Protein Rich Vegetarian Sources



Milk



Curd



Cottage Cheese



Soya Chunks/Soya Beans



Horse Gram



Groundnuts



Various Sprouted Pulses



Various Millets



Mixed Pulses



Mixed Seeds



Nuts & Seeds Powder



Sprouted Fenugreek Seeds



Buckwheat



French Beans



Drumstick Leaves & Powder



Dry Leafy Vegetables

Protein Rich Non Vegetarian Sources



Eggs



Organ Meat



Mutton



Chicken



Salmon



Hilsa - Indian Herring



Bombay duck



Mullet



Anchovy



Dry Fish



Various Sea Foods



Fish Eggs

FOLATE



Liver



Egg Yolk



Crab



Tiger Prawns



Hilsa - Indian Herring



Bombay Duck



Spinach



Field Beans



Colocasia Leaves



Sprouted Soya Beans



Sprouted Moth Beans



Kidney beans



Beet Root



Capsicum



Papaya



Mango

CALCIUM



Dairy Products



Crab



Dry Fish



Bombay Duck



Amaranth leaves



Fenugreek leaves



Carrot/Spinach



Curry leaves



Field Beans



Ladies Finger



Cluster beans



Soya Chunks



Finger Millet



Horse Gram



Sprouted Moth Beans



Gingelly Seeds

IRON



Liver



Mutton



Eggs



Fish



Amaranth leaves



Field Beans



Pumpkin Leaves



Soya Chunks



Lotus Root



Horse Gram



Whole Lentils



Finger Millet



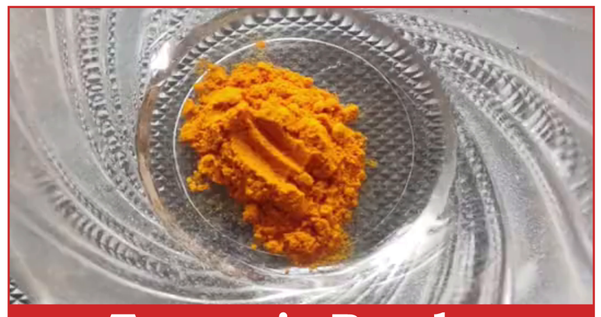
Pearl Millet



Amaranth Seeds



Garden Cress Seeds



Turmeric Powder

MAGNESIUM



Amaranth Leaves



Drumstick Leaves & Powder



Spinach



Field Beans



Cluster Beans



Ladies finger



Banana



Custard Apple



Water Chestnut



Sprouted Moth Beans



Sprouted Soya Beans



Cowpeas



Split Black Gram with Skin



Mixed Seeds



Finger Millet



Buckwheat

PHOSPHORUS



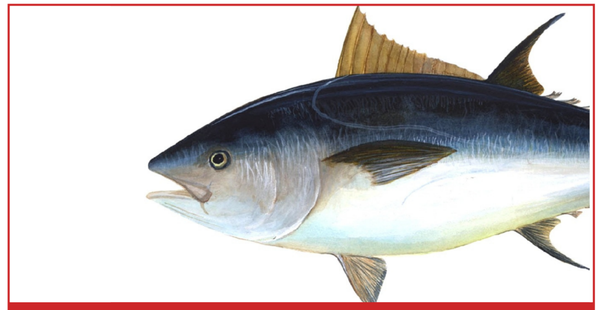
Eggs



Organ Meat



Liver



Tuna



Hilsa - Indian Herring



Milk/Curd



Cottage Cheese



Drumstick Leaves & Powder



Various Millets



Red Gram



Sprouted Filed Beans



