

TABLE NO 1-**RECOMMENDED DIETARY ALLOWANCE TABLE FOR 0-6 YEARS**

Sr. No	Nutrients	0 – 6 Months	6 – 12 Months	1 – 3 Years	3 – 6 Years
1	Body Weight in Kg	5.4	8.6	12.2	19
2	Energy Kcal	108/kg	98/kg	1240	1690
3	Protein g	2.05/kg	1.65/kg	22	30
4	Calcium mg	500	500	400	400
5	Iron mg	1mg/kg	1mg/kg	12	18
6	Vitamin A mcg	350	350	400	400
7	Beta Carotene mcg	1400	1400	1600	1600
8	Vitamin C mg	25	25	40	40
9	Folic Acid mcg/ Kg	25	25	30	40
10	Vitamin B12 mcg	0.2	0.2	1	1

Diet planning:-

Age:-6 months

Energy:-680kcal

Carbohydrates:-340kcal – (85 gm)

Proteins:-68kcal – (17gm)

Fats: - 272 kcal- (30.22gm)

Calcium: - 500mg

Iron: - 1mg/kg

TABLE NO 2:-FOOD GUIDE TABLE

F.G	No of ex	Energy Kcal	CHO Gm	P Gm	F Gm	Ca Mg	Iron mg
Breast milk	4	260	29.6	4.4	13.6	78.4	-
Milk	1	100	6.5	5	6	180	0.3
Ladoo Powder	1	100	16.75	1.7	1.1	12.07	1.05
Cereals	½	50	10.75	1.25	0.25	5.38	0.77
Pulses	½	50	8.5	3.5	0.25	17.8	0.84
Fruit	½	25	6.25	-	-	2.5	0.35
Ghee	1	90	-	-	10	-	-
Sugar	1	40	10	-	-	1.2	0.155
total		715	88.35	15.85	31.2	297.37	3.465

(Intake of calories will vary according to age)

TABLE NO 3 :-MENU PLANNING

TIME	FOOD	INGREDIENTS	AMOUNT	HOUSEHOLD APPARATUS
7.00am	Breast Milk	Milk	65	1 Wati
9.00am	Milk with Ladoo powder	Milk	37.5	1/4 Wati
		Ladoo	12.5	1/2 Wati
		Sugar	2.5	1/4 Tea spoon
10.00am	Orange Juice	Orange	25	1/4 Wati
		Sugar	2.5	1/4 Tea spoon
11.00am	Breast Milk	Milk	65	1 Wati
1.00pm	Ragi malt	Ragi	7.5	¼ Wati
		Milk	37.5	¼ Wati
		Ghee	5	½ Tea spoon
		Sugar	2.5	¼ Tea spoon
3.00pm	Orange Juice	Orange	25	¼ Wati
		Sugar	2.5	¼ Tea spoon
5.00pm	Breast Milk	Milk	65	1 Wati
7.00pm	Milk with Ladoo powder	Milk	75	½ Wati
		Ladoo	12.5	½ Wati
9.00pm	Kanji	Rice	7.5	¼ Wati
		Dal	15	½ Wati
		Ghee	5	1/2 Tea spoon
11.00	Breast Milk	Milk	65	1 Wati

(Breast milk to be given as per child's demand)

Diet planning:-

Age:-6-12 months

Energy:-1029kcal

Carbohydrates:-463kcal – (115.76 gm)

Proteins:-154.35kcal – (38gm)

Fats: - 411.6 kcal- (45gm)

Calcium: - 500mg

Iron: - 1mg/kg

TABLE NO 4:-FOOD GUIDE TABLE

F.G	No of ex	Energy Kcal	CHO Gm	P Gm	F Gm	Ca Mg	Iron mg
Breast milk	2	130	14.81	2.2	6.8	39.2	-
Milk	2	200	13	10	12	360	0.6
SMP	½	50	7.1	5.25	0.01	-	-
Ladoo	1	100	16.75	1.7	1.1	12.07	1.05
Cereals	1½	150	32.25	3.75	0.75	16.15	2.31
Pulses	1	100	17	7	0.5	35.67	1.69
Fruit	1	50	12.5	-	-	8.5	0.18
Oil	1	90	-	-	10	-	-
Sugar	½	20	5	-	-	0.3	0.003
Nuts	1	100	3.4	3.5	8	15.3	0.42
Veg a	½	10	2	0.5	-	37.35	0.89
Veg c	½	25	4.5	1.5	0.25	143.48	5.44
Total		1025	128.31	35.4	39.41	668.02	12.58

(Intake of calories will vary according to age)

TABLE NO 5:-MENU PLANNING

TIME	FOOD	INGREDIENTS	AMOUNT	HOUSEHOLD APPARATUS
8.00am	Overnight Soaked nuts	Well smashed Groundnut	17	1/2 Wati
8.30am	Milk with Ladoo	Milk	75	½ cup
		Ladoo	25	3/4 Wati
		Sugar	2.5	¼ Tea spoon
10.30am	Upma	Rawa	25	1 wati
		Tomato (a)	25	
		Onion (c)	25	
		Oil	2.5	
12.00am	Milk with SMP	Milk	75	½ cup
		SMP	14	½ Tea spoon
		Sugar	2.5	¼ Tea spoon
2.00pm	Smashed rice Dal veg	Rice	30	½ Wati
		Moong dal	15	½ Wati
		Leafy veg	25	¼ Wati
		Oil	5	½ Tea spoon
5.00pm	Milk	Milk	150	1 cup
		Sugar	2.5	¼ Tea spoon
7.00pm	Fruit	Banana	50	1
9.00pm	Smashed rice Dal veg	Rice	15	½ Wati
		Moong dal	15	½ Wati
		Leafy veg	25	¼ Wati
		Oil	2.5	¼ Tea spoon
11.00pm	Milk	Milk	75	½ cup
		Sugar	2.5	¼ Tea spoon

