature of 10° C or less, this retards multiplication of microorganisms. However, even refrigerated foods, if stored for long, can get spoiled.

•Cooked and raw foods should be kept separately to avoid cross contamination.

- In case food which is cooked has to be stored for some time, it should be kept either hot (more than 60°C) or be cooled quickly (below 10° C)
- Refrigerated cooked food should be heated before consumption. However, repeated heating may be avoided.



Energy balance - first sign of good nutrition

- Energy is needed to do any physical activity and for the activities going on inside the body. The energy obtained from the food is processed and store in the body.
- The food energy lies in the macro nutrients which will need some of the micro nutrients for releasing it from the macro nutrients. The calories in food are measurements of how much energy the food can provide. Carbohydrate and protein has 4 kcals / g whereas fat has 9 kcals / g.
- Energy value of food is affected by its water or moisture content and fat content. Water or moisture does not provide any energy. Therefore foods, which have a large percentage of water, have low calorie content. Dried fruits are concentrated source of energy as compared to fresh fruits. Fried foods such as papad, vadas etc, will have more energy content because of oil in them.

•To maintain daily energy balance, food energy intake must be equal to body's energy expenditure in a healthy adult. The number of calories an individual needs each day is decided by the involuntary as well as the voluntary activities of the body. Your weight is a clue of your energy balance. You can check whether your weight is in the healthy range by using following formula.

Formula for calculating desirable body weight for height using BMI (Body Mass Index)

Healthy BMI for Asian population -19-21kg/m²

Desirable body weight = height in m² x 19 - 21.

Eg: for a five foot tall person height

convert height in cm -152cm then to m²

1.52x1.52 = 2.31