



EU-India Capacity Building Initiative for Trade Development (CITD)



Train the Trainers in Food Safety and Nutrition

Planning Wholesome Meals



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Need for Balanced Diets



What is a balanced diet?



- **Balanced diet** is one which contains different types of foods (from all food groups) in such quantities and proportions that the need for all the nutrients such as carbohydrates, proteins, fats, vitamins, minerals, water and fibre are adequately met

Dietary Goals for a balanced diet

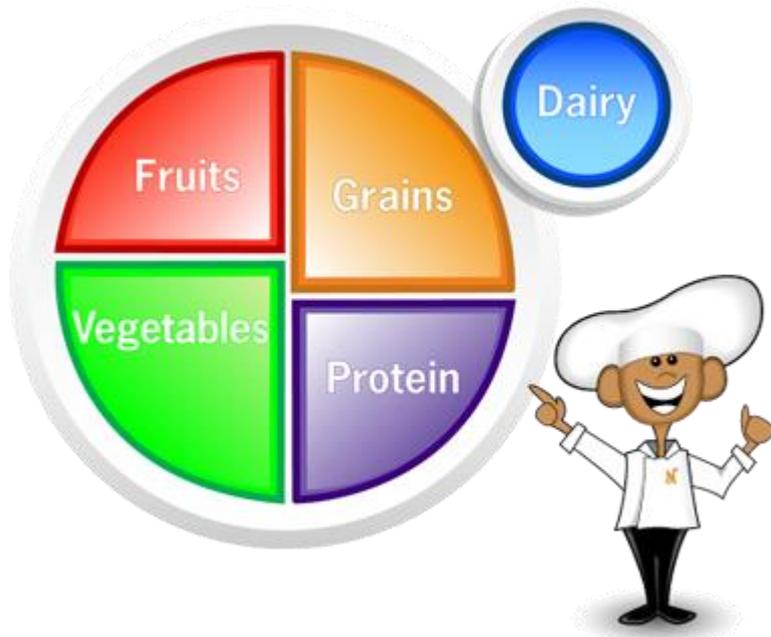
- **Choose a variety of foods in amounts** appropriate to age, gender, physiological status and physical activity.
- **Include** all food groups which provide all the required nutrients in proper amounts.
- **Cereal, millets and pulses** are major sources of most nutrients.
- **Milk** provides good quality proteins and calcium and is essential in the diet, particularly for infants, children and women.



Dietary Goals for a balanced diet

- **Prefer, fresh locally available vegetables and fruits** in plenty to fulfill the need for protective substances such as vitamins and minerals.
- **Include eggs, flesh foods and fish** to enhance the quality of diet. However, vegetarians can derive almost all the nutrients from well planned diets consisting of cereals, pulses, vegetables, fruits and milk -based diet.
- **Oils, fats, sugars and nuts are calorie rich foods- limit** their intake





The Healthy Eating Plate



The Healthy Eating plate



The healthy eating plate helps you to plan a balanced diet in a simple graphic format. It shows how much of what you eat should come from each food group



We need to eat a balance and variety of foods from these groups:

Fruit and vegetables



Cereals, millets, potatoes, pasta



Meat, fish, eggs, pulses & legumes



Foods and drinks high in fat and/or sugar



Milk and dairy foods



The healthy plate for children

The diet should be based on **cereal grains** , potatoes, pasta and other starchy foods and **fruits and vegetables**.

A variety of foods from these two groups are needed, with each group making up **one-third of the diet**.

Most of the remaining **third of the diet** should be made up of **milk and dairy foods and meat, fish, eggs, pulses and legumes**.

Only a small amount of foods and drinks high in fat and/or sugar should be included.



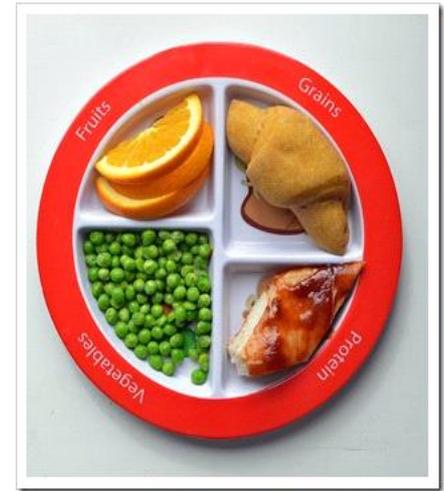
Fruits and vegetables

This is the fruit and vegetables group. This group of foods should make up at least one-third of the diet.

