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Annexures:
I. Nutritive value of some common food stuffs.
II. Recommended Dietary Allowances for Indians.
III. Balanced Diet for Infants & young Children.
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-I, 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.


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

Dated the 6th December, 2007

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 :

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Broken Wheat</td>
<td>40 g.</td>
</tr>
<tr>
<td>Green gram dal</td>
<td>20 g.</td>
</tr>
<tr>
<td>Groundnut</td>
<td>10 g.</td>
</tr>
<tr>
<td>Sugar</td>
<td>30 g.</td>
</tr>
</tbody>
</table>

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 :

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>385</td>
</tr>
<tr>
<td>Protein</td>
<td>12.24 g.</td>
</tr>
<tr>
<td>Iron</td>
<td>3.21 mg.</td>
</tr>
<tr>
<td>Carotene</td>
<td>35.6 µg.</td>
</tr>
</tbody>
</table>

7. MALTED FOOD MIX

Ingredients :

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dried sprouted wheat</td>
<td>100 g.</td>
</tr>
<tr>
<td>Dried sprouted Green Gram</td>
<td>50 g.</td>
</tr>
</tbody>
</table>

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 :

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>350</td>
</tr>
<tr>
<td>Protein</td>
<td>13.56 g.</td>
</tr>
<tr>
<td>Iron</td>
<td>3.87 mg.</td>
</tr>
<tr>
<td>Carotene</td>
<td>59 µg.</td>
</tr>
</tbody>
</table>
8. PUFFED RICE BENGAL GRAM MIX

Ingredients :

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

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 30 g. (Roasted & de-husked)
Ground nut 20 g. (Roasted)

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 powered 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.

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**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.

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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 :

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 powder, Turmeric powder, etc. As per taste

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:**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wheat flour</td>
<td>100 g.</td>
</tr>
<tr>
<td>Besan</td>
<td>50 g.</td>
</tr>
<tr>
<td>Fat/Oil</td>
<td>20 g.</td>
</tr>
<tr>
<td>Jaggery</td>
<td>100 g.</td>
</tr>
</tbody>
</table>

**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:**

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>402</td>
</tr>
<tr>
<td>Protein</td>
<td>7.79 g.</td>
</tr>
<tr>
<td>Iron</td>
<td>3.75 mg.</td>
</tr>
<tr>
<td>Carotene</td>
<td>102.96 µg.</td>
</tr>
</tbody>
</table>

### 32. PAUSHTIK LADDOO

**Ingredients:**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Suji</td>
<td>100 g.</td>
</tr>
<tr>
<td>Besan</td>
<td>50 g.</td>
</tr>
<tr>
<td>Gingelly seeds (til)</td>
<td>25 g.</td>
</tr>
<tr>
<td>Milk</td>
<td>250 g.</td>
</tr>
<tr>
<td>Fat/Oil</td>
<td>150 g.</td>
</tr>
<tr>
<td>Jaggery</td>
<td>200 g.</td>
</tr>
</tbody>
</table>

**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:**

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>397</td>
</tr>
<tr>
<td>Protein</td>
<td>4.52 g.</td>
</tr>
<tr>
<td>Iron</td>
<td>1.62 mg.</td>
</tr>
<tr>
<td>Carotene</td>
<td>163.68 µg.</td>
</tr>
</tbody>
</table>
### 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.
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.

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. Peal 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:

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ragi flour</td>
<td>50 g.</td>
</tr>
<tr>
<td>Jaggery</td>
<td>50 g.</td>
</tr>
<tr>
<td>Groundnut seeds</td>
<td>15 g.</td>
</tr>
<tr>
<td>Oil</td>
<td>5 ml.</td>
</tr>
</tbody>
</table>

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:

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>406</td>
</tr>
<tr>
<td>Protein</td>
<td>6 g.</td>
</tr>
<tr>
<td>Iron</td>
<td>3.14 mg.</td>
</tr>
<tr>
<td>Carotene</td>
<td>22.08 µg.</td>
</tr>
</tbody>
</table>

48. RAGI HALWA

Ingredients:

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ragi flour</td>
<td>35 g.</td>
</tr>
<tr>
<td>Jaggery</td>
<td>20 g.</td>
</tr>
<tr>
<td>Groundnut</td>
<td>25 g.</td>
</tr>
<tr>
<td>Ripe Papaya</td>
<td>15 g.</td>
</tr>
<tr>
<td>Water</td>
<td>50 ml.</td>
</tr>
</tbody>
</table>

Method of preparation:

1. Roast groundnuts, remove red skin and grind to a fine powder.
2. Roast ragi flour.
3. Prepare 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:

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>384</td>
</tr>
<tr>
<td>Protein</td>
<td>10 g.</td>
</tr>
<tr>
<td>Iron</td>
<td>2.32 mg.</td>
</tr>
<tr>
<td>Carotene</td>
<td>2470 µg.</td>
</tr>
</tbody>
</table>
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.
- Gren 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.