Sprouted Soya Beans



Buckwheat



Kidney Beans



Amaranth Seeds



Split Green Gram with Skin

POTASSIUM



Colocasia Leaves



Spinach



Mustard Leaves



Amaranth Leaves



Bathua leaves



Potato



Yam



Lotus root



Sprouted Moth Beans



Sprouted Soya Beans



Kidney Beans



Banana



Guava



Peach



Sapota



Jackfruit

ZINC



Mutton



Liver



Boiled Egg Yolk



Eggs



Various Sea Foods



Clams



Cottage Cheese



Amaranth Leaves



Water Chestnut



Cashew Nut



Cowpea



Sprouted Soya Beans



Split Bengal Gram



Gingelly Seeds



Pearl Millet



Mixed Seeds

Vitamin C



Indian Gooseberry



Fenugreek Leaves



Agathi Leaves



Coriander Leaves



Drumstick Leaves & Powder



Violet Cabbage



Indian Plum



Capsicum



Lemon Juice



Pulp of Sweet Lime



Ripe Mango



Papaya



Strawberry



Pulp of Ripe Orange



Raw Green Mango



Guava

Vitamin A



Liver



Eggs



Fenugreek Leaves



Amaranth Leaves



Drumstick Leaves & Powder



Colocasia Leaves



Tomato



Carrot



Curry leaves



Papaya



Mango



Pumpkin



Musk Melon



Sprouted Field Beans



Sprouted Bengal Gram



Whole Green Gram with Skin

Omega 3 Fatty Acids



Liver



Squid



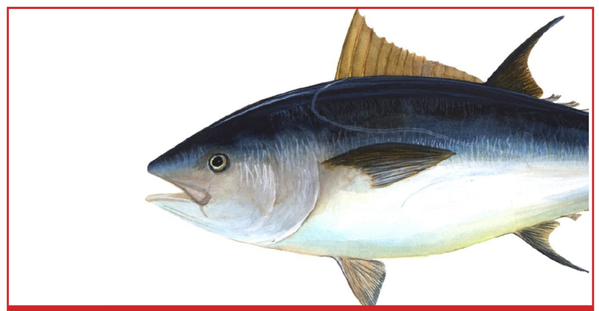
Salmon



Hilsa - Indian Herring



Anchovy



Tuna



Boiled Egg Yolk



Scarlet Beans



Mustard Seeds



Flax Seeds



Whole Black Gram



Split Black Gram with Skin



Walnut



Nuts & Seeds Powder



Sprouted Soya Beans



Garden Cress Seeds

METHIONINE



Dairy Products



Lamb



Mutton



Eggs



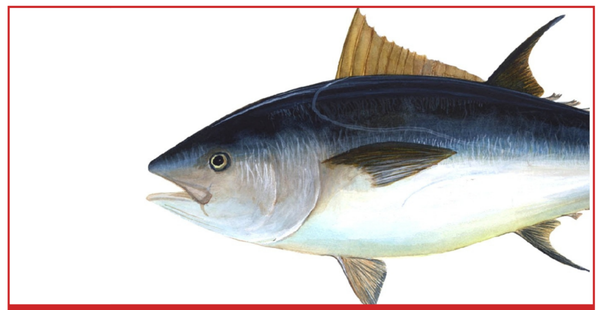
Chicken



Catla



Rohu



Tuna



Prawns



Onion



Mango



Sweet Potato



Amaranth Leaves



Bitter Gourd



Yam



Scarlet Beans

CYSTINE



Goat Legs



Mutton



Liver



Eggs



Prawns



Catla



Rohu



Dairy Products



Pineapple



Plum



