



सत्यमेव जयते

ग्रामीण विकास मंत्रालय  
भारत सरकार



# BALANCED AND DIVERSE DIET FOR THE FAMILY

*Flipbook for SHG Meetings*



**Deendayal Antyodaya Yojana – National Rural Livelihoods Mission (DAY-NRLM)**

Ministry of Rural Development, Government of India

# INSTRUCTIONS FOR THE FACILITATOR



- Each Flipbook has a facilitator guide attached, please read the guide thoroughly to familiarize yourself with the contents of the session.
- The facilitator guide provides additional information on the topic so that the facilitator is equipped to address any questions, doubts raised by participants while the session is rolled out.

## Start the session by greeting the participants and informing them about this session

- Each card has two sides. The front pictorial side is illustrated for the participants.
- The back with descriptive messages, is for the facilitator to read, understand and explain to the participants.
- The facilitator must display the pictorial side to the participants first and ask what they understand. The Flipbook should be passed around the group members, if the pictures are small and difficult to see from a distance.
- After that, the facilitator should explain the message related to the picture.
- In case a participant has any query, the facilitator must patiently try to listen, understand and address the query.
- After a detailed explanation of the flipbook content, the facilitator should check understanding among the participants by asking questions and re-iterating the key messages.





# **SECRET OF A NUTRITIONALLY ADEQUATE DIET IS IN THE PRINCIPLES OF DIETARY DIVERSITY**





## Initiate discussion with the group on –

- What are the ten food groups?
- Why Is it necessary to have more number of food groups in our daily diet?

The food we eat everyday is divided into groups based on the key nutrients that they provide. It is important to understand these groups so that we include different food groups in our diet and ensure that key nutrient requirements for the day are met through the food we eat. We will learn about the 10 food groups that everyday food has been divided into, and its benefits.

The benefits of each diet group are different, so it is very important to include at least 5 food groups out of 10 per day.

In this session we will discuss dietary recommendations for the family along with considerations on do's and don'ts.





# 10 FOOD GROUPS

The benefits of each food group are different, so it is very important to include at least 5 food groups out of 10 in a day's meal

**GROUP-1**

**Cereals and Roots**



**GROUP-2**

**Pulses and Beans**



**GROUP-3**

**Dry Fruits and Seeds**



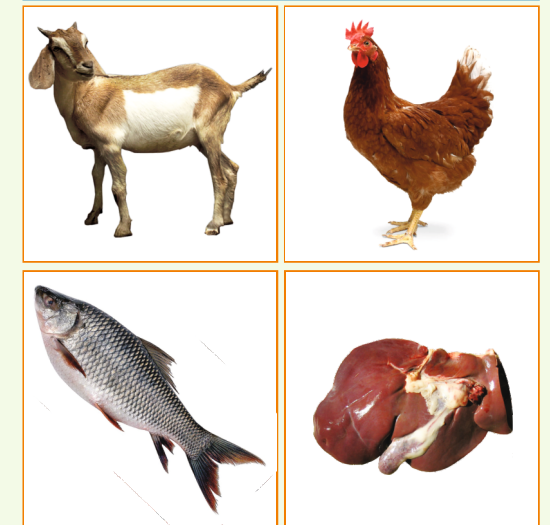
**GROUP-4**

**Milk and Milk products**



**GROUP-5**

**Meat and Fish**



**GROUP-6**

**Eggs**



**GROUP-7**

**Green Leafy Vegetables**



**GROUP-8**

**Red-Yellow Fruits & Vegetables**



**GROUP-9**

**Other Vegetables**



**GROUP-10**

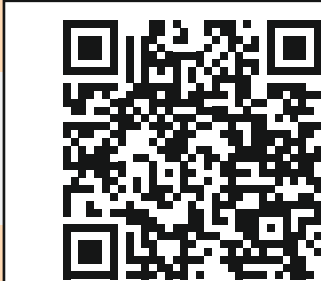
**Other Fruits**





# BENEFITS OF DIFFERENT FOOD GROUPS

Group No.	Food Group	Benefits of Food Groups
1.	Cereals and Roots	Provides energy to perform daily tasks
2.	Pulses and Beans	For physical and muscular development
3.	Dry Fruits and Seeds	For physical development and fighting diseases
4.	Milk and Milk products	For strength of teeth and bones
5.	Meat and Fish	To provide energy, increase physical development and blood
6.	Eggs	For physical growth and sharp mind
7.	Green Leafy Vegetables	To increase blood and fight diseases
8.	Red-Yellow Fruits & Vegetables	For healthy eyes and fight diseases
9.	Other Vegetables	To fight diseases
10.	Other Fruits	To fight diseases













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# BENEFITS OF DIFFERENT FOOD GROUPS

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8.		For healthy eyes and fight diseases
9.		To fight diseases
10.		To fight diseases



# BALANCED DIET – FOOD PLATE FOR A DAY'S MENU

**Balanced diet – Initiate the topic by asking the group about essential food items that should be part of daily diet and their quantities**

**A diet consisting of a variety of different types of food and providing adequate amounts of the nutrients necessary for good health is considered balanced.**

Your daily food plate should contain:

- One third portion of your daily diet should consist of cereals.
- Another one third portion should consist of seasonal and green leafy vegetables.
- The remaining portion of your daily diet should comprise of pulses/meat products.
- Use 4-5 teaspoons of sugar and oil in a day.
- Eat one seasonal fruit daily and consume milk and milk products.
- Those who do not consume meat or eggs; should eat pulses, soyabeans, milk and milk products in larger quantities.





