



My Plate for the Day to prevent hidden hunger

Table of contents

1. [About My Plate for the Day](#)
2. [Advantages](#)
3. [Meal plan of My Plate for the Day](#)

"My plate for the day to prevent hidden hunger" is a nutrition awareness poster released by National Institute of Nutrition, Hyderabad.

- '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



About My Plate for the Day

- My Plate for the day typically illustrates the proportion of foods from diversified food groups to provide 2000 Kcal/day (energy/day) diet for the optimal requirement of the

groups to provide 2000 Kcal/ day (energy/ day) diet for the optimal requirement of the nutrients of an adult.

- The requirement of the energy is dependent on the body weight and physical activity of an individual. Nevertheless, the proportion of vegetables, fruits, milk and milk products remain the same even if the energy requirement changes depending on their body weight and physical activity.
- The plate recommends sourcing of macro and micro nutrients from a minimum of 10 food groups with vegetables, fruits, green leafy vegetables, tubers and roots forming essentially half of the plate per day. The other major portion is occupied by cereals/ millets followed by pulses, nuts and oils.
- Consumption of proportions of food groups indicated in the plate helps prevent macro-nutrient & macro-nutrient malnutrition (Hidden Hunger)
- The proportion indicated in the plate ensures adequate intake of all micro-nutrients (Vitamins & minerals), bioactive compounds, functional foods, antioxidants etc.
- No vitamin or mineral (micro-nutrients) supplements will provide the adequacy of all nutrients that can be met from this model plate.
- Routine consumption of certain nutrients as supplements will interface with absorption of other nutrients.
- Micro-nutrients from food are better absorbed and more bioavailable than vitamin and mineral supplements/tables/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.

Advantages

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 attach, stroke and 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
- Ensure 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

Meal plan of My Plate for the Day

Food Groups (2000 KCal)	Food to be consumed/day (Weight of raw food)	% of Energy from each food	Total Energy from each food group /	Total Carbs from each food	Total protein/day (g) from each food	Total Fat from each food
----------------------------	---	--	---	--	---	--------------------------------------

	foods in g.)	group/ day	group/ day (Kcal)	group/ day (g)	group	group/ day (g)
Cereals (Incl. Nutricereals)	270	44	~876	~178	~25	~5
Pulses*	90	14	~274	~42	~19	~3
Milk/Curd (ml)	300	11	~216	~16	~10	~13
Vegetables & Green leafy vegetables +	400	8	~184	~21	~10	~2
Fruits#	100	3	~56	~11	~1	~1
Nuts & Seeds	30	8	~155	~6	~5	~12
Fats & Oils^	27	12	~243	-	-	~27
Total	1200	-	~2000	-		

* Eggs/fish/meat can substitute pulses

+ Prescribed amount of vegetables 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

Source: **National Institute of Nutrition** 

Source: https://data.vikaspedia.in/short/lc?k=wSYXcl0_j-ITdbbudQ_HiQ

