

NUTRITIOUS RECIPES FOR COMPLEMENTARY FEEDING OF INFANTS AND YOUNG CHILDREN



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FOREWORD

Nutrition of infants and young children is critical for their survival, cognitive development and growth not only during the childhood but for their whole life span. Malnutrition in young children is attributed to various factors including female illiteracy, ignorance about nutritional needs of infants and young children and poor access to health care. Adequate and regular complementary feeding of infants with home based foods from the age of six months, while continuing breastfeeding, is crucial for their healthy growth and development.

Popularization of low cost nutritious foods particularly for vulnerable groups namely infants, young children, pregnant and lactating women, is undertaken by the Food and Nutrition Board of the Ministry of Women & Child Development through its 43 Community Food and Nutrition Extension Units located in 29 States/UTs. A number of nutritious recipes from locally available food materials are promoted by the CFNEUs in respective areas. Some of the recipes from the four regions are presented in this booklet. In Part-1, Instant Food Mixes utilising different cereals, millets, pulses, nuts and oil seeds (optional) are presented while Part II of the booklet includes cooked preparations suitable for complementary feeding of infants and young children.

Instant Food Mixes are important as the child needs to be fed 5-6 times a day. These can be easily prepared at home and stored in air tight containers for at least a month . These mixes could be reconstituted with boiled water, milk, dal or unspiced gravy and fed to the child whenever required. Increasing work participation of women both in urban and

rural areas has made it necessary that instant foods are available at home for feeding of infants and young children.

Contribution of field officers of FNB namely Shri P. Sundararajulu, Smt. Veena Thakur, Smt. Anju Dhull, Smt. Mitali Palodhi, Smt. Swapna Chakraborty, Smt. Shashi Sawhani, in providing local recipes and the Headquarters team namely Dr. Jai Singh, Smt. Surindra Jain, Smt. Anita Makhijani, Smt. Senh Lata Jain and the Ms. Shanti Singh in compiling this publication is gratefully acknowledged.

As inadequate feeding of infants is one of the main cause of child undernutrition, it is hoped that this recipe booklet with low cost nutritious recipes for infants and young children will promote complementary feeding of infants from six months of age while continuing breastfeeding, to meet the needs of the growing baby. This booklet will be particularly useful for the field personnel of Integrated Child Development Services Scheme and all those engaged in promoting nutrition and health of infants and young children.



(P. Bolina)

Joint Secretary

Ministry of Women and Child Development
Government of India

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PART-I

INSTANT FOOD MIXES

Instant Infant Food from staple cereals and pulses. Instant food mixes by roasting and powdering. The proportion of cereal and pulse can range from 2:1 to 3:1. Roasted groundnuts or gingerly seeds could also be added in the proportion 4:1 or 5:1. These mixes can be kept for more than one month in air tight containers and used whenever required. It is convenient and of much help to families where cooking is done once or twice a day only. Such instant foods help enable adequate feeding of infants.

RECONSTITUTING INFANT FOOD MIXES FOR FEEDING

Take about 4 Table spoons (50 gms.) of mix. Add 100 ml of boiled hot water to get a thick consistency. Add a tea spoon of oil and sugar/jaggery/ghee to increase the energy content. Feed the infant with the spoon. The instant infant foods could also be fed to the child after re-constituting with dal, water, gravy, milk etc.

Mashed fruit (Banana, Chiku, Papaya, Mango, etc. could also be added to the food).

1. WHEAT MIX

Ingredients :

Wheat flour (Whole)	100 g.
Bengal gram (Roasted & de-husked)	30 g.
Groundnut (Roasted)	20 g.

Method of preparation :

1. Roast wheat flour.
2. Remove the skin of groundnut.
3. Make powder of roasted Bengal grams and groundnut. Mix with Wheat flour thoroughly.
4. Store in a dry airtight container.

Nutritive Value Per 100 gms :

Calories	377
Protein	16 .1 g.
Iron	5 .54 mg.
Carotene	41 .93 µg.



2. WHEAT FOOD MIX

Ingredients :

Wheat	100 g.
Roasted Bengal gram Dal	30 g.
Groundnut	20 g.
Sugar	50 g.

Method of preparation :

1. Clean and roast wheat and groundnut separately (Remove the outer skin of groundnut).
2. Grind roasted bengal gram dal and roasted groundnut and wheat separately to a fine powder.
3. Mix all the ingredients thoroughly and add powdered sugar.
4. Fill in dry air tight container and store.

Nutritive Value Per 100 gms :

Calories	386
Protein	11 .64 g.
Iron	3 .75 mg.
Carotene	51 .5 µg.

3. WHEAT & GREEN GRAM MIX

Ingredients :

Whole wheat	25 g.
Whole moong (green gram)	10 g.

Method of preparation :

1. Clean whole wheat & whole green gram properly.
2. Roast wheat & green gram separately in hot sand.
3. Grind these individually, and mix together.
4. Fill the prepared instant food mix in a dry and air tight bottle.

Nutritive value per 100 gms :

Calories	343
Protein	15 .3 g.
Iron	5 .3 mg.
Carotene	72 .59 µg.

4. WHEAT SOYA MIX

Ingredients :

Whole wheat	80 g.
Whole Soyabean	20 g.

Method of preparation :

1. Clean whole wheat & soyabean separately.
2. Roast wheat and soyabean in hot sand.
3. Grind these separately and mix together.
4. Store the prepared instant food in an air-tight container.

Nutritive value per 100 gms :

Calories	363
Protein	18 .1 g.
Iron	6 .3 mg.
Carotene	136 µg.



5. WHEAT & GREEN GRAM MIX

Ingredients :

Wheat	60 g.
Green gram dal (roasted)	25 g.
Groundnut	15 g.