# BALANCED DIET – FOOD PLATE FOR A DAY'S MENU



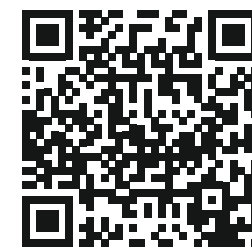
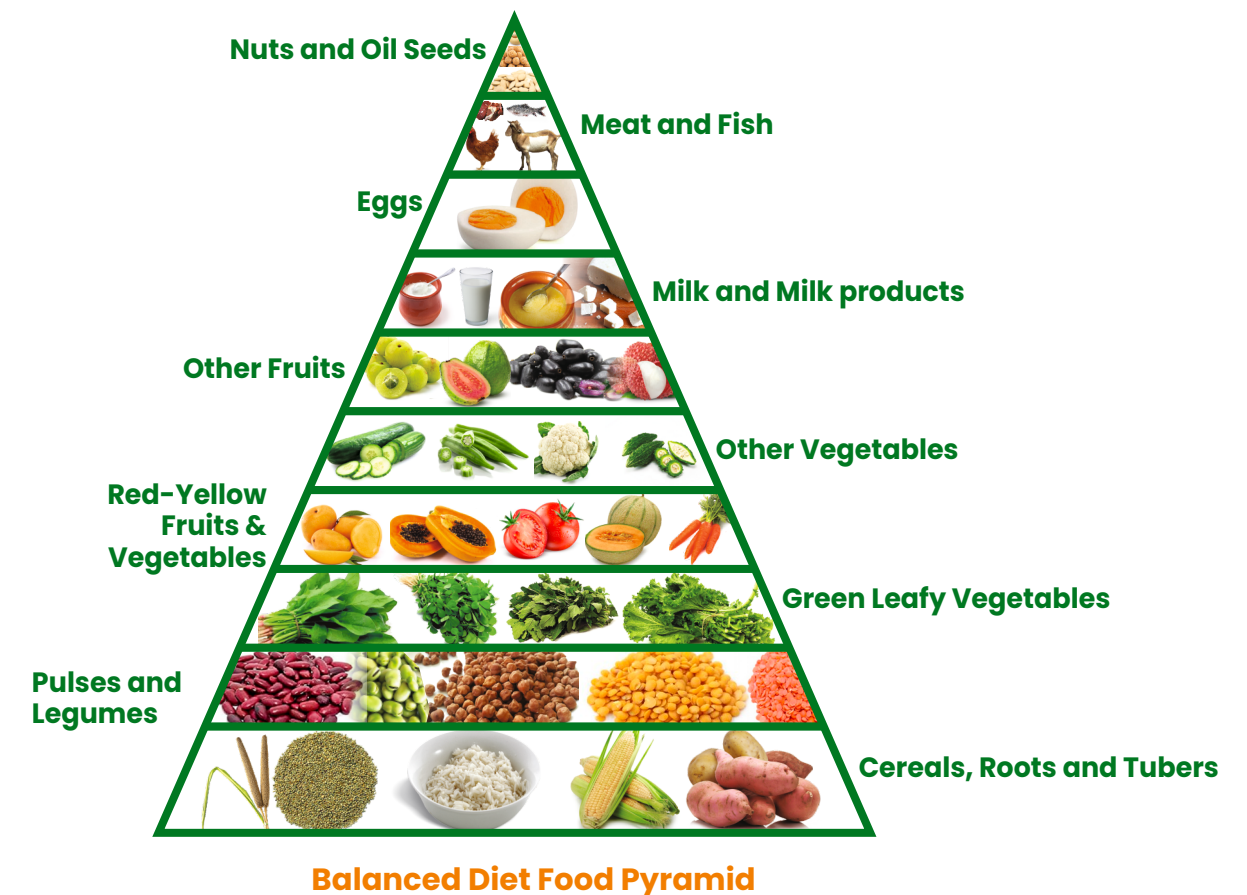
**A diet consisting of a variety of different types of food and providing adequate amounts of the nutrients necessary for good health is considered balanced.**



# BALANCED DIET EXPLAINED THROUGH FOOD PYRAMID

A food pyramid represents a set of dietary guidelines for humans, typically based on a recommended number of servings from each of several food groups.

- Broad base of the pyramid depicts foods basic to human nutrition and have highest recommended servings
- Foods in the narrowest part, at the top, are considered to be less essential and have the fewest number of recommended servings
- We need to get enough food from each of the different food groups to meet all nutrient needs.
- A balanced diet should include **energy-giving foods** like chapati, rice, roti, **protective foods** like vegetables and fruits and **body building foods** like milk, yogurt, cheese and fish.
- Small amounts of oil should be included in each meal.
- Junk foods regular intake can result in micronutrient deficiencies, therefore avoided.

