

My Plate for the Day

Promotes Health

Prevents Hidden Hunger and Protects from Diseases



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- Consumption of proportions of food groups indicated in the plate helps prevent macronutrient & micronutrient malnutrition (**Hidden Hunger**)
- The proportion indicated in the plate ensures adequate intake of all micronutrients (vitamins & minerals), bioactive compounds, functional foods, antioxidants etc.
- No vitamin or mineral (micronutrients) supplements will provide the adequacy of all nutrients that can be met from this model plate
- Routine consumption of certain nutrients as supplements will interfere with absorption of other nutrients
- Micronutrients from food are better absorbed and more bioavailable than vitamin and mineral supplements/tablets/capsules/fortification
- A complete diet as indicated in the model plate provides many unknown substances/nutrients that cannot be met from supplements or fortified foods

Regular consumption of foods in proportions as per the model plate

- improves immunity and resistance to infections
- maintains good microbial flora (beneficial bacteria in the intestine)
- prevents Diabetes Mellitus, Cardiovascular Diseases (CVDs) such as heart attack, stroke and many other diseases
- maintains appropriate alkalinity and thereby reduces inflammation and decreases chances of kidney stone formation
- prevents insulin resistance and maintains appropriate insulin sensitivity and glycaemic index
- ensures adequate intake of fibre and therefore prevents constipation
- prevents adverse effects of environmental pollution and toxins such as heavy metals and pesticides by working as a detoxifying diet

Food Groups	Foods to be consumed/ day (Weight of raw foods in g)	Percent of total calories/ day from each food group	Total Calories/ day (Kcal) from each food group	Total protein/ day (g) from each food group
Cereals (Incl. Nutricereals)	270	45	900	20
Pulses*	90	17	340	21
Milk/ Curd	300	10	200	10
Vegetables ⁺	350	5	100	4
Fruits [#]	150	3	67	1
Nuts & seeds	20	8	150	4
Fats & Oils [♦]	27	12	243	-

* Eggs/fish/meat can substitute pulses

+ Prescribed amount of vegetables may be consumed either in cooked form/ salad

Prefer fresh fruits (avoid juices)

♦ Use different varieties of cooking oils (don't use just one type of oil)

- 'My Plate for the day' represents proportions of different food groups for meeting ~2000 Kcal
- Individuals trying to reduce weight may cut-down on cereal intake
- The meal plan is not for any specific medical condition

NOTE: All raw vegetables and fruits should be thoroughly washed before cutting or peeling



शताब्दी वर्ष CENTENARY YEAR

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Empowering the Nation through Nutrition