Method of preparation :

1. Roast wheat or green gram dal and groundnuts separately.
2. Powder these roasted ingredients separately.
3. Mix thoroughly.
4. Store in dry and airtight container.

Nutritive value per 100 gms :

Calories	381
Protein	17 .13 g.
Iron	4 .61 mg.
Carotene	50 .65 µg.

6. BROKEN WHEAT (DALIA) MIX

Ingredients :

Broken Wheat	40 g.
Green gram dal	20 g.
Groundnut	10 g.
Sugar	30 g.

Method of preparation :

1. Roast broken wheat, green gram dal and groundnuts separately.
2. Powder these roasted ingredients separately.
3. Add powdered sugar and mix all the dry ingredients.
4. Store in dry and airtight container.

Nutritive value per 100 gms :

Calories	385
Protein	12 .24 g.
Iron	3 .21 mg.
Carotene	35 .6 µg.

7. MALTED FOOD MIX

Ingredients :

Dried sprouted wheat	100 g.
Dried sprouted Green Gram	50 g.

Method of preparation :

1. Roast sprouted wheat & green gram on slow fire separately.
2. Grind wheat & green gram to a fine powder separately.
3. Mix and store in dry air tight container.

Nutritive value per 100 gms :

Calories	350
Protein	13 .56 g.
Iron	3 .87 mg.
Carotene	59 µg.

8. PUFFED RICE BENGAL GRAM MIX

Ingredients :

Puffed Rice	100 g.
Bengal Gram (Roasted & de-husked)	30 g.

Method of preparation :

1. Prepare powder of puffed rice.
2. Grind roasted Bengal gram.
3. Mix all the powdered ingredients thoroughly.
4. store in a dry airtight container.

Nutritive value per 100 gms :

Calories	335
Protein	10 .96 g.
Iron	7 .26 mg.
Carotene	26 µg.



9. CHIDWA MIX (RICE FLAKES)

Ingredients :

Chuda (Rice Flakes)	100 g.
Moong dal	30 g.

Method of preparation :

1. Roast Chidwa and Moong dal separately.
2. Grind the ingredients individually and mix thoroughly.
3. Store in a dry airtight container.

Nutritive value per 100 gms :

Calories	346
Protein	10 .73 g.
Iron	16 .28 mg.
Carotene	38 µg.

10. CHIDWA MIX

Ingredients :

Chidwa (Rice Flakes)	100 g.
Bengal gram (Roasted & de-husked)	30 g.
Ground nut (Roasted)	20 g.

Method of preparation :

1. Roast Chidwa and grind.
2. Grind roasted Groundnut (without skin) & Bengal gram separately.
3. Mix all thoroughly. Store in dry airtight container.

Nutritive value per 100 gms :

Calories	381
Protein	12 .39 g.
Iron	15 .63 mg.
Carotene	22 .6 µg.

11. RICE MIX

Ingredients :

Raw Rice powder	150 g.
Roasted Bengal gram Dal	50 g.

Method of preparation :

1. Wash & soak raw rice in water.
2. Remove water, dry under sun, grind it. Grind roasted Bengal gram dal.
3. Mix the two powdered ingredients.
4. Store in a dry airtight container.

Nutritive value per 100 gms :

Calories	351
Protein	10 .3 g.
Iron	1 .85 mg.
Carotene	32 .25 µg.

12. PUFFED RICE BENGAL GRAM MIX

Ingredients :

Puffed rice (murmura)	100 g.
Roasted Bengal gram	50 g.
Powdered Sugar	50 g.

Method of preparation :

1. Grind Bengal Gram & Roasted puffed rice separately.
2. Mix both and add powdered sugar.
3. Fill in dry airtight container.

Nutritive value per 100 gms :

Calories	354
Protein	9.42 g.
Iron	5.7 mg.
Carotene	28.21 µg.

13. PUFFED RICE FOOD MIX

Ingredients :

Puffed rice	100 g.
Roasted chana	30 g.
Roasted groundnuts	20 g.
Sugar	50 g.

Method of preparation :

1. Powder puffed rice after slightly roasting it.
2. Powder roasted chana and groundnut separately.
3. Mix all the ingredients and add powdered sugar.
4. Store in dry bottle.

Nutritive value per 100 gms :

Calories	374
Protein	9.8 g.
Iron	5.1 mg.
Carotene	17 µg.

14. RICE SOYA MIX

Ingredients :

Rice	30 g.
Soyabean	20 g.
Sugar	50 g.

Method of preparation :

1. Roast rice and Soyabean separately.
2. Grind rice and Soyabean and mix together.
3. Add powdered sugar and store in an air tight bottle.

Nutritive value per 100 gms :

Calories	390
Protein	11 g.
Iron	2.29 mg.
Carotene	85 µg.

15. RICE FOOD MIX

Ingredients :

Rice	75 g.
Moong dal	25 g.

Method of preparation :

1. Roast rice and moong dal separately.
2. Grind rice and moong dal to a fine powder.
3. Mix the dry powder and fill in an air-tight bottle.

Nutritive value per 100 gms :

Calories	346
Protein	11.2 g.
Iron	1.5 mg.
Carotene	12 µg.

16. RAGI MIX

Ingredients :

Roasted Ragi Powder	100 g.
Roasted Bengal gram Powder	50 g.

Method of preparation :

1. Mix the powdered ingredients thoroughly.
2. Store in dry airtight container.

Nutritive value per 100 gms :

Calories	341
Protein	12 .36 g.
Iron	5 .76 mg.
Carotene	65 .66 µg.

17. MALTED RAGI MIX

Ingredients :

Malted Ragi Flour	100 g.
Roasted Bengal gram Dal	40 g.
Groundnut	25 g.