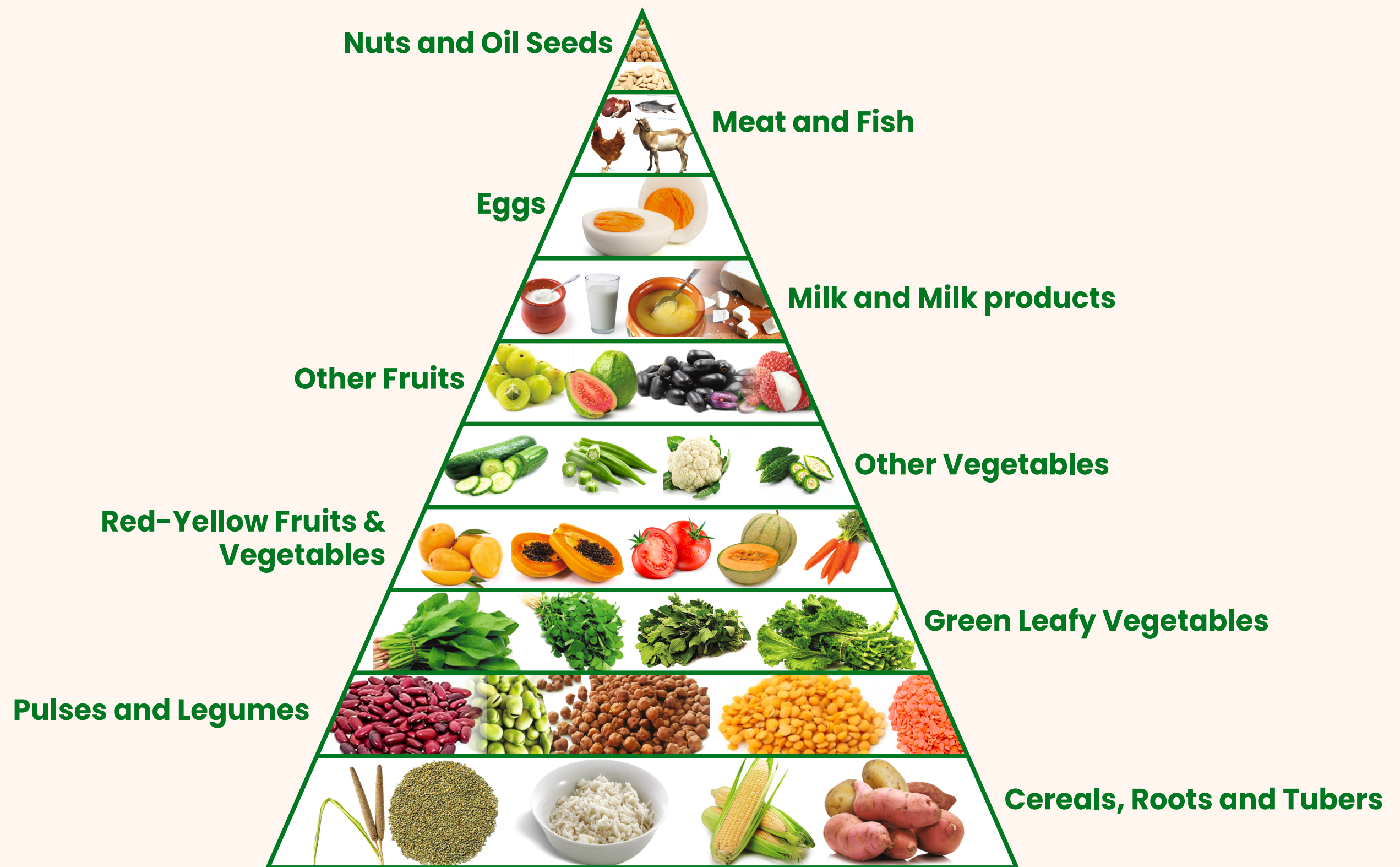


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# BALANCED DIET EXPLAINED THROUGH FOOD PYRAMID



**Balanced Diet Food Pyramid**



# WHAT IS DIET DIVERSITY FOR THE FAMILY?

Dietary diversity implies daily consumption of minimum 5 food groups. These food groups together provide the required energy, protein, fat and micronutrients for the day.

- Each member of the family should consume food from 5 or more food groups.
- Use Iodized salt in the diet for iodine.
- Include flesh food for improved nutrient quality of diet, especially iron and protein.
- Consume seasonal vegetables and fruits daily.
- Restrict the use of sugar and fat.



- The family, as far as possible should eat together.
- Make sure that women also eat with the family and are not the last ones to eat.
- Ensure and take care that pregnant women, lactating mothers and young children eat adequately as per their requirements.



