

Nutritious Diet chart

Nutritious Diet Chart



Meal Timing	Food Groups	SERVING SIZE			Protein (gm)
		Normal (BMI 18.5-25)	Underweight (BMI<18.5)	Overweight (BMI 25-30)	
6:30 am	Coconut water/ Buttermilk	1 Glass/2-3 Biscuits			May vary
Breakfast (8:00 am)	Cereals	50 gm (2 Roti/three fourth katori Poha or Panta (Cooked Rice Soaked Overnight)/ Vada Pav/Pav-Bhaji/Missal-Pav/Upma/ Parantha/Sewai/Raagi dosa/Uttapam/Apam	50 gm (Diet same as normal weight)	40 gm (Half quantity for all)	6.2
	*Egg	50 gm (One)	50 gm (One)	50 gm (One)	7
Snack (10:30 am)	Seasonal fruit	100 gm (One Medium Orange/ Guava/Banana/Apple/Dates/Grapes)	100 gm (One Medium)	100 gm (One Medium)	2.6
	Vivamom	2 Scoops (30 gm) in 100 ml milk	Same as normal weight	Same as normal weight	10.05 + 1.7
Lunch (1:00 pm)	Cereals	50 gm (1 Katori Rice/2 Roti or Phulkas/Ragi mudda/Bajra/Makki roti)	50 gm (Diet same as normal weight)	40 gm (1 Katori Rice/1½ Roti or Phulkas)	3.9
	Flesh food & green leafy vegetable*	30 gm (1½ katori fish) and 50 gm (¼ Katori Raddish Leaves/Red saag/Methi saag/ Baingan ka bharta/ Bhindi/Dal-rice/ Roti sabji/Bhakri)	30 gm & 50 gm (Diet same as normal weight)	30 gm & 50 gm (Diet same as normal weight)	7.78
	Salad	30 gm	30 gm	30 gm	0.63
	Curd	100 ml (1½ katori curd)	100 ml	100 ml	3.9
Evening (4:00 pm)	Nuts	30 gm (¼ Cup or 1 Fistful Dried coconut/ Peanut/Water melon seeds/Til seeds/Juice)	35 gm (¼ Cup)	20 gm (1½ Tablespoon)	2.06
Dinner (8:00 pm)	Cereals	75 gm (1½ Katori rice/2 Bajra roti /Phulkas)	75 gm	65 gm (1½ katori rice/1 bajra roti)	6
	Pulses + Green leafy vegetable	15 gm [½ Katori Moong Dal/Masoor dal/ Sabut masoor/Toor dal/White peas/ Soyabean/Bengal gram (Chana)]	30 gm (1 Katori for all)	15 gm (½ Katori for all)	4.10
		50 gm (¼ Katori Raddish leaves/Kalmi saag/ Red saag/Methi or spinach saag)	50 gm (¼ Katori)	50 gm (¼ Katori)	1
Night (10:00 pm)	Vivamom	2 Scoops (30 gm) in 100 ml milk	Same as normal weight	Same as normal weight	10.05 + 1.7

The diet chart is suggestive. Consult your dietician/doctor before making any changes in your diet or diet plan

*Non-veg food items (Mutton/Chicken, Fish Jhol, Prawn Curry, Fish Curry, Pomfret) are advised ONLY as per regional, religious and cultural acceptance & availability/affordability. % RDA meet of protein through diet 71%. Vivamom contains: 1 scoop- 15g

References: 1. Diet chart for pregnant women in West India. 2. Diet chart for pregnant women in East India. 3. Diet chart for pregnant women in South India. 4. Diet chart for pregnant women in North India.

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Kesar Badam, Vanilla and
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2 SCOOPS
TWICE
A DAY

ICMR: Indian Council of Medical Research. *Consumer insights (quantitative): Maternal nutrition product test, proven result: Best of compliance (great taste). #Data on file. \$2 servings of Vivamom™.

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