Method of preparation :

1. Roast groundnut and remove the outer skin.
2. Grind to make a fine powder.
3. Grind separately Bengal gram dal.
4. Mix together all the ingredients.
5. Store in airtight container.

Nutritive value per 100 gms :

Calories	376
Protein	13 .43 g.
Iron	4 .13 mg.
Carotene	56 .72 µg.

18. RAGI GREEN GRAM MIX

Ingredients :

Ragi	65 g.
Green Gram Dal	30 g.
Groundnut	15 g.

Method of preparation :

1. Roast ragi, green gram dal and Groundnuts separately.
2. Powder these roasted ingredients separately.
3. Mix thoroughly.
4. Store in dry airtight container.

Nutritive value per 100 gms :

Calories	366
Protein	14 .56 g.
Iron	3 .8 mg.
Carotene	38 .18 µg.



19. MAIZE MIX

Ingredients :

Roasted Maize Powder	50 g.
Roasted Moong Powder	20 g.
Roasted Til Powder (gingelly seed)	10 g.
Sugar (Powdered)	20 g.

Method of preparation :

1. Mix all the ingredients thoroughly.
2. Add powdered sugar and store in dry and air tight container.

Nutritive value per 100 gms :

Calories	377
Protein	12 .28 g.
Iron	2 .87 mg.
Carotene	61 µg.

20. MAIZE FOOD MIX

Ingredients :

Maize	100 g.
Lentil	30 g.
Groundnut	20 g.
Sugar	50 g.

Method of preparation :

1. Clean and roast maize, lentil and groundnut seeds separately.
2. Grind individually to a fine powder.
3. Mix all these ingredients with powdered sugar.
4. Store in dry airtight container.

Nutritive value per 100 gms :

Calories	379
Protein	11 .93 g.
Iron	2 .59 mg.
Carotene	85 .5 µg.

21. JOWAR MIX

Ingredients :

Roasted Jowar Flour	45 g.
Roasted Bengal gram Powder	20 g.
Roasted Groundnut	10 g.
Sugar	25 g.

Method of preparation :

1. Mix all the ingredients thoroughly
2. Add powdered sugar and store in air tight container.

Nutritive value per 100 gms :

Calories	388
Protein	11 .80 g.
Iron	4 .06 mg.
Carotene	43 .75 µg.

22. JOWAR FOOD MIX

Ingredients :

Jowar	100 g.
Green Gram dal	50 g.
Gingelly (Til)	25 g.

Method of preparation :

1. Clean and roast Jowar, green gram dal and til separately.
2. Grind all the three to a fine powder and mix thoroughly.
3. Store in dry airtight container.

Nutritive value per 100 gms :

Calories	379
Protein	15 .55 g.
Iron	4 .78 mg.
Carotene	49 .42 µg.

23. BAJRA FOOD MIX

Ingredients :

Bajra	50 g.
Green Gram dal	20 g.
Til seeds	10 g.
Sugar	20 g.

Method of preparation :

1. Clean and dehusk bajra.
2. Roast and powder Bajra, green gram dal and til seeds separately.
3. Mix all the powders together adding powdered sugar.
4. Store in dry and airtight container.

Nutritive value per 100 gms :

Calories	385
Protein	12 .53 g.
Iron	5 .71 mg.
Carotene	82 µg.

**FRESH PREPARATIONS
FOR USE AS
COMPLEMENTARY
FOODS**

PART-II

24. SUJI PORRIDGE

Ingredients :

Wheat Rava (Suji)	40 g.
Green Gram Dal (Washed)	10 g.
Jaggery	20 g.
Fat oil	10 g.
Cardamom	1 No.
Water	200 ml.

Method of preparation :

1. Clean Wheat Rava and greengram dal. Roast separately and mix.
2. Boil water, add the above mixture and cook till it becomes soft.
3. Add powdered jaggery and continue cooking, till jaggery dissolves.
4. Add oil and cardamom powder, mix well and serve hot.

Nutritive values per 100 gms :

Calories	340
Protein	7.2 g.
Iron	1.66 mg.
Carotene	4.9 µg.

25. DALIA PORRIDGE

Ingredients :

Dalia (Broken wheat)	25 g.
Moong dal	20 g.
Milk	60 ml.
Sugar	30 g.
Ghee/oil	15 g.

Method of preparation :

1. Roast broken wheat in a pan.
2. when half done, add dhal and continue roasting till light brown.
3. Add water to the above, cook till soft and slightly thick (semi solid).
4. Remove from fire. Add milk, sugar and oil. Boil for a few minutes and serve.

Nutritive value per 100 gms :

Calories	310
Protein	6.5 g.
Iron	1.5 mg.
Carotene	497 µg.

26. DALIA KHICHERI

Ingredients :

Dalia	100 g.
Masurdal	30 g.
Moongdal	20 g.
Potato	50 g.
Pumpkin	50 g.
Amaranth (tender)	50 g.
Onion	10 g.
Oil	10 ml.
Salt & Haldi	to taste
Water	sufficient to cook

Method of preparation :

1. Wash and peel the vegetables and cut into pieces (medium size).
2. Wash green leafy vegetables thoroughly and chop.
3. Wash dalia and dal.
4. Heat oil in a pan and add chopped onion and vegetables.
5. Fry for sometime.
6. Add dalia and dal, mix thoroughly.
7. Add salt, haldi powder and warm water and cook till dalia and vegetables become soft.

Nutritive values per 100 gms :

Calories	220
Protein	8 g.
Iron	3.19 mg.
Carotene	884 µg.

