

Rajmata Jajau Mother-Child Health & Nutrition Mission

Todlers (7 Months to 3 Years)

For 1 to 6 Days

Ideal Nutritional Food

(Energy in Kcal /Protein in gms)

Sr. No	Time	Energy	Protein	Food for each child	Quantity (ml/gm)			
1	Morning 6.00	34	1.60	Cow milk	50	ml	Half Bowl	
		40	0.00	Sugar	10	gm	Two Spoons	
		34	1.50	Amylage Powder	10	gm	Two Spoons	
		90	0.00	Oil	10	ml	Two Spoons	
					Water			As required
Total		198	3.10	Amylage Paste	80			
2	Morning 8.00	34	1.60	Cow milk	50	ml	Half Bowl	
		40	0.00	Sugar	10	gm	Two Spoons	
		35	1.75	Soya Satu amylage Powder	10	gm	Two Spoons	
		90	0.00	Oil	10	ml	Two Spoons	
					Water			As required
Total		199	3.35	Amylage soya paste	80			
3	Morning 10.00	50	0.50	Seasonal Fruit				
4	Noon 12.00	68	2.40	Chapati-one (Dry 20 gm)	40	gm	One	
		5	0.44	Vegitable	20	gm	One Bowl	
		17	1.12	Solid Dal (Dry 5 Gm)	10	gm	Half Bowl	
		90	0.00	Oil	10	ml	Two Spoons	
		Total		180	3.96	Lunch	80	
5	Noon 2.00	34	1.60	Cow milk	50	ml	Half Bowl	
		40	0.00	Sugar	10	gm	Two Spoons	
		34	1.50	Amylage Powder	10	gm	Two Spoons	
		90	0.00	Oil	10	ml	Two Spoons	
					Water			As required
Total		198	3.10	Amylage Paste	80			
6	Noon 4.00	60	3.10	Curd	100	gm	One Bowl	
		40		Sugar	10	gm	Two Spoons	
	Total		100	3.10	Curd-Sugar	110		
	Noon 4.00	OR						
		87	6.60	Anda-omlet/Bhoorjee/boiled egg	50	gm	One Egg	
45		0.00	Oil	5	ml	One Spoon		
Total		132	6.60	Anda-omlet/Bhoorjee/boiled egg	55			
7	Evening 6.00	49	0.80	Boiled Potato	50	gm		
		45	0.00	Oil-Tadka	5	ml	One Spoon	
	Total		94	0.80	Boiled Potato	55		
8	Night 7.30 to 8.00	68	2.40	Chapati-one (Dry 20 gm)	40	gm	One	
		5	0.44	Leafy/Frouit Vegatable	20	gm	One Bowl	
		17	1.12	Solid Dal (Dry 5 Gm)	10	gm	Half Bowl	
		90	0.00	Oil	10	ml	Two Spoons	
		Total		180	3.96	Dinner	80	
Grand Total		1199	21.87	If One Egg is Ginen Kcal-1231 Protein 25.37 grams				

Instrinctions : Child should be feeded as per his apetite and will he Should not be forced to eat.

Rajmata Jajau Mother-Child Health & Nutrition Mission

Children's (3 to 6 Years)

For 1 to 6 Days

Ideal Nutritional Food

(Energy in Kcal /Protein in gms)

