

# HEALTHY DIET

## VEGETARIAN :

- **7:30AM:** Bottlegourd juice, lemon luke warm water, barley water.
- **8:30-9AM: BREAKFAST-** Aloo Paratha (2) + Raita (1 cup), Chapati (2) + Daal (1 cup), Veg. Poha (1 cup) + Raita (1/2 cup), Veg Upma (1 cup).
- **11AM: SNACK--** Fruit Salad (1 cup) + Tender Coconut WaYter (1 glass).
- **12:30-1PM: LUNCH--** 1 cup chicken curry + 1 cup rice + salad+ veg curry + 1 chapatti + 1 cup ghia raita + salad, 1 cup white chana + palak paneer.
- **4PM- SNACKS--** Tea/ Coffee (1 cup), Biscuit, Dry fruits, Boiled Chana Chat .
- **6:30-7:30PM: DINNER—** Chapati (2) + Mustard Greens (1 cup), Matat/Mushroom Curry (1 cup), veg curry.
- **9-10PM:** Milk(if hungry).

## ***DON'TS:***

- ▶ DON'T STARVE YOURSELF
- ▶ DON'T DEHYDRATE YOURSELF
- ▶ DON'T EAT IF YOU ARE NOT HUNGRY
- ▶ DON'T EAT TOO MUCH SATURATED FAT

## ***DO'S:***

- ▶ EAT HEALTHY FAT TO LOSE WEIGHT
- ▶ EAT 2-3 HOURS BEFORE GOING TO SLEEP
- ▶ MAKE HEALTHY SWAPS
- ▶ FOLLOW SMART TIPS FOR DINING OUT

## ***FOOD ITEMS YOU CAN EASILY CONSUME:***

- ▶ NON-STARCHY FRUITS AND VEGETABLES
- ▶ COMPLEX CARBOHYDRATES, FOUND IN WHOLE GRAIN BREAD AND PASTA, BRAN, ETC.
- ▶ USE OLIVE OIL, VEGETABLE OIL, RICE BRAN OIL, CANOLA OIL, MUSTARD OIL, AND PEANUT OIL.
- ▶ EAT LENTILS, BEANS, SOY, MUSHROOM, TOFU, FISH, TURKEY, CHICKEN BREAST, AND LEAN CUTS OF BEEF.
- ▶ HAVE FIVE OR SIX SMALL MEALS THROUGHOUT THE DAY.
- ▶ EAT A HEAVY BREAKFAST



## Food Items To Limit:

- ▶ 1.Avoid candy, soda, sugar, white rice, white pasta, white bread, sweet syrup, breakfast cereal, desserts, and pastries contain simple carbohydrates.
- ▶ 2.Avoid margarine, butter, eggs, milk, cheese, and red meat are high in saturated fat.
- ▶ 3.Avoid eating red meat as it contains high levels of saturated fat that shoot up the cholesterol levels in the blood.
- ▶ 4.Avoid eating fried foods such as fried chicken, deep fried foods, and potato fries.
- ▶ 5.Avoid alcohol
- ▶ 6.Avoid aerated and artificially sweetened drinks



## HEALTHY FOOD

- Carbohydrates and Fats are part of healthy food.
- Healthy food keeps children fresh and rejuvenated.
- Food, when eaten in proper intervals and in the right amount, can make children fitter.
- Healthy food is delicious.
- Kids must be told and trained on how to eat healthily.
- Kids must not refrain from eating vegetables.
- Children should avoid junk food.
- The Health and well being of children go hand in hand.