27. GOLA ROTI

Ingredients :

Wheat Flour	100 g.
Besan	40 g.
Drumstick leaves	10 g.
Oil	20 g.
Salt	to taste
Water	as required

Method of preparation :

1. Wash and steam drumstick leaves in a covered pan.
2. Mix besan and atta with mashed leaves, add water & salt to make thick batter.
3. Heat tawa, apply oil to grease and spread the batter to form roti.
4. Fry from both sides.

Nutritive values per 100 gms :

Calories	371
Protein	11 .94 g.
Iron	7 .38 mg.
Carotene	1818 µg.

28. SUJI HALWA

Ingredients :

Suji (Roasted)	200 g.
Groundnut (Roasted)	40 g.
Jaggery	100 g.
Oil	10 ml.
Water	800 ml.

Method of preparation :

1. Grind groundnuts coarsely after removal of skin.
2. Heat oil in a pan add suji and fry till light brown.
3. Add groundnuts to suji and mix well.
4. Add jaggery and water to the above and cook till it leaves sides.

Nutritive values per 100 gms :

Calories	408
Protein	9 .05 g.
Iron	2 .02 mg.

29. SUJI UPMA

Ingredients :

Suji	100 g.
Ghee/Oil	20 g.
Tomatoes	20 g.
Potatoes	20 g.
Green peas	20 g.
Cauliflower	20 g.
Onion	20 g.
Coriander leaves	20 g.
Curry leaves	20 g.
Black gram dal	25 g.
Green chilies	5 g.
Spices	As per taste
Mustard seeds	5 g.

Method of preparation :

1. Soak black gram dal in water for 10 minutes.
2. Wash and cut all the vegetables into pieces.
3. Heat Ghee or Oil in a pan. Add mustard seeds, black gram dal, onion and curry leaves.
4. Cook till golden brown.
5. Add vegetables and cook till soft.
6. Add salt, spices and suji with sufficient water.
7. Cook for sometime.

Nutritive value per 100 gms :

Calories	222
Protein	6.39 g.
Iron	3.02 mg.
Carotene	603 µg.

30. VEGETABLE CHEELA

Ingredients :

Wheat flour	100 g.
Besan	50 g.
Tomatoes	100 g.
Spinach	100 g.
Coriander leaves	50 g.
Onion	100 g.
Oil	50 g.
Green chilies	2 nos.
Spices-salt, Red chilly	As per taste
Powder, Turmeric powder, etc.	

Method of preparation :

1. Wash and chop all vegetables.
2. Mix wheat flour and besan. Add all chopped vegetables. Add spices and prepare a batter of pouring consistency.
3. Heat tawa and grease it with a little oil. Place a laddleful mixture on tawa (iron plate) and spread evenly.
4. Apply oil from the sides and cook on both sides till golden brown.

Nutritive values per 100 gms :

Calories	186
Protein	4.41 g.
Iron	5.32 mg.
Carotene	1896 µg.

31. PAUSHTIK PANJIRI

Ingredients :

Wheat flour	100 g.
Besan	50 g.
Fat/Oil	20 g.
Jaggery	100 g.

Method of preparation :

1. Heat fat/oil. Add wheat flour and fry. After a few minutes add besan and fry till golden brown.
2. Add jaggery and mix well.
3. Store in dry airtight containers.

Nutritive value per 100 gms :

Calories	402
Protein	7.79 g.
Iron	3.75 mg.
Carotene	102.96 µg.

32. PAuSHTIK LADDOO

Ingredients :

Suji	100 g.
Besan	50 g.
Gingelly seeds (til)	25 g.
Milk	250 g.
Fat/Oil	150 g.
Jaggery	200 g.

Method of preparation :

1. Roast gingelly seed on slow flame till light brown.
2. Grind it.
3. Heat fat/oil. Add suji and besan and fry till golden brown.
4. Mix milk, gingelly seed, and jaggery and remove from fire.
5. Allow it to cool and prepare equal size laddoos.

Nutritive values per 100 gms :

Calories	397
Protein	4.52 g.
Iron	1.62 mg.
Carotene	163.68 µg.

33. PAUSHTIK BURFEE

Ingredients :

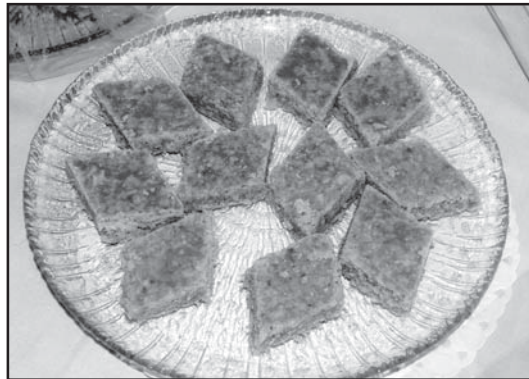
Wheat flour	100 g.
Besan	50 g.
Groundnut	25 g.
Jaggery	150 g.
Fat/Oil	100 g.

Method of preparation :

1. Roast groundnut kernels, remove skin and grind.
2. Heat fat/oil, add wheat flour and besan. Fry till golden brown.
3. Add groundnut powder and jaggery.
4. Mix well and remove from fire.
5. Spread on greased plate and cut into equal pieces.

Nutritive values per 100 gms :

Calories	503
Protein	6.85 g.
Iron	2.84 mg.
Carotene	12.50 µg.



34. RAVA PAYASAM

Ingredients :

Rava	30 g.
Jaggery	20 g.
Green gram dhal	25 g.
Carrot	20 g.
Milk	150 ml.

Method of preparation :

1. Cook rava & green gram dhal till soft.
2. Cook carrot separately using the milk & mix with cooked dhal & rava.
3. Add jaggery & boil till it dissolves completely.
4. Remove from fire, cool & serve.