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**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 GHOOGHNI

**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.
- 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 100 g.
- (Prepared from raw rice)
- 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 Stuff

## (Per 100g of edible portion)

<table>
<thead>
<tr>
<th>S.NO.</th>
<th>Name of foodstuff</th>
<th>Protein (g)</th>
<th>Energy (Cal.)</th>
<th>Iron (mg.)</th>
<th>Carotene/Vit. A (µg.)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Cereals &amp; Millets</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>Bajra</td>
<td>11.6</td>
<td>361</td>
<td>5.0</td>
<td>132</td>
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<tr>
<td>2</td>
<td>Barley</td>
<td>11.5</td>
<td>336</td>
<td>3.0</td>
<td>10</td>
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<tr>
<td>3</td>
<td>Jowar</td>
<td>10.4</td>
<td>349</td>
<td>5.8</td>
<td>47</td>
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<td>4</td>
<td>Maize dry</td>
<td>11.1</td>
<td>342</td>
<td>2.0</td>
<td>90</td>
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<td>5</td>
<td>Ragi</td>
<td>7.3</td>
<td>328</td>
<td>6.4</td>
<td>42</td>
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<tr>
<td>6</td>
<td>Rice, raw,milled</td>
<td>6.8</td>
<td>345</td>
<td>3.1</td>
<td>0</td>
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<tr>
<td>7</td>
<td>Wheat (whole)</td>
<td>11.8</td>
<td>346</td>
<td>4.9</td>
<td>64</td>
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<td>Pulses and legumes</td>
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<td></td>
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<tr>
<td>8</td>
<td>Bengal gram (whole)</td>
<td>17.1</td>
<td>360</td>
<td>10.2</td>
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<tr>
<td>9</td>
<td>Green gram (whole)</td>
<td>24.0</td>
<td>334</td>
<td>7.3</td>
<td>94</td>
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<tr>
<td>10</td>
<td>Lentil</td>
<td>25.1</td>
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<td>Soyabean</td>
<td>43.2</td>
<td>432</td>
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<tr>
<td></td>
<td>Leafy vegetables</td>
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<tr>
<td>13</td>
<td>Bathua leaves</td>
<td>3.7</td>
<td>30</td>
<td>4.2</td>
<td>1740</td>
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<tr>
<td>14</td>
<td>Cabbage</td>
<td>1.8</td>
<td>27</td>
<td>0.8</td>
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<tr>
<td>15</td>
<td>Coriander leaves</td>
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<td>44</td>
<td>18.5</td>
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<tr>
<td>16</td>
<td>Spinach</td>
<td>2.0</td>
<td>26</td>
<td>10.9</td>
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<tr>
<td>17</td>
<td>Amaranth leave</td>
<td>4.0</td>
<td>45</td>
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</tr>
<tr>
<td>18</td>
<td>Fenugreek leaves</td>
<td>4.4</td>
<td>49</td>
<td>1.9</td>
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<tr>
<td>19</td>
<td>Radish leaves</td>
