



NUTRITION AND DIETETICS

PRACTICAL



1

DIET IN PREGNANCY



RDA for a pregnant women doing moderate works:

| | | |
|--------------|---|-----------------|
| Energy | - | 2230 + 350 kcal |
| Protein | - | 50 + 23 gms |
| Calcium | - | 1200 mg |
| Iron | - | 35 mg |
| BetaCarotene | - | 6400 I.U. |

Appropriate food items : Green leafy vegetables, fruits, milk, carrot and liver.

Justification for selection :

| | |
|-------------------------------|---|
| Green leafy vegetables | To meet the required fibre, iron and vitamin A. |
| Fruits | To provide minerals, vitamins and fibre. |
| Milk | To meet the requirement of protein, calcium and fluids. |
| Carrot | To provide beta carotene and anti oxidants |
| Liver | To provide iron and vitamin A |

A Day's Menu:

| | |
|----------------------|--|
| Early Morning | Milk |
| Breakfast | Idles (4no.), Sambar, Chutney, Carrot. |
| Midmorning | Mango milk shake / apple milk shake. |
| Lunch | Vegetable soup, vegetable pulav, cucumber raita, rice, rasam, liver fry. |
| Evening Tea | Aval uppuma and tea. |
| Dinner | Vegetable paratha, panner curry, fruit salad. |
| Bed time | hot milk (1 cup). |





Recipe for Vegetable soup:

| Ingredients | | Quantity |
|------------------|---|---------------|
| Carrot | - | 25gms |
| Beans | - | 25gms |
| Tomato | - | 10gms |
| Onion | - | 10gms |
| Peas | - | 10gms |
| Cabbage | - | 10gms |
| Cloves | - | 4 |
| Cinnamon | - | a small piece |
| Garlic | - | required no. |
| White sauce | - | as needed. |
| Salt and pepper | - | to taste. |
| Coriander leaves | - | few. |

Method:

Clean all the vegetables take 10gms of carrot and beans cut into small pieces and boil with peas. Boil the rest separately with garlic, cloves and cinnamon Grind all boiled vegetables except cloves and cinnamon. Strain the content. Add small pieces of boiled carrot, peas and beans to it. Add salt and pepper to taste. Garnish with white sauce and coriander. Serve with toasted bread.



Discussion:

- Appearance - Colourful.
- Taste - Good.
- Texture - correct consistency
vegetables are well cooked.
- Flavour - Delightful aroma.
- Over all acceptability - Good.

Conclusion:

A very good starter with rich sources of vitamins, minerals and calories.

Nutritive value calculation for vegetable soup:

| Ingredients | Quality gms | Energy kcal | Protein gms | Calcium mg | Iron mg | B-Carotene mg |
|-------------|-------------|-------------|-------------|------------|---------|---------------|
| Carrots | 10 | 4.8 | 0.09 | 8.0 | 0.1 | 18.9 |
| Beans | 10 | 15.8 | 74 | 5.0 | 26 | 3.4 |
| Peas | 10 | 9.3 | 72 | 2.0 | 15 | 8.3 |
| Cabbage | 10 | 2.7 | 18 | 3.9 | 08 | 12.0 |
| Total | | 32.6 | 1.73 | 18.9 | 1.49 | 212.7 |

2

DIET FOR LACTATING MOTHERS (0-6 MONTHS)



RDA for Lactating women doing moderate works:

| | | |
|-------------|---|----------------|
| Energy | - | 2230 + 600kcal |
| Protein | - | 55 + 19gms |
| Calcium | - | 1200mg |
| Iron | - | 21mg |
| B- Carotene | - | 7600 I.U. |

Appropriate food items: Badam, garlic, vegetables, fruits, egg.