Nutritive value per 100 gms :

Calories	173
Protein	6.0 g.
Iron	2.14 mg.
Carotene	200 µg.

35. WHEAT BESAN BURFEE

Ingredients :

Wheat flour	50 g.
Besan	50 g.
Fat	25 g.
Sugar	100 g.
Water	50 g.

Method of preparation :

1. Roast atta and besan separately till it becomes light brown.
2. Add fat and mix properly.
3. Take sugar and water in a pan and boil one thread.
4. Add atta and besan mixture and cook till thick mass consistency is formed.
5. Spread on a greased plate and cut into pieces.

Nutritive value per 100 gms :

Calories	435
Protein	7.1 g.
Iron	6.6 mg.
Carotene	2.3 µg.



36. SUJI KHICHERI (RAVA)

Ingredients :

Wheat Rava (Suji)	100 g.
Green Gram dal	25 g.
Fat/oil	10 g.
Green leafy vegetables (spinach)	25 g.
Salt to taste	

Method of preparation :

1. Heat oil add 300 ml. of water and boil.
2. Add washed dal and cook.
3. Add roasted wheat rava and salt, when the dal is half cooked and continue cooking.
4. Wash and chop green leafy vegetables and mix with the above mixture and cook for another few minutes, till the khicheri is ready.

Nutritive value per 100 gms :

Calories	328
Protein	12.5 g.
Iron	3.30 mg.
Carotene	344 µg.

37. PAUSHTIK KHICHERI

Ingredients :

Rice	100 g.
Dal	50 g.
Potatoes	20 g.
Beans	20 g.
Spinach	50 g.
Tomatoes	20 g.
Onion	10 g.
Coriander leaves	10 g.
Green chilies	5 g.
Fat/oil	15 g.
Salt, chilies, turmeric powder	As per taste
Jeera	5 g.

Method of preparation :

1. Wash and chop all vegetables.
2. Pick, wash and soak rice and for 15-20 minutes.
3. Heat fat / oil , add jeera and fry onion, till golden brown.
4. Add all the vegetables and spices.
5. Add soaked rice and dal.
6. Add sufficient water and cook till soft.
7. Serve khicheri with coriander leaves.

Nutritive value per 100 gms :

Calories	216.2
Protein	6.13 g.
Iron	4.68 mg.
Carotene	699 µg.

38. CHIDWA PULAO

Ingredients :

Chidwa (Rice flakes)	200 g.
Ground nut	20 g.
Sprouted Moong	25 g.
Green Leafy Vegetables	50 g.
Onion	20 g.
Oil	10 ml.
Salt	to taste

Method of preparation :

1. Wash and soak chidwa, Roast groundnut remove the skin and grind coarsely.
2. Wash and cut green leafy vegetables and onion,
3. Heat oil in a pan, add onion and green leafy vegetables, sprouted moong, and fry for sometime.
4. Add soaked chuda groundnut and salt cook till done.

Nutritive value per 100 gms :

Calories	286
Protein	5.6 g.
Iron	12.0 mg.
Carotene	2416 µg.

39. CHIDWA LADDU

Ingredients :

Chidwa	150 g.
Ground nut	50 g.
Jaggery	150 g.
Water	As required

Method of preparation :

1. Roast chidwa (Rice flakes) and ground nut separately.
2. Remove the skin of groundnut and coarsely grind.
3. Heat Jaggery with little water.
4. Cook to make to thick consistency syrup.
5. Add roasted chuda and groundnut to the syrup and stir continuously.
6. Prepare laddu while hot only.

Nutritive value per 100 gms :

Calories	519
Protein	6.5 g.
Iron	9.8 mg.
Carotene	9.4 µg.

40. POHA KHAMAN

Ingredients :

Poha (Rice flakes)	100 g.
Milk	100 ml.
Lemon juice	10 ml.
Sugar	10 g.
Salt & turmeric powder	as per taste

Method of preparation :

1. Wash rice flakes with water.
2. Add salt, sugar and turmeric powder.
3. Heat milk in pan. Boil and mix rice flakes mixture.
4. Remove from fire, add lemon juice mix well.
5. Spread it on greased plate or tray.
6. Cut it into equal pieces.

Nutritive value per 100 gms :

Calories	251
Protein	5.4 g.
Iron	9.5 mg.
Carotene	22.4 µg.

41. SOYA MIXED CHIWADA

Ingredients :

Processed soyabean	25 g.
Whole Green gram	25 g.
Moth	25 g.
Whole Bengal gram	25 g.
Fat/oil	25 g.
Salt and chat masala	As per taste

Method of preparation :

1. Soak whole green gram, Moth, Chana & processed soyabean in sufficient water for 8 to 10 hours individually.
2. Remove green gram, moth, chana and soyabean from water and dry for a few minutes.
3. Deep fry processed soyabean, green gram, chana and moth separately.
4. Mixed all fried pulses. Add salt & chat masala.

Nutritive value per 100 gms :

Calories	473
Protein	21 .57 g.
Iron	5 .6 mg.
Carotene	142 µg.

42. GREEN GRAM RICE PORRIDGE

Ingredients :

Green gram dal	30 g.
Rice	30 g.
Water	200 ml.
Milk	50 ml.
Jaggery	20 g.

Method of preparation :

1. Wash & cook rice and dal together till soft, mash well and add milk, jaggery and stir thoroughly.
2. Simmer till jaggery dissolves and serve.

Nutritive value per 100 gms :

Calories	273
Protein	9 .4 g.
Iron	4 .32 mg
Carotene	24 µg

43. PARBOILED RICE LUTHURI (PORRIDGE)

Ingredients :

Parboil rice Powder	100 g.
Sugar	20 g.
Milk	50 g.
Banana	50 g.