Sr. No	Time	Energy	Protein	Food for each child	Quantity (ml/gm)			
1	Morning 6.00	51	2.40	Cow milk	75	ml	One Bowl	
		40	0.00	Sugar	10	gm	Two Spoons	
		68	3.00	Amylage Powder	20	gm	Four Spoons	
		90	0.00	Oil	10	ml	Two Spoons	
					Water	0		As needed
	Total	249	5.40	Amylage Paste	115			
2	Morning 8.00	51	2.40	Cow milk	75	ml	One Bowl	
		40	0.00	Sugar	10	gm	Three Spoons	
		53	2.60	Soya Satu amylage Powder	15	gm	Three Spoons	
		90	0.00	Oil	10	ml	Two Spoons	
					Water			As needed
	Total	234	5	Amylage soya paste	110			
3	Morning 10.00	50	0.50	Seasonal Fruit				
4	Noon 12.00	68	2.40	Chapati-one (Dry 20 gm)	40	gm	One	
		10	0.88	Vegitable	40	gm	Two Bowls	
		17	1.12	Solid Dal (Dry 5 Gm)	10	gm	Half Bowl	
		52	1.00	Rice (Dry. 15 gm)	50	gm	One Bowl	
		135	0.00	Oil	15	ml	Three Spoons	
	Total	282	5.4	Lunch	155			
5	Noon 2.00	51	2.40	Cow milk	75	ml	One Bowl	
		40	0.00	Sugar	10	gm	Two Spoons	
		68	3.00	Amylage Powder	20	gm	Four Spoons	
		90	0.00	Oil	10	ml	Two Spoons	
					Water			As needed
	Total	249	5.40	Amylase Paste	115			
6	Noon 4.00	60	3.10	Curd	100	gm	One Bowl	
		40	0.00	Sugar	10	gm	One Spoon	
		Total	100	3.10	Curd + Sugar	110		
	Noon 4.00	OR						
		87	6.60	Anda-omlet/Bhoorjee/boiled egg	50	gm	One egg	
45		0.00	Oil	5	ml	One Spoon		
	Total	132	6.60	Anda-omlet/Bhoorjee/boiled egg	55			
7	Evening 6.00	49	0.80	Boiled Potato	50	gm		
		90	0.00	Oil-Tadka	10	ml	Two Spoons	
		Total	139	0.80	Boiled Potato	60		
8	Night 7.30 to 8.00	68	2.40	Chapati-one (Dry 20 gm)	40	gm	One	
		5	0.44	Vegitable	20	gm	One Bowl	
		17	1.10	Solid Dal (Dry 5 Gm)	10	gm	Half Bowl	
		52	1.00	Rice (Dry. 15 gm)	50	gm	One Bowl	
		135	0.00	Oil	15	ml	Three Spoons	
	Total	277	4.94	Dinner	135			
Grand Total		1580	30.54	If egg is given Kcal.1231 and Protins 25.37 gm.				

Instrinctions : Child should be feeded as per his appetite and will he Should not be forced to eat.

Rajmata Jajau Mother-Child Health & Nutrition Mission

Todlers (7 Months to 3 Years)

For 7 to 14 Days

Ideal Nutritional Food

(Energy in Kcal /Protein in gms)

Sr. No	Time	Energy	Protein	Food for each child	Quantity (ml/gm)			
1	Morning 7.00	51	2.40	Cow milk	75	ml	One Bowl	
		60	0.00	Sugar	15	ग्राम	Three Spoons	
		51	2.25	Amyalage Powder	15	gm	Three Spoons	
		90	0.00	Oil	10	ml	Two Spoons	
					Water			As needed
	Total	252	4.65	Amyalage Paste	115			
2	Morning 10.00	51	2.40	Cow milk	75	ml	One Bowl	
		60	0.00	Sugar	15	gm	Three Spoons	
		53	2.60	Amyalage Soya satu Powder	15	gm	Three Spoons	
		90	0.00	Oil	10	ml	Two Spoons	
					Water			As needed
	Total	254	5.00	Amyalage Soyasatu Paste	115			
3	Noon 12.00	68	2.40	Chapati-one (Dry Powder20 gm)	40	gm	One	
		5	0.44	Vegatable	20	gm	One Bowl	
		17	1.12	Solid Dal (Dry 5 Gm)	10	gm	Half Bowl	
		52	1.00	Rice (Dry. 15 gm)	50	gm	One Bowl	
		90	0.00	Oil	10	ml	Two Spoons	
					Water			As needed
	Total	232	4.96	Lunch	130			
4	Noon 2.00	97	1.60	Boild Potato (Mediam)	100	gm		
		90	0.00	Oil	10	ml	Two Spoons	
		Total	187	1.60	Boild Potato	110		
5	Evening 5.00	60	3.10	Curd	100	gm	One Bowl	
		40	0.00	Sugar	10	gm	Two Spoons	
		Total	100	3.10	Curd + Sugar	110		
		Evening 5.00	OR					
			87	6.60	Anda-omlet/Bhoorjee/boiled egg	50	gm	One Egg
		45	0.00	Oil	5	ml	One Spoon	
	Total	132	6.60	Anda-omlet/Bhoorjee/boiled egg	55			
6	Night 7.30 to 8.00	68	2.40	Chapati-one (Dry 20 gm)	40	gm	One	
		5	0.44	Vegitable	20	gm	One Bowl	
		17	1.12	Solid Dal (Dry 5 Gm)	10	gm	Half Bowl	
		52	1.00	Rice (Dry. 15 gm)	50	gm	One Bowl	
		90	0.00	Oil	10	ml	Two Spoons	
					Water			As needed
	Total	232	4.96	Dinner	130			
Grand Total		1257	24.27	If egg is given Kcal.1231 and Protins 25.37 gm.				

