

Diet Chart:

SR NO	NUTRIENTS	Ideal quantity and sources (Per day)	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Carbohydrates	130 g 1.5-3 cups) Sources: Vegetables, fruits, beans, whole grains							
2	Proteins	4-8 years: 19 g (3.5-5 ounces) 9-13years : 34 g (4-6 ounces) 14-18: 46 and 52 for g Sources: sea food, lean meat, eggs, soy products, bean							
3	Fats	9-13 years: 39-101 g (2.5 cups) 14-18 50-125							

		g (3 cups) Sources: veg oil, avocado , peanut butter, nuts, seeds, dairy product s.							
4	Vitamin	milk, yogurt, fish, soya drinks							