<td>3.9</td>
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<td>18.0</td>
<td>5742</td>
</tr>
<tr>
<td></td>
<td>Vitamin A (µg)</td>
<td>Energy (kJ)</td>
<td>Energy (kcal)</td>
<td>Carbohydrate (g)</td>
<td>Fat (g)</td>
</tr>
<tr>
<td>-------------------------</td>
<td>----------------</td>
<td>-------------</td>
<td>---------------</td>
<td>-------------------</td>
<td>---------</td>
</tr>
<tr>
<td><strong>Roots and tubers</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>20. Carrot</td>
<td>0.9</td>
<td>48</td>
<td>2.2</td>
<td>1890</td>
<td></td>
</tr>
<tr>
<td>21. Onion, big</td>
<td>1.2</td>
<td>50</td>
<td>0.7</td>
<td>0</td>
<td></td>
</tr>
<tr>
<td>22. Potato</td>
<td>1.6</td>
<td>97</td>
<td>0.7</td>
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</tr>
<tr>
<td>23. Sweet Potato</td>
<td>1.2</td>
<td>120</td>
<td>0.8</td>
<td>6</td>
<td></td>
</tr>
<tr>
<td><strong>Other vegetables</strong></td>
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</tr>
<tr>
<td>24. Cauliflower</td>
<td>2.6</td>
<td>30</td>
<td>1.5</td>
<td>30</td>
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</tr>
<tr>
<td>25. Pumpkin</td>
<td>1.4</td>
<td>25</td>
<td>0.7</td>
<td>50</td>
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</tr>
<tr>
<td><strong>Fats &amp; edible oils</strong></td>
<td></td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>26. Hydrogenated oil</td>
<td>0</td>
<td>900</td>
<td>0</td>
<td>750*</td>
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</tr>
<tr>
<td>27. Cooking oil (groundnut, gingerly, mustard, coconut, etc.)</td>
<td>0</td>
<td>900</td>
<td>0</td>
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<td><strong>MILK &amp; MILKPRODUCTS</strong></td>
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<tr>
<td>28. Milk (buffalos)</td>
<td>4.3</td>
<td>117</td>
<td>0.2</td>
<td>48*</td>
<td></td>
</tr>
<tr>
<td>29. Milk (cow’s)</td>
<td>3.2</td>
<td>67</td>
<td>0.2</td>
<td>53*</td>
<td></td>
</tr>
<tr>
<td>30. Curds (cow milk)</td>
<td>3.1</td>
<td>60</td>
<td>0.2</td>
<td>31*</td>
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</tr>
<tr>
<td>31. Butter milk</td>
<td>0.8</td>
<td>15</td>
<td>0.1</td>
<td>-</td>
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</tr>
<tr>
<td>32. Skimmed milk liquid</td>
<td>2.5</td>
<td>29</td>
<td>0.2</td>
<td>-</td>
<td></td>
</tr>
<tr>
<td>33. Channa(cow milk)</td>
<td>18.3</td>
<td>265</td>
<td>-</td>
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</tr>
<tr>
<td>34. Skimmed milk powder</td>
<td>38.0</td>
<td>357</td>
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</tr>
<tr>
<td>35. Channa (Baffalo milk)</td>
<td>13.4</td>
<td>292</td>
<td>-</td>
<td>-</td>
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<tr>
<td><strong>MISCELLENIUS</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>36. Bread</td>
<td>7.8</td>
<td>245</td>
<td>1.1</td>
<td>-</td>
<td></td>
</tr>
<tr>
<td>37. Sugar</td>
<td>0.1</td>
<td>398</td>
<td>0.155</td>
<td>-</td>
<td></td>
</tr>
<tr>
<td>38. Jaggery</td>
<td>0.4</td>
<td>383</td>
<td>2.64</td>
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</tr>
</tbody>
</table>

