

Nutrient Breakdown of Common Indian Foods (per Serving)									
Food Item	Serving	Calories (kcal)	Protein (g)	Vit B12 (µg)	Vit D (µg)	Zinc (mg)	Iron (mg)	Folate (µg)	Magnesium (mg)
White Rice (cooked)	1 cup	206	4	0	0	1	2	92	19
Vegetable Pulao	1 cup	250	5.4	0	0.1	1.1	0.7	60	30
Basmati Rice	1 cup	300	4	0	0	1	1.5	80	28
Chickpea Curry (Chickdi)	1 cup	240	9	0	0	1.3	2.5	90	35
Whole Wheat Roti	3 pcs	270	9	0	0	1	2.4	60	90
Butter Paratha	2 medium	360	8	0	0	0.9	2.5	40	70
Vegetable Paratha	2 medium	420	14	0.4	0.1	1.5	2.8	55	110
Moong Dal (Bori)	3-4 pcs	320	6	0	0	0.8	2	40	50
Paneer Chilla	1 medium	190	4.1	0	0.6	0.34	1.14	34.7	14.4
Chana (Chanos)	2 pcs	260	2.6	0	0.06	0.22	1.08	20	8
Chickpea (Chole)	3-4 pcs	160	6	0	0	1.02	2.22	28.8	105
Chana (Chanos)	1 medium	168	3.7	0	0.63	0.5	0.54	9.16	20.0
Chana (Chanos)	2 medium	250	5.3	0	4.04	0.76	1.02	23.4	34.4
Chana (Chanos)	2-3 pcs	330	3.6	0	0	0.5	0.6	19.8	19.5
White Rice	1 cup	200	8.5	0	0	0.6	0.6	13.6	60.5
White Rice	1 cup	230	5.9	0	0	0	1.8	40	28
Chana (Chanos)	1 cup	240	3.4	0	0	0.37	6.9	42.5	17
Chana (Chanos)	1 cup	230	7.4	0	0	1.49	4.46	8.46	77.9
Chana (Chanos)	1 cup cooked	200	22.9	0	0	1.5	3.1	180	120
Chana (Chanos)	1 cup cooked	212	16.7	0	0	1.4	2.9	180	100
Chana (Chanos)	1 cup cooked	230	17.8	0	0	1.6	5.0	180	120
Chana (Chanos)	1 cup cooked	220	12	0	0	1	5	167	65
Chana (Chanos)	1 cup cooked	270	14.5	0	0	1.84	2.08	284	76
Chana (Chanos)	1 cup	150	5.9	0	0	0	1.2	40	30
Chana (Chanos)	1 cup	180	2.3	0	0	0	0.6	50	40
Chana (Chanos)	1 cup	190	2	0	0	0.5	1	25	20
Chana (Chanos)	1 cup	280	18.5	0.5	0.1	2	6	349	203.5
Chana (Chanos)	1 cup	320	14.1	0	0	0.5	2.4	60	90
Chana (Chanos)	1 cup	180	6	0	0	0	2	45	40
Chana (Chanos)	1 cup	100	6.2	0	0	7	2	60	110
Chana (Chanos)	1 cup	150	5	0	0	1	1	76	46
Chana (Chanos)	1 cup	30	0.14	0	0	0.02	0.02	0	2.4
Chana (Chanos)	1 cup	35	0.28	0	0	0.05	0.02	4.74	7.1

Item	Serving	Calories (kcal)	Protein (g)	Vit B12 (µg)	Vit D (µg)	Zinc (mg)	Iron (mg)	Folate (µg)	Magnesium (mg)
Yogurt	1 cup	98	9	0.4	0.1	0.3	0.1	10	20
Milk	250 ml	150	8	1.2	4.5	0.5	0.1	12	30
(Mixed)	30 g	180	6	0	0	1.2	1.3	25	80
(Mixed)	1 cup	60	1	0	0	0.2	0.3	40	15