Instrinctions : Child should be feeded as per his appetite and will he Should not be forced to eat.

Rajmata Jajau Mother-Child Health & Nutrition Mission

Children's (3 to 6 Years)

For 7 to 14 Days

Ideal Nutritional Food

(Energy in Kcal /Protein in gms)

Sr. No	Time	Energy	Protein	Food for each child	Quantity (ml/gm)			
1	Morning 7.00	68	3.20	Cow Mulk	100	ml	Two Bowls	
		80	0.00	Sugar	20	gm	Four Spoons	
		68	3.00	Amyalage Powder	20	gm	Four Spoons	
		108	0.00	Oil	12	ml	Two Spoons	
				Water			As needed	
	Total	324	6.20	Amyalage Paste	152			
2	Morning 10.00	68	3.20	Cow Mulk	100	ml	Two Bowls	
		80	0.00	Sugar	20	gm	Four Spoons	
		70	3.50	Soya Satu Power	20	gm	Four Spoons	
		108	0.00	Oil	12	ml	Two Spoons	
	Total	326	6.70	Amyalage Soya Paste	152			
3	Noon 12.00	68	2.40	Chapati-one (Dry Pouder 20 gm)	40	gm	One	
		5	0.44	Vegitables	20	gm	One Bowl	
		17	1.12	Solid Dal (Dry 5 Gm)	10	gm	Half Bowl	
		104	2.00	Rice (Dry. 30 gm)	100	gm	Two Bowls	
		135	0.00	Oil	15	ml	Three Spoons	
	Total	329	5.96	Lunch	185			
4	Noon 2.00	97	1.60	Boild Potato (Mediam)	100	gm		
		108	0.00	Oil	12	ml	Two Spoons	
	Total	205	1.60	Boiled Potato	112			
5	Evening 5.00	60	3.10	Curd	100	gm	One Bowl	
		40	0.00	Sugar	10	gm	Two Spoons	
	Total	100	3.10	Curd + Sugar	110			
	Evening 5.00	OR						
		87	6.60	Anda-omlet/Bhoorjee/boiled egg	50	gm		
45		0.00	Oil	5	ml	One Spoons		
Total	132	6.60	Anda-omlet/Bhoorjee/boiled egg	55				
6	Night 7.30 To 8.00	68	2.40	Chapati-one (Dry 20 gm)	40	gm	One	
		5	0.44	Vegitable	40	gm	Two Bowl	
		17	1.12	Solid Dal (Dry 5 Gm)	10	gm	Half Bowl	
		104	2.00	Rice (Dry. 30 gm)	100	gm	Two Bowls	
		135	0.00	Oil	15	ml	Three Spoons	
	Total	329	5.96	Dinner	205			

Grand Total

1613

29.52

If egg is given Kcal.1231 and Protins 25.37 gm.

Instrinctions : Child should be feeded as per his appetite and will he Should not be forced to eat.

Rajmata Jajau Mother-Child Health & Nutrition Mission

Todlers (7 Months to 3 Years)

For 1 to 6 Days Ideal Nutritional Food (Children with Diarrhea) (Energy in Kcal /Protein in gms)

