

1 week Diet plan

	BREAKFAST	LUNCH	SNACK	DINNER
MONDAY	Poha with veggies & a glass of fresh orange juice	Brown rice, rasam & cabbage stir-fry	Low-glycemic fruits	Wheat dosa with roasted chana dal chutney
TUESDAY	Vegetable oats or dalia	Brown rice, beetroot poriyal, dal & curd	Roasted chana	Chapatti or rotis with vegetable korma & salad
WEDNESDAY	Ragi Rava Dosa with mint chutney	Brown rice pulao with naans	Whole wheat bread with almond/peanut butter	Besan chilla with vegetables
THURSDAY	Vegetable Upma	Brown rice, sprouts curry, rasam & curd	Roasted Makhana or Foxnuts	Chapatti or rotis with chana masala & green salad
FRIDAY	Brown rice idlis with coconut chutney	Dalija khichdi with vegetables & curd	A handful of peanuts or walnuts	Roti with a bowl of sprouts
SATURDAY	Broccoli & gobi pantha	Brown rice, stir-fry spinach, moong sprouts & curd	Banana or any other fresh seasonal fruit	Chapatti or rotis with low-fat paneer curry & salad
SUNDAY	Ragi banana pancakes	Quinoa fried rice with vegetables, cashews & sesame seed	Baked vegetable cutlets or sweet potato tikkis	Bajra, moong & peas khichdi

For weight loss

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The Changing Food Scene

, 1983 Abstract A curriculum guide covers standardized food and nutrition concepts to aid State and county 4 H staff volunteers and food and nutrition specialists in planning nutrition education curriculum and learning experiences Included are 4 H food and nutrition goals and 15 program components objectives and major concepts for the various components e g food experiences food preservation and safety science facts evaluating nutrition information nutrition and fitness food additives etc and examples of learning experiences and of behavioral outcomes for 3 age groups beginning intermediate and advanced 4 H members Guidelines for developing a food and nutrition curriculum targeted to the needs of individual 4 H groups are appended wz

Nutrition among Vulnerable Populations Heather Eicher-Miller, Marie Kainoa Fialkowski

Revilla, 2020-11-27 Food insecurity and low resources continue to be a burden influencing the health well being growth and development of millions of U S children and adults Groups and individuals experiencing restrained access to food are our neighbors individuals we may see each day and individuals who we may not interact with or see because of their isolated situations They include the elderly those experiencing mental illness veterans certain race ethnic groups adolescents young women with children those living in rural areas and those using food pantries among others Many of these groups both hidden and visible have rates of food insecurity above the national average that are resistant to national improvements in food security Yet attention to these subsets of the population is imperative to improve U S health and nutrition and to reduce rates of chronic disease Many groups face specific barriers to maintaining sufficient food for example rural populations may find it difficult to access federal food assistance or other resources such as food pantries and nutrition education because of distance or lack of consistent internet access separating them from these resources Further their remote locations may make it difficult to obtain the types of foods that they prefer Other specific barriers may include limited facilities and equipment for food preparation access to culturally appropriate foods and preparation supplies and foods that complement the foods that

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