

(01)

Assuming, the person is a boy who's age is (20-25) years old. Given that weight is 52 kg and height is 5'3".

5.3 inch to m?

$$5.3 \text{ inch} = (5 \times 12) + 3 \text{ inch}$$

$$\therefore 5.3 \text{ inch} = 63 \text{ inch.}$$

We know that,

$$1 \text{ inch} = 0.0254 \text{ m}$$

$$\begin{aligned}\therefore 63 \text{ "} &= (0.0254 \times 63) \text{ m} \\ &= 1.6002 \text{ m.} \\ &= 160.02 \text{ cm.}\end{aligned}$$

We know the BMR for a male;

$$\begin{aligned}\text{BMR} &= 66 + (13.7 \times 52) + (5 \times 63) - (6.8 \times 20) \\ &= 957.4\end{aligned}$$

P.T.O

Formula;

$$\text{BMR} = 66 + (13.7 \times \text{weight(kg)}) + (5 \times \text{height(cm)}) \\ - (6.8 \times \text{age(years)})$$

When age is 20;

$$\text{BMR} = 66 + (13.7 \times 52) + (5 \times 160.02) \\ - (6.8 \times 20) \\ = 1442.5 \text{ calories}$$

When age is 25;

$$\text{BMR} = 66 + (13.7 \times 52) + (5 \times 160.02) \\ - (6.8 \times 25) \\ = 1408.5 \text{ calories}$$

An adult boy, which age is (20-25)  
years old needs (1442.5 - 1408.5)  
calories in a day.

P.T.O

# Balanced diet chart for a day [vegetable diet]

	Food items	Food amount	Fiber + carb.D	Protein	Fat	calories
Breakfast	APPLE	100g	13.5	0.3	0.2	52
	Puffed rice	25g	18.5	1.75	2.5	103.5
	cucumber	50g	1.1	0.3	0.1	6
	Flax seeds	2+1/2 P 6g	2.7	1.32	0.3	18.78
	Tea with skinned milk	100ml	5	3	2	47
Lunch	Brown rice	75g	56.25	7.275	1.88	262.5
	Jhinga Porto	little bit	18	5	2	85

	Moong dal	100g	18	8	5	149
Lunch	Canola oil	1/2 tsp 7.5g	0	0	7.5	67.5
	Amul masti dahi	100g	4.4	4.1	3.1	62
Post Workout	Whey Protein (80%)	1/2 Scoop 15g	1	12.5	1	62.5
Tea time	Tea in Skimmed Milk	100ml	5	3	2	47
	Roti	25g atta	18.12	3.6	0.495	91.5
	Olive oil	11.11g	0	0	11.11	100

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Fat %  
Dinner  
Breakfast

	Amul buttermilk	100ml	2.25	1.7	1.5	29.3
	cucumber (Peeled)	50g	1.1	0.3	0.1	6
	Matar (50g green Pear, 50g skimmed milk)	50g	0.50	15.6	1	104
	Nutella doya chunks	43.48	14.38	22.61	0	150
					Total	1443.58

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(02)

We considered the person is a boy. He is in (20-25) years range. His weight is 52 kg. height 160.02 cm or 1.6002 m or 5'3". Let's try to find his BMI.

We know,  $BMI = \frac{\text{weight in kg}}{(\text{height in m})^2}$

$$= \frac{52}{(1.6002)^2}$$

= 20.3 that is in normal range.

We made a vegetable diet chart one day for only according to his BMI in question 1.

Now, we will make a new balanced diet for him for a whole week.

P.T.O

Day 1 (Saturday)

	Food items	Energy(kalories)
Breakfast	White bread (100g)	256
	Bananas (81g)	72
	Boiled egg (100g)	317
Lunch	Brown rice (195 g)	216
	Vegetable (100g)	65
	chicken curry ( $\frac{1}{2}$ cup)	147
Snacks	any type of juice (100g)	45
Dinner	Roti (30g ata)	109.8
	Vegetable (50g)	32.5
	Milk (225 ml)	116
	Fruitlo (182g)	95
	Total	1471.3

## Day 2 (Sunday)

	Food items	Energy (calories)
Breakfast	3/4 cup cornflakes with Butter milk	150
	Fruit (192 g)	90
	Boiled egg (50 g)	158.5
Lunch	Brown rice (195 g)	216
	Beef (100 g)	250
	soft drinks	100
Snacks	Some Piece of date (100g)	282
	Butter milk (150ml)	65
Dinner	vegetable SOUP (1 cup)	134
	cucumber (50 g)	6
	Total	<u>1451.5</u>

## Day-3 (Monday)

	Food items	Energy (calories)
Breakfast	Bread with jelly	(110+130)=240
	Juice (250 ml)	118
	cucumber (50 g)	6
Lunch	Rice (1/2 cup)	121
	Fish curry (240 g)	221
Snacks	vegetable salad	101
	Fruits	225
Dinner	kabab (it can be beef or mutton)	263
	Roti (20 g) (atta)	73.2
	Total	<u>1368.2</u>

## Day-4 (Tuesday)

	Food items	Energy (calories)
Breakfast	Butter, nut, Sandwich	342
	Milk (225 ml)	116
Lunch	White rice (100g)	130
	mixed fish vegetable	260.7
	soft drinks (50ml)	50 ^
Snacks	Noodles (100g)	138
Dinner	1 glass milk (100g)	42
	Roti (30g ata)	109.8
	Fruit salad (240g)	124
	Total	<u>1312.5</u>

Day-5 (Wednesday)

	Food items	Energy (calories)
Breakfast	Potato with Porata	360
	orange juice (100 g)	45
Lunch	chicken Biriyani (Full Plate)	105
	Cucumber (100 g)	45
	soft drinks	150
Snacks	Fruits	300 g
	Bread (1 slice)	60
Dinner	vegetable salad	101
	Milk (225 ml)	116
	Total	<u>1282</u>

Day-6 (Thursday)

	Food items	Energy (calories)
Breakfast	Porata (2 piece)	128
	butter + banana (118 g)	271
Lunch	Kacchi Biriyani	294.1
	Lemon juice (100g)	22
	Soft drinks	150
Snacks	Fry the Peas	150
Dinner	Milk (225 ml)	116
	Cake + Biscuit	260
	Total	<u>1301.1</u>

Day -7 (Friday)

	Food items	Energy(calories)
Breakfast	Breads	95
	egg omelette(122g)	188
	cucumber (160 g)	45
Lunch	Pulaos (100 g)	359
	Chicken (100 g)	239
	Fish curry (240g)	221
Snacks	soft drink	100
	Fruits	225
	half cup of carrots	52
Dinner	vegetable curry	80
	ice milk	92
	Total	<u>1696</u>

Total calories in whole week b

$$(1471.3 + 1951.5 + 1368.2 + 1282 + 1312.5 \\ + 1391.1 + 1696)$$

= 9972.6 calories.

[N:B] The calories are taken from google some times.

If the (20-25) years boy follow the above mentioned chart in week, he can be able to maintain his normal BMI. and he will be able to maintain a good balanced diet chart. And If he wants, he can continue this chart week after week.

ver done

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