Method of preparation :

1. Roast parboiled rice powder.
2. Cook parboiled rice powder with milk for a few minutes and add sugar.
3. Add mashed banana and mix thoroughly and serve.

Nutritive value per 100 gms :

Calories	246
Protein	4.2 g
Carotene	28 µg.



44. RICE FLAKES POWDER LUTHURI

Ingredients :

Rice flake Powder	100 g.
Sugar	20 g.
Milk	50 ml.
Banana	½ No. or 50 g.

Method of preparation :

1. Mix rice flakes powder with milk.
2. Add mashed banana.
3. Mix thoroughly and serve.

Nutritive value per 100 gms :

Calories	246
Protein	4.2 g
Iron	0.8 mg.
Carotene	28 µg.

45. KHICHERI

Ingredients :

Rice	100 g.
Lentils	50 g.
Spinach	100 g.
Carrots	50 g.
Oil	10 g.
Salt	To taste

Method of preparation :

1. Cook rice and dal separately.
2. Mash cooked rice and dal.
3. Wash and cut carrots and spinach. Cook to form Puree.
4. Add carrot spinach Puree to rice dhal mixture along with salt.
5. Add oil to the khicheri.

Nutritive value per 100 gms :

Calories	212
Protein	7 g.
Iron	2 mg.
Carotene	1961 µg.

46. BANANA CARROT HALWA

Ingredients :

Raw Banana	75 g.
Carrot	50 g.
Sugar	20 g.
Ghee/oil	5 g.
Water	200 ml.

Method of preparation :

1. Boil Banana along with Peel.
2. Peel off when slightly cool and mash banana.
3. Wash, scrap and grate carrots, cook till soft.
4. Mix carrots with mashed bananas&add ghee/oil and sugar.
5. Cook halwa till it leaves the sides of pan.

Nutritive value per 100 gms :

Calories	131
Protein	1 g
Iron	3.5 mg.
Carotene	2193 µg.

47. RAGI LADDU

Ingredients :

Ragi flour	50 g.
Jaggery	50 g.
Groundnut seeds	15 g.
Oil	5 ml.

Method of preparation :

1. Steam cook ragi flour for 20 minutes.
2. Roast groundnut, remove the outer red skin and powder coarsely.
3. Prepare jaggery syrup of three thread consistency.
4. Add steam cooked ragi flour, groundnut powder and oil.
5. Mix all the ingredients thoroughly and make laddus.

Nutritive value per 100 gms :

Calories	406
Protein	6 g.
Iron	3 .14 mg.
Carotene	22 .08 µg.

48. RAGI HALWA

Ingredients :

Ragi flour	35 g.
Jaggery	20 g.
Groundnut	25 g.
Ripe Papaya	15 g.
Water	50 ml.

Method of preparation :

1. Roast groundnuts, remove red skin and grind to a fine powder.
2. Roast ragi flour.
3. Prpare Jaggery syrup using 50 ml water.
4. Add roasted groundnut flour & ragi flour.
5. Cook along with mashed ripe papaya.
6. Cool and serve.

Nutritive value per 100 gms :

Calories	384
Protein	10 g.
Iron	2 .32 mg.
Carotene	2470 µg.

49. MAIZE PORRIDGE

Ingredients :

Broken Maize (or Bajra)	25 g.
Red gram dal	15 g.
Spinach	20 g.
Jaggery	35 g.
Oil or fat	5 ml.

Method of preparation :

1. Soak broken maize in water over night.
2. Heat oil in a pan. Add maize & fry for 5 minutes.
3. Add washed red gram dal.
4. Add water, cook on a slow fire till soft.
5. Wash spinach leaves. Chop and steam. Mash the leaves and strain.
6. Mix the strained spinach soup with boiled maize and dal.
7. Add jaggery to the porridge. Mix well. Cook for a while, remove from the fire & serve.

Nutritive value per 100 gms :

Calories	303
Protein	7 g.
Iron	2.63 mg.
Carotene	1217 µg.

50. JOWAR KHICHERI

Ingredients :

Jowar Rava	100 g.
Lentil	25 g.
Oil	20 g.
Green Leafy Vegetables (Amaranth)	25 g.
salt	to taste

Method of preparation :

1. Heat oil.
2. Add 300 ml of water and boil.
3. Add washed dhal and cook.
4. Add jowar rava and salt, when the dhal is half cooked and continue cooking.
5. Add washed and chopped green leafy vegetables (chaulai) and cook for another few minutes till the khicheri is ready.

Nutritive value per 100 gms :

Calories	308
Protein	6.5 g.
Iron	5.1 mg.
Carotene	1910 µg.

51. MURMURA LAPSI

Ingredients :

Murmura	50 g.
Roasted channa	50 g.
Spinach	30 g.
Jaggery/Sugar	50 g.
Water	300 ml.

Method of preparation :

1. Remove brown skin from roasted channa.
2. Roast murmura slightly.
3. Powder the roasted channa and murmura.
4. Prepare sugar/jaggery syrup.
5. Add murmura, channa mixture and mix well.
6. Cook spinach and mash.
7. Add spinach paste to the mixture&mix thoroughly.

Nutritive value per 100 gms :

Calories	296
Protein	6 .8 g
Iron	3 .3 mg.
Carotene	1358 µg.

52. SWEET BAJRA

Ingredients :

Bajra	40 g.
Milk	100 ml.
Jaggery	25 g.
Water	100 ml.
Ghee/Oil	5 ml.

Method of preparation :

1. Clean bajra. Sprinkle water on it and keep overnight.
2. Wash and remove husk.
3. Roast in ghee/oil for few minutes.
4. Add milk and water and cook till it becomes soft.
5. Add jaggery and remove from fire.