# DIET DIVERSITY IS IMPORTANT FOR THE ENTIRE FAMILY





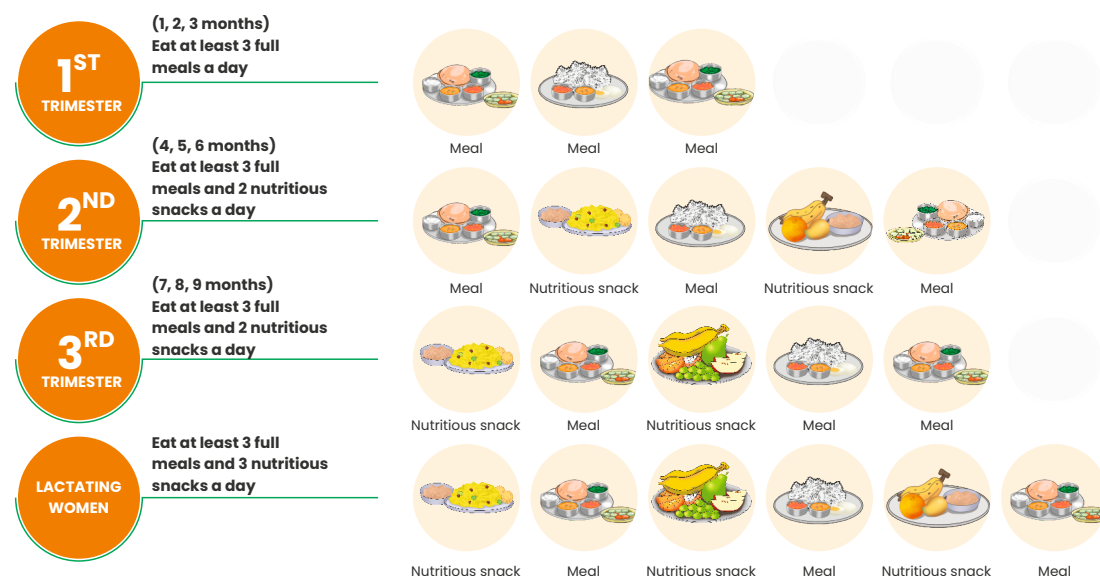
# DIET FOR PREGNANT, LACTATING WOMEN AND CHILDREN BELOW 2 YEARS

## Pregnant / lactating

- Consume 5 or more food groups
- Frequent meals five times a day. Refer to the illustration below for required quantity trimester wise and during lactation
- Include more of green leafy vegetable
- Include more of yellow and orange fruits and vegetables
- IFA and Calcium, as recommended
- Drink plenty of fluids

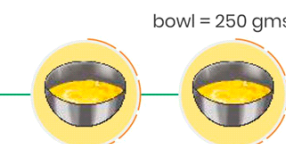
## Children

- Exclusive Breast Feeding till 6 months
- Complementary Feeding to be initiated after 6 months
- Recommended right frequency and consistency to be followed
- At least 4 food groups out of 7 (as recommended in the Infant and Young Child Feeding session)
- Child to be consuming approx. half of the mothers diet by 1 year of age
- IFA supplementation to start after six months, as recommended



