Nutrition For Healthy Life

Healthy Affordable Diet for All

Diet Book

The MSN Group Initiative Towards a Healthier World

- Know your BMI
- About Nutrition
- Ways to lead a healthy lifestyle
- Ideal body Weight & Height
- Calorie Needs for Women
- Calorie Needs for Men
- Healthy balanced diet for everyone
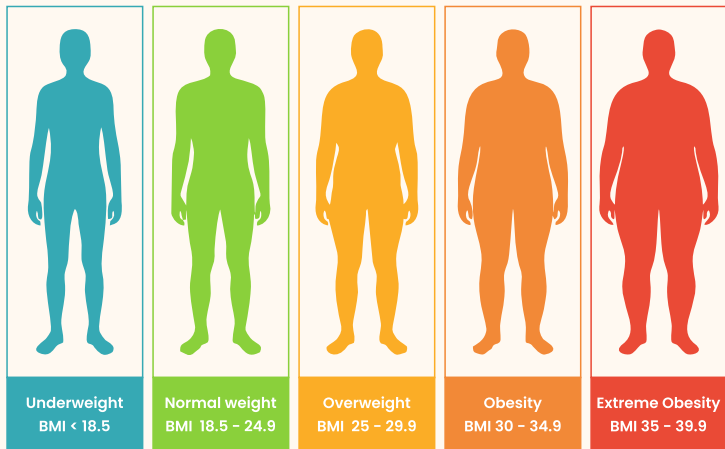- Diabetic Diet
- Weight Loss Diet Plan

Introducing the journey to a healthier you! Embark on a journey to transform the way you think about food. No more counting calories or depriving yourself of the flavors you love.

Just know yourself and eat right!
Let's dive right in!...

Calculate your BMI

BMI = Your weight in kg / (Your Height in meter)2

Know about yourself- Indian BMI Chart

BODY MASS INDEX

Underweight	Normal weight	Overweight	Obesity	Extreme Obesity
BMI < 18.5	BMI 18.5 – 24.9	BMI 25 – 29.9	BMI 30 – 34.9	BMI 35 – 39.9

About Nutrition

Nutrition is the process of providing or obtaining the food necessary for health and growth . It is a critical part of health and development, and better nutrition is related to improved infant, child, and maternal health, stronger immune systems, safer pregnancy and childbirth, lower risk of non-communicable diseases (such as diabetes and cardiovascular disease), and longevity.

WAYS TO LEAD A HEALTHY LIFESTYLE

Eat healthy food

Eat a combination of different foods, including fruit, vegetables, legumes, nuts and whole grains.

Reduce the amount of salt and sugar

Reduce your salt intake to 5g per day. In both adults and children, the intake of free sugars should be reduced to less than 10% of total energy intake.

Reduce intake of fats

Fats consumed should be less than 30% of your total energy intake.

Don't drink

There is no safe level for drinking alcohol.

Don't smoke

Smoking tobacco causes NCDs such as lung disease, heart disease and stroke.

Be active

Physical activity is defined as any bodily movement produced by skeletal muscles that requires energy expenditure.

Let food be thy medicine &

Let thy medicine be food

IDEAL BODY WEIGHT ACCORDING TO THEIR HEIGHT

HEIGHT	WEIGHT	
	MEN	WOMEN
4'11 INCH	47 – 50 KGS	45 KGS
5'0 INCH	50 – 52 KGS	49 KGS
5'1 INCH	53 – 55 KGS	52 KGS
5'2 INCH	55 –57 KGS	54 KGS
5'3 INCH	57 –60 KGS	60 KGS
5'4 INCH	60 – 62 KGS	62 KGS
5'5 INCH	62 – 65 KGS	64 KGS
5'6 INCH	65 – 67 KGS	66 KGS
5'7 INCH	67 – 70 KGS	69 KGS
5'8 INCH	70 – 72 KGS	72 KGS
5'9 INCH	72 – 75 KGS	75 KGS
5'10 INCH	75 – 77 KGS	77 KGS
5'11 INCH	80 – 82 KGS	80 KGS
6' 0 INCH	82 –85 KGS	82 KGS

ACCORDING TO RDA(RECOMMENDED DIETARY ALLOWANCES) FOR INDIANS

Calorie Needs for Women

AGE	SEDENTARY	MODERATE	HEAVY
19 – 30	1800 – 2000	2000 – 2200	2400
31 – 50	1800	2000	2200
51+	1600	1800	2000 – 2200

Calorie Needs for Men

AGE	SEDENTARY	MODERATE	HEAVY
19 – 30	2400 – 2600	2600 – 2800	3000
31 – 50	2200 – 2400	2400 – 2600	2800 – 3000
51+	2000 – 2200	2200 – 2400	2400 – 2800

Based on your height if your weight is normal
Then burning calories should be 500 - 1000/day

