Dietary Guidelines for Indians - A Manual

CONTENTS

Foreword

Preface

Introduction

Current Diet and Nutrition Scenario

Dietary Goals

Dietary Guidelines

Nutritionally Adequate Diet

Additional Food during Pregnancy and Lactation

Breast-Feeding Practices

Weaning of Infants

Appropriate Diet for Children and Adolescents

Green Leafy and Other Vegetables and Fruits

Cooking Oils and Other Fats

Desirable Body Weight and Obesity

Use of Salt

Food Safety

Food Concepts and Cooking Practices

Water and Other Beverages

Processed and Ready-to-Eat Foods

Nutrient-Rich foods for the Elderly

Annexures

- 1. RDAs-Mancronutrients, Minerals and Vitamins
- 2. Nutrients Rich Foods
- 3. Portion Sizes and Menu Plan
- 4. Exercise and Physical Activity

Suggested Books for Further Reading

Glossary

Back | Home

