ICMR- National Institute of Nutrition
Indian Council of Medical Research
Department of Health Research, MoHFW, GoI

Daily Menu for Infant

Breastmilk

Mid morning (10-11 am)

Rice with dal

(Rice 10g, Redgram 5g
Spinach 20g, Oil/Ghee 5g)

Breastmilk

Afternoon (1 pm)

Steamed & Mashed Apple (50 g)

(6-8 Months)
(Total calories required 650 Kcal/day)

Breastmilk

Evening (4-5pm)

Kichidi

Wheat 10g, Rajmah 5g
Amaranth 20g
Oil/Ghee 5g

Breastmilk

- Calories from suggested complementary foods 230 KCal / Day.
- Timings mentioned for suggestive purpose only
- Suggestions are for Complementary foods which should be given along with breastmilk

ICMR- National Institute of Nutrition
Indian Council of Medical Research
Department of Health Research, MoHFW, GoI

Daily Menu for Infant

Breastmilk

Mid morning (10-11 am)

Rice with dal

Rice 20g, Redgram 10g
Spinach 20g
Groundnut 5g,Oil/Ghee 5g

Breastmilk

Afternoon (1 pm)

Steamed & Mashed Apple (100 g)

Breastmilk

(9-12 Months)
(Total calories required 720 Kcal/day)

Evening (4-5pm)

Kichidi

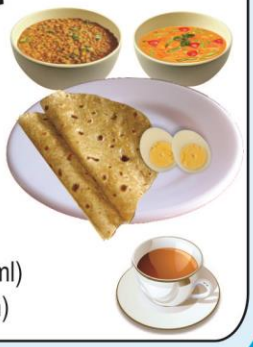
(Wheat 20g, Chana 10g
Bottle gourd 25g
Groundnut 5g, Oil/Ghee 5g)

- Calories from suggested complementary foods 400 Kcal / Day.
- Timings mentioned for suggestive purpose only
- Suggestions are for Complementary foods which should be given along with breastmilk

ICMR- National Institute of Nutrition
Indian Council of Medical Research
Department of Health Research, MoHFW, GoI

Daily Menu for Sedentary Women

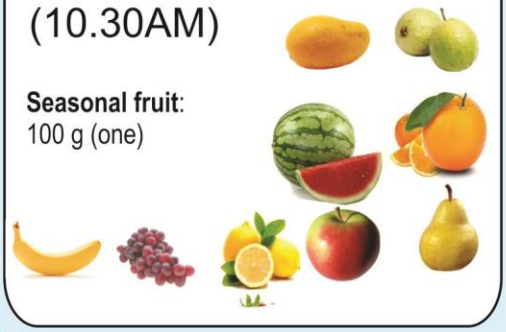
1 Breakfast (8.00 AM)



2 parathas or
1-11/4 Katori dalia
(Cereals raw: 60g
Pulses raw: 15 g)
***Egg**: 50 g (One)
Tea/Coffee: (Milk -50 ml)
Sugar -5g (1Tea spoon)

2 Snack (10.30AM)

Seasonal fruit:
100 g (one)



Sedentary Woman
(1900 kcal)

5 Dinner (8:00 PM)

1-1½ Katori Rice/
3 Roti or phulkas
(Cereals raw: 75 g
Pulses raw: 20 g
(1/2 Katori)
Green leafy vegetable raw: 50 g (1/4 katori)
Vegetables raw: 100g (1/2 Katori)
Curd/ Milk: 100ml (1/2 Katori)

3 Lunch (1.00 PM)

1 ¾ Katori Rice/3 Roti
(Cereals raw: 90g)
***Flesh foods/ Dal**: 25 g
(1/2 Katori Chicken/meat)
Green leafy vegetable raw: 50 g
Vegetables raw: 100 g (1/2 Katori)
Curd: 100 ml (1/2 Katori)
Salad: 50g

4 Evening (4.00 PM)

Nuts: 30 g (1/4 cup)
Vegetables/ Seasonal fruits 50g
Tea / coffee (Optional)
(Vegetables-preferably in cooked form)

*Measures: 1 cup / Katori =100 ml
* non-veg items like fish/ egg/ chicken can be consumed as per social acceptability & availability
In the meal preparation 20g oil and 5g iodised salt can be used

ICMR- National Institute of Nutrition
Indian Council of Medical Research
Department of Health Research, MoHFW, GoI

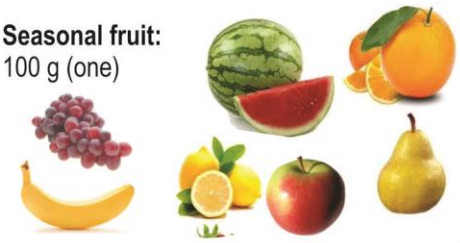
Daily Menu for Sedentary Men

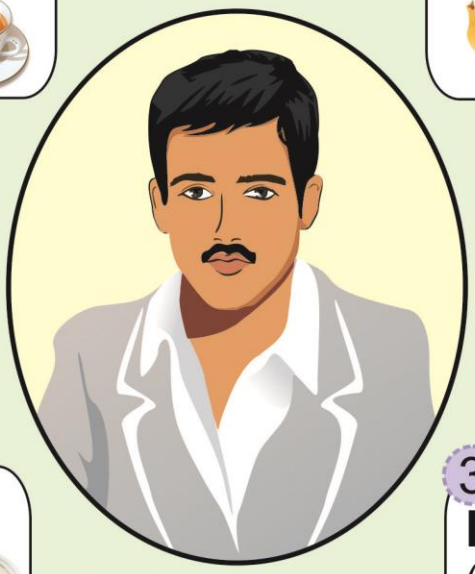
1 Breakfast
(8.00 AM)

3 parathas or
1-1½ Katori dalia
(Cereals (raw): 75g
Pulses (raw): 20 g)
***Egg:** 50 g (One)
Tea/Coffee: (Milk -100 ml
Sugar -5g (1Tea spoon)

2 Snack
(10.30AM)

Seasonal fruit:
100 g (one)





Sedentary Man
(2200 kcal)

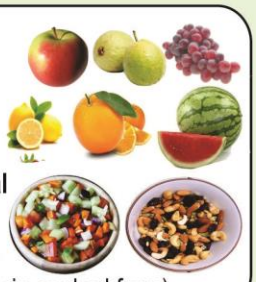
5 Dinner
(8:00 PM)

2 Katori Rice/
4 Roti or phulkas
(Cereals raw: 90 g
Pulses raw: 25 g
(1/2 Katori)
Green leafy vegetable raw: 50 g (1/4 katori)
Vegetables raw: 150g (1/2 Katori)
Curd/ Milk: 100ml (1/2 Katori)

3 Lunch
(1.00 PM)

3 Katori Rice/4 Roti
(Cereals raw: 100 g)
***Flesh foods/ Dal:** 30 g
(1/2 Katori Chicken/meat)/ Dal
Green leafy vegetable raw: 50 g
Vegetables raw: 100 g (1/2 Katori)
Salads: 50g
Curd: 100 ml (1/2 Katori)

4 Evening
(4.00 PM)



Nuts: 30 g (1/4 cup)
Vegetables/ Seasonal fruits 50g
Tea / coffee (Optional)
(Vegetables-preferably in cooked form)

*Measures: 1 cup / Katori =100 ml
* non-veg items like fish/ egg/ chicken can be consumed as per social acceptability & availability
In the meal preparation 25g oil and 5g iodised salt can be used