*Vitamin A : Retinol µg
## RECOMMENDED DIETARY ALLOWANCES FOR INDIANS

<table>
<thead>
<tr>
<th>Group</th>
<th>Particulars</th>
<th>Body wt.</th>
<th>Net energy</th>
<th>Protein</th>
<th>Visible Fat</th>
<th>Calcium</th>
<th>Iron</th>
<th>Vit. A. µg/d</th>
<th>Thiamine mg/d</th>
<th>Riboflavin mg/d</th>
<th>Nicotinic acid mg/d</th>
<th>Pyridoxin µg/kg</th>
<th>Ascorbic acid mg/d</th>
<th>Free folic acid mg/d</th>
<th>Vit. B_{12} µg/d</th>
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</thead>
<tbody>
<tr>
<td>Man</td>
<td>Sedentary work</td>
<td>60</td>
<td>2425</td>
<td>60</td>
<td>20</td>
<td>400</td>
<td>28</td>
<td>600</td>
<td>2400</td>
<td>1.4</td>
<td>1.6</td>
<td>18</td>
<td>2.0</td>
<td>40</td>
<td>100</td>
</tr>
<tr>
<td></td>
<td>Moderate work</td>
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<td>2875</td>
<td>60</td>
<td>20</td>
<td>400</td>
<td>28</td>
<td>600</td>
<td>2400</td>
<td>1.4</td>
<td>1.6</td>
<td>18</td>
<td>2.0</td>
<td>40</td>
<td>100</td>
</tr>
<tr>
<td></td>
<td>Heavy work</td>
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<td>3800</td>
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<tr>
<td>Women</td>
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<td>1875</td>
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<td>400</td>
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<td>600</td>
<td>2400</td>
<td>1.1</td>
<td>1.3</td>
<td>14</td>
<td>2.0</td>
<td>40</td>
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<tr>
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<td>Moderate work</td>
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<td>1.3</td>
<td>14</td>
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<td>40</td>
<td>100</td>
</tr>
<tr>
<td></td>
<td>Heavy work</td>
<td></td>
<td>2925</td>
<td>+300</td>
<td>+15</td>
<td>30</td>
<td>1000</td>
<td>38</td>
<td>600</td>
<td>2400</td>
<td>+0.2</td>
<td>+0.2</td>
<td>+2</td>
<td>2.5</td>
<td>40</td>
</tr>
<tr>
<td></td>
<td>Pregnant women</td>
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<td></td>
<td></td>
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<td></td>
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<td></td>
<td></td>
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</tr>
<tr>
<td></td>
<td>Lactation 0-6 months</td>
<td>50</td>
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<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td></td>
<td>6-12 months</td>
<td>50</td>
<td>+550</td>
<td>+25</td>
<td>+18</td>
<td>45</td>
<td>1000</td>
<td>30</td>
<td>950</td>
<td>3800</td>
<td>+0.3</td>
<td>+0.3</td>
<td>+4</td>
<td>2.5</td>
<td>80</td>
</tr>
<tr>
<td>Infants</td>
<td>0-6 months</td>
<td>5.4</td>
<td>108/Kg</td>
<td>2.05/kg</td>
<td></td>
<td>500</td>
<td></td>
<td></td>
<td>350</td>
<td>1200</td>
<td>55µg/kg</td>
<td>65µg/kg</td>
<td>710µg/kg</td>
<td>0.1</td>
<td>0.4</td>
</tr>
<tr>
<td></td>
<td>6-12 months</td>
<td>8.6</td>
<td>98/kg</td>
<td>1.65/kg</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>50µg/kg</td>
<td>60µg/kg</td>
<td>650µg/kg</td>
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<tr>
<td>Children</td>
<td>1-3 years</td>
<td>12.2</td>
<td>1240</td>
<td>22</td>
<td></td>
<td>400</td>
<td>12</td>
<td>400</td>
<td>1600</td>
<td>0.6</td>
<td>0.7</td>
<td>8</td>
<td>0.9</td>
<td>30</td>
<td>40</td>
</tr>
<tr>
<td></td>
<td>4-6 years</td>
<td>19.0</td>
<td>1690</td>
<td>30</td>
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<td>400</td>
<td>18</td>
<td>400</td>
<td>1600</td>
<td>0.6</td>
<td>0.7</td>
<td>8</td>
<td>0.9</td>
<td>40</td>
<td>40</td>
</tr>
<tr>
<td></td>
<td>7-9 years</td>
<td>26-9</td>
<td>1950</td>
<td>41</td>
<td></td>
<td>26</td>
<td>600</td>
<td>2400</td>
<td>2400</td>
<td>1.0</td>
<td>1.2</td>
<td>13</td>
<td>1.6</td>
<td>60</td>
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</tr>
<tr>
<td>Boys</td>
<td>10-12 years</td>
<td>35.4</td>
<td>2190</td>
<td>54</td>
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<td>600</td>
<td>34</td>
<td>600</td>
<td>2400</td>
<td>1.1</td>
<td>1.3</td>
<td>15</td>
<td>1.6</td>
<td>40</td>
<td>70</td>
</tr>
<tr>
<td>Girls</td>
<td>10-12 years</td>
<td>31.5</td>
<td>1970</td>
<td>57</td>
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<td>600</td>
<td>10</td>
<td>2400</td>
<td>1.0</td>
<td>1.2</td>
<td>13</td>
<td>1.6</td>
<td>40</td>
<td>70</td>
<td>0.2-1.0</td>
</tr>
</tbody>
</table>

BALANCED DIET FOR INFANTS & YOUNG CHILDREN

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

* 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.