Justification for selection:

| | |
|------------------------------|--|
| Badam | Energy dense and lactagogue. |
| Garlic | Lactagogue and helps in digestion |
| Vegetables and fruits | Good source of fibre and provides essential minerals and vitamins. |
| Egg | provides good quality Protein. |

A Day's Menu:

| | |
|----------------------|--|
| Early morning | Milk with malt. |
| Break fast | Pongal with coconut chutney, vadai and tea. |
| Mid morning | Mixed vegetables soup and rice vadam. |
| Lunch | White rice, dhal, rasam, curd, vegetable porial, egg Manchurian, Banana. |
| Evening Tea | Badam Kheer, thattai. |
| Dinner | Chappathi with fish garlic curry, rice, rasam, vegetable salad and fruits. |
| Bed time | Milk. |



Recipe for Badam Kheer:

| Ingredients | | Quantity |
|-------------|---|----------|
| Badam | - | 50gms |
| Milk | - | 250gms |
| Sugar | - | 100gms |
| Cardamon | - | 2 |

Method:

Soak badam overnight. Remove the skin and grind it to a paste. Mix it to 100ml milk and cook well. Add the rest of boiled milk, sugar and cardamom to it. Decorate it with chopped cashewnuts, pista, cherry and serve chill.

Discussion

| | | |
|---------------|---|---------------------|
| Appearance | - | Yellowish white. |
| Taste | - | Excellent |
| Texture | - | Liquid Consistency. |
| Flavor | - | Good |
| Acceptability | - | Taste good. |

Conclusion :

It is an excellent evening snacks. It provides protein, fats and calories.

Nutritive value calculation for Badam Kheer :

| Ingredients | Quantity | Energy | Protein | Calcium | Iron | B-Carotene |
|-------------|----------|--------|---------|---------|------|------------|
| Badam | 50 | 393 | 7.8 | 50 | 1.32 | 3 |
| Milk | 250 | 167 | 80.0 | 300 | 0.5 | 132 |
| Sugar | 100 | 398 | 0.1 | 12 | 0.15 | - |
| Total | | 958 | 87.9 | 362 | 1.67 | 135 |



3

DIET FOR INFANTS (6-12 MONTHS)

RDA for an infant:

| | | |
|------------|---|------------------------------|
| Energy | - | 80 k.cal / kg of body weight |
| Protein | - | 1.69gm/kg of body weight |
| Calcium | - | 500mg |
| Iron | - | 5mg /1kg |
| B.Carotene | - | 2800 I.U. |

Appropriate food items:

- Fruits
- Dhal
- Vegetables
- Egg
- Cereals

Justification for selection:

| | |
|------------------|--|
| Fruits | Source of vitamin C which is not present in milk. |
| Vegetables | Provides minerals and get familiarized with new taste. |
| Dhal and cereals | Calories and good quality proteins. |
| Egg | Mashed Yolk of an egg provides essential amino acids. |



A Day's Menu:

An infant must be fed every 2-3 hours to meet the needs of rapid growth. and feeding should be adjusted with breast feeding.

| | |
|-------------------------------------|--|
| 06.00 am | Breast feeding or artificial feeding. |
| 08.00 am | Ragi kangi with milk. |
| 10.00 am | Mixed vegetables soup and boiled egg yolk. |
| 12.00 noon | Boiled rice and dhal, vegetables. |
| 02.00 pm | Breast feeding or artificial feeding. |
| 04.00 pm | Fruits juice or mashed fruits. |
| 06.00 pm | Breast feeding or artificial feeding. |
| 08.00 pm | Amirtham |
| 10.00 pm to next day morning | Breast feeding or artificial feeding. |

Recipe for Amirtham

Composition per 100gms

| Ingredients | Quantity |
|--------------------|-----------------|
| Wheat | - 40gms |
| Rosted bengal gram | - 20gms |
| Ground nut | - 15gms |
| Jaggery | - 25gms |



Method:

Wheat, Bengal gram and ground nut should be cleaned and roasted over medium flame. Grind all the ingrediants to a fine powder. Take 15gms of ground powder mix well with juggary and water. Cook well till it becomes a smooth paste.