Fruit and vegetables provide dietary fibre, folate, vitamin C, vitamin A, some minerals and water.

Choose a wide variety of different fruit and vegetables and aim to eat at least 5 different portions every day (5 A DAY).

Ensure that at least 2 portions are citrus /green leafy vegetable or orange coloured food and vegetables.



Fruit and vegetables

Fresh, frozen, dried, canned and juiced ones all count. Potatoes are not included because they are a starchy food.

A 150ml glass of 100% fruit or vegetable juice counts as 1 portion no matter how much you drink.

Smoothies can count as 2 of your 5 A Day (if they include at least 80g crushed fruit or vegetable and at least 150ml fruit juice).





Cereals, millets, potatoes, pasta and other starchy foods

This is chapatti, missi roti, bread, rice, potatoes, pasta and other starchy foods group. About a third of what we eat should come from this group.

This group also includes all cereal products like poha, rawa, tapioca, sago, breakfast cereals, yam, and other types of starchy foods.



Cereal & millets, potatoes, and other starchy foods

We should include at least one food from this group at each meal time, such as cereals at breakfast or roti, or khichdi at lunch/ dinner.

Can you think of some examples of cereals for breakfast?

- Dalia / porridge or with milk
- Missi roti
- Poha, upma, Uttapam
- Dosa/ idli
- Sago khichdi
- Thalipeeth
- Parantha



Cereals, millets, potatoes, and other starchy foods

This group provides starchy carbohydrate, dietary fibre, B vitamins and some minerals, like iron and calcium.

Wholegrain or wholemeal varieties such as wholegrain breakfast cereal or wholemeal chapatti and millets are high in dietary fibre.

Parboiled rice or sela has more B complex than polished rice.



Milk and dairy foods

This is the milk and dairy foods group. A moderate amount of these foods is needed in the diet, for growing children.

This group includes milk, curds, paneer, and processed cheese, and yogurt.

This group does not include butter, eggs and cream as these fall into other food groups.





Milk and dairy foods

A range of nutrients is provided by this group, including protein, B vitamins, vitamin A and minerals like calcium & zinc.



Meat, fish, eggs, pulses and other non-dairy sources of protein



This is the meat, fish, eggs, pulses and other non-dairy sources of protein group. A moderate amount of these foods is needed in the diet.

This group also includes legumes, nuts, seeds, soya beans, soya nuggets (TVP) bean curd and hummus.

A range of nutrients is provided, including protein, B vitamins, vitamins A and D and some minerals like iron and zinc.



Meat, fish, Poultry, eggs, pulses and other non-dairy sources of protein

Meat includes all types of fresh and frozen meat and meat products such as bacon, salami, sausages.

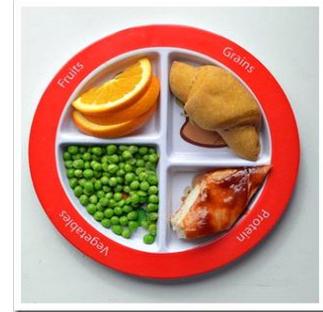
Fish includes fresh and frozen.

Fish and shellfish

Poultry and chicken

Non-dairy sources of protein include:

- Legumes such as rajma, soya, channa etc.
- Pulses such as lentils, tur dal etc
- nuts
- tofu
- textured vegetable protein (TVP)

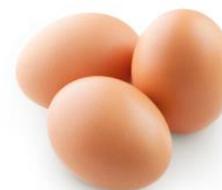


Meat, fish, eggs, legumes and pulses

- red and processed meat: no more than 70g per day.
- fish: at least two portions of fish each week, one of which should be an oily fish (e.g. salmon, mackerel, trout, sardines or fresh tuna).

OR

2 bowls of beans or pulses 60 g per day and sprouted pulses also count towards the 5 A DAY fruit and vegetable target, but can be only counted once, no matter how much is consumed.



Foods and drinks high in fat and/or sugar

This includes foods and drinks high in fat and/or sugar group.

These foods should be used in moderation if eaten every day (such as butter, ghee and spreads) or not eaten too often (such as sweets, khari biscuits, cakes and some fried savoury snacks).



