

## Diet chart for Nikita



**Current weight: 51 Kg**

**Target weight: 47 Kg**

Total estimated **calorie**: **1606 Kcal**

**Carbohydrate** - **55%**

**Protein** - **14%**

**Fat** - **31%**

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## Basic meal plan

Measurement units have been described in Appendix 3

### Morning snacks

- 1 cup Milk tea with 1-2 tsf sugar

### Breakfast

- 2½ piece Phulka / Roti
- Add vegetable as required.
- 1 medium size Omlette.
- 20 piece Grapes

### Lunch

- 1 piece Paratha
- ½ cup shag (leafy vegetable).
- 1 katori(cup) sabji (curry/soup).
- ½ cup Moth bean (mung dal)
- 0-½ Standard piece Fish
- 1 cup Yogurt with 1-2 tsf sugar
- 1 small Apple

### Evening snacks

- 1 cup Milk tea with 1-2 tsf sugar

### Dinner

- 1 cup Brown rice
- ½ cup shag (leafy vegetable).
- 1 katori(cup) sabji (curry/soup).
- ½ cup Moth bean (mung dal)
- 0-½ Standard piece Fish

## Other instructions

- Avoid / restrict fast food/junk foods etc as much as possible
- Alcohol: Maximum allowance - 2 peg for male, 1 peg for female.
- Recommendation for salt: Less than 5 gram (approx 14 pinches) for one person
- Recommendation for oil: 11-13 teaspoon (approximate 1.2 rice scoop/hata) of mustard or rice bran oil for one person. (If possible, avoid coconut oil as it contains unhealthy saturated fat.)
- Recommendation for supplements: The following nutrients may be deficient in diet, do periodic checkup & take supplements only if your doctor/dietitian recommends

***Iron***

***Vitamin D***

***Vitamin B complex***

## Alternative items

You can replace each given item in the chart with their alternative food options. Ideally you should rotate them periodically to maintain a balanced diet. Each alternative item has been selected based on the exchange list principle (similar calorie item from the same food group)

### **vegetable/sabji**

The vegetable (sabji) should contain 1 unit\* of root vegetable and other vegetable as required (the ones you can tolerate with no specific upper limit). However, the vegetables should be changed and different colored vegetables should be included in your plan. If tolerated, you can add 1 unit\*\* of nut/beans to it. Mediterranean diet recommends adding such items atleast 3 times per week. Avoid spinach & beans for elevated uric acid.

\*upper limit of root vegetables given in appendix 1

\*\*one unit of nut/bean item given in appendix 2

### **1 small Apple**

- 1 small Banana
- 2 segment (knob) Custard-apple
- 1 small Dates
- ½ small Figs
- 3 medium pieces Jackfruit
- 10 big Jambu-fruit (jamrul)
- 1 small Mango
- 2 medium Mangosteen
- 2½ medium Melon
- 2½ medium Papaya
- 20 small Peach
- 1 small Pear
- 0-½ slices(round) Pineapple
- 4 medium Plum
- 1 small Pomegranate
- 4 small slice Watermelon
- 1 medium Guava

### **20 piece Grapes**

- 2 big Grapefruit
- 1 medium Lemon
- 1 small Orange
- 4 small Strawberry
- 1 medium Sweetlime (mosambi)
- 5 medium blackberry
- 20 medium Amla

**½ cup Moth bean (mung dal)**

- ½ cup Moth bean (mung dal)
- 0-½ cup Kidney bean (rajma)
- 1 cup Sambar
- 0-½ cup Arhar / toor Dal (split pigeon pea)
- ½ cup Chana dal

**Milk tea(in the amount given in chart)**

- ½-1 cup Milk coffee
- ½-1 cup Whole milk
- 1-1½ cup Skimmed milk
- ½-1 cup Yogurt
- ½-1 glass Buttermilk(lassi)

**Yogurt(in the amount given in chart)**

- 1½ cup Milk tea
- 1 cup Milk coffee
- 1 cup Whole milk
- 1½-2 cup Skimmed milk
- 1 glass Buttermilk(lassi)

**1 medium size Omlette.**

- A small piece of chicken (50 gram).

**0-½ Standard piece Fish**

- 0-½ Standard piece Chicken

## Appendix 1

Highest amount of root vegetable per day

Name	Amount
Potato	1 cup
Carrot	2½ cup
Reddish	5 cup
Sweet potato	1 cup
Yam	½-1 cup
Beet	2 cup
turnip	4 cup

## Appendix 2

Recommended nut/bean amount to add. Try to add atleast 3 days/week.

Name	Amount
Peanut	1 handful (few)
Almond	1 handful (few)
Coconut (shredded)	½ cup
Broad bean (sem)	1 cup
Soybeen	1 handful (few)
yardlong bean (borboti)	2 cup
Green bean	2 cup
Green pea (matar)	1 cup

## Appendix 3

Unit of measurements given in this chart



### **Cup (200 ml)**

Ordinary tea cups are usually around 200 ml size. Large coffee mugs are around 350 ml. To easily measure your household cup size, pour water from a standard size bottle (like 1 liter), and check for how many times you can fill the cup.



### **TSF (4.5 ml)**

Table spoons are ordinary spoons to quantify items like oil. You can approximately measure their size by counting the number of times it takes to fill up a 200 ml cup with water.



### **Rice scoop (40-50 ml)**

Rice scoop or spoons are larger form of spoon generally used to serve rice or vegetables. They are approximately 10 times larger than ordinary table spoon. Ofcourse size can depend on the style & design. So it's best to measure it (in the process given above) and keep an approximate value in mind.