

BALANCED DIET CHART FOR CHILDREN

EARLY MORNING

- One glass of milk
- Two biscuits

BREAKFAST

Vegetarian options

- 1 small chapatti with little ghee with one-by-fourth of cup dal and one-by-fourth of cup vegetable. Keep serving different vegetables and dals.
- one-by-fourth of cup dal and one-by-fourth of cup seasonal vegetable with Half cup rice. Add Half teaspoon ghee to dal.
- 1 cup vegetable khichdi with Half teaspoon ghee on top.
- 1 cup vegetable pulao with Half cup yogurt or raita.
- Half cup matar paneer with Half cup rice or 1 small parantha.

Non-vegetarian options

- 1 small chapatti with one-by-fourth of cup chicken curry and salad
- Half cup rice with one-by-fourth of cup fish curry and veggies on the side
- Mild chicken biryani with mixed veg raita

MID-MORNING SNACK

- Keep snack light as there is not much gap between the snack time and lunch and filling up on this would not leave much room for lunch.
- 1 small banana, a small apple, 1 orange, half a cup cut papaya or any other seasonal fruit
- 2 marie or whole-wheat biscuits
- Half cup cut seasonal fruit
- Half glass shikanji with honey

LUNCH

Vegetarian options

- 1 small chapatti with little ghee with one-by-fourth of cup dal and one-by-fourth of cup vegetable. Keep serving different vegetables and dals.
- one-by-fourth of cup dal and one-by-fourth of cup seasonal vegetable with Half cup rice. Add Half teaspoon ghee to dal.
- 1 cup vegetable khichdi with Half teaspoon ghee on top.
- Half cup rice with Half cup of sambar and 1 teaspoon peanut chutney.
- 1 cup vegetable pulao with Half cup yogurt or raita.
- Half cup matar paneer with Half cup rice or 1 small parantha.

Non-vegetarian options

- Vegetable pulao with one-by-fourth of cup egg curry
- 1 small chapatti with one-by-fourth of cup chicken curry and salad
- Half cup rice with one-by-fourth of cup fish curry and veggies on the side
- Mild chicken biryani with mixed veg raita

EVENING SNACK

- Half cup milk with 2 wholewheat crackers
- 1 small sandwich with mixed fruit jam and butter
- 1 small peanut butter sandwich
- Half cup fresh fruit cut in to cubes and Half cup milk
- 1 cup fresh fruit milkshake (banana, mango, cheeku etc)
- 1 cup fresh fruit smoothie
- 5-6 sweet potato fries
- 3-4 Tofu or paneer sticks

DINNER

Heavy dinner is not preferable for kids as their activity levels go down in the evening. So allow the kid eat to whatever and however much they want.

Vegetarian options

- Half cup Vegetable pulao with mixed raita
- Half to 1 cup Vermicelli upma with vegetables
- Half to 1 cup Vegetable pasta with cheese
- Half to 1 cup Vegetable noodles
- Half to 1 cup Khichdi with veggies
- Half cup matar paneer with Half cup rice or 1 small parantha
- 1 small chapatti with paneer bhurji

Non-vegetarian options

- Vegetable pulao with one-by-fourth of cup egg curry
- 1 small chapatti with one-by-fourth of cup chicken curry and salad
- Half cup rice with one-by-fourth of cup fish curry and veggies on the side
- Mild chicken biryani with mixed veg raita
- Chicken and veg pasta in tomato sauce
- Egg and veg noodles