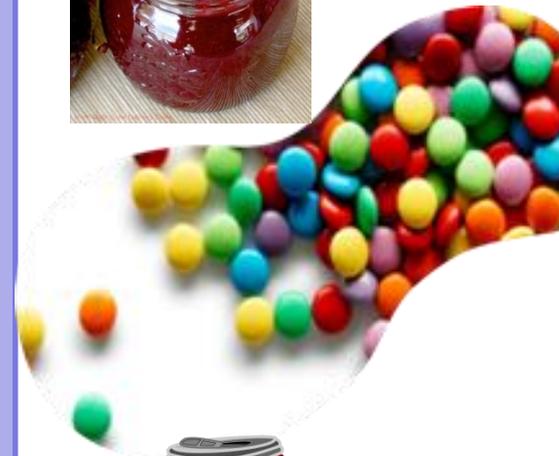
Foods and drinks high in fat and/or sugar

The following foods are high in fat:

- margarine, butter, ghee and other spreads and reduced fat spreads.
- cooking oils and oil-based salad dressings
- Mayonnaise, cream
- fried foods like samosa, kachori, aloo-bonda, namakparas, chips.
- most chocolate, some crisps and biscuits
- pastries, cake, puddings and ice-cream
- rich sauces and gravies.

The following foods are high in sugar:

- soft drinks (not diet drinks)
- sweets
- jam and jelly
- sugar and honey
- cakes, puddings and cream biscuits
- pastries and ice-cream
- Mithais



Foods and drinks high in fat and/or sugar

It is important to have a small amount of fat in the diet, but foods containing a lot of fat will be high in energy. Foods containing high amounts of saturated fat should only be eaten in small amounts.

Sugar adds energy, flavour and sweetness to foods, but frequent consumption of sugar-containing foods and drinks is associated with loss of appetite and an increased tendency towards tooth decay, especially in those with poor dental hygiene.



Composite foods

Many recipes and dishes we eat are made up of foods from more than one group of the healthy eating plate.

These are called composite foods.

Can you think of some examples?

Idli/ dosa & sambhar
Stuffed veg Parantha/
Khathi rolls/ Methi thepla
Sindhi Khadi
Chivda,/ Ragda Pattice
Nutritious Bhel
Pizza



Let's sum it up

A healthy diet includes a large variety of foods from each of the food groups on **The Healthy Eating Plate**. This provides all the nutrients needed.

We should eat more fruits and vegetables and whole grain cereals like roti , khichdi, bhakri, idli,poha,dalia, unpolished rice, potatoes, and other starchy foods.

Main meal dishes are usually made from two or more of these food groups and are called **composite dishes**.





The Healthy Lunch Box



Why a Healthy lunch box?



A healthy lunch every day will provide the child with:

- The energy and nutrients required to grow, develop and learn.
- The key to a balanced, nutritious lunch box is variety.



