



**OUR NUTRITIONIST CAN HELP YOU  
STRIKE THE RIGHT BALANCE**

## DIET CHART

Name:			
Age:	Sex:	Height: (cm)	Weight: (kg)
IBW: (kg)	BMI: (kg/m <sup>2</sup> )		
Diet Advice:			
Calories:	Kcals Protein:	(gms)	Fat: (gm)



Food Groups	Quantity (Household Measures)
Cereals	: _____ gm (_____ Chapathis / _____ cups cooked Rice)
Whole Grams & Pulses	: _____ gm (_____ cups cooked Dal / Sprouts / Channa)
Vegetables (raw salads / cooked)	: _____ gm servings (avoid Potatoes, Sweet Potatoes, Colocasia)
Fruits (avoid fruit juices)	: _____ gm (avoid big Bananas, Chickoo, Mango, Grapes, Custard Apple and Jackfruit)
Milk (skimmed / double toned)	: _____ ml (Milk / Buttermilk / Tea / Coffee)
Fats (Ghee / Oil / Butter)	: _____ gm (3-4 tsp) (500 ml / month / person)
Non-Vegetarian	: _____ gm (Chicken, Fish & Egg white, White meat only)
Sugar & Sugar Products	: _____ tsp (20 gm / day)

### TIP

Avoid coconut / groundnut chutney - Instead use pudina, onion or tomato chutney)

## MENU PLAN

### MEAL - CONSTITUENTS & TIMINGS

Morning (7.00 - 7.30 am)	Tea / Coffee / Milk + Marie Biscuits, Idli _____
Breakfast (8.30 - 9.30 am)	Dosa _____ / Chapathis _____ / Avalakki _____ / Upma with Sambar or Vegetables / Oats preparations or Whole Bread slices / Toast, Veg. Sandwich _____ / Porridge _____ / Cornflakes _____ + Milk _____ OR _____ Egg white
Mid - Morning (11.00 - 11.30 am)	Milk / Buttermilk / Fruit _____
Lunch (1.30 - 2.30 pm)	Chapathi _____ / Rice _____ + Dal _____ / Non-Vegetarian _____ + Vegetarian preparation + Salad + Curds (1 cup each)
Evening Snack (4.30 - 5.30 pm)	Tea / Coffee / Milk _____ + Biscuits / Rusk / Avalakki / Puffed Rice
Dinner (8.00 - 9.00 pm)	Same as Lunch
Bed Time (10.00 - 10.30 pm)	Milk / Buttermilk _____

### DIETARY ADVICE FOR A HEALTHY LIFESTYLE

1. Consume at least 500 ml of Milk per day (including Coffee, Tea, Curds and Buttermilk), preferably toned or double toned.
2. Use whole grains and pulses rather than refined cereals like maida.
3. If mixing cereals with pulses for Chapathi, use in the following proportion: 4 parts of Cereal + 1 part of Soya atta)
4. Liberal intake of Green Leafy Vegetables in the form of Soups, Salads, Mixed Vegetable Raita, cooked Vegetables as sabzis etc.
5. Judicious intake of Roots and Tubers like Potatoes, Colocasia, Sweet Potato, Yam, etc.)
6. Prefer taking fruits over their juices. Low calorie fruits like Apple, Papaya, Pear, Peach, Orange, Sweet Lime, Melon, Pomegranate, Orange, Guava should be preferred.
7. Select roasted snacks such as Channa, Puffed Rice, Avalakki (beaten rice prepared at home).
8. Consume at least 2 litres of water everyday.
9. A gap of 2 hours is required between dinner and bed time.



10. Cultivate the habit of having food at smaller intervals and in small quantities, like 3 major meals and 3 - 4 small snacks in between (fruits, salads and buttermilk).
11. Include White Meat only i.e. Chicken, Fish and Egg white in the grilled, boiled or curry form)

## AVOID

1. Extra sugar in the form of excess Coffee, Tea, Sweets, Glucose, Honey, Jams, Jellies, Candies, Ice Creams, Soft Drinks and other sweetened beverages.
2. Deep fried items such as Samosa, Kachori, Namkeen, Paranthas, Wafers, etc. and Bakery products on a daily basis.
3. Red Meat like Lamb (Mutton), Egg yolk, Prawns, Crab and Organ Meat.
4. Dried fruits like Groundnuts, Til, Pista, Coconut and Cashew nuts etc.
5. Fruits like Avocados, Mango, Chikoo, Grapes, Custard Apple, Jackfruit and big Bananas on a regular basis.
6. Extra salt on the table (top salt), daily consumption of Pickles, Papads, Ready-to-eat foods, Processed foods, Salted nuts, Salted fish and Chutney powders which contain salt as a major preserving agent.

## FOOD SUBSTITUTES

1 Chapathi (25 gm Flour) = 1/2 cup of Cooked Rice / Upma / Avalakki / Pongal / 2 pcs Dhokla / 1 Idli / 3 Marie biscuits / 1½ slices of Bread

Egg (no yolk) = 1 medium cup Milk (200 ml)

1 cup cooked Dal = 5 tsp Roasted Channa (25 gms)

*Note: 1 cup = 150 ml of beverage and 1 cup cooked rice = 100 gms by weight.*

**Exercise:** Physical activity is complete when it is a combination of brisk activity and stretching exercise for a period of 45 - 50 minutes a day i.e. 10 - 15 min. of stretching exercise as a warm up activity and 40 min. of brisk activity at a stretch. Consult your doctor before you begin any exercise program.

**Stress:** Stress can aggravate all the existing health problems because of the hormonal changes that occur in the body. Hence managing stress is also a part of the treatment. Spend some time at your hobbies, do pranayama, chant shlokas/mantras, visit the temple or indulge in any activity that you are fond of, and which can act as a relaxation technique.

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