Discussion:

| | |
|---------------|-------------------------------|
| Appearance | - Pale yellow |
| Taste | - Good |
| Texture | - Semisolid |
| Acceptability | - Children like it very much. |
| Flavour | - Good |

Conclusion:

It is a very good weaning food which provides calories, protein, iron and calcium.



4

DIET FOR PRE SCHOOL CHILDREN (AGE GROUP - 4 TO-6 YEARS)

RDA for Pre - school children:

| | | |
|-------------|---|-----------|
| Energy | - | 1350K.cal |
| Protein | - | 20.1gms |
| Calcium | - | 600mg |
| Iron | - | 13mg |
| B. Carotene | - | 3200I.U. |



Appropriate food items:

Nuts and oil seed, whole grains, fruits, vegetables (especially carrot) and egg.

Justification for selection:

| | |
|---------------------------|--|
| Nuts and oil seeds | To supply more energy for growth and activity. |
| Whole grains | To meet the increased and demand for iron. |
| Fruits | It provide calcium, Iron ,Minerals, vitamin A and fat. |
| Egg | Quality protein. |
| Carrot | Vitamin A and antioxidants. |

A Day's Menu:

| | |
|----------------------|---|
| Early morning | Milk. |
| Break fast | Idly and sambar. |
| Mid Morning | Apple Juice. |
| Lunch | Rice, dhal, egg fry, cabbage poriyal, curd. |
| Evening | Ground nut sundal, Fruit juice |
| Dinner | Appam, Kadalai curry and orange. |
| Bed time | Milk. |





Recipe for ground nut sundal

| Ingredients | Quantity |
|-----------------------------|-----------------|
| Ground Nut | - 50gms |
| Oil | - 1tsp |
| Mustard | - For seasoning |
| Black gram dhal | - For seasoning |
| Curry leaves and asafoetida | - For seasoning |
| Salt | - To taste |
| Mango and carrot scraping | - 10gms each. |

Method:

Soak ground nut seeds overnight. Add salt and boil it by pressure cooking. Drain the excess water. Season it with curry leaves, green chilies, mango scrapings and serve hot.

Discussion:

| | | |
|------------------------|---|--------------------|
| Appearance | - | Attractive |
| Taste | - | Good |
| Texture | - | soft |
| Flavour | - | Delightful aroma |
| Over all acceptability | - | liked by everyone. |

Conclusion:

It is rich in protein and can be given as snacks to pre-school children.

Nutritive value calculation for ground nut sundal

| Ingredients | Quantity gms | Energy K.cal | Protein gms | Calcium mg | Iron mg | B. Carotene mg |
|-------------|--------------|--------------|-------------|------------|---------|----------------|
| Ground | 50 | 28.35 | 12.6 | 45 | 1.25 | 18.5 |
| Mango | 10 | 4.4 | 0.07 | 1 | 0.03 | 9 |
| Carrot | 10 | 4.8 | 0.09 | 8 | 0.1 | 189 |
| Total | | 292.7 | 12.76 | 54 | 1.38 | 216.5 |





5

DIET FOR SCHOOL GOING BOYS (10 - 12 YEARS)

RDA of a school going boy (10 – 12 years)

| | | |
|-------------|---|-----------|
| Energy | - | 2190 kcal |
| Protein | - | 39.9gms |
| Calcium | - | 800mg |
| Iron | - | 21mg |
| B. Carotene | - | 4800 I.U. |



Appropriate food items:

Milk, green leafy vegetables, curd, ragi and fruits.

