

Nutritional values of various diets used
Recommended Dietary Allowance Menu and its Nutritional Values
DIET all patients in the control and nutritional intervention groups 1
Nutritional Value of Diet 1

Breakfast	- Bread, 5 slices / chapatti 1
	- Tea 1-2 cups
	-
	-
	-
At 10 am	- Milk shake 1 Glass
	-
	-
Lunch	- Rice (250gm-300gm) with beef 100 gm
	-Banana 2 + Dates 50gm
At 4 pm	-
	-
Dinner	- Channa fried, (80-100gm)
	- Chapattis 1-2
	- fruit chart (30-50 gm)
	-
Bed Time	-
Others	

NUTRITIONAL VALUES	
Food Energy KCal	2630.24
Moisture g	107.93
Protein g	65.88
Lipid (Fat) g	82.09
Carbohydrate g	407.49
Fiber g	6.01
Ash g	13.23
Calcium mg	1211.28
Phosphorus mg	1203.99
Iron mg	10.52
Zn mg	15.01
Iodine mcg	152.7
Thiamine mg	1.31
Riboflavin mg	1.51
Niacin mg	13.88
Vitamin. C mg	59.13
β-Carotene mcg	299.80
Vitamin. A. R.E	986.25
Cholesterol mg	51.20

DIET all patients in the control and nutritional intervention groups 2
Nutritional Value of Diet 2

Breakfast	- Bread, 5 slices / chapatti 1
	- Tea 1-2 cups
	-
	-
At 10 am	- Milk shake 1 Glass
	-
	-
Lunch	- Chicken (150gm-200gm)
	Chapattis 1-2
	- Fruit Chart 50-60 gm
	-
	-
At 4 pm	-
	-
	-
Dinner	-Red Beans (Lubia) fried,(150gm-200gm)
	- Chapattis 1-2
	- Banana 3
	-
Bed Time	-
Others	

NUTRITIONAL VALUES	
Food Energy KCal	2502.85
Moisture g	107.97
Protein g	65.12
Lipid (Fat) g	72.15
Carbohydrate g	394.14
Fiber g	13.50
Ash g	22.26
Calcium mg	1194.50
Phosphorus mg	1209.02
Iron mg	10.03
Zn mg	15.05
Iodine ppm	146.30
Thiamine mg	1.31
Riboflavin mg	1.54
Niacin mg	19.03
Vitamin. C mg	56.92
β-Carotene mcg	103.60
Vitamin. A. R.E	974.89
Cholesterol mg	62.20

DIET all patients in the control and nutritional intervention groups 3
Nutritional Value of Diet 3

Breakfast	- Bread, 5 slices / chapatti 1
	- Tea 1-2 cups
	-
	-
At 10 am	- Biscuit 50 gm
	-
	-
Lunch	-Beef minced (Qeema) fried (150-200gm)
	Chapattis 1-2
	-juice 1 glass
	-
At 4 pm	-
	-
Dinner	-Vegetable Mix, (250-300gm)
	- Chapattis 1-2
	- Fruit Chart 100-150 gm
	-
Bed Time	-
Others	

NUTRITIONAL VALUES	
Food Energy KCal	2556.95
Moisture g	114.17
Protein g	66.68
Lipid (Fat) g	79.87
Carbohydrate g	393.80
Fiber g	4.35
Ash g	12.83
Calcium mg	1164.40
Phosphorus mg	1140.22
Iron mg	11.10
Zn mg	14.66
Iodine ppm	146.30
Thiamine mg	1.49
Riboflavin mg	1.55
Niacin mg	17.23
Vitamin. C mg	58.72
β-Carotene mcg	153.50
Vitamin. A. R.E	942.59
Cholesterol mg	84.20

**DIET all patients in the control and nutritional
intervention groups 4**

Nutritional Value of Diet

Breakfast	- Bread, 5 slices / chapatti 1
	- Tea 1-2 cups
	-
	-
At 10 am	- biscuits 50 gm
	-
	-
Lunch	- Fish (150-200gm)
	Chapattis 1-2
	-Banana 3 + Apple 1
	-
	-
At 4 pm	-
	-
	-
Dinner	-Dhall Mash fried,(150gm-200gm)
	- Chapattis 1-2
	- Fruit Chart 100-150 gm
	-
Bed Time	-
Others	

