

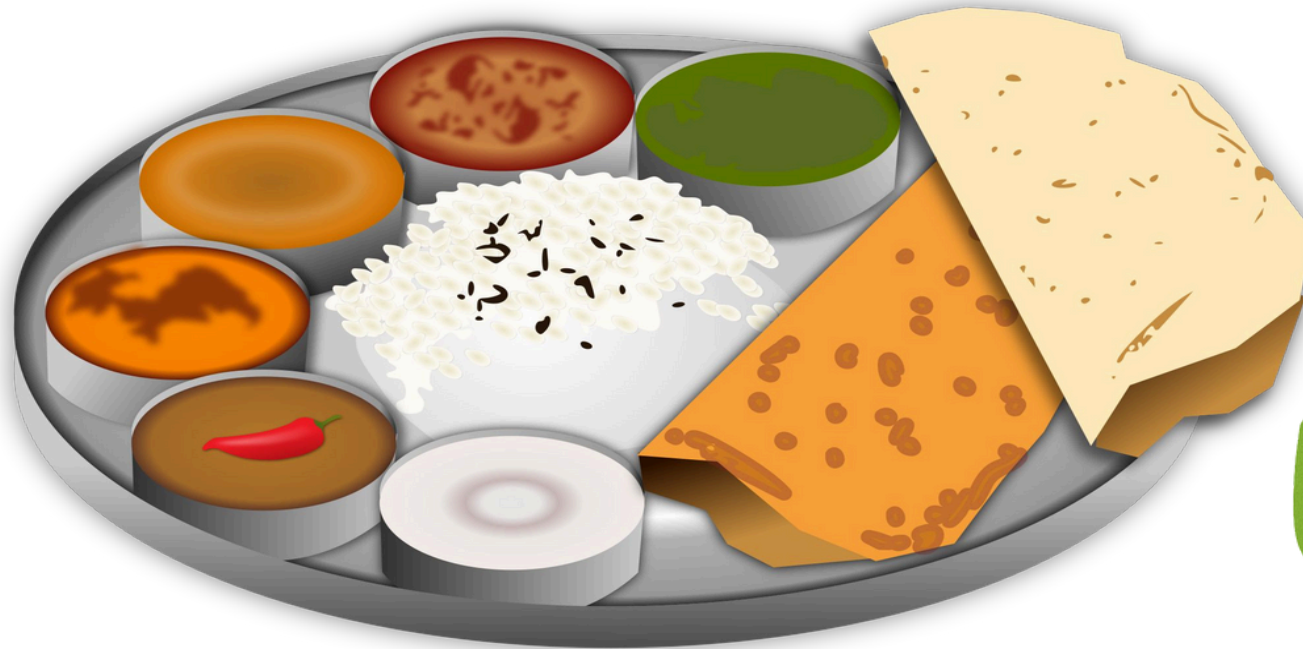


# My Nutrition Booklet





How a plate full of nutrition  
looks like?





Which one looks like me??





# What is Nutrition?

Nutrition =

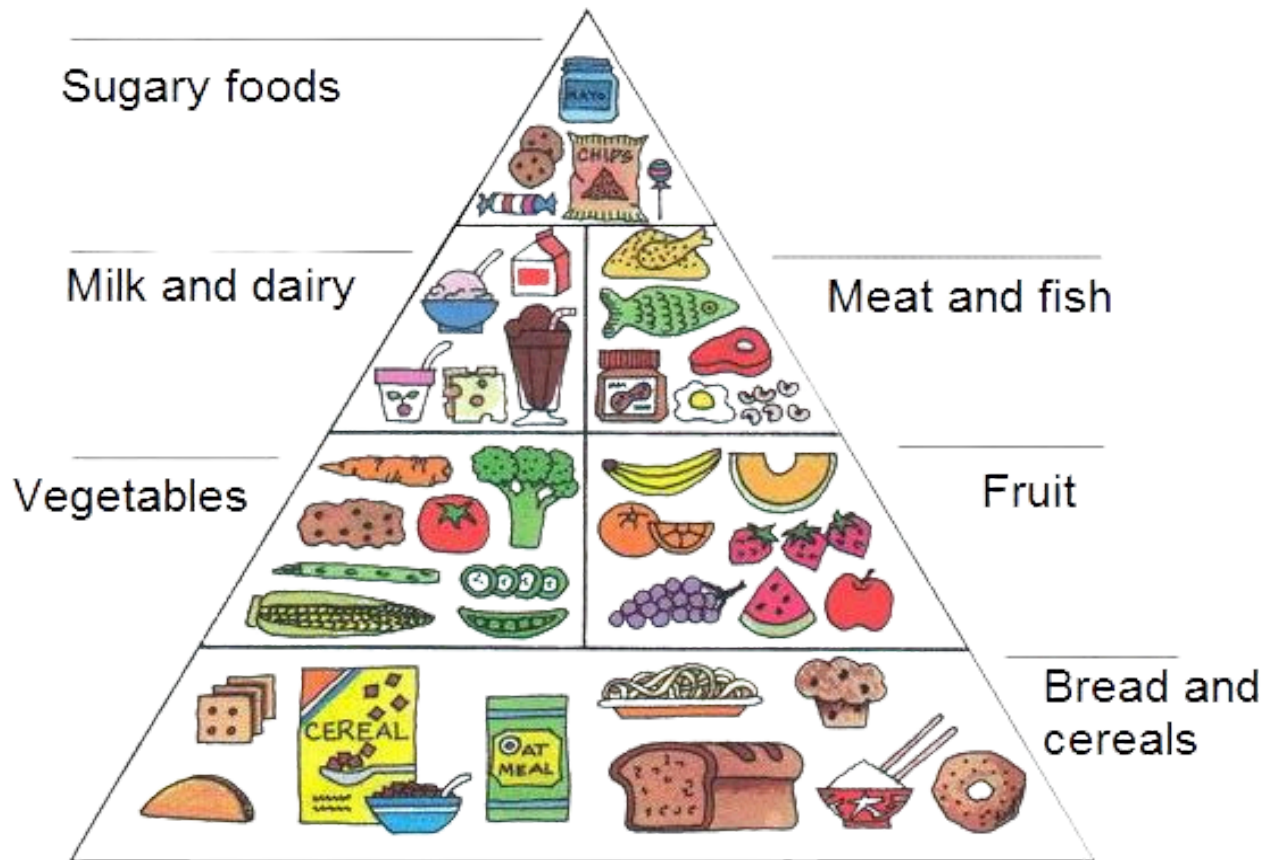
**Protein** + **Carbohydrates** + **Fats** +  
**Iron** + **Calcium** + **Minerals** + **Fiber**