Justification for selection:

| | |
|-------------------------------|---------------------------------------|
| Milk | To meet the increased need of calcium |
| Green leafy vegetables | To provide more iron |
| Curd | To provide calcium and vitamin B |
| Ragi | To provide calcium and fibre |
| Fruits | To provide vitamin C and Fibre. |

A Day's Menu:

| | |
|----------------------|---|
| Early Morning | Milk |
| Breakfast | Dosai with vegetable kurma. |
| Mid morning | Cheese and cakes. |
| Lunch | Cauliflower paratha, Cucumber, raitha. |
| Evening Tea | Ragi plain cake, murukku and tea. |
| Dinner | Rice, Green kootu, egg omlet, Rasam, and fruit salad. |
| Bed time | Milk with malt. |





Recipe for Cauliflower stuffed Paratha

| Ingredients | | Quantity |
|----------------|---|--------------|
| Cauliflower | - | 1cup |
| Onion | - | 1 |
| Green chilies | - | 1 |
| Chilly powder | - | ½ teaspoon |
| Wheat | - | 1cup |
| Salt | - | add to taste |
| Oil | - | to fry |
| Coriander leaf | - | little |

Method:

Saute shredded cauliflower, chopped onion, green chilies. Add salt , chilly powder and coriander. Cook the content for some time. Make a dough with wheat flour and kneed well. Roll again and fry paratha's on a tawa.

Discussion

| | | |
|------------------------|---|--------------|
| Appearance | - | Attractive |
| Taste | - | Good |
| Texture | - | crispy |
| Flavour | - | nice flavor |
| Over all acceptability | - | Liked by all |

Conclusion:

It can be eaten as breakfast and it is rich in energy, Protein and minerals.

Nutritive value calculation for Cauliflower stuffed Paratha

| Ingredients | Quantity gms | Energy Kcal | Protein gms | Calcium mgs | Iron mgs | B. Carotene mg |
|-------------|-----------------|----------------|----------------|----------------|----------|-------------------|
| Cauliflower | 50 | 15 | 1.0 | 16.5 | 0.6 | 25 |
| Wheat | 100 | 341 | 12.1 | 48 | 4.9 | 29 |
| Oil | 20 | 180 | 0 | 0 | 0 | 0 |
| Total | | 536 | 13.1 | 64.5 | 5.5 | 54 |



6

DIET FOR ADOLSCENCT GIRLS (10 – 18 YEAR OLD GIRL)

RDA for an Adolescent Girl:

| | | |
|------------|---|-----------|
| Energy | - | 2440 Kcal |
| Protein | - | 55.5 gms |
| Calcium | - | 800 mgs |
| Iron | - | 26 mgs |
| B.Carotene | - | 4800 I.U. |



Appropriate Food items:

Whole grains, green leafy vegetables , sweets, fruit juices and milk.

Justification for selection:

| | |
|-------------------|---|
| Sweets | : Energy dense food to support growth and activity. |
| Fruit Juices | : To provide vitamins, and minerals. |
| Whole grains | : Provides carbohydrate and protein. |
| Greeny Vegetables | : Provides iron, calcium, fibre. |
| Milk | : To provide quality protein. |

A Day's Menu:

| | |
|---------------|---|
| Early Morning | Tea |
| Breakfast | Tomato uthappam with chutney. |
| Midmorning | Samosa and fruit juices |
| Lunch | Rice, Chicken gravy, fish fry, vegetable salad. |
| Evening Tea | Sweet bonda or bengal gram sweet and tea. |
| Dinner | Naan, palak paneer, apple. |
| Bed time | Milk. |



Recipe for Bengal gram sweet

| Ingredients | Quantity |
|---------------------------|----------|
| Roasted Bengal gram flour | - 1cup |
| Ghee | - 1cup |
| Milk | - 1cup |
| Coconut scraping | - 1cup |
| Sugar | - 1cup |

Method:

Mix all ingredients well to avoid lump formation. Cook in low fire with constant stirring. cook until it does not stick to the pan. Pour this mixture on to a greased plate. Allow is to cool and cut into diamond slabs and serve.

Discussion:

| | | |
|---------------|---|--------------------|
| Apperance | - | very attractive |
| Taste | - | very good |
| Texture | - | soft in nature |
| Flavour | - | very good |
| Acceptability | - | liked by everyone. |

Conclusion:

It is rich in energy and protein and it can be taken as an evening snack.