NUTRITIONAL VALUES	
Food Energy KCal	2606.95
Moisture g	109.52
Protein g	66.43
Lipid (Fat) g	87.97
Carbohydrate g	387.55
Fiber g	11.50
Ash g	22.53
Calcium mg	1109.90
Phosphorus mg	1105.72
Iron mg	12.60
Zn mg	14.46
Iodine ppm	139.30
Thiamine mg	1.40
Riboflavin mg	1.51
Niacin mg	17.48
Vitamin. C mg	62.22
β-Carotene mcg	138.00
Vitamin. A. R.E	905.09
Cholesterol mg	102.20

DIET all patients in the control and nutritional intervention groups 5
Nutritional Value of Diet 5

Breakfast	- Bread, 5 slices / chapatti 1
	- Tea 1-2 cups
	-
	-
At 10 am	- Biscuits 50 gm
	-
	-
Lunch	- Mutton (150-200gm)
	Chapattis 1-2
	-Banana 3
	-
	-
At 4 pm	-
	-
	-
Dinner	-Dhall Masoor fried, (150gm-200gm)
	- Chapattis 1-2
	- Fruit Chart 100-150 gm
	-
Bed Time	-
Others	

NUTRITIONAL VALUES	
Food Energy KCal	2536.95
Moisture g	1042.52
Protein g	65.83
Lipid (Fat) g	96.07
Carbohydrate g	352.15
Fiber g	12.10
Ash g	21.73
Calcium mg	1137.90
Phosphorus mg	1205.72
Iron mg	11.60
Zn mg	14.86
Iodine ppm	147.30
Thiamine mg	1.41
Riboflavin mg	1.63
Niacin mg	18.08
Vitamin. C mg	59.22
β-Carotene mcg	154.00
Vitamin. A. R.E	935.09
Cholesterol mg	90.20

DIET all patients in the control and nutritional intervention groups 6
Nutritional Value of Diet 6

Breakfast	- Bread, 5 slices / chapatti 1
	- Tea 1-2 cups
	-
	-
At 10 am	- Fruit Chart 100-150 gm
	-
	-
Lunch	- Chicken / Beef minsed (150-200gm)
	Chapattis 1-2
	-
	-
At 4 pm	-
	-
Dinner	- Alu Bujia / Dhall Channa, (150-200gm)
	- Chapattis 1-2
	- Banana's 3 +1 apple
	-
Bed Time	-
Others	

NUTRITIONAL VALUES	
Food Energy KCal	2526.95
Moisture g	1058.12
Protein g	66.23
Lipid (Fat) g	88.77
Carbohydrate g	367.95
Fiber g	8.90
Ash g	19.33
Calcium mg	1109.90
Phosphorus mg	1105.72
Iron mg	10.20
Zn mg	14.46
Iodine ppm	141.30
Thiamine mg	1.46
Riboflavin mg	1.63
Niacin mg	18.08
Vitamin. C mg	57.22
β-Carotene mcg	102.00
Vitamin. A. R.E	937.09
Cholesterol mg	93.20

DIET all patients in the control and nutritional intervention groups 7
Nutritional Value of Diet

Breakfast	- Bread, 5 slices / chapatti 1
	- Tea 1-2 cups
	-
	-
At 10 am	- Milk shake 1 Glass
	-
	-
Lunch	-Rice (Chawal) with Channa (150-200gm)
	- Custer 40-50 gm
	- Fruit Chart 50-80 gm
	-
	-
At 4 pm	-
	-
	-
Dinner	- Alu Bujia with beef ,(250-300gm)
	- Chapattis1-2
	- 3 banana and 1 apple
	-
Bed Time	-
Others	

NUTRITIONAL VALUES	
Food Energy KCal	2542.45
Moisture g	101.87
Protein g	65.53
Lipid (Fat) g	79.87
Carbohydrate g	340.95
Fiber g	15.45
Ash g	18.88
Calcium mg	1154.40
Phosphorus mg	1106.22
Iron mg	11.05
Zn mg	14.76
Iodine ppm	142.80
Thiamine mg	1.45
Riboflavin mg	1.61
Niacin mg	17.53
Vitamin. C mg	58.72
β-Carotene mcg	131.00
Vitamin. A. R.E	973.59
Cholesterol mg	92.20