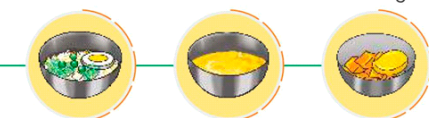
### 6-8 MONTHS

Half a bowl, twice a day



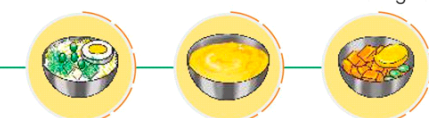
### 9-11 MONTHS

Half a bowl, thrice a day  
Give 1-2 times nutritious snacks too



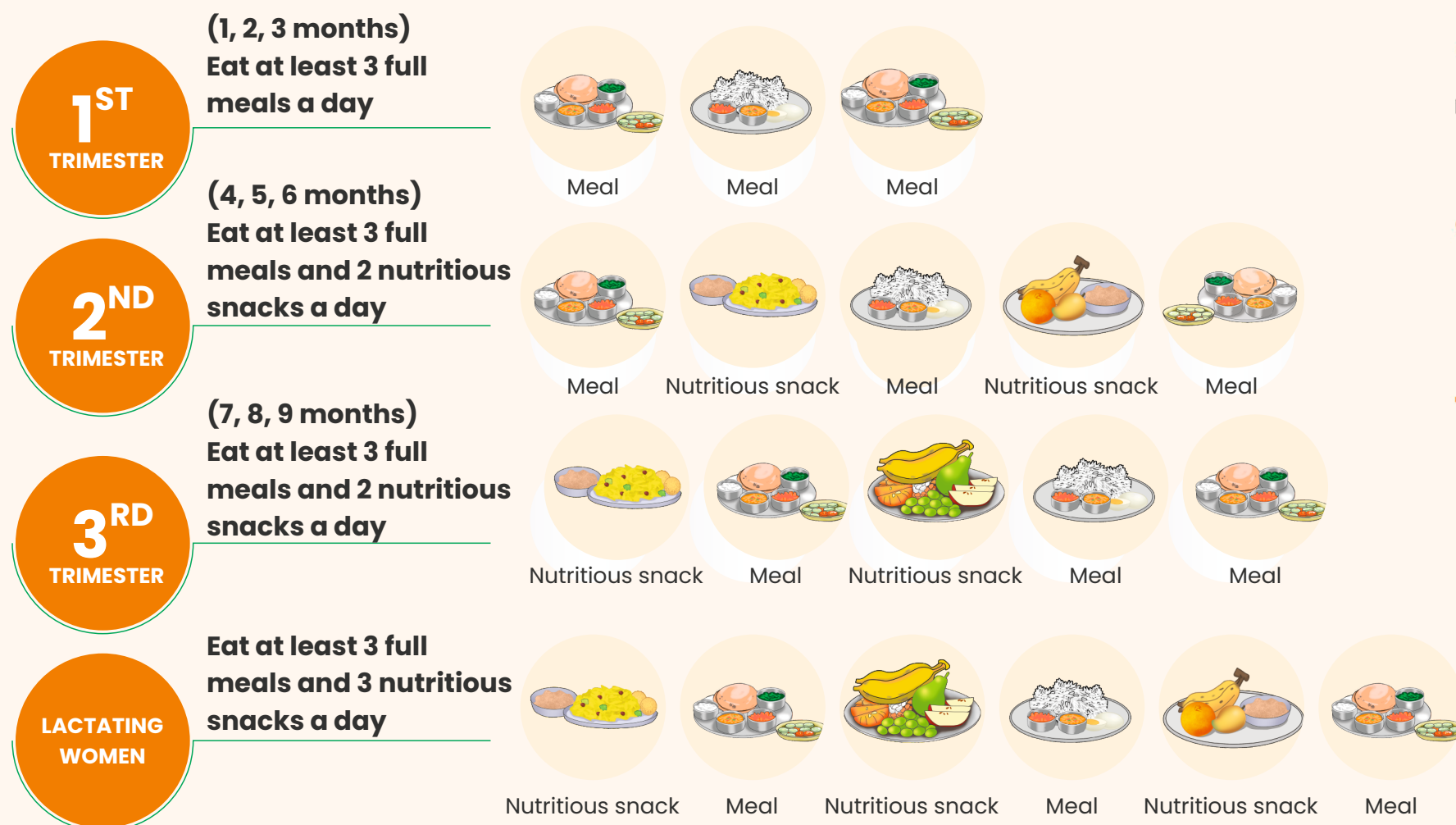
### 12-23 MONTHS

Full bowl, thrice a day  
Give 1-2 times nutritious snacks too



# DIET FOR PREGNANT, LACTATING WOMEN AND CHILDREN BELOW 2 YEARS

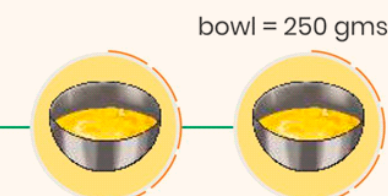
## Diet for pregnant and lactating women



## Diet for children below 2 years

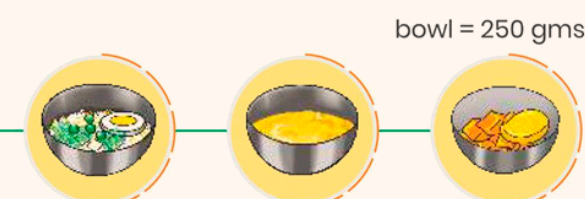
### 6–8 MONTHS

Half a bowl, twice a day



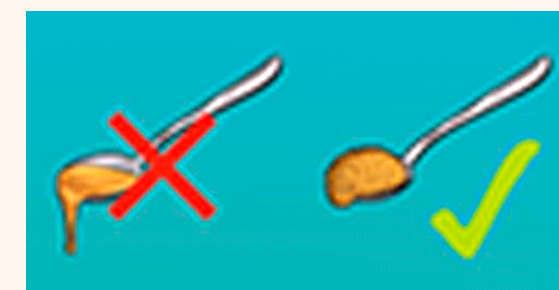
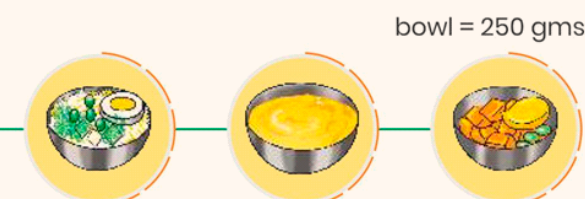
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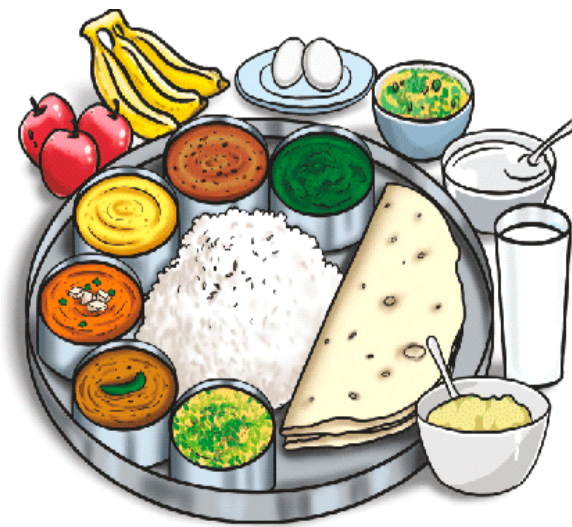
Include five food groups with green leafy vegetables and seasonal fruits. Ensure IFA and Calcium intake.

Ensure adequate quantity, frequency and consistency



## Adolescents

- Balanced diet is essential for optimal growth and development
- Add high protein foods – pulses, legumes, dairy, meat and eggs in your diet
- Consume plenty of green leafy vegetable and seasonal fruits
- Drink at least 6 – 8 glasses of water daily and plenty of other fluids also
- Eat healthy snacks such as murmura, chana, chiwda, makhana, etc
- Ensure sunlight exposure for adequate vitamin D to help calcium absorption
- Exercise regularly