Raw Papaya



Yam



Indian Plum



Colocasia Stem



Tapioca



Onion

FOR HEALTHY SKIN



Organ Meat



Mutton



Fish



Dry Fish



Eggs



Dairy Products



Drumstick Leaves & Powder



Flax Seeds



Kidney beans



Sprouted Moth Beans



Sprouted Soya Beans



Whole Green Gram with Skin



Mushroom



Inadian Gooseberry



Guava



Banana

FOR HEALTHY HAIR



Organ Meat



Mutton



Fish



Dry Fish



Eggs



Dairy Products



Drumstick Leaves & Powder



Kidney beans



Flax Seeds



Gingelly Seeds



Sunflower Seeds



Peanuts



Mushroom



Garlic



Onion



Guava

APPETITE INCREASING FOODS



Organ Meat



Fish



Dry Fish



Eggs



Curd



Spinach



Colocasia Leaves



Indian Gooseberry



Guava



Gingelly Seeds



Sunflower Seeds



Flax Seeds



Kidney Beans



Finger millet



Cowpea

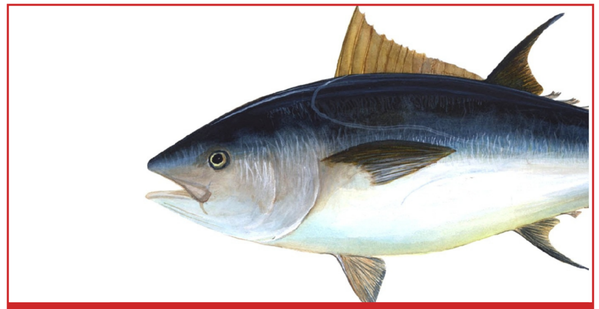


Sprouted Moth Beans

VITAMIN B 12



Organ Meat



Tuna



Salmon



Mackerel



Lobsters



Mussels



Crabs



Clams



Fish Eggs



Oysters



Eggs



Milk



Curd



Sprouted Moth Beans



Homemade Pickle



Dried Kokum

CHOLINE



Liver



Eggs



Prawns



Rohu



Macerel



Squid



Hilsa - Indian Herring



Salmon



Indian Gooseberry



Mushroom



Cauliflower



Split Black Gram



Whole Lentils



Sprouted Field Beans



Sprouted Fenugreek Seeds



Coriander Powder

SEEDS



Muskmelon Seeds



Sunflower Seeds



Pumpkin Seeds



Flax Seeds



Watermelon Seeds



Black Sesame Seeds



Fennel Seeds



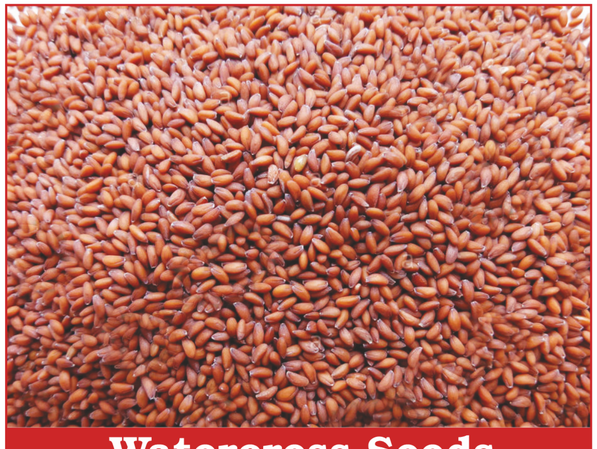
White Sesame Seeds



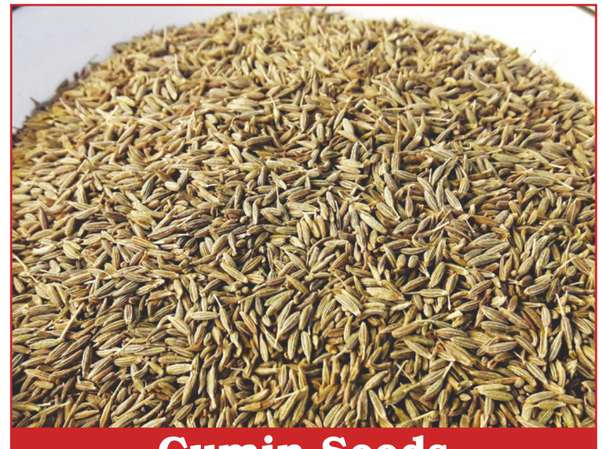
Amaranth Seeds



Basil Seeds

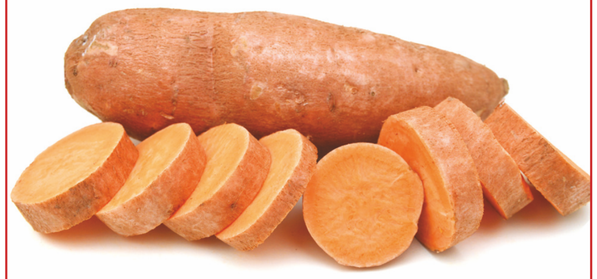


Watercress Seeds



Cumin Seeds

COMPLEMENTARY FOODS



Sweet Potato



Bottlegourd



Dill Leaves



French Beans



Green Peas



Spinach Paste



Carrot Paste



Pumpkin Paste



Sapota (Chikoo)



