

My Plate for the Day

Promotes Health

Prevents Hidden Hunger and Protects from Diseases



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- Consumption of proportions of food groups indicated in the plate helps prevent macronutrient & micronutrient malnutrition (**Hidden Hunger**)
- The proportion indicated in the plate ensures adequate intake of all micronutrients (vitamins & minerals), bioactive compounds, functional foods, antioxidants etc.
- No vitamin or mineral (micronutrients) supplements will provide the adequacy of all nutrients that can be met from this model plate
- Routine consumption of certain nutrients as supplements will interfere with absorption of other nutrients
- Micronutrients from food are better absorbed and more bioavailable than vitamin and mineral supplements/tablets/capsules/fortification
- A complete diet as indicated in the model plate provides many unknown substances/nutrients that cannot be met from supplements or fortified foods

Regular consumption of foods in proportions as per the model plate

- improves immunity and resistance to infections
- maintains good microbial flora (beneficial bacteria in the intestine)
- prevents Diabetes Mellitus, Cardiovascular Diseases (CVDs) such as heart attack, stroke and many other diseases
- maintains appropriate alkalinity and thereby reduces inflammation and decreases chances of kidney stone formation
- prevents insulin resistance and maintains appropriate insulin sensitivity and glycaemic index
- ensures adequate intake of fibre and therefore prevents constipation
- prevents adverse effects of environmental pollution and toxins such as heavy metals and pesticides by working as a detoxifying diet

Food groups	Foods to be Consumed (g)/day	Percent of Total E /day	Total E (kcal)/day	Total protein (g)/ day	Total fat (g)/ day	Carbohydrate (g)/day
Cereals (incl. Nutricereals)	240	40	800	18	4	162
Pulses*	90	17	340	21	3	41
Milk/ Curd (ml)	300	10	200	10	12	18
Vegetables+ green leafy vegetable (GLV)	350	5	100	4	1	17
Fruits#	150	5	100	1	1	20
Nuts & Seeds	30	11	217	6	12	6
Fats & Oils\$	27	12	243	-	27	0
Total	1187	100	2000	60	60	264

* Eggs/fish/meat can substitute pulses

† Prescribed amount of vegetables (excluding potato) may be consumed either in cooked form/ salad

Prefer fresh fruits (avoid juices)

\$ Use different varieties of cooking oils, vegetables, fruits, nuts etc., to obtain a variety of phytonutrients, vitamins, minerals and bioactive compounds.

- ‘My Plate for the day’ represents proportions of different food groups for meeting ~2000 Kcal
- Individuals trying to reduce weight may cut-down on cereal intake
- The meal plan is not for any specific medical condition

NOTE: All raw vegetables and fruits should be thoroughly washed before cutting or peeling



शताब्दी वर्ष CENTENARY YEAR
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