Nutritive value calculation for Bengal gram sweet

| Ingredients | Quantity gm | Energy kcal | Protein gms | Calcium gms | Iron gm | B. Carotene mg |
|---------------------------|-------------|-------------|-------------|-------------|---------|----------------|
| Roasted Bengal Gram-flour | 100 | 369 | 22.5 | 58 | 9.5 | 113 |
| Ghee | 100 | 900 | 0 | 0 | 0 | 600 |
| Milk | 100 | 67 | 3.2 | 120 | 0.2 | 53 |
| Coconut Scraping | 100 | 444 | 4.5 | 0 | 1.7 | 0 |
| Sugar | 300 | 1194 | 0.3 | 36 | 0.3 | 0 |





7

DIET IN OLD AGE

RDA for an old man (60 years of Age):

Low carbohydrate, low fat

| | | |
|------------|---|--------------------|
| Protein | - | 1 gm / 1kg body wt |
| Calcium | - | 600 mg |
| Iron | - | 21 mg |
| B.Carotene | - | 4800 I.U. |



Appropriate food items:

Milk, green leafy vegetables, fruits, broken cereals, vegetables.

Justification for selection:

| | | |
|------------------------|---|-----------------------------|
| Milk | - | To provide more calcium |
| Green Leafy vegetables | - | Fibre and mineral source. |
| Fruit | - | To provide vitamins |
| Broken cereals | - | To provide energy and fibre |
| Vegetables | - | To provide minerals |



A Days Menu:

| | |
|---------------|--|
| Early Morning | Malted milk |
| Break Fast | Varagu uppuma with mint chutney. |
| Mid morning | Mixed fruits milk shake. |
| Lunch | Rice, carrot, sambar, greens poriyal, rasam, and sapota fruit. |
| Evening Tea | Vegetable uthappam |
| Dinner | Idyappam with sugar |
| Bed time | Milk |





Recipe for Vegetable uthappam

| Ingredients | | Quantity |
|-----------------|---|----------|
| Rice | - | 1cup |
| Black gram dhal | - | ¼ cup |
| Oil | - | ½ cup |
| Salt | - | to taste |

Method:

Soak rice and black gram dhal for 3 hours. Grind it and allow it to ferment and add grated vegetables to the batter. Pour a ladle full of batter on to the tawa , spread it , pour oil and cook till it is done.

Discussion

| | | |
|---------------|---|-------------------------|
| Apperance | - | Brown |
| Taste | - | Good |
| Texture | - | Soft |
| Flavour | - | Good |
| Acceptability | - | Liked by all age group. |

Conclusion:

It is a soft diet for the old age people. This is rich in protein, calories, vitamin and minerals.

Nutritive value calculation for Vegetable uthappam

| Ingredients | Quantity gms | Energy kcal | Protein gm | Calcium mg | Iron mg | B. Carotene mg |
|-----------------|--------------|-------------|------------|------------|---------|----------------|
| Rice | 100 | 345 | 6.8 | 10 | 0.7 | 0 |
| Black gram dhal | 25 | 36.7 | 6 | 38.5 | 0.9 | 9 |
| Carrot | 10 | 4.8 | 0.09 | 8.0 | 0.1 | 189 |
| Capsicum | 10 | 2.1 | 0.11 | 0.2 | 0.15 | 2.1 |
| Onion | 10 | 5 | 0.2 | 4.69 | 0.06 | 0 |
| Total | 155 | 493.6 | 13.12 | 61.39 | 1.91 | 200.1 |



8

DIET IN FEVER

Principle of the diet:

| | | |
|--------------|---|--------------------|
| calories | - | high |
| Carbohydrate | - | high |
| Fat | - | Low |
| Proteins | - | high |
| Vitamins | - | Vitamin A,C and B. |
| Minerals | - | required amount |



Permitted food:

Fruit Juices with glucose, barley water, milk shake, gruel, porridge, and soup.

Restricted Food:

Fried food, pastries, butter, ghee, chillies and spices.