Dietary goals for healthy Snacks



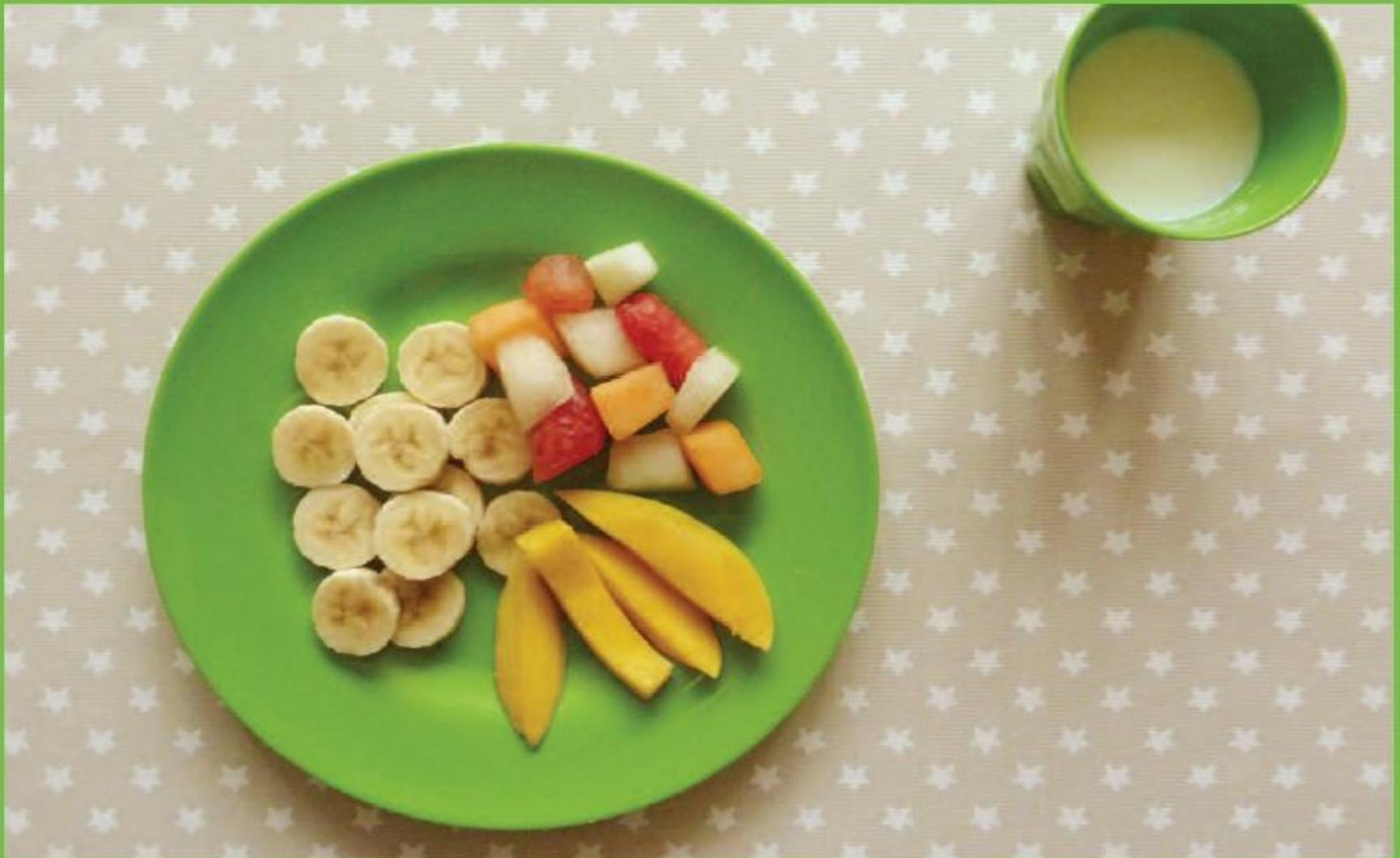
Menu Planning Advice	<p>Plan menus for snacks to ensure that they are varied across a week and that the food provision across the day is balanced.</p> <ul style="list-style-type: none"> ☑ Avoid sweet foods such as cakes, biscuits and confectionery between meals
Food Group	Food and Drink Guidelines
Cereal and Millets	<ul style="list-style-type: none"> ☑ Provide starchy food as part of at least one snack each day. ☑ Provide at least three different varieties of starchy food across snacks each week. ☑ Choose mixtures of cereals and pulses preferably not deep fried.
Fruit and Vegetable	<ul style="list-style-type: none"> ☑ Provide fresh fruit or vegetables as part of some snacks. ☑ Provide a variety of fruit and vegetables across the day, and each week. ☑ Dried fruit should not be provided as part of snacks. ☑ Fruit chunks, vegetable sticks and smoothies/shakes as part of snacks.
Protective and Secondary Proteins	<ul style="list-style-type: none"> ☑ Food from this group provide a useful source of iron and zinc and can be provided as part of snacks once or twice each week. ☑ Children should have three portions of milk and dairy foods each day (including those provided at home), a portion of milk and dairy food can be provided at snack time.
Drinks	<ul style="list-style-type: none"> ☑ Children must have access to fresh drinking water. ☑ Water and milk are the only drinks that should be provided between meals and as part of snacks. ☑ Refreshing drinks like lime juice, <i>cocum</i> and <i>pannah</i> in season could be provided specially in summer.



