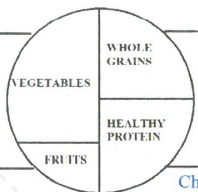


Consumpt more veggies and the greater the variety



Eat plenty of fruits of all colors.

Eat a variety of whole grains (like whole wheat bread, whole grain pasta and brown rich). Limit refined grains (like white rice and white bread).

Choose fish, poultry, beans and nuts, limit red meat

* Calorie Smart Diet

An average sedentary male needs about 2400 Kcal and female needs about 2000 Kcal of energy everyday.

Meal	Male	Female
Breakfast	600	500
Lunch	800	700
Dinner	600	550
Snacks	400	250

A thali should be prepared by following the ICMR recommendation i.e 300 grams of vegetables per day in which 50 g leafy vegetables 50 g root vegetables and 200 g fruit vegetables. 250 grams of rice and grains, 250 grams of protein and 200 grams of fruits per person per day. A nutri thali can provide all the nutritional requirement of a person.

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NUTRI THALI

পুষ্টি থালি



**KRISHI VIGYAN KENDRA, THOUBAL
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NUTRI THALI

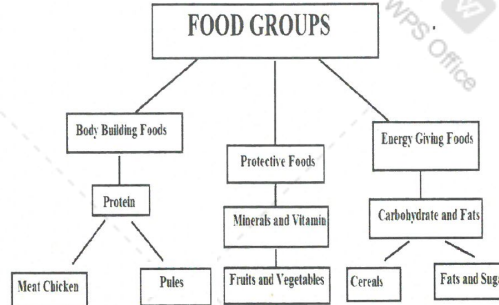
A thali is a balanced meal providing carbohydrates, protein, vitamins, fibre & fats to meet the daily requirements in order to have adequate food & nutritional security.

Although the recommended breakdown of carbohydrates protein and fat are the same for both genders, but men generally needed higher total intake of each of the macro nutrients women need fewer calories but , they need higher vit & minerals than men.

A thali should content healthy food choice from all 5 groups:

BASIC FIVE FOOD GROUPS

Food group	Nutrients contributed
1 Cereal grains and products: Rice, Wheat, Ragi, Bajra, Maize, Jowar, Barley, Rice flakes, wheat flour.	Energy, Protein, Invisible fat, Vitamin-B1, Vitamin-B2, Folic acid, Iron, Fibre.
2 Pulses and Legumes: Bengalgram, Blackgram, Greengram, Redgram, Lentil (whole as well as dhals), Cowpea, Peas, Rajmah, Soyabean, Beans.	Energy, Protein, Invisible fat, Vitamin-B1, Vitamin-B2, Folic acid, Calcium, Iron, Fibre.
3 Milk and Meat Products: Milk, Curd, Skimmed Milk, Cheese, Chicken, Liver, Fish, Egg, Meat.	Protein, Fat, Vitamin-B2, Calcium
4 Fruits and Vegetables: Fruits: Mango, Guava, Tomato, Papaya, Orange, Sweet lime, Water melon. Vegetables: (green leafy) Amaranth, Spinach, Gogu, Drumstick leaves, Coriander leaves, Fenugreek leaves. Other Vegetables: Carrots, Brinjal, Ladies finger, Beans Capsicum, Onion, Drumstick, Cauliflower.	Carotenoids, Vitamin-C, Fibre, Invisible fat, Vitamin-B2, Folic acid, Iron, Carotenoids, Vitamin-B2, Folic acid, Calcium, Iron, Fibre. Carotenoids, Folic acid, Calcium, Fibre.
5 Fats and Sugar: Fats: Butter, Ghee, Hydrogerated fat, Cooking oils like groundnut, Mustard, Coconut. Sugar: Jaggery and sugar	Energy, Fat, Essential fatty acids. Energy



	MAJOR NUTRIENTS	OTHER NUTRIENTS
ENERGY RICH FOODS	Carbohydrates & fats	
	Whole grain cereals, millets	Protein, fibre, minerals, calcium, iron & B-complex vitamins
	Vegetable oils, ghee, butter	Fat soluble vitamins, essential fatty acids
	Nuts and oilseeds	Proteins, vitamins, minerals
	Sugars	Nil
BODY BUILDING FOODS	Proteins	
	Pulses, nuts and oilseeds	B-complex vitamins, invisible fat, fibre
	Milk and Milk products	Calcium, vitamin A, riboflavin, vitamin B ₁₂
	Meat, fish, poultry	B-complex vitamins, iron, iodine, fat
PROTECTIVE FOODS	Vitamins and Minerals	
	Green leafy vegetables	Antioxidants, fibre and other carotenoids
	Other vegetables and fruits	Fibre, sugar and antioxidants
	Eggs, milk and milk products and flesh foods	Protein and fat

Source: National Institute of Nutrition, Hyderabad, India

Cooking Tips

1. Don't wash foodgrains repeatedly before cooking.
2. Do not wash vegetables after cutting.
3. Do not discard the excess water left over after cooking use only sufficient water for cooking.
4. Cook foods in vessels cover with lid.
5. Prefer pressure/steam cooking to deep frying
6. Encourage consumption of sprouted/fermented food.
7. Do not reheat the left over oil repeatedly.

Food Proportion of Nutri - Thali :



A Thali should contained
 Rice and Grains 1/4 of portion size
 Protein 1/4 of portion size
 Vegetables 1.2/4 of portion size
 Fruits 0.8/4 of portion size
 Milk as per requirement