A Day's Menu:

| | |
|--------------------|--|
| Break Fast | Rice porridge with boiled vegetables. |
| Mid morning | Tender coconut water or fruit juice with glucose and biscuits. |
| Lunch | Minced meat soup, steamed vegetables rice and curd. |
| Evening Tea | Ragi malt or Biscuits. |
| Dinner | Idiappam, thin dhal and boiled vegetables |
| Bed time | Milk |

Recipe for ragi malt:

| Ingredients | Quantity |
|-------------|----------|
| Ragi flour | 15gms |
| Sugar | 10gms |
| Milk | 200gms |

Method:

1. Take 100 gms of ragi , soak it in water for 6 -8 hours. Drain the water and keep it for 8 – 10 hours in a web cloth. Dry it in shade and powder well.
2. Take 15gms of ragi flour mix with water and make a paste. Add 100ml of milk and cook well. To this add another 100ml milk and sugar serve hot.



Discussion :

- Appearance - Brownish white
- Taste - Good
- Texture - Thick Liquid consistency.
- Flavour - Delightful aroma
- Acceptability - Good

Conclusion:

Ragi malt is rich in calories, Proteins, Calcium, phosphorous and vitamin A.

Nutritive value calculation for ragi malt

| Ingredients | Quantity gms | Energy (kcal) | Proteins gms | Calcium mg | Iron mg | B – Carotene mg |
|-------------|--------------|---------------|--------------|------------|---------|-----------------|
| Ragi | 15 | 49.2 | 1.09 | 51.6 | 5.85 | 6.3 |
| Sugar | 20 | 79.6 | 0.02 | 2.4 | 0.03 | 0 |
| Milk | 200ml | 134 | 6.4 | 240 | 0.04 | 106 |
| Total | | 7.51 | 294 | 6.28 | 6.28 | 112.3 |





9

DIET IN OBESITY (ADULT MAN)

Principle of the diet:

- Low Calories Restricted carbohydrate - 25kcal/1kg body weight
- Restricted fat.
- Normal proteins vitamins and minerals, (except sodium).
- Liberal intake of fluid, high fibre.

Permitted Foods:

Vegetables, fruits, green leafy, vegetables, whole grams and pulses, and butter milk.

Restricted Foods:

Potatoes, rice, banana, nuts, oil seeds and fried foods.

A Day's Menu:

| | |
|--------------------|---|
| Morning | Green tea |
| Break fast | Red rice porridge . |
| Mid Morning | Butter milk and cucumber slices. |
| Lunch | Chappathi without oil (2no) Rice – 1 cup, green porial, Baked fish, rasam, butter milk fruit salad without cream. |
| Evening Tea | Samai uppuma and tea. |
| Dinner | Phulka with vegetable stew, sprouted green gram salad, any fruit. |

Recipe for Green gram salad

| Ingredients | Quantity |
|----------------------|-------------|
| Sprouted green gram- | 50gms |
| Tomato - | 15gms |
| Cucumber - | 20gms |
| Mango - | 10gms |
| Corriander - | few |
| Green chillies - | 1 no. |
| Salt, pepper - | to taste |
| cumin powder - | if required |

Method:

Soak green gram for 6 – 8 hours. Drain the water and tie it in a muslin cloth for 9 – 10 hours. Small sprouts will appear. Take sprouted green grams of around 50gms. Add chopped tomatoes, cucumber, mango, green chilly, salt, coriander and cumin powder to it, and can be served with pepper if needed.



Discussion

| | | |
|---------------|---|--------------------|
| Appearance | - | Colourful |
| Taste | - | Good |
| Texture | - | solid |
| Flavour | - | not so flavourable |
| Acceptability | - | Good. |

Conclusion:

It is the best recipe for obese person to reduce weight. It contains high fibre. Minerals, vitamins, proteins and restricted carbohydrates.

