

My Plate for the Day

Promotes Health

Prevents Hidden Hunger and Protects from Diseases



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- Consumption of proportions of food groups indicated in the plate helps prevent macronutrient & micronutrient malnutrition (**Hidden Hunger**)
- The proportion indicated in the plate ensures adequate intake of all micronutrients (vitamins & minerals), bioactive compounds, functional foods, antioxidants etc.
- No vitamin or mineral (micronutrients) supplements will provide the adequacy of all nutrients that can be met from this model plate
- Routine consumption of certain nutrients as supplements will interfere with absorption of other nutrients
- Micronutrients from food are better absorbed and more bioavailable than vitamin and mineral supplements/tablets/capsules/fortification
- A complete diet as indicated in the model plate provides many unknown substances/nutrients that cannot be met from supplements or fortified foods

Regular consumption of foods in proportions as per the model plate

- improves immunity and resistance to infections
- maintains good microbial flora (beneficial bacteria in the intestine)
- prevents Diabetes Mellitus, Cardiovascular Diseases (CVDs) such as heart attack, stroke and many other diseases
- maintains appropriate alkalinity and thereby reduces inflammation and decreases chances of kidney stone formation
- prevents insulin resistance and maintains appropriate insulin sensitivity and glycaemic index
- ensures adequate intake of fibre and therefore prevents constipation
- prevents adverse effects of environmental pollution and toxins such as heavy metals and pesticides by working as a detoxifying diet

Food groups (2000 Kcal)	Foods to be consumed raw weight (g/day)	% of Energy from each food group/ day	Total E from each food group/ day (Kcal)	Total protein from each food group/ day (g)	Total fat from each food group/ day (g)	Total Carbs from each food group/ day (g)
Cereals (incl. nutricereals)	250	42	~843	~25	~5	~172
Pulses*	85	14	~274	~20	~3	~42
Milk/ Curd (ml)	300	11	~216	~10	~13	~16
Vegetables* green leafy vegetable (GLV)	400	9	~174	~10	~2	~28
Fruits [#]	100	3	~56	~1	~1	~11
Nuts & Seeds	35	9	~181	~6	~15	~6
Fats & Oils ^{\$}	27	12	~243	-	~27	-
Total	~1200	-	~2000	15 %E	30 %E	-

Note: One may consume sugar, but it must be restricted to 25 to 30 grams per day. To adjust the total calories cereals must be reduced if sugar is taken.

* Eggs/fish/meat can substitute a portion of pulses

+ Prescribed amount of vegetables (excluding potato) may be consumed either in cooked form/ salad

Prefer fresh fruits (avoid juices)

\$ Use different varieties of cooking oils, vegetables, fruits, nuts etc., to obtain a variety of phytonutrients, vitamins, minerals and bioactive compounds.

‘My Plate for the day’ represents proportions of different food groups for meeting ~2000 Kcal

Individuals trying to reduce weight may cut-down on cereal intake

The meal plan is not for any specific medical condition

NOTE: All raw vegetables and fruits should be thoroughly washed before cutting or peeling



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