



FOODS:

Sample Menu:

Early Morning (6.00-7.00am)
Milk (200ml)+any beverage sugar

Breakfast (8.00-9.00am)

Dosa with potato masala/ Veg. Idly+sambar/Vegetable rava upma with chutney or Bread with peanut butter+fruits(any fruit-1 no) Chocos with milk/ Veg. oats upma/Kichadi/poori+dhal/Tricolour sandwich.

Mid-morning (10.30-11.30am)

Milkshakes/Lassue/carrot juice+1tbsp of sugar/sprouts/sundal-1bowl/any fresh juice/Nuts/dried fruits/flavoured soy milk/tender coconut water.

Lunch (1.00-2.00pm)

Rice+ Keerai sambar with kootu, carrot rice+ potato curry/dhal curry/rasam rice and curd rice with veg sabji/chicken or fish any non-veg/Egg veg. pulav + Onion raitha/dhal Keerai rice+ fish fry/Stuffed chapagti+ Paneer tikka masala.

Evening (4.00-5.00pm)

Sundal/milk(200 ml)+any beverage/dates syrup/soya milk-200ml/any biscuits-3nos/jiggery coated with puffed rice/Maladdu/besan flour laddu/parupu payasam/vegetables or chess sandwich/Dhokla/Bombay toast/bhel puri.

Dinner (8.30-9.30pm)

Chapatti(2nos) with paneer masala/frnugreek Chapathi/alo parotta with veg.dhal/idly or dosa with veg.kurma+fish/pesarrato(dhal adai)-2no with onion/tomato chutney/Rice-2 cups with dhal/veg sabji & potato.

Beg time(10.00pm)

Any fruit-1no/milk (200ml)

Note: Buy avian special milk packet(orange colour or green color packet) Give one egg,milk & any 1 fruit daily.

GENERAL INSTRUCTIONS FOR PARENTS:

- Give small and frequent meals 5-6 meals/day.
- DO NOT SKIP OR OVEREAT
- Include all five food groups viz. cereals, pulses, vegetables, fruits, milk and milk products, fats and oils in the daily diet in the right proportions.
- Make the child chew food well and eat slowly, make eating time common for the whole family and take time to finish your meal
- Give 3 liters of water per day to drink. Give 500-600ml of milk per day
- Include green leafy vegetables 3-4 times a week
- Egg whites, chicken breast and ribs, broccoli, fish, milk, all dhals, sprouts, sundal, soy, panner, tofu, nuts are the natural high protein rich foods so give them in good quantity.
- Fresh fruits should be eaten raw
- Wash, peel and then cut vegetables. Do not soak them in water or peel more than necessary as this causes a loss of the valuable nutrients in the vegetables.
- Cook the vegetables for a minimum time possible to retain more of the nutrients
- Any type of cooking oil can be used, but use in moderation for seasoning.
- Brisk playing activity for one hour should be encouraged in children.
- Do not give aerated cool drinks since they contain empty calories and suppress the appetite instead give tender coconut water, fresh fruit juices, or juices in the form of milk shakes
- Monotonous preparation of foods should be avoided.

SUGGESTED PACKED LUNCHES:

Fenugreek leaves stuffed chapatti, thick dhal & buttermilk Cheese/panner sandwiches, guava Dhal adai/Ragi adai with drumstick leaves+ coconut chutney Cornflakes with dry fruits, nuts and fruits Read rice flakes veg. upma+ any chutney, Sundal.