Nutritive value per 100 gms :

Calories	236
Protein	5 g
Iron	2 .2 mg.
Carotene	58 µg.

53. PAUSHTIC CHILA

Ingredients :

Atta	200 g.
Besan	100 g.
Spinach	100 g.
Carrots	50 g.
Salt	To taste
Oil/ghee	50 ml.

Method of preparation :

1. Wash and finely chop spinach.
2. Wash, peel and grate carrots.
3. Mix vegetables in atta & besan and add salt.
4. Prepare batter by adding water .
5. Heat tawa, spread a laddle-full batter and cook from both sides applying little ghee/oil till slightly brown.

Nutritive value per 100 gms :

Calories	270
Protein	9.8 g
Iron	4.2 mg.
Carotene	2772 µg.

54. JOWAR RABRI

Ingredients :

Jowar (whole)	200 g.
Butter milk	1000 g.
Leafy Veg. (spinach/amaranth)	200 g.
Salt	to taste
Ghee/Oil	30 ml.

Method of preparation :

1. Wash jowar and cook in butter milk.
2. Wash leafy vegetable and chop.
3. When jowar is cooked, add leafy vegetable and continue cooking for few minutes.
4. Add salt and oil and remove from fire.

Nutritive value per 100 gms :

Calories	382
Protein	13.1 g.
Iron	1.43 mg.
Carotene	1346.92 µg.

55. PEAS GHOUGHNI

Ingredients :

Dry Peas	100 g.
Potato	100 g.
Onion	25 g.
Oil	10 g.
Coriander leaves	2 g.
Turmeric powder & salt	to taste

Method of preparation :

1. Soak peas overnight in warm water.
2. Boil peas and potatoes.
3. Chop onion and boiled potatoes into pieces.
4. Heat oil in a pan, add chopped onion, and fry for sometime.
5. Add boiled peas, potatoes and chopped coriander leaves.
6. Add salt and turmeric powder, cook for few minutes.

Nutritive value per 100 gms :

Calories	218
Protein	9 .19 g.
Iron	3 .26 mg.
Carotene	85 .53 µg.

56. SPROUTED SALAD

Ingredients :

Sprouted green gram	40 g.
Sprouted Chana	20 g.
Sprouted Moth	40 g.
Tomatoes	100 g.
Cucumber	100 g.
Onion	50 g.
Carrot	50 g.
Coriander leaves	50 g.
Green chilies	4-5 nos.
Black pepper,	as per taste
Garm masala/salt, chat masala,	
Lemon	Two

Method of preparation :

1. Sprout green gram, chana and moth, & cook for sometime.
2. Wash and chop all vegetables in small pieces.
3. Mix sprouted green gram, chana and moth.
4. Add chopped vegetables.
5. Sprinkle spices and lemon juice.

Nutritive value per 100 gms :

Calories	98
Protein	5 .88 g.
Iron	4 .78 mg.
Carotene	1072 µg.

57. BANANA GHARGE

Ingredients :

Banana ripe	100 g.
Wheat flour	100 g.
Sugar	50 g.
Salt	to taste
Oil	50 ml.

Method of preparation :

1. Add salt and sugar to wheat flour.
2. Mash Banana and mix with flour.
3. Knead it into a stiff dough.
4. Divide the dough into small balls.
5. Shape each ball into small tikkies.
6. Heat tawa and grease it with a little oil.
7. Apply oil from sides of tikki and cook till golden brown (shallow fry).

Nutritive value per 100 gms :

Calories	402
Protein	4.4 g.
Iron	1.7 mg.
Carotene	37 µg.

58. SPINACH PONGAL

Ingredients :

Rice	50 g.
Roasted Green gram dal	25 g.
Spinach	20 g.
(Drumstick leaves or any other green leafy vegetable may be substituted)	
salt	to taste
Fat/oil	5 ml.

Method of preparation :

1. Clean rice & dal. Soak for some time in water. Using the same water used for soaking, cook the rice and dal.
2. Wash spinach leaves, cut and steam. Mash the leaves and sieve.
3. Mix the sieve spinach soup with boiled rice & dal. Add salt to taste, mix thoroughly and serve.

Nutritive value per 100 gms :

Calories	303
Protein	10 g.
Iron	3 mg.
Carotene	1888 µg.

59. SORU CHOKLI PITHA

Ingredients :

Rice powder (Prepared from raw rice)	100 g.
Black gram dal	50 g.
Oil	20 ml.
Salt	to taste
Saunf	to taste

Method of preparation :

1. Soak black gram dal and grind it to make a paste.
2. Mix rice powder with dhal paste, add salt and saunf to make batter.
3. Apply oil on the tawa and add ladleful of batter and fry on both sides.

Nutritive value per 100 gms :

Calories	410
Protein	11.0 g.
Iron	1.52 mg.
Carotene	11.17 µg.

60. SOUP

Ingredients :

Rice	100 g.
Bengal gram	50 g.
Amaranth	50 g.
Tomato	100 g.
Salt	to taste
Oil	30 ml.

Method of preparation :

1. Wash and soak rice and dal for an hour or so.
2. Cook all with salt and water till soft.
3. Mash and strain through a sieve.
4. Pressing the contents with a laddle.
5. Add oil and serve.

Nutritive value per 100 gms :

Calories	256
Protein	6.4 g
Iron	2 mg.
Carotene	2701 µg.

