

## Annexure III

### DIET CHARTS FOR SEVERELY ACUTE MALNOURISHED CHILDREN

#### DIET FOR 1-6 DAYS ON ADMISSION

TIME	**DIET	QUANTITY FOR AGE 7 M-36 M	QUANTITY FOR AGE 37 M-60 M
6:00 am	F75 starter (murmura)	1 Katori of (130 ml)	1 Katori of (130 ml)
8:00 am	Milk+Sugar+Soya Biscuits/ Threptin Biscuits / Protein Biscuits	1 Katori of (100 ml +1 biscuit)	1 Katori of (150 ml +2 biscuit)
10:00 am	*Seasonal Fruits	1 medium size (40 gm)	1 medium size (40 gm)
12:00 pm	Dal + Daliya+ Vegetable + $\frac{1}{2}$ tsf oil with sugar and no salt	1 Katori of (125 ml)	2 Katori of (200 ml)
2:00 pm	F75 (amylase)	1 Katori of (130 ml)	1 Katori of (130 ml)
4:00 pm	Boiled egg or curd with sugar	1 egg without yolk or 100 g curd + 1tsf sugar	1 egg without yolk or 100 g curd + 1tsf sugar
6:00 pm	Boiled Potato	1 medium sized	1 medium sized
8:00 pm	Vegetable khichdi+ $\frac{1}{2}$ tsf oil with sugar (without salt)	1 Katori of (125 ml)	2 Katori of (200 ml)

#### DIET FROM 7 DAYS ONWARDS

TIME	**DIET	QUANTITY FOR AGE 7 M-36 M	QUANTITY FOR AGE 37 M-60 M
7:00 am	F100 (murmura/amylase)	1 Katori of (125 ml)	2 Katori of (200 ml)
10:00 am	Milk+sugar+soya biscuits/ Threptin Biscuits / Protein Biscuits	1 Katori of (150 ml +2 biscuit)	1 Katori of (200 ml +4 biscuit)
12:00 pm	Dal + Roti + Vegetable + $\frac{1}{2}$ tsf oil	1 Katori dal + 1 Roti + 1 Katori Vegetable	1 Katori dal + 2 Roti + 1 Katori Vegetable
2:00 pm	Boiled Potato	1 medium size	1 medium size
5:00 pm	Boiled egg or curd with sugar	1 egg without yolk or 100 g curd + 1tsf sugar	1 egg without yolk or 100 g curd + 1tsf sugar
8:00 pm	Vegetable khichdi + $\frac{1}{2}$ tsf oil	2 Katori of (200 ml)	2 Katori of (200 ml)

## LACTOSE FREE DIET FOR CHILDREN WITH DIARRHEA

TIME	**DIET	QUANTITY FOR AGE	QUANTITY FOR AGE
		7 M-36 M	37 M-60 M
6:00 am	Initial lactose free diet (murmura)	1 Katori of (100 ml)	2 Katori of (200 ml)
8:00 am	Soya Biscuits/Threptin Biscuits / Protein Biscuits	4 biscuits	4 biscuits
10:00 am	* Seasonal Fruits (Mashed)	1 medium size (40 gm)	1 medium size (40 gm)
12:00 pm	Dal+Daliya+ Vegetable+ ½ tsf oil with sugar and no salt	1 Katori of (125 ml)	2 Katori of (200 ml)
2:00 pm	Initial lactose free diet (amylase)	1 Katori of (100 ml)	2 Katori of (200 ml)
4:00 pm	Boiled egg or curd with sugar	1 egg without yolk or 100 g curd + 1tsf sugar	1 egg without yolk or 100 g curd + 1tsf sugar
6:00 pm	Boiled Potato with curd	1 medium sized with 100 ml curd	1 medium sized with 100 ml curd
8:00 pm	Vegetable khichdi + ½ tsf oil with sugar (without salt)	1 Katori of (125 ml)	2 Katori of (200 ml)

\* Locally available seasonal fruits like Banana, Papaya, Apple, Orange, Mango, Cheeku, Grapes and Watermelon etc.

\*\* The food items will vary as per the local and seasonal availability and cost.

## DIET FOR MOTHERS

### In Morning

1. Rice – 200g
2. Dal – 75g
3. Vegetables – 150g
4. Salaad

### At Night

1. Roti – 6 pcs (40g each)
2. Dal – 75g
3. Vegetables – 150g
4. Salaad

### In Evening

Tea & Biscuits

### F 75 Starter Diet

Sl. No.	Contents	Quantity
1.	Cow's Milk (ml)	25 (1/4 <sup>th</sup> Katori)
2.	Sugar (g)	6 (1tsf)
3.	Puffed rice powder (g) (murmura powder)/ Amylase rich flour*	2 (1/2 tsf)
4.	Vegetable oil (g)	3 (3/4 <sup>th</sup> tsf)
5.	Water (ml)	100 (3/4 <sup>th</sup> Katori)

## F 100 Diet

Sl. No.	Contents	Quantity
1.	Cow's Milk (ml)	50 (1/2 Katori)
2.	Sugar (g) + glucose (g)	2.5 (3/4 tsf + 3/4 tsf)
3.	Puffed rice powder (g) (murmura powder)/ Amylase rich flour*	6 (1 + 3/4 tsf)
4.	Vegetable oil (g)	3 (3/4 <sup>th</sup> tsf)
5.	Water (ml)	100 (3/4 <sup>th</sup> Katori)

## Initial Lactose free Diet (for a child with diarrhea)

Sl. No.	Contents	Quantity
1.	Egg white (boiled and mashed ) (g)	7 (1 1/2 tsf)
2.	Sugar (g) + Glucose (g)	3 ( 3/4 tsf) + 3 ( 3/4 tsf)
3.	Puffed rice powder (g) (murmura powder )/ Amylase rich flour*	3.5 (1 tsf)
4.	Vegetable oil (g)	4 (1 tsf)
5.	Water (ml)	100 (3/4 <sup>th</sup> Katori)

## \*Amylase rich Flour

Sl. No.	Contents	Quantity
1.	Whole wheat Soaked, Sprouted, Dried, Roasted and Powdered	3 tsf (15 gms)
2.	Green Gram Dal (Moong Dal) Soaked, Sprouted, Dried, Roasted and Powdered	1 tsf (gms)