

# 9-Year-Old Child Diet Plan for Health & Immunity

## Child Profile

Age: 9 years

Weight: 36 kg

Height: 146 cm

Activity Level: Very High

Goal: General Health & Immunity

## Nutritional Goals

- Protein: Muscle growth (milk, eggs, dal, nuts)
- Carbs: Energy (rice, roti, fruits, oats)
- Fats: Brain development (ghee, nuts, dairy)
- Calcium: Bone growth (milk, curd, ragi)
- Iron & Zinc: Immunity (spinach, jaggery, eggs)
- Vitamins A, C, D, E: Immunity (carrots, citrus, sunlight, nuts)

## Sample Full-Day Diet Plan

Early Morning:

- 1 glass warm water + 5 soaked almonds
- 1 date or a piece of jaggery

Breakfast:

- 1 egg or paneer (50g)
- 1 paratha/bread/poha/upma
- 1 glass milk with turmeric/Bournvita
- 1 banana or apple

Mid-morning:

- 1 fruit (orange, guava, pear)
- 1 small homemade snack (roti roll, besan chilla)

## **9-Year-Old Child Diet Plan for Health & Immunity**

### **Lunch:**

- 1-2 rotis or 1 bowl rice
- 1 bowl dal/rajma/chole
- 1 bowl vegetables
- Curd or buttermilk
- Small salad

### **Evening Snack:**

- Peanut butter toast or sandwich
- OR egg/sprouts chaat
- OR dry fruits + smoothie/lassi

### **Dinner:**

- Similar to lunch but lighter
- Khichdi + ghee, or roti with dal/sabzi
- Add soup weekly

### **Bedtime (if hungry):**

- Warm milk with turmeric
- 1-2 soaked dates or walnuts

### **Immunity Boosters**

- Turmeric in milk/food
- Ginger + honey (occasionally)
- Tulsi water/herbal tea weekly
- Sunlight for Vitamin D

### **Avoid or Limit**

- Packaged chips, sugary drinks

## **9-Year-Old Child Diet Plan for Health & Immunity**

- Instant noodles
- Skipping meals
- Eating while watching screens

### **Weekly Checklist**

- Fruits/vegetables: 4-5 servings/day
- Dairy: 2-3 servings/day
- Protein: Daily
- Iron-rich foods: 3-4 times/week
- Outdoor play: 1+ hour daily
- Water: 1.5-2 liters/day