# DIET FOR SCHOOL GOING AND ADOLESCENTS



**Practice healthy eating habits and exercise**



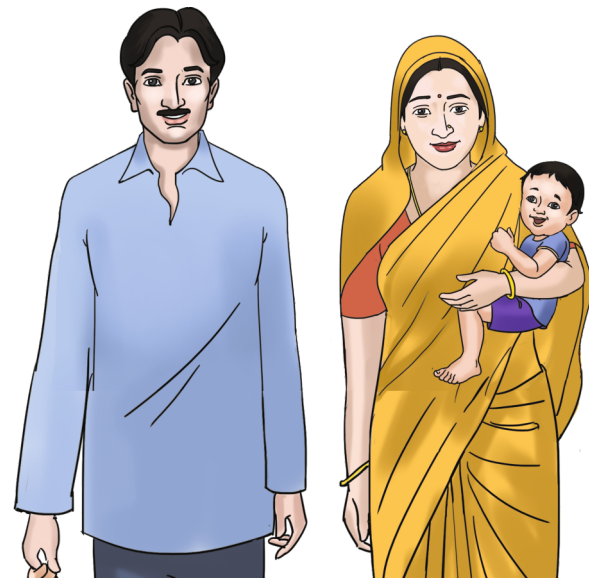
**Avoid fried, fatty and sugary foods**



# DIET FOR ADULT MEN, WOMEN AND ELDERLY

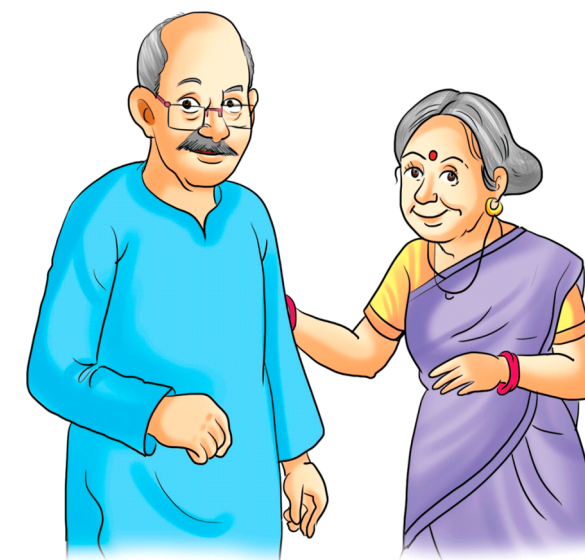
## Adult Men and Women

- Consume well balanced diet in quantities based on lifestyle – sedentary workers such as household or desk work need less quantity of food compared to people doing moderate work such as light farm work. Those doing heavy work like construction workers should consume the maximum quantity of food with high protein content.
- Consume foods from 5 or more food groups every day.
- Avoid high sugar, oily and fried foods to prevent heart diseases, diabetes and other complication.
- Do not consume alcohol and tobacco.



## Elderly

- Well balanced protein rich diet. Familiar foods rather than new foods.
- Variety of fruits and vegetables (red, yellow and green coloured).
- Foods to be well cooked in soft, semisolid, easily chewable form.
- Small, light and frequent meals. Drink plenty of fluids.