SNACK Breadsticks with orange wedges and grapes

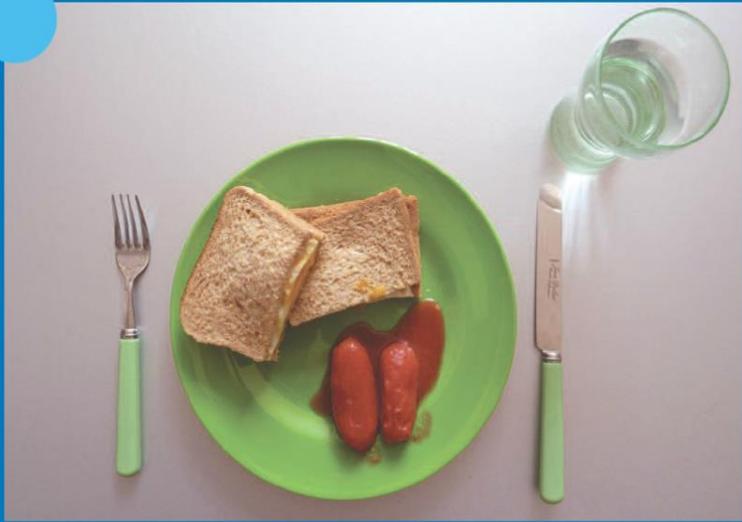


SNACK Fruit platter with mango, banana and melon



Healthy Lunch Box

LIGHT MEAL/SNACK Fried egg sandwich with tomatoes



LIGHT MEAL/SNACK Fried egg sandwich with tomatoes



12-18 year olds

250 kcal

Fried egg sandwich	110g
Tomatoes (canned)	100g
Water	150ml

LIGHT MEAL/SNACK Speedy mini pizza



LIGHT MEAL/SNACK Speedy mini pizza



12-18 year olds

250 kcal

Speedy mini pizza	130g
Water	150ml

Practical tips for healthy, safe and tasty packed lunches



Preparing the packed lunch

- Include your child in shopping, choosing and preparing what goes in their lunchbox, giving them choices within the food groups.
- Wash fruit and vegetables, and remove inedible seeds.
- Keep it fresh. Rinsing slices of apple in dilute lemon juice, for example, will stop the slices from turning brown.
- If fresh fruit/vegetable needs to be cut, keep thick pieces to prevent wilting
- Think sustainably. Use containers and cutlery that can be washed and used again Include your child in shopping, choosing and preparing what goes in their lunchbox, giving them choices within the food groups.
- Label your child's packed lunch with their name.



Healthy Lunch Box



Ideas for Nutritious Snacks

- Choose any traditional snack made with local, seasonal foods. Cereal/pulse combination- Stuffed parantha, palak puri, thalipeeth, brown bread, thepla, idli, dhokla.
- Dairy foods such as cheese or plain curd with added fruit/vegetables/boondi.
- Fresh fruits such as peas, apple slices, banana, seedless grapes, slices of melon, mango, pineapple, plums or berries such as strawberries and raspberries. The fruit from canned fruit in juice can be added to flavour curds.
- Raw vegetables such as peeled carrots, sweet pepper, tomato, cucumber or celery, with dips such as hummus or yoghurt.
- Home made plain popcorn, chiwda, bhel mixture.
- Mathri, shakarpari, rawa besan laddoo, chakli, chikki, murukku Idli, dosa.
- Dairy foods such as *mishti doi*, plain curd with added fruit.





Ideas for a healthy lunch Boxverd

A packed lunch should contain:

- **A starchy food.** For example, any sort of roti, bread, rice preparations or wraps.
- **A protein food:** such as whole pulses or their products, dal, sprouts, paneer, cheese, tofu, egg, chicken , fish or peanut butter.
- **One portion of vegetables.** For e.g. Cooked vegetables or salad.
- **One portion of fresh or canned fruit** or fresh fruit juice.
- **A drink.** Water, milk or fresh fruit juice are good choices.

Two or more foods could be combined together for e.g. Paneer parantha

Additional snacks: such as plain popcorn, breadsticks, unsalted nuts, pumpkin or sunflower seeds, etc. could be added occasionally and curd provides a good source of calcium. For people who have higher energy needs, some more energy-dense foods like peanut chikki could be included.



Paneer and sweet corn vegetable sandwich with pineapple chunks



Healthy Lunch Box





Indian Food Choices for Lunch Box

Healthy Foods

- Dry vegetable, vegetable curries, vegetables and pulse mixed baji, dal, channa dal, rajma, chhole, sprouts, usal, mixed pulses, usad, black eyed beans, sambhar.
- Tandoori chicken, baked/roast chicken/ fish.
- plain boiled rice, rice preparations like lemon rice, curd rice, etc. chapatti or roti.
- Curd, raita, dahi bada, buttermilk.
- Green salad, whole / cut fruit.