Caloric and Protein Enrich Diet

Ingredients:

Bread = 4-5 slices

Milk shake = 1 glass

Total Calories = 623 KCal and Protein = 16 gm

► RDA of Calories = 2500-27 KCal and protein 65 -70 gm

NUTRITIONAL VALUES	
Food Energy KCal	623.20
Moisture g	241.94
Protein g	16.27
Lipid (Fat) g	23.27
Carbohydrate g	95.32
Fiber g	0.87
Ash g	2.87
Calcium mg	250.30
Phosphorus mg	258.90
Iron mg	0.89
Zn mg	0.52
Iodine ppm	0.40
Thiamine mg	0.24
Riboflavin mg	0.35
Niacin mg	0.86
Vitamin. C mg	4.50
β-Carotene mcg	84.60
Vitamin. A. R.E	84.10
Cholesterol mg	37.50

Iron Enrich Diet

Ingredients:

Spinach (palak) = 40 gm

Total iron = 3.12 mg

► RDA of Iron is 10 -12 mg

NUTRITIONAL VALUES	
Food Energy KCal	10.80
Moisture g	37.08
Protein g	0.84
Lipid (Fat) g	0.16
Carbohydrate g	1.68
Fiber g	0.00
Ash g	0.44
Calcium mg	30.40
Phosphorus mg	33.60
Iron mg	3.12
Zn mg	0.20
Iodine ppm	2.80
Thiamine mg	0.05
Riboflavin mg	0.16
Niacin mg	0.24
Vitamin. C mg	12.80
β-Carotene mcg	106.40
Vitamin. A. R.E	68.80
Cholesterol mg	0.00

Zinc Enrich Diet

Ingredients:

Sesame seed (Till) = 40 gm

Total zinc = 4 mg

► RDA of Zinc is 15 mg

NUTRITIONAL VALUES	
Food Energy KCal	132.00
Moisture g	2.36
Protein g	7.68
Lipid (Fat) g	20.64
Carbohydrate g	6.80
Fiber g	1.40
Ash g	0.04
Calcium mg	87.60
Phosphorus mg	91.60
Iron mg	1.06
Zn mg	3.12
Iodine ppm	0.00
Thiamine mg	0.31
Riboflavin mg	0.16
Niacin mg	2.12
Vitamin. C mg	0.00
β-Carotene mcg	24.00
Vitamin. A. R.E	0.40
Cholesterol mg	0.00

Vitamin-A Enrich Diet

Ingredients:

Dry apricots = 30 gm

Total Vitamin A = 750 IU or 250 mcg / RE.

- RDA of Vitamin A= 3,000 - 3300 IU (900 -1000 mcg of retinol equivalents)

NUTRITIONAL VALUES	
Food Energy KCal	18.05
Moisture g	25.06
Protein g	0.22
Lipid (Fat) g	0.10
Carbohydrate g	3.13
Fiber g	0.24
Ash g	0.23
Calcium mg	6.65
Phosphorus mg	6.20
Iron mg	0.42
Zn mg	0.08
Iodine ppm	0.00
Thiamine mg	0.01
Riboflavin mg	0.03
Niacin mg	0.18
Vitamin. C mg	2.25
β -Carotene mcg	85.15
Vitamin. A. R.E	250.2
Cholesterol mg	0.00

Combined Synergic Caloric Protein, Iron, Zinc and Vitamin-A Enrich Diet

Ingredients:

Bread = 1 slices
Milk shake = 60 ml glass
Spinach (palak) = 10 gm
Sesame seed (Till) = 10 gm
Dry Apricots = 7.5 gm

NUTRITIONAL VALUES	
Food Energy KCal	196.0
Moisture g	76.6
Protein g	6.3
Lipid (Fat) g	11.0
Carbohydrate g	26.7
Fiber g	0.6
Ash g	0.9
Calcium mg	93.7
Phosphorus mg	97.6
Iron mg	1.4
Zn mg	1.0
Iodine ppm	0.8
Thiamine mg	0.2
Riboflavin mg	0.2
Niacin mg	0.9
Vitamin. C mg	4.9
β -Carotene mcg	75.0
Vitamin. A. R.E	100.9
Cholesterol mg	9.4