Banana



Papaya



Guava



Nutritious daily diet for non-vegetarian pregnant women

Spoken Tutorial
IIT Bombay

SMDT
SHRIMATI MALATI DAHANUKAR TRUST

Items	Raw Edible Portion	HH Measures
Ghee, butter, oil	30 g	6 tsp
Sugar, jaggery, honey	15 g	3 tsp
Nuts + dried fruits	60 g + 5 g	1.5 handful + 1 piece
Spices & oilseeds - sesame, olive seeds, mustard, cumin, curry leaves, aniseeds, cardamom, turmeric	20 g	4 tsp
Lentils and beans (soya beans, moong dal, tuvar dal, etc)	30 g	1/4 bowl (cooked dal of thick consistency) + 1/4 bowl of sprouted soya beans
Meat/chicken/fish	70 g	2-3 small pieces of chicken + 1 small piece of liver/kidney/brain
Eggs	100 g	2 eggs
Milk and milk products (milk/paneer/curd/buttermilk)	300 ml	2 glasses of milk or 60 gm paneer (3 pcs) or 1 & 1/4 bowl of thick curd
Fresh fruits	200 g	2 small fruits
Green vegetables - methi leaves, drumstick leaves, bathua, spinach, colocasia leaves	100 g	1 bowl thinly cooked as a curry
Tuber roots	100 g	1/2 bowl (cooked)
Colourful vegetables	200 g	1 bowl
Cereals (and cereal flour), wheat flour, rice, kodo millet, samai, jowar, bajra, ragi and others	90 g	30 g wheat flour + 30 g millet flour + 30 g rice 30 g wheat flour = 2 chapatis, 30 g millet flour = 1/2 big bhakari, 30 g rice = 1/4 bowl of cooked boiled rice
Water	2,000 - 2,500 ml	15-17 glasses

Cereal & lentils/beans in combination will give an improved quality of protein e.g. missi roti, idlis, dosas, thalipeeth, khichri, etc.

This recommendation is for a 2,010 kcals diet for a pregnant woman with an average 77 grams of protein.

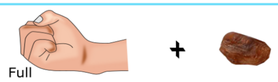
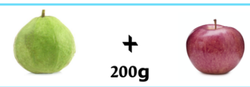
1 Teaspoon = 5 grams, 1 Tablespoon = 15 grams, 1 Bowl = 250 milliliter, 1 Glass = 150 milliliter, 1 Small fruit = 100 grams, 1 Handful = 40 grams



Nutritious daily diet for lacto ovo vegetarian pregnant women

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Items		Raw Edible Portion	HH Measures
Ghee, butter, oil		30 g	 6 tsp
Sugar, jaggery, honey		15 g	 3 tsp
Nuts + dried fruits		40 g + 5 g	 + 1 handful + 1 piece
Spices & oilseeds - sesame, olive seeds, mustard, cumin, curry leaves, aniseeds, cardamom, turmeric		20 g	 4 tsp
Lentils and beans (soya beans, moong dal, tuvar dal, etc)		60 g	 1/4 bowl (cooked, thick consistency dal) + 1/4 bowl of sprouted soya beans.
Eggs		100 g	 2 eggs
Milk, curd, etc		200 ml	 + 1 & 1/4 glasses of milk or 3/4 bowl thick curd
Paneer		50 g	 2-3 pieces
Fresh fruits		200 g	 2 small fruits
Green vegetables - methi leaves, drumstick leaves, bathua, spinach, colocasia leaves		100 g	 1 bowl thinly cooked as a curry
Tuber roots		50 g	 1/4 bowl (cooked)
Colourful vegetables		150 g	 3/4 bowl (cooked)
Cereals (and cereal flour), wheat flour, rice, kodo millet, samai, jowar, bajra, ragi and others		90 g	 30 g wheat flour + 30 g millet flour + 30 g rice 30 g wheat flour = 2 chapatis, 30 g millet flour = 1/2 big bhakari, 30 g rice = 1/4 bowl of cooked boiled rice
Water		2,200 - 2,500 ml	15-17 glasses

Cereal & lentils/beans combination will give an improved quality of protein e.g. missi roti, idlis, dosas, thalipeeth, khichri, etc.