But if your weight is more then consume
less calories and burn more calories

HEALTHY BALANCED DIET

TIME	MENU
6.00 AM	MILK(1 CUP)/COFFEE(1 CUP)/TEA(1 CUP) NOT MORE THAN 200ML
8.00 AM	IDLY (4PCS)/DOSA (2 NO)/ VEG SANDWICH(4 SLICES)/ UPMA(1 CUP) WITH ANY CHUTNEY
11.00 AM	ANY PORRIDGE(JAVA)(150ML)/ANY VEG SALAD(1 CUP)
1.00 PM	RICE(200 – 250 GM) (OR) CHAPATHI(2-3 PCS)/ 1 SERVING OF VEGGIES & 1 SERVING OF DAL,CURD(50 - 70 GM)
4.00 PM	2 SERVINGS OF FRUIT/ TEA(1 CUP) WITH BISCUITS(5 NO)/ NUTS
8.00 PM	SAME AS LUNCH
10.00 PM	MILK / BUTTERMILK
	THE ABOVE BALANCED DIET CONTAINS 1700-2000 CALORIES

Do's

- Prefer Small & Frequent Meals
- Include at least 2 servings of Fruit / Day
- Include 2 servings of veggies in Day
- Include 300 mL of Milk/ Day
- Include a fistful of nuts seeds in day
- Include 9 glasses of Water/ Day
- Include lean meat like skinless chicken twice in a week
- Include fish weekly twice, egg white can have daily

Don'ts

- Don't consume red meat
- Don't prefer big meals at a time
- Don't prefer outside food
- Consume less oily foods
- Don't drink tea immediately after lunch or dinner

Eat slowly and stop eating when you're 80% full.

Save the starchy carbohydrates for after your exercise.

Choose mostly whole foods with minimal processing.

Choose local or organic foods when possible.

Use smaller or larger plates based on your body size.

DIABETIC DIET

TIME	MENU
6.00 AM	MILK/ TEA/ COFFEE (WITHOUT SUGAR) 100ML
8.00 AM	IDLY WITH VEGETABLE(3 PCS)/DOSA (2 NO)/UPMA/ PHULKA (2 NO) WITH VEG CURRY/NO COCONUT AND GROUNDNUT CHUTNEYS
11.00 AM	OATS JAVA/ JOWAR PORRIDGE/DIABETICALLY SAFE FRUIT(100GM)
1.30 PM	BROWN RICE (150 GM)& VEG CURRY (100GM) & LEAFY VEG DHAL(100GM)& BUTTERMILK(100ML)
4.30 PM	VEG SALAD/SPROUTS SALAD/PUFFED RICE/ POHA
6.00 PM	GREEN TEA/ TEA WITH BISCUITS
8.00 PM	PREFER ONLY WHEAT OR JOWAR PRODUCTS AT NIGHT WITH MORE VEGETABLE CURRY
9.30 PM	MILK/BUTTER MILK

THE ABOVE DIABETIC DIET CONTAINS 1600 – 1700 K.CAL OF ENERGY

INSTRUCTIONS

1. Eat small and frequent meals to control your sugars

2. Completely avoid the simple carbs, prefer complex carbs (no sugar, honey and Jaggery)

3. Include more fiber to control your hunger panics

4. Include apple, guava, papaya, pomegranate, musk melon and watermelon only one fruit per day

5. Don't include mango, chikoo, custard apple, banana, jack fruit and grapes

6. Don't include rice in night times

7. Include more of fiber foods like vegetables

8. At least 45 min of physical activity to control your sugars

9. Don't include deep fried and madhya products

10. Prefer fruits than fruit juices

11. Include chicken and fish weekly once (75 - 120 gm)

12. Egg white can have daily, with yellow weekly once

WEIGHT LOSS DIET PLAN (LOW CALORIE DIET PLAN)

TIME	MENU
6.00 AM	GREEN TEA/LEMON TEA/ BLACK TEA(100ML)
8.00 AM	IDLY (3)/ DOSA(1 1/2)/WHEAT UPMA(1 CUP)/OATS PORRIDGE(1 CUP) ANY VEG CHUTNEY (NO COCONUT AND GROUNDNUT CHUTNEY)
10.30 AM	BUTTER MILK/ MARIE GOLD BISCUITS 3/LEMON WATER(1 CUP)/ VEG SALAD
1.00 PM	VEG SALAD BROWN RICE (1 CUP) + VEG CURRY(1 CUP)+DAL WITH GREEN(1 CUP)+BUTTERMILK
4.00 PM	TEA/COFFEE/VED SALAD/FRUIT(PERMITTED)/VEG SOUP/PUFFED RICE
8.00 PM	PHULKA (2NO)+VEG CURRY + DAL(OR) DALIA WITH VEGETABLES
9.00 PM	BUTTERMILK
THE ABOVE LOW CALORIE DIET CONTAINS 1500 K.CAL OF ENERGY	

INSTRUCTIONS

1. Have small and frequent meals

2. Skimmed milk is prefer than whole milk

3. One Serving Of Permitted Fruits Like Apple ,guava, papaya, pomegranate, musk melon and watermelon (only One Fruit Per Day)

4. Chicken without skin and fish can be consumed once in a week

5. Physical activity at least 45 min to 1 hr (based your capacity you can increase the activity)

FOODS TO AVOID

Cakes, Ice Creams & Soft Drinks

High Calorie Fruits Like Mango, Chikoo, Custard Apple, Banana, Jack Fruit & Grapes

Chips, Samosa, Vada & Baji

Sweets & Dry Fruits like Pista & Cashew

Butter, Ghee & Dalda

No Red meat & out side foods (deep Fried)