

Sample Balanced Diet

By Ami Upadhyay (<http://thehealthyfood.net>)

6-6.30 am: (Within half hour of waking up) – any mid size fruit. (mango, apple, banana, bowl of papaya, muskmelon, watermelon, orange,)

7.30-8 am: (within an hour of meal 1) serving of carbs with lean protein (museli/oat, poha, upma, sandwich, idli-sambhar, dosa, pancakes, sprouts salad) + milk products (Milk, cheese, curds)

9.30 – 11 am: (mid meal) handful of peanuts/chana/almonds/walnuts/khakhra etc

12.30 – 1 pm: (Lunch) 3-4 chapati/1 tbsp rice + 1 bowl dal/pulses + 1 bowl vegetable(leafy one is preferred) + few pieces of raw veggies (salad)

2.30 -3 pm: (mid meal) 1 bowl curd/ 1 cup milk/ 1 cheese slice

4.30 – 5 pm: (mid meal) Brown bread sandwich/ khakhra with cheese spread/ dhokla / idli /plain dosa

6.30- 7 pm: (mid meal) any fruit/ milk/ butter milk

Now this meal should contain least carbohydrate. And at least one milk product to ensure good sleep at night.

8- 8.30 (dinner) : 1-2 chapati / 1 tbsp long grain rice + dal + salad + 1 bowl veg.

For elderly people or someone who works late at night, they should take one more meal.

10- 10.30 – 1 glass plain milk.