This recommendation is for a 2,010 kcals diet for a pregnant woman with an average 75 g of protein.

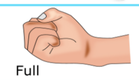
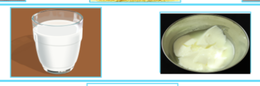
1 Teaspoon = 5 grams, 1 Tablespoon = 15 grams, 1 Bowl = 250 milliliter, 1 Glass = 150 milliliter, 1 Small fruit = 100 grams, 1 Handful = 40 grams



Nutritious daily diet for lacto vegetarian pregnant women

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Items		Raw Edible Portion	HH Measures
Ghee, butter, oil		30 g	 6 tsp
Sugar, jaggery, honey		15 g	 3 tsp
Nuts + dried fruits		40 g + 5 g	 Full +  1 handful + 1 piece
Spices & oilseeds - sesame, olive seeds, mustard, cumin, curry leaves, aniseeds, cardamom, turmeric		15 g	 3 tsp
Lentils and beans (soya beans, moong dal, tuvar dal, etc)		90 g	 +  1 bowl (cooked, thick consistency dal) + 1/2 bowl of sprouted soya beans
Milk, curd, etc		250 ml	 150 ml +  100 ml /  1 & 3/4 glasses of milk or 1 bowl thick curd
Paneer		80 g	 4 pieces
Fresh fruits		200 g	 + 200g 2 small fruits
Green vegetables - methi leaves, drumstick leaves, bathua, spinach, colocasia leaves		100 g	 1 bowl thinly cooked curry
Tuber roots		50 g	 1/4 bowl (cooked)
Colourful vegetables		150 g	 3/4 bowl
Cereals (and cereal flour), wheat flour, rice, kodo millet, samai, jowar, bajra, ragi and others		90 g	 30 g wheat flour + 30 g millet flour + 30 g rice 30 g wheat flour = 2 chapatis, 30 g millet flour = 1/2 big bhakari, 30 g rice = 1/4 bowl of cooked boiled rice
Water		2,200 - 2,500 ml	15-17 glasses

Cereal & lentils/beans combination will give an improved quality of protein e.g. missi roti, idlis, dosas, thalipeeth, khichri, etc.

This recommendation is for a 2,010 kcals diet for a pregnant woman with an average 74 g of protein.

1 Teaspoon = 5 grams, 1 Tablespoon = 15 grams, 1 Bowl = 250 milliliter, 1 Glass = 150 milliliter, 1 Small fruit = 100 grams, 1 Handful = 40 grams

Nutritious daily diet for non vegetarian lactating mothers

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Items	Raw Edible Portion	HH Measures
Ghee, butter, oil	30 g	6 tsp
Sugar, jaggery, honey	15 g	3 tsp
Nuts + dried fruits	60 g + 5 g	1 and 1/2 handful + 1 piece
Spices & oilseeds - sesame, olive seeds, mustard, cumin, curry leaves, aniseeds, cardamom, turmeric	25 g	5 tsp
Lentils and beans (soya beans, moong dal, tuvar dal, etc)	30 g	1/4 bowl (cooked, thick consistency dal) + 1/4 bowl of sprouted soya beans
Meat/chicken/fish	80 g	2-3 small pieces of chicken + 1-2 small pieces of liver/kidney/brain
Eggs	100 g	2 eggs
Milk and milk products (milk/paneer/curd/buttermilk)	450 ml	3 glasses of milk or 90 g paneer 4-5 pcs) or 1 & 3/4 bowl thick curd
Fresh fruits	200 g	2 small fruits
Green vegetables - methi leaves, drumstick leaves, bathua, spinach, colocasia leaves	100 g	1 bowl thinly cooked curry
Tuber roots	100 g	1/2 bowl (cooked)
Colourful vegetables	200 g	1 bowl (cooked)
Cereals (and cereal flour), wheat flour, rice, kodo millet, samai, jowar, bajra, ragi and others	120 g	30 g wheat flour + 60 g millet flour + 30 g rice 30 g wheat flour = 2 chapatis, 60 g millet flour = 1 big bhakari, 30 g rice = 1/4 bowl of cooked boiled rice
Water	2,500 - 3,000 ml	17-20 glasses

Cereal & lentils/beans combination will give an improved quality of protein e.g. missi roti, idlis, dosas, thalipeeth, khichri, etc.