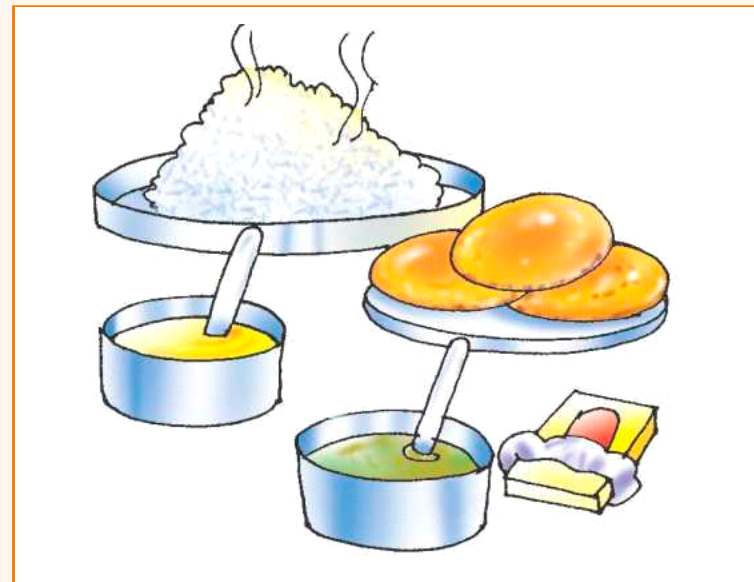




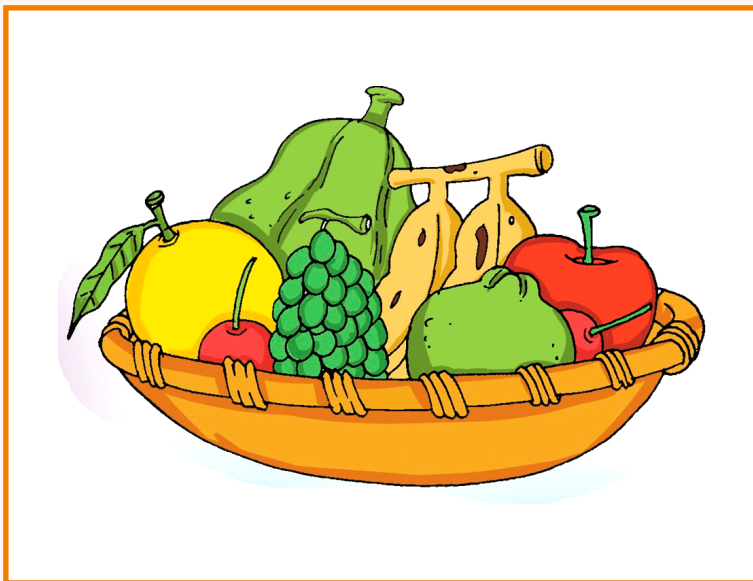
# DIET FOR ADULT MEN, WOMEN AND ELDERLY



**High Protein foods**



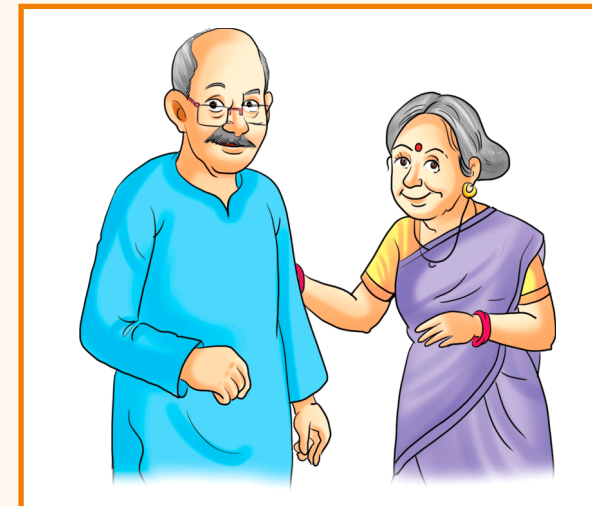
**Easy to Digest foods**



**High fiber foods**



**Drink plenty of fluids**



**Avoid high sugar, oily and fried foods**

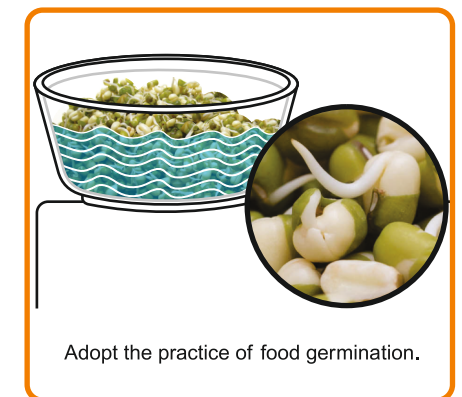
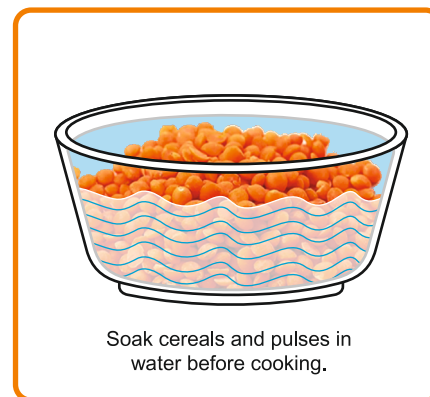
**Soft, easy digestible foods, lots of fiber and liquids to be incorporated, specially in the diet of elderly.**



# SIMPLE TIPS TO IMPROVE DIET QUALITY

## Initiate discussion with the group on simple and good practices that should be adopted

- Wash fruits and vegetables before peeling and chopping them, this reduces the loss of water soluble vitamins.
- Soaking cereals and pulses in water for some time before cooking, improves the quality of protein.
- Prepare meals on medium heat to preserve nutrients.
- Use iodized salt in your food. Add salt in meals after cooking rather than adding salt while the food is cooked.
- Germination of food increases its Vitamin C content, therefore include sprouted items in your diet.



**Set up a kitchen garden to ensure some fresh & nutritious vegetables and fruits in the daily diet of the family. (Refer session on nutri-garden for more information)**