# Nutrition Pyramid





## My PROTEIN list







## Which Protein should I eat?



Chana Daal



Chana



Masur Daal



Groundnuts



Rajama Daal



Moong Daal



Akkha Masur Daal



Turr Daal



## My FRUIT list







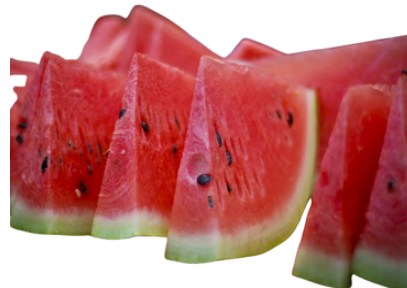
## Which Fruits should I eat?



Banana



Papaya



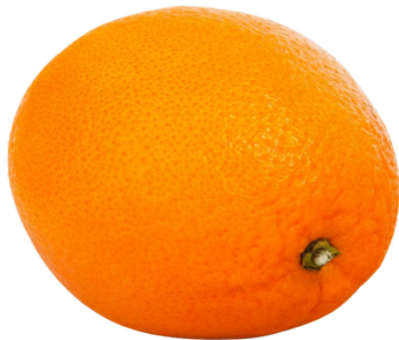
Watermelon



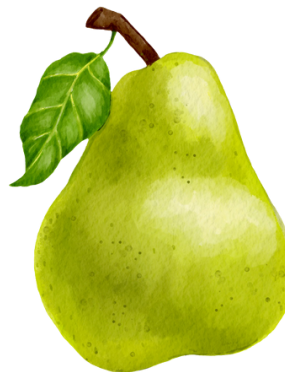
Mango



Muskmelon



Orange



Pear



Chikoo



## My VEGETABLES list







## Which Vegetables should I eat?



Ladyfinger



Drumstick



Carrot



Cabbage



Pea



Cauliflower



Capsicum



Brinjal





## My SALADS list



Tomato



Onion



Kheera



Carrot



## My CALCIUM list



Milk



Banana



Almonds



Orange



Lemon



Papaya



Curd



Guava





## My IRON list



**Khajjuur**



**Beans**



**Palak**



**Chicken**



**Fish**



**Idli Sambhar**



## My FATS & OILS list



**Butter**



**Sweets**



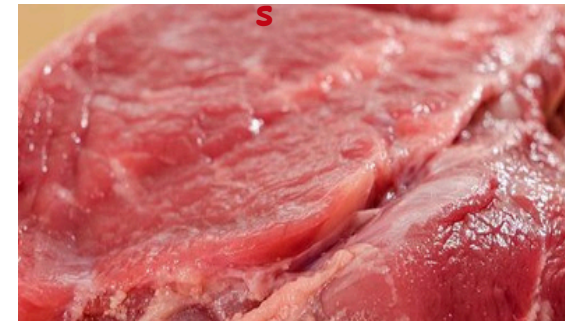
**Oil**



**Gulab Jamun**



**Fish**



**Meat**





## My CARBOHYDRATES list



Wheat



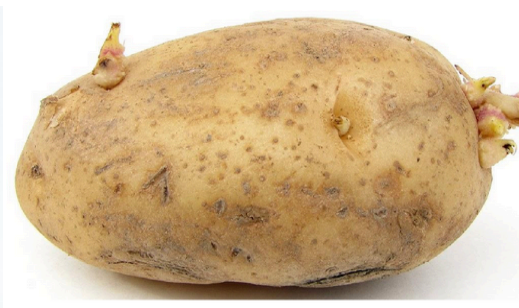
Rice



Bajara



Egg



Potato



Corn



## My SUPER SEEDS list



**Flaxseeds**



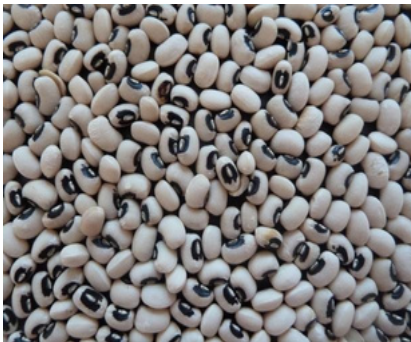
**Til(White & Black)**



**Coriander**



**Mustard Seeds**



**Cow Pea ( Chauli )**



**Sunflower Seeds**



**Rajgirah/Chaulai**



**Soyabean**





## My SUPER FOODS list



Pumpkin



Methi



Drumstick



Curry Leaves



Green Grams



Pudina



All types of Fishes



Meat



## My SUPER FOODS list



**Jaggery**



**Chana**



**GroundNuts**



**Almonds**



**Raisins**



**Eggs**



**Cheese**



**Milk**





Be Clean and Be Healthy...