(Breast milk to be given as per child's demand)

Diet planning:-

Age:-1-3 years

Energy:-1394kcal

Carbohydrates:-627.3kcal – (156.8 gm)

Proteins:-209.1kcal – (52.27gm)

Fats: - 557.6kcal-(61.9gm)

Calcium: - 400mg

Iron: - 12mg

TABLE NO 6:-FOOD GUIDE TABLE

F.G	No of ex	Energy Kcal	CHO Gm	P Gm	F Gm	Ca Mg	Iron mg
Cereals	3	300	64.5	7.5	1.5	32.31	4.62
Pulses	2 ½	250	42.5	17.5	1.25	89.17	4.22
Veg a	1	20	4	1	-	74.7	1.78
Veg c	1	50	9	3	0.5	286.96	10.88
Milk	3	300	19.5	15	18	180	0.3
Fruit	1	50	12.5	-	-	8.5	0.18
Nuts	2	200	6.8	7	16	30.6	0.84
Sugar	½	20	5	-	-	0.3	0.003
Oil	2	180	-	-	20	-	-
Total		1370	163.8	51	57.25	703.07	22.82

(Intake of calories will vary according to age)

TABLE NO 7:-MENU PLANNING

TIME	FOOD	INGREDIENTS	AMOUNT	HOUSEHOLD APPARATUS
8.00am	Overnight Soaked nuts and milk	Groundnut	17	1/2 Wati
		Milk	75	½ cup
10.00am	Pohe	Rice flakes	15	1 wati
		Onion	25	
		Oil	5	
12.00pm	Milk	Milk	150	1 cup
		sugar	2.5	¼ Tea spoon
2.00pm	Chapatti Rice Dal veg	Wheat flour	30	1 phulka
		rice	7.5	¼ Wati
		Tur dal	30	1 Wati
		Spinach	50	½ Wati
		Onion	25	
		Oil	5	
5.00pm	Milk	Milk	150	1 cup
		sugar	2.5	¼ Tea spoon
7.00pm	Roasted groundnut	Groundnut	17	½ wati
9.00pm	Chapatti rice Dal veg	Wheat flour	30	1 phulka
		rice	7.5	¼ Wati
		Tur dal	37.5	1 ½ Wati
		brinjal	50	½ Wati
		Onion	50	
		Oil	10	
10.30	Milk and banana	Milk	75	½ cup
		banana	50	1

(Breast milk to be given as per child's demand)

Diet planning:-

Age:-3-6 years

Energy:-1599kcal

Carbohydrates:-767.52kcal – (191.8 gm)

Proteins:-191.88kcal (47gm)

Fats: - 639.6kcal-(71.06gm)

Calcium: - 400mg

Iron: - 18mg

TABLE NO 8:- FOOD GUIDE TABLE

F.G	No of ex	Energy Kcal	CHO Gm	P Gm	F Gm	Ca Mg	Iron mg
Cereals	4	400	86	10	2	43.08	6.16
Pulses	2	200	34	14	1	71.34	3.38
Veg a	1	20	4	1	-	74.7	1.78
Veg b	1	30	5	2	-		
Veg c	½	25	4.5	1.5	0.25	286.96	10.88
Milk	2	200	13	10	12	360	0.6
Fruit	1	50	12.5	-	-	8.5	0.18
Nuts	2	200	6.8	7	16	30.6	0.84
Sugar	1	40	10	-	-	1.2	0.0155
Ladoo	1	100	16.75	1.7	1.1	12.07	1.05
Oil	4	360	-	-	40	-	-
total		1625	189.55	47.2	72.35	888.45	24.88

(Intake of calories will vary according to age)

TABLE NO 9:-MENU PLANNING

TIME	FOOD	INGREDIENTS	AMOUNT	HOUSEHOLD APPARATUS
8.00am	Overnight Soaked nuts	Groundnut	17	½ wati
9.00am	Pohe	Rice flakes	30	1 Wati
		Onion	25	
		oil	5	
11.00pm	Milk and ladoo	Milk	75	½ cup
		Sugar	5	1/2 Tea spoon
		ladoo	25	3/4 Wati
1.00pm	Chapatti Rice Dal veg	Wheat flour	30	1 phulka
		Oil	2.5	
		Rice	15	1/2 Wati
		Moong dal	30	1 Wati
		Cauliflower	100	1 Wati
		Onion	25	
		Oil	10	
4.00pm	Milk	Milk	150	1 cup
5.00pm	Banana and Roasted groundnut	Groundnut	17	1/2 Wati
		Banana	50	1
8.00pm	Chapatti rice Dal veg	Wheat flour	30	1 phulka
		Oil	2.5	
		Rice	15	1/2 Wati
		Tur dal	30	1 Wati
		Raddish leaves	100	1 Wati
		Oil	10	
10.30	Milk	Milk	75	½ cup
		Sugar	5	1/2 Tea spoon