



DAY BALANCED DIET CHART

HEALTH IS CHOICE, NOT CHANCE



A balanced diet provides the right amount of nutrients—carbohydrates, proteins, fats, vitamins, minerals, fibre and water—which are essential for growth, strong immunity, good concentration and overall well-being.

DAILY MEAL PLAN



1. BREAKFAST

The most important meal of the day.



WHAT TO EAT (EXAMPLE)

- 2 Veg stuffed parathas / Poha / Vegetable upma / Oats
- 1 glass milk
- 1 fruit (banana / apple / papaya)
- 5-6 soaked nuts (almonds / walnuts)

WHAT IT PROVIDES

- Energy for the day
- Improves concentration
- Supports growth



2. MID-MORNING SNACK

Keeps you active till lunch.



WHAT TO EAT (EXAMPLE)

- 1 fruit (any seasonal fruit)
- 1 glass buttermilk / coconut water / fresh juice
- OR handful of roasted chana / makhana / nuts

WHAT IT PROVIDES

- Instant energy
- Hydration
- Vitamins & minerals



3. LUNCH

Main meal for strength and sustained energy.



WHAT TO EAT (EXAMPLE)

- 2-3 chapatis / 1 cup cooked rice
- 1 bowl dal / rajma / chole
- 1 bowl vegetable (green veggies)
- Salad (cucumber, carrot, tomato)
- 1 bowl curd / chaas

WHAT IT PROVIDES

- Protein for growth
- Calcium for strong bones
- Fibre for better digestion
- Long-lasting energy



4. EVENING SNACK

Recharges your energy after school.



WHAT TO EAT (EXAMPLE)

- Vegetable sandwich / sprouts chaat / besan chilla / poha
- 1 glass milk / lemon water / herbal drink
- 1 fruit (if needed)

WHAT IT PROVIDES

- Restores energy
- Supports muscle health
- Good for overall health



5. DINNER

Light yet nutritious for good sleep and recovery.



WHAT TO EAT (EXAMPLE)

- 2 chapatis / 1 cup rice / khichdi
- 1 bowl dal / kadhi / sambar
- 1 bowl cooked vegetables
- Salad / boiled vegetables

WHAT IT PROVIDES

- Easy digestion
- Nutrients for repair & growth
- Better sleep



6. BEDTIME (OPTIONAL)

Helps in sound sleep and bone health.



WHAT TO HAVE

- 1 glass warm milk
- OR 2-3 soaked almonds

WHAT IT PROVIDES

- Calcium for bones
- Helps relaxation & better sleep

GENERAL TIPS

- ✓ Eat home-cooked, fresh and seasonal food.
- ✓ Eat on time and do not skip meals.
- ✓ Include food from all food groups every day.
- ✓ Limit junk food, packaged food and sugary drinks.
- ✓ Chew food well and eat slowly.
- ✓ Exercise or play outdoors daily.

DRINK ENOUGH WATER

8-10 glasses of water daily (more in summers or after play).



Stay hydrated, stay healthy!

A BALANCED PLATE EVERY DAY

Include a variety of:

- Carbohydrates – energy (roti, rice, oats, etc.)
- Proteins – growth (dal, beans, eggs, paneer, etc.)
- Good Fats – brain health (nuts, seeds, ghee, etc.)
- Vitamins & Minerals – immunity (fruits, vegetables)
- Fibre – digestion (whole grains, fruits, veggies)



★ A balanced diet today, a healthier and brighter tomorrow! ★



MY PLATE- MY FATE

Staying healthy is a moral priority to enjoy a meaningful & purposeful life.

A balanced diet includes the right amount of Proteins, Carbohydrates, Fats and Fibre. Eat a variety of foods every day for good health, energy and strong body & mind.



PROTEINS

Affordable & Easy Available

Help in growth, repair of body tissues, build muscles and boost immunity.



1. Dal (Lentils)

Moong, Masoor, Toor, Chana Dal



2. Chickpeas (Chana)

Boiled kala chana or white chana



3. Paneer

Homemade paneer (Cottage cheese)



4. Eggs

Boiled eggs are a cheap & healthy protein source

GOOD FOR

- ✓ Strong muscles
- ✓ Healthy skin & hair
- ✓ Better immunity
- ✓ Overall growth

CARBOHYDRATES

Affordable & Easy Available

Main source of energy for the body and brain. Helps in daily activities and good concentration.



1. Rice

Steamed rice (Brown rice if possible)



2. Roti (Chapati)

Made from whole wheat flour



3. Oats / Daliya

Quick oats or daliya (Broken wheat)



4. Potatoes

Boiled or roasted potatoes

GOOD FOR

- ✓ Instant energy
- ✓ Better brain function
- ✓ Keeps you active
- ✓ Helps in growth

FATS

Affordable & Easy Available

Provide energy, support brain function, help in absorption of vitamins and keep skin healthy.



1. Mustard Oil / Groundnut Oil

Use in cooking (in moderate amount)



2. Peanuts

Roasted peanuts or peanut chutney



3. Nuts & Seeds

Almonds, walnuts, sunflower or pumpkin seeds



4. Ghee / Butter

Small amount of ghee or butter

GOOD FOR

- ✓ Healthy heart
- ✓ Brain development
- ✓ Good skin & hair
- ✓ Keeps you energetic

FIBRE

Affordable & Easy Available

Aids digestion, prevents constipation, keeps you full for longer and supports heart health.



1. Vegetables

Carrot, spinach, beans, cabbage, cauliflower, bottle gourd, etc.



2. Fruits

Banana, apple, guava, papaya, orange, watermelon, etc.



3. Whole Grains

Whole wheat, brown rice, oats, daliya, millets (like bajra, jowar)



4. Sprouts

Moong, matki, chana sprouts

GOOD FOR

- ✓ Better digestion
- ✓ Prevents constipation
- ✓ Helps in weight management
- ✓ Keeps heart healthy

Affordable & Easy Available

1. EAT BALANCED MEALS



Include all nutrients in every meal.

2. DRINK ENOUGH WATER



Drink 6-8 glasses of water daily.

3. DON'T SKIP BREAKFAST



A healthy breakfast improves focus and memory.

4. STAY ACTIVE



Play my ACTIVE, walk or exercise for at least 30-60 minutes daily.

5. SLEEP WELL



Get 7-8 hours of good sleep every night.

6. EAT SEASONAL & HOME-COOKED FOOD



It's healthy, hygienic and budget-friendly.

7. LIMIT JUNK FOOD & SUGARY DRINKS



Choose healthy snacks like fruits, nuts or sprouts.

REMEMBER

Prefer simple, affordable & seasonable food items