ANNEXURE

NUTRITIVE VALUE OF SOME COMMON FOOD STUFFS

(Per 100g of edible portion)

S.NO.	Name of foodstuff	Protein (g)	Energy (Cal.)	Iron (mg.)	Carotene/Vit. A (µg.)
1	2	3	4	5	6
	Cereals & Millets				
1.	Bajra	11.6	361	5.0	132
2.	Barley	11.5	336	3.0	10
3.	Jowar	10.4	349	5.8	47
4.	Maize dry	11.1	342	2.0	90
5.	Ragi	7.3	328	6.4	42
6.	Rice, raw,milled	6.8	345	3.1	0
7.	Wheat (whole)	11.8	346	4.9	64
	Pulses and legumes				
8.	Bengal gram (whole)	17.1	360	10.2	189
9.	Green gram (whole)	24.0	334	7.3	94
10.	Lentil	25.1	343	4.8	270
11.	Redgram dal	22.3	335	5.8	132
12.	Soyabean	43.2	432	11.5	426
	Leafy vegetables				
13.	Bathua leaves	3.7	30	4.2	1740
14.	Cabbage	1.8	27	0.8	120
15.	Coriander leaves	3.3	44	18.5	6918
16.	Spinach	2.0	26	10.9	5580
17.	Amaranth leave	4.0	45	3.5	5520
18.	Fenugreek leaves	4.4	49	1.9	2340
19.	Radish leaves	3.9	38	18.0	5742

Roots and tubers					
20.	Carrot	0.9	48	2.2	1890
21.	Onion, big	1.2	50	0.7	0
22.	Potato	1.6	97	0.7	24
23.	Sweet Potato	1.2	120	0.8	6
Other vegetables					
24.	Cauliflower	2.6	30	1.5	30
25.	Pumpkin	1.4	25	0.7	50
Fats & edible oils					
26.	Hydrogenated oil (fortified)	0	900	0	750*
27.	Cooking oil (groundnut, gingerly, mustard, coconut, etc.)	0	900	0	0
MILK & MILKPRODUCTS					
28.	Milk (buffalos)	4.3	117	0.2	48*
29.	Milk (cow's)	3.2	67	0.2	53*
30.	Curds (cow milk)	3.1	60	0.2	31*
31.	Butter milk	0.8	15	0.1	-
32.	Skimmed milk liquid	2.5	29	0.2	-
33.	Channa(cow milk)	18.3	265	-	110*
34.	Skimmed milk powder	38.0	357	1.4	-
35.	Channa (Baffalo milk)	13.4	292	-	-
MISCELLENIUS					
36.	Bread	7.8	245	1.1	-
37.	Sugar	0.1	398	0.155	-
38.	Jaggery	0.4	383	2.64	-

*Vitamin A : Retinol µg

Source : Nutritive value of Indian Food, National Institution of Nutrition, ICMR Hyderabad - 2004.

RECOMMENDED DIETARY ALLOWANCES FOR INDIANS

Group	Particulars	Body wt. kg	Net energy Kcal/d	Pro-tein g/d	Visible Fat g/day	Cal-cium mg/d	Iron mg/d	Vit. A µg/d		Thia-min mg/d	Ribo-flavin mg/d	Nico-tinic acid mg/d	Pyri-doxin mg/d	Asc-orbic acid mg/d	Free folic acid mg/d	Vit. B ₁₂ µg/d
								Ret-inol	Beta carotene ug							
Man	Sedentary work		2425							1.2	1.4	16				
	Moderate work	60	2875	60	20	400	28	600	2400	1.4	1.6	18	2.0	40	100	1
	Heavy work		3800							1.6	1.9	21				
Women	Sedentary work		1875							0.9	1.1	12				
	Moderate work	50	2225	50	20	400	30	600	2400	1.1	1.3	14	2.0	40	100	1
	Heavy work		2925							1.2	1.5	16				
	Pregnant women	50	+300	+15	30	1000	38	600	2400	+0.2	+0.2	+2	2.5	40	400	1
	Lactation															
	0-6 months		+550	+25						+0.3	+0.3	+4				
	6-12 months	50	+400	+18	45	1000	30	950	3800	+0.2	+0.2	+3	2.5	80	150	1.5
Infants	0-6 months	5.4	108/Kg	2.05/kg						55µg/kg	65µg/kg	710µg/kg	0.1			
	6-12 months	8.6	98/kg	1.65/kg		500		350	1200	50µg/kg	60µg/kg	650µg/kg	0.4	25	25	0.2
Children	1-3 years	12.2	1240	22			12	400	1600	0.6	0.7	8	0.9		30	
	4-6 years	19.0	1690	30	25	400	18	400		0.9	1.0	11		40	40	0.2-1.0
	7-9 years	26-9	1950	41			26	600	2400	1.0	1.2	13	1.6		60	
Boys	10-12 years	35.4	2190	54			34	600		1.1	1.3	15				
Girls	10-12 years	31.5	1970	57	22	600	10		2400	1.0	1.2	13	1.6	40	70	0.2-1.0

Source:- Nutrient Requirements and Recommended Dietary Allowances for Indians, ICMR, 1998.

BALANCED DIET FOR INFANTS & YOUNG CHILDREN

Food Groups	INFANTS	CHILDREN	
	6-12 months	1-3 years	4-6 years
Cereals & Millets(g)	45	120	210
Pulses(g)	15	30	45
Milk (ml)	500*	500	500
Roots & Tubers(g)	50	50	100
Green leafy Vegetables(g)	25	50	50
Other vegetables(g)	25	50	50
Fruits(g)	100	100	100
Sugar(g)	25	25	30
Fats & Oils (visible)(g)	10	20	25

* Quantity indicates top milk. For breastfed infants, 200 ml top milk is required.

30 g. of pulse may be exchanged with 50g of egg/meat/chicken/fish

For infants introduce egg/meat/chicken/fish around 9 months.

Source : Dietary Guidelines for Indians - A manual, NIN, ICMR, Hyderabad, 2003.