Nutritive value calculation for Green gram salad

| Ingredients | Quantity | Energy | Proteins | Calcium | Iron | B.Carotene mg |
|----------------------|----------|--------|----------|---------|------|---------------|
| Sprouted Green grams | 50 | 162 | 12.0 | 62 | 2.2 | 47 |
| Cucumber | 20 | 2.06 | 0.08 | 2 | 0.12 | 0 |
| Mango | 10 | 4.4 | 0.07 | 1 | 0.03 | 9 |
| Total | | 169 | 12.15 | 65 | 2.35 | 56 |



10

DIET IN DIABETES MELLITUS

Principle of diet:

| | | |
|----------|---|-------------------------------------|
| Calories | - | 20 kcal/kg/day |
| Proteins | - | 1gm/ 1kg body wt |
| Vitamin | - | C and E are essential |
| Minerals | - | Magnesium, Zinc to be supplemented. |
| Fat | - | Restricted fat. |

Foods to be permitted:

Green leafy vegetables, clear soup, fruits except banana, skimmed butter milk, plain tea or coffee.

Foods to be restricted:

Glucose, Honey syrup, sweet dried fruit, Sweetened juices, fried foods, cakes and candy.

A Day's Menu:

| | |
|----------------------|--|
| Early Morning | Paratha with tomato chutney. |
| Breakfast | Brown bread with vegetable stew. |
| Mid Morning | Oats porridge. |
| Lunch | Chappathi, greens, rice with butter milk, cabbage porial and orange. |
| Evening Tea | Plain tea, channa sundal. |
| Dinner | Plain chappathi, Dhal and boiled vegetables. |

Recipe for Pesaruttu

| Ingredients | Quantity |
|------------------|------------|
| Split green gram | - 100gms |
| Rice | - 10gm |
| Onion | - 1 |
| Ginger | - ½tsp. |
| Cumin seeds | - ½ tsp. |
| Salt | - to taste |
| Oil | - to fry |

Method:

soak split green gram and rice for 3 hours and grind. Add salt, cumin seeds, green chilly, ginger, and coriander to the dough make dosa and serve hot with suitable chutney.



Discussion

| | | |
|---------------|---|-----------------|
| Appearance | - | Greenish yellow |
| Taste | - | Good |
| Texture | - | Soft |
| Flavour | - | very good |
| Acceptability | - | Good |

Conclusion:

This diet is rich in protein and it can be prepared for breakfast and dinner. It is good for diabetic patients and liked by all.

Nutritive value calculation for Pesaruttu

| Ingredients | Quantity gms | Energy Kcal | Protein gms | Calcium mg | Iron mg | B.Carotene mg |
|-------------|--------------|-------------|-------------|------------|---------|---------------|
| Green Gram | 100 | 334 | 24.0 | 124 | 4.4 | 94 |
| Rice | 10 | 34.6 | 64 | 0.9 | 0.01 | 0.0 |
| Oil | 10 | 90 | 0 | 0 | 0 | 0 |
| Total | | 458.6 | 24.64 | 124.9 | 4.41 | 94 |





11

DIET IN KIDNEY DISEASES

Principle of diet:

- Carbohydrate - 80 Kcal / kg of body wt
- Moderate Fat
- Restricted protein
- Salt Restricted

Foods to be permitted:

Sugar, honey, glucose, rice, fruit, starchy food and vegetables.

Foods to be restricted:

Pulses, meat, fish, cake, pastries, pickles, nuts, dried fruits.

A Day's Menu

| | |
|---------------|----------------------------------|
| Early Morning | Coffee |
| Break Fast | Idly with coconut chutney |
| Mid morning | Sapotta milk shake |
| Lunch | Rice, Poriyal, potato fry, rasam |
| Evening Tea | Tea, Vegetables sandwich |
| Dinner | Idiyappam with vegetable stew |

Recipe for Idly

| Ingredients | Quantity |
|-----------------|---------------------|
| Par boiled rice | - 1 cup |
| Black gram dhal | - $\frac{1}{4}$ cup |
| Salt | - to taste |

Method:

Soak rice and dhal separately. Grind dhal finely and rice coarsely. Mix and ferment over night, then steam in idly cooker and serve hot.