Sr. No	Time	Energy	Protein	Food for each child	Quantity (ml/gm)			
1	Morning 6.00	51	2.25	Amyalage Powder	15	gm	Three Spoons	
		40	0.00	Sugar	10	gm	Three Spoons	
		90	0.00	Oil	10	ml	One Spoon	
				Water				As needed
	Total	181	2.25	Amyalage Paste	35			
2	Morning 8.00	53	2.60	Soya Satu Powder	15	gm	Three Spoons	
		40	0.00	Sugar	10	gm	Two Spoons	
		90	0.00	Oil	10	ml	Two Spoons	
				Water				As needed
	Total	183	2.60	Amyalage Soya Paste	35			
3	Morning 10.00	50	0.50	Seasonal Fruit				
4	Noon 12.00	68	2.40	Chapati-one (Dry 20 gm)	40	gm	One	
		5	0.44	Leaf Vegitable / Fruit Vegitable	20	gm	One Bowl	
		17	1.10	Solid Dal (Dry 5 gm)	10	gm	Half Bowl	
		45	0.44	Oil	5	ml	One Spoon	
	Total	135	4.38	Lunch	75			
5	Noon 2.00	51	2.25	Amyalage Powder	15	gm	Three Spoons	
		40	0.00	Sugar	10	gm	Two Spoons	
		90	0.00	Oil	10	ml	One Spoon	
				Water				As needed
	Total	181	2.25	Amylage Paste	35			
6	Noon 4.00	30	1.55	Curd	50	gm	Half Bowl	
		20	0.00	Sugar	5	gm	One Spoon	
	Total	50	1.55	Curd & Sugar	55			
	Noon 4.00	OR						
		17	3.60	Anda Omlet (only white bulk)	50	gm		
45		0.00	Oil	5	ml	One Spoon		
Total	62	3.60	Omlet (white bulk)	55				
7	Evening 6.00	97	1.60	Boild Potato (Mediam size)	100	gm		
		45	0.00	Oil	5	ml	One Spoon	
	Total	142	1.60	Boiled Potato	105			
8	Night 7.30 to 8.00	172	5.40	Soft Khichodi with Vegitable	100	gm	Two Bowls	
		135	0.00	Oil	15	ml	Three Spoons	
	Total	307	5.40	Dineer Soft Khichodi	115			
Grand Total		1241	22.58	If egg is given Kcal.1231 and Protins 25.37 gm.				
Instrinctions : Child should be feeded as per his apetite and will he Should not be forced to eat.								

Rajmata Jajau Mother-Child Health & Nutrition Mission

Children (3 to 6 Years)

For 1 to 6 Days Ideal Nutritional Food (Children with Diarrhea) (Energy in Kcal /Protein in gms)

Sr. No	Time	Energy	Protein	Food for each child	Quantity (ml/gm)			
1	Morning 6.00	68	3.00	Amyalage Powder	20	gm	Four Spoons	
		80	0.00	Sugar	20	gm	Four Spoons	
		90	0.00	Oil	10	ml	Two Spoons	
		0		Water			As needed	
	Total	238	3.00	Amyalage Paste	50			
2	Morning 8.00	70	3.50	Soya Satu amyalage Powder	20	gm	Four Spoons	
		80	0.00	Sugar	20	gm	Four Spoons	
		90	0.00	Oil	10	ml	Two Spoons	
				Water		gm	As needed	
	Total	240	3.50	Amyalage Soya Paste	50			
3	Morning 10.00	116	1.20	Seasonal Fruit				
4	Noon 12.00	68	2.40	Chapati-one (Dry 20 gm)	40	gm	One	
		10	0.88	Vegitable (Watery)	40	gm	Two Bowls	
		17	1.10	Solid Dal (Dry 5 gm)	10	gm	Half Bowl	
		104	2.00	Rice (Dry 30 gm)	50	gm	One Bowl	
		90	0.00	Oil	10	ml	Two Spoons	
	Total	289	6.38	Lunch	150			
5	Noon 2.00	68	3.00	Amyalage Powder	20	gm	Four Spoons	
		80	0.00	Sugar	20	gm	Four Spoons	
		90	0.00	Oil	10	ml	Two Spoons	
		0		Water			As needed	
	Total	238	3.00	Amyalage Paste	50			
6	Noon 4.00	30	1.55	Curd	50	gm	Oen bowl	
		40	0.00	Sugar	10	gm	Two Spoons	
	Total	70	1.55	Curd & Sugar	60			
	Noon 4.00	OR						
		17	3.60	Anda Omlet (only white bulk)	50	gm		
Total	62	3.60	Omlet (White Bulk)	55				
7	Evening 6.00	97	1.60	Boiled Potato (Mediam size)	100	gm		
		45	0.00	Oil	5	ml	Two Spoons	
	Total	142	1.60	Boiled Potato (Mediam size)	105			
8	Night 7.30 to 8.00	172	5.40	Khichadi with Vegitable Rice Mung (3:1)	100	gm	Two Bowls	
		135	0.00	Oil	15	ml	Three Spoons	
	Total	307	5.40	Dineer Soft Khichodi	115			
Grand Total		1632	27.68	If egg is given Kcal.1231 and Protins 25.37 gm.				

Instrinctions : Child should be feeded as per his appetite and will he Should not be forced to eat.