This recommendation is for a 2,260 kcals diet for a lactating mother with an average 88 g of protein.

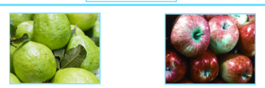
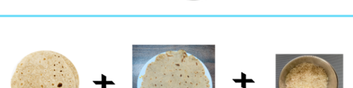
1 Teaspoon = 5 grams, 1 Tablespoon = 15 grams, 1 Bowl = 250 milliliter, 1 Glass = 150 milliliter, 1 Small fruit = 100 grams, 1 Handful = 40 grams



Nutritious daily diet for lacto ovo vegetarian lactating mothers

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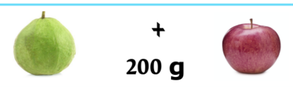
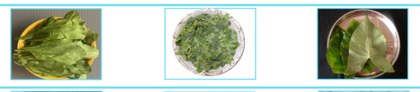
Items		Raw Edible Portion	HH measures
Ghee, butter, oil		30 g	 6 tsp
Sugar, jaggery, honey		15 g	 3 tsp
Nuts + dried fruits		60 g + 5 g	 1 and 1/2 handful + 1 piece
Spices & oilseeds - sesame, olive seeds, mustard, cumin, curry leaves, aniseeds, cardamom, turmeric		20 g	 4 tsp
Lentils and beans (soya beans, moong dal, tuvar dal, etc)		60 g	 1/2 bowl (cooked, thick consistency dal) + 1/2 bowl of sprouted soya beans
Eggs		100 g	 2 eggs
Milk, curd, etc		300 ml	 2 glasses of milk or 1 & 1/4 bowl thick curd
Paneer		80 g	 4 pieces
Fresh fruits		200 g	 2 small fruits
Green vegetables - methi leaves, drumstick leaves, bathua, spinach, colocasia leaves		100 g	 1 bowl thinly cooked curry
Tuber roots		50 g	 1/4 bowl (cooked)
Colourful vegetables		150 g	 3/4 bowl (cooked)
Cereals (and cereal flour), wheat flour, rice, kodo millet ,samai, jowar, bajra, ragi and others		120 g	 30 g wheat flour + 60 g millet flour + 30 g rice 90 g wheat flour = 2 chapatis, 60 g millet flour = 1 big bhakari, 30 g rice = 1/4 bowl of cooked boiled rice
Water		2,500 - 3,000 ml	17-20 glasses
Cereal & lentils/beans combination will give an improved quality of protein e.g. missi roti, idlis, dosas, thalipeeth, khichri, etc.			
This recommendation is for a 2,260 kcals diet for a lactating mother with an average 87 g of protein.			

1 Teaspoon = 5 grams, 1 Tablespoon = 15 grams, 1 Bowl = 250 milliliter, 1 Glass = 150 milliliter, 1 Small fruit = 100 grams, 1 Handful = 40 grams

Nutritious daily diet for lacto vegetarian lactating mothers

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SHRIMATI MALATI DAHANUKAR TRUST