Discussion :

| | | |
|---------------|---|--------------------|
| Appearance | - | White |
| Taste | - | Good |
| Texture | - | Soft |
| Flavour | - | Good flavor |
| Acceptability | - | Liked by everyone. |

Conclusion:

It is rich in protein and carbohydrate . And it is very good for kidney patients.





Nutritive value calculation for idly

| Ingredients | Quantity gms | Energy Kcal | Protein gms | Calcium mg | Iron mg | B.Caroten mg |
|-----------------|-----------------|----------------|----------------|---------------|------------|-----------------|
| Rice | 150 | 577.5 | 10.2 | 15.0 | 10.5 | 0 |
| Black gram dhal | 40 | 138.8 | 9.6 | 61.6 | 1.5 | 15.2 |
| Total | | 716.3 | 19.8 | 76.6 | 12.0 | 15.2 |



12

DIET IN ATHEROSCLEROSIS

Principle of Diet:

Low fat, Low carbohydrate and High fibre.
Protein and vitamins - same as adults.
Restricted sodium

Foods to be permitted:

Fish, groundnut oil, whole gram, cereals,
fruits and vegetables.

Foods to be restricted:

Whole milk, meat, egg, amaranth.

A Day's menu:

| | |
|--------------------|---|
| Break Fast | Ragi porridge 1 cup, seasonal channah ½ a cup |
| Mid morning | Buttermilk, 1 beetroot, cut fruit 1 cup. |
| Lunch | Rice, dhal, rasam ,vegetables , porial without coconut, grilled fish and fruit salad. |
| Evening Tea | Vegetable sandwich with tea. |
| Dinner | Pulka, carrot salad, any one fruit. |



Recipe for Cabbage poriyal

| Ingredients | Quantity |
|-----------------------|----------|
| Red chilli powder - | ¼ |
| cumin powder - | ¼ tsp |
| Turmeric powder - | ¼ tsp |
| Garam masala powder - | ¼ tsp |
| Cumin seeds - | ½ tsp |
| Oil - | ½ tsp |
| Salt - | ½ taste |

Method:

Take oil in a pan and add a few cumin seeds and let it crack. Saute chopped garlic till it turns light brown. Add cabbage flakes with rest of the above ingredients stir for some time and keep it covered on slow flame till it is done, serve hot.

Discussion

| | | |
|---------------|---|---------------------------------|
| Appearance | - | yellow or light green in colour |
| Taste | - | Good |
| Texture | - | soft with texture |
| Flavour | - | Good |
| Acceptability | - | Liked by all age group |

Conclusion:

It can be given as a side dish for lunch. Cabbage is rich in vitamin and it can be eaten raw also.



Nutritive value calculation for Cabbage poriyal

| Ingredients | Quantity gms | Energy kcal | Protein gms | Calcium mg | Iron mg | B. carotene mg |
|-------------|--------------|-------------|-------------|------------|---------|----------------|
| Cabbage | 100 | 27 | 1.8 | 39 | 0.8 | 120 |
| Onion | 10 | 5 | 0.12 | 4.69 | 0.06 | 0 |
| Oil | 10 | 90 | 0 | 0 | 0 | 0 |
| Total | 120 | 122 | 1.92 | 43.69 | 0.80 | 120 |

QUESTION PATTERN

Plan and prepare a day's menu for

1. Pregnant woman doing moderate work
2. Lactating mother (0-6 months)
3. Infants (6-12 months)
4. Pre-school children (4-6 years)
5. Underweight school going children (10-12 years)
6. Anaemic adolescents
7. Old man doing sedentary work
8. Fever patient
9. Obese woman doing moderate work
10. Adult woman suffering from diabetes mellitus
11. Adult man suffering from kidney diseases
12. Adult woman suffering from Atherosclerosis