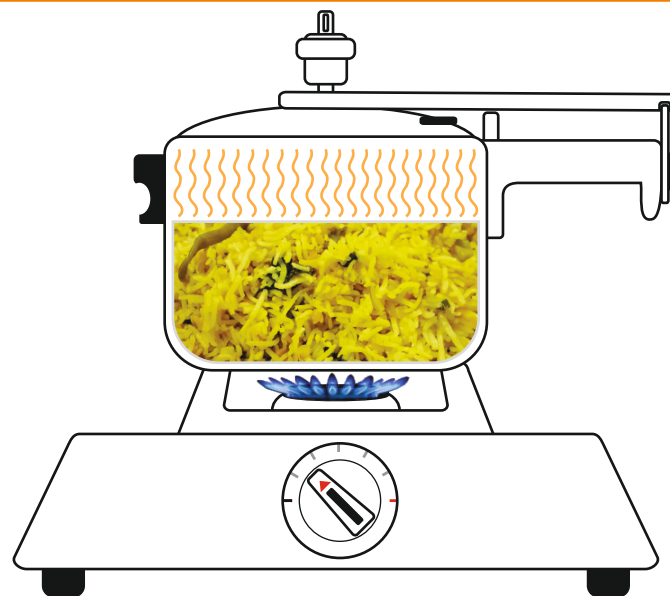




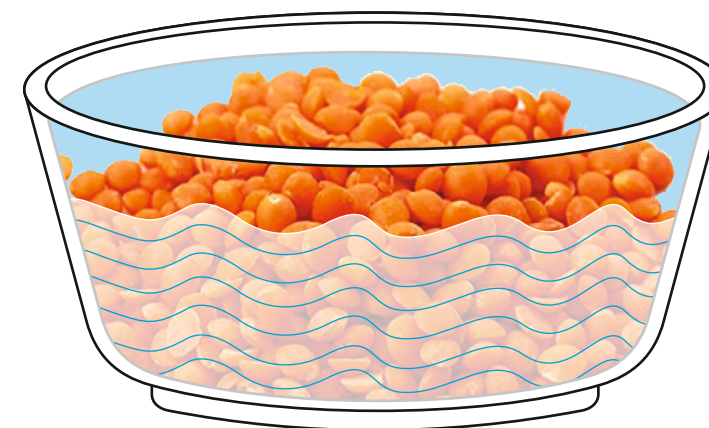
# SIMPLE TIPS TO IMPROVE DIET QUALITY



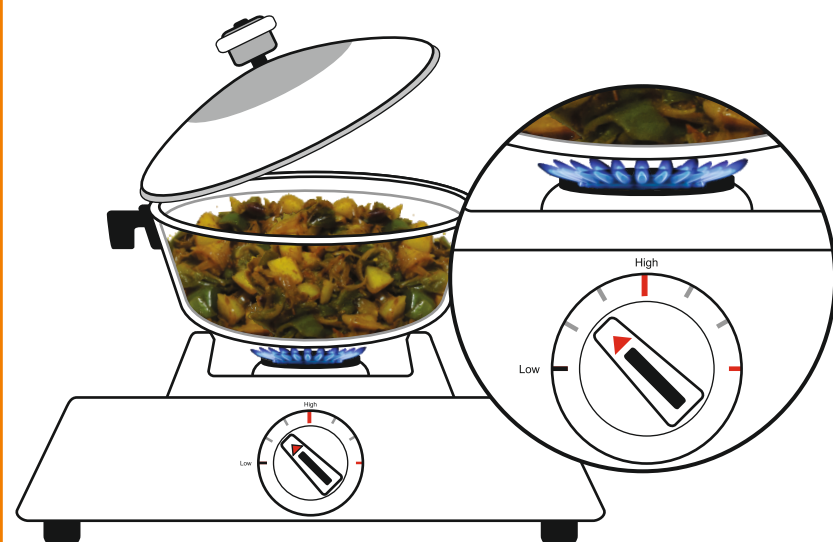
Wash fruits and vegetables well before chopping them.



Cook food in a covered pot or pressure cooker.



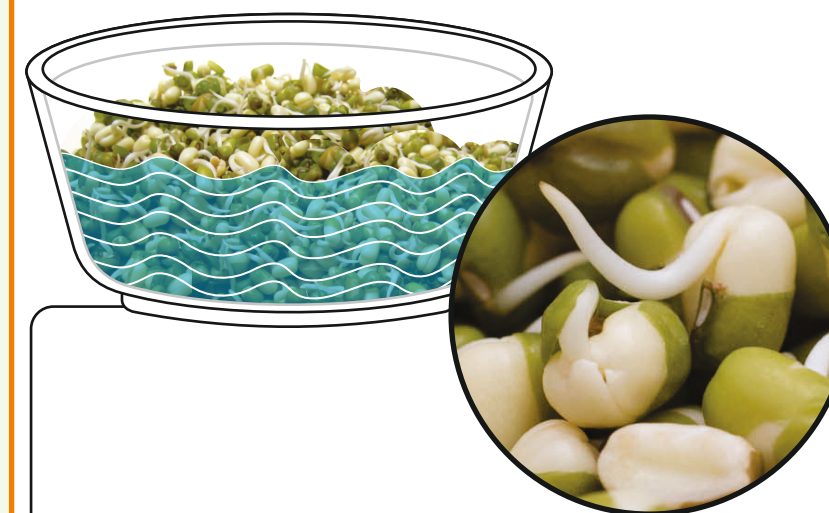
Soak cereals and pulses in water before cooking.



Prepare meals on medium heat.



Use only iodized salt.



Adopt the practice of food germination.



# KEY MESSAGES AND ROLE OF SELF HELP GROUPS

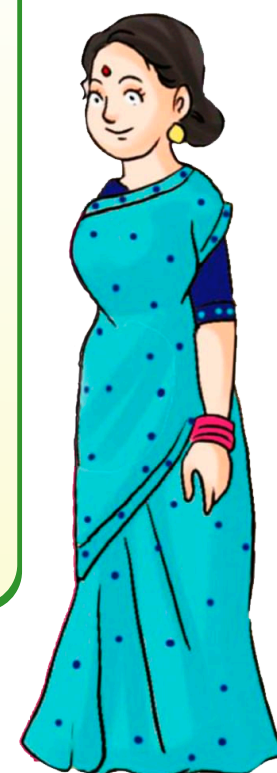
## Key Messages

- It is important for the entire family to have a balanced diet including the recommended food groups daily in our food plate.
- There are some special dietary requirements for different age groups and different stages of life that should be understood and followed.
- There are some simple practices that can improve the quality of food that we eat.

## Role of Self Help Groups

- The group should ensure that their family member understand the importance of different food groups and that a balanced diet is consumed in their houses.
- The group should make sure that the husband and others in the family play their role in ensuring adequate diet diversity for the entire family and this is not seen as a woman's role only.
- It should also be ensured that men in the house understand and ensure special dietary requirements of pregnant / lactating women and young children.
- Self-help group members should also make sure to let other people in the community know the importance of diet diversity in getting adequate recommended nutrition for the family.

**The self help group should be ready to support those members who face problems or find it difficult to convey these messages and convince their families.**





**Let us ensure that key messages of this session  
are reflected in our daily behaviours**





The Food, Nutrition, Health and WASH (FNHW) Toolkit has been developed by the National Mission Management Unit (NMMU) with support from Technical Assistance agencies–TA– NRLM (PCI) and inputs from ROSHNI–Centre of Women Collectives led Social Action, National Institute of Rural Development (NIRD), State Institutes of Rural Development (SIRDs), National Resource Persons (NRPs), State Rural Livelihood Missions (SRLMs) of Bihar, Chhattisgarh, Jharkhand, Odisha, Uttar Pradesh, Andhra Pradesh, Telangana and Maharashtra, JEEViKA Technical Support Program–Project Concern International (JTSP–PCI) and UNICEF state teams from Odisha, Bihar and Chhattisgarh.

The standard materials of Ministry of Health and Family Welfare (MoHFW), Ministry of Women and Child Development (MoWCD), National Centre for Excellence & Advanced Research on Diets (NCEARD), Alive & Thrive, JTSP–PCI and UNICEF have been referred while finalizing the content.

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