Unhealthy Foods

- Papadums
- fried foods such as samosas and onion bhajias
- oily, creamy or coconut-based gravies (such as korma)
- fried rices (such as pilau rice)
- breads which have a lot of fat added (such as stuffed naan breads)



Chinese & Italian Food Choices

Healthy Foods

- Stir-fried chicken, vegetable or prawn chop suey,
- Steamed fish,
- Vegetable dishes,
- Boiled noodles,
- Dishes with steamed tofu.

Pizzas:

- Choose thin-crust pizzas,
- Pizzas without cheese in the crust.
- Add more vegetable or fish toppings instead.
- Encourage eating a salad with the pizza.

Unhealthy Foods

- ~~Battered dishes (for example, sweet and sour chicken, battered bananas or apple fritters),~~
- ~~spring rolls and prawn crackers.~~
- ~~Avoid fried rice dishes and~~
- ~~fried noodles.~~

- **Pizzas:**
- **Avoid having extra cheese, pepperoni or salami.**





Healthy Fast Food choices

Burgers :Go for standard rather than 'super-size' options. Choose a plain burger in a bun with a salad.

- Avoid extra cheese or mayonnaise, thick milkshakes, chicken nuggets or other battered dishes such as onion rings. Avoid French fries.

- Sandwiches:** Look for sandwiches that don't contain mayonnaise. Check the nutritional content of sandwiches on the label, so choose those lower in fat and salt. Prefer brown or multi grain bread.

- Salads:** Some ready-prepared salad bowls have a lot of mayonnaise and may be designed for two people. Check the labels for lower-fat single portions.

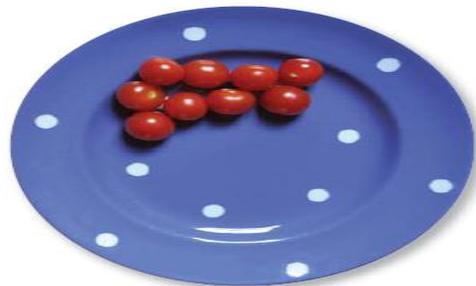


ACTIVITIES

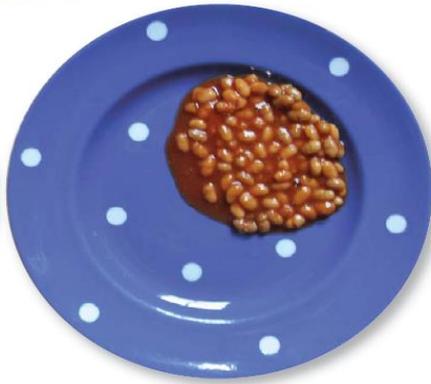




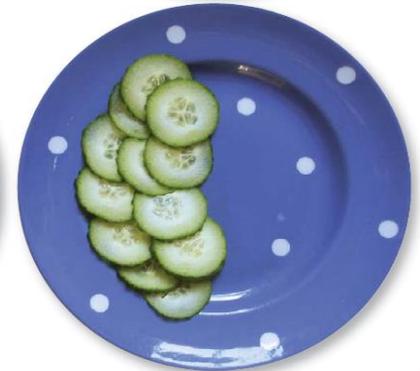
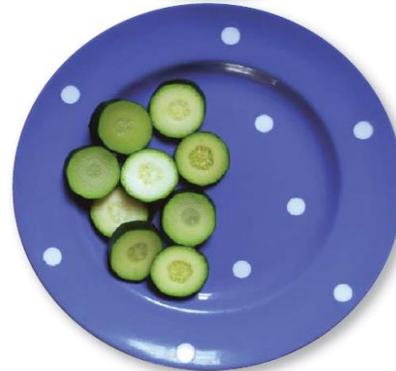
Fruit and vegetables: portion sizes for 5-11 year olds



VEGETABLES



VEGETABLES



FRUITS



FRUITS





How to Choose Healthy

Don't Eat This!

White Bread

Soda

Juice

Sausage

Double Cheeseburger

Pepperoni Pizza

Ribs

Wings

Full of Sugar

Low in Fiber

Oily!

Lots of Fat

Eat This!

Green Beans

Spinach

Banana

Orange

Apple

Carrots

Baked Fish

Low-fat Yogurt

Low-fat or Natural Peanut Butter

Cheese

Egg

Yams

Corn

Water

Full of Vitamins

Helps You Grow

1/2 vegetable

1/4 protein

1/4 starch

Full of Fiber

pulses

sprouts

Activity 2. Check your progress Poster

The Healthy Eating Plate



EU-India Capacity Building Initiative for Trade Development (CITD)



Thank you

