



Diet plan for 7-11 yrs age group

(Primary wing)

CALORIES: 1900 -2100 kcal

- **Early morning** - 1glass luke warm water with lemon juice + honey + 4-5 almonds
- **Then 15-20 min sunlight exposure and some yog asans** like : Deep breathing , Anulom - vilom ,tadasana ,surya namaskar
- gargle with salt water
- **9:00 -10:00 am (Breakfast)** - vegetable + 2- paratha / besan puda-2 / 2 veg stuff paratha with mint chutney or milk daliya or oats -1bowl
- **12:00 pm** - giloy water
- **1:00 pm** - pomegranate / orange / papaya
- **(Lunch) 2:00- 3:00 pm.** - 2 chapati with green vegetable + 1 Bowl Rajma / black chana gravy
- **Evening 5:30 -6:00 pm** - 1 cup milk with 2-3 bran biscuits / Ragi or besan sheera / veg soup home made -1bowl
- **Dinner** - lauki /beans/ carrot /peas vegetable + moong Dal with 2- chapati
- **Bed time** - 1cup milk with added 1pinch turmeric raw or powdered

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