

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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BROC/DIET/015/P/01/012012