Items		Raw Edible Portion	HH measures
Ghee, butter, oil		30 g	 6 tsp
Sugar, jaggery, honey		15 g	 3 tsp
Nuts + dried fruits		60 g + 5 g	 1 & 1/2 handful + 1 piece
Spices & oilseeds - sesame, olive seeds, mustard, cumin, curry leaves, aniseeds, cardamom, turmeric		25 g	 5 tsp
Lentils and beans (soya beans, moong dal, tuvar dal, etc)		90 g	 1 bowl (cooked, thick consistency dal) + 1/2 bowl of sprouted soya beans
Milk and milk products		400 ml	 2 & 3/4 glasses of milk or 1 & 1/2 bowl thick curd
Paneer		100 g	 5 pieces
Fresh fruits		200 g	 2 small fruits
Green vegetables - methi leaves, drumstick leaves, bathua, spinach, colocasia leaves		100 g	 1 bowl thinly cooked as a curry
Tuber roots		50 g	 1/4 bowl (cooked)
Colourful vegetables		150 g	 3/4 bowl (cooked)
Cereals (and cereal flour), wheat flour, rice, kodo millet, samai, jowar, bajra, ragi and others		90 g	 30 g wheat flour + 30 g millet flour + 30 g rice 30 g wheat flour = 2 chapatis, 30 g millet flour = 1/2 big bhakari 30 g rice = 1/4 bowl of cooked boiled rice
Water		2,500 - 3,000 ml	17-20 glasses
Cereal & lentils/beans combination will give an improved quality of protein e.g. missi roti, idlis, dosas, thalipeeth, khichri, etc.			
This recommendation is for a 2,260 kcals diet for a lactating mother with an average 86 g of protein.			

1 Teaspoon = 5 grams, 1 Tablespoon = 15 grams, 1 Bowl = 250 milliliter, 1 Glass = 150 milliliter, 1 Small fruit = 100 grams, 1 Handful = 40 grams

Complementary food group for babies who have completed six months of age

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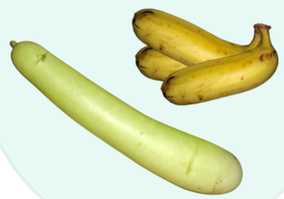
Breastfeeding

1



Other vegetables and fruits

8



Cereals/tuber root

2



Fruits
and vegetables
containing Vitamin A

7





3



Beans/pulses/seeds

6



Egg

5



Meat/fish

4



Curd/paneer

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4 tablespoons twice a day in the morning and in the evening, should be given after the completion of six months.
(Total 120 ml should be given in a day)

1 tablespoon = 15 ml



Half bowl (120 ml) should be given thrice a day after the completion of 7 months.
(Total 360 ml should be given in a day)

1 bowl = 240 ml



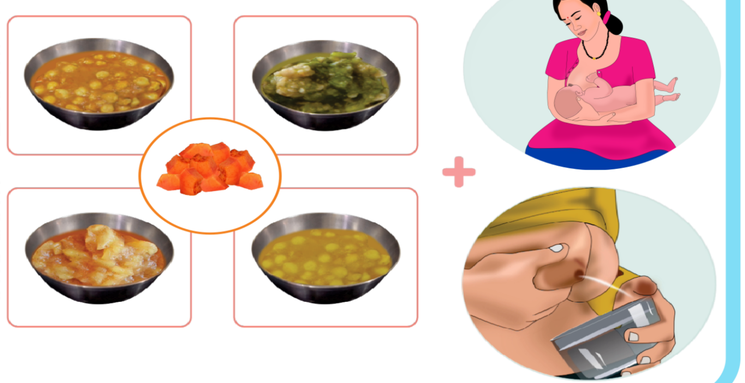
Half bowl (120 ml) Hand–mashed food should be given four times a day after the completion of eight months.
(Total 480 ml should be given in a day)

1 bowl = 240 ml



After completion of nine months and till 12 months, half bowl (120 ml) food containing soft pieces should be given five times a day.
(Total 600 ml should be given in a day)

One bowl = 240 ml



After the 1st birthday, full bowl (240 ml) all homemade food should be given 5 times a day.
(Total 1250ml should be given in a day)

One bowl = 240 ml



6 and 7 months babies should be given soft mashed food as shown below.



To increase height and intelligence, add home made nutritious powder to baby's food.



After completing 8 months baby can be given soft food pieces for snacks such as paneer, banana, and cooked carrot.



In order to absorb nutritious element from the food, few cooking processes such as roasting, soaking, boiling, sprouting, fermenting and cooking are necessary.



Babies below 3 years should not be given any hard food items such as peanuts, whole dry hard nuts, raw carrot, etc.





Do not use sugar, jaggery and junk food such as ice cream, cake, biscuits, sweets and snacks for baby's food. Do not add salt to food for babies upto 1 year of age.

