

# 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
	<b>Total</b>	<b>198</b>	<b>3.10</b>	<b>Amylage Paste</b>	<b>80</b>			
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
	<b>Total</b>	<b>199</b>	<b>3.35</b>	<b>Amylage soya paste</b>	<b>80</b>			
3	Morning 10.00	50	0.50	<b>Seasonal Fruit</b>				
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	
			<b>Total</b>	<b>180</b>	<b>3.96</b>	<b>Lunch</b>	<b>80</b>	
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
	<b>Total</b>	<b>198</b>	<b>3.10</b>	<b>Amylage Paste</b>	<b>80</b>			
6	Noon 4.00	60	3.10	Curd	100	gm	One Bowl	
		40		Sugar	10	gm	Two Spoons	
		<b>Total</b>	<b>100</b>	<b>3.10</b>	<b>Curd-Sugar</b>	<b>110</b>		
	Noon 4.00	OR						
		87	6.60	Anda-omlet/Bhoorjee/boiled egg	50	gm	One Egg	
45		0.00	Oil	5	ml	One Spoon		
	<b>Total</b>	<b>132</b>	<b>6.60</b>	<b>Anda-omlet/Bhoorjee/boiled egg</b>	<b>55</b>			
7	Evening 6.00	49	0.80	Boiled Potato	50	gm		
		45	0.00	Oil-Tadka	5	ml	One Spoon	
		<b>Total</b>	<b>94</b>	<b>0.80</b>	<b>Boiled Potato</b>	<b>55</b>		
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	
			<b>Total</b>	<b>180</b>	<b>3.96</b>	<b>Dinner</b>	<b>80</b>	
<b>Grand Total</b>		<b>1199</b>	<b>21.87</b>	<b>If One Egg is Ginen Kcal-1231 Protein 25.37 grams</b>				

**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	
	<b>Total</b>	<b>249</b>	<b>5.40</b>	<b>Amylage Paste</b>	<b>115</b>			
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	
	<b>Total</b>	<b>234</b>	<b>5</b>	<b>Amylage soya paste</b>	<b>110</b>			
3	<b>Morning 10.00</b>	<b>50</b>	<b>0.50</b>	<b>Seasonal Fruit</b>				
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	
	<b>Total</b>	<b>282</b>	<b>5.4</b>	<b>Lunch</b>	<b>155</b>			
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	
	<b>Total</b>	<b>249</b>	<b>5.40</b>	<b>Amylase Paste</b>	<b>115</b>			
6	Noon 4.00	60	3.10	Curd	100	gm	One Bowl	
		40	0.00	Sugar	10	gm	One Spoon	
		<b>Total</b>	<b>100</b>	<b>3.10</b>	<b>Curd + Sugar</b>	<b>110</b>		
	Noon 4.00	<b>OR</b>						
		87	6.60	Anda-omlet/Bhoorjee/boiled egg	50	gm	One egg	
45		0.00	Oil	5	ml	One Spoon		
	<b>Total</b>	<b>132</b>	<b>6.60</b>	<b>Anda-omlet/Bhoorjee/boiled egg</b>	<b>55</b>			
7	Evening 6.00	49	0.80	Boiled Potato	50	gm		
		90	0.00	Oil-Tadka	10	ml	Two Spoons	
		<b>Total</b>	<b>139</b>	<b>0.80</b>	<b>Boiled Potato</b>	<b>60</b>		
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	
	<b>Total</b>	<b>277</b>	<b>4.94</b>	<b>Dinner</b>	<b>135</b>			
<b>Grand Total</b>		<b>1580</b>	<b>30.54</b>	<b>If egg is given Kcal.1231 and Protins 25.37 gm.</b>				
<b>Instrinctions : Child should be feeded as per his appetite and will he Should not be forced to eat.</b>								

# 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)			
<b>1</b>	<b>Morning 7.00</b>	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
<b>Total</b>		<b>252</b>	<b>4.65</b>	<b>Amyalage Paste</b>	<b>115</b>			
<b>2</b>	<b>Morning 10.00</b>	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
<b>Total</b>		<b>254</b>	<b>5.00</b>	<b>Amyalage Soyasatu Paste</b>	<b>115</b>			
<b>3</b>	<b>Noon 12.00</b>	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
<b>Total</b>		<b>232</b>	<b>4.96</b>	<b>Lunch</b>	<b>130</b>			
<b>4</b>	<b>Noon 2.00</b>	97	1.60	Boild Potato (Mediam)	100	gm		
		90	0.00	Oil	10	ml	Two Spoons	
	<b>Total</b>		<b>187</b>	<b>1.60</b>	<b>Boild Potato</b>	<b>110</b>		
<b>5</b>	<b>Evening 5.00</b>	60	3.10	Curd	100	gm	One Bowl	
		40	0.00	Sugar	10	gm	Two Spoons	
	<b>Total</b>		<b>100</b>	<b>3.10</b>	<b>Curd + Sugar</b>	<b>110</b>		
	<b>Evening 5.00</b>	<b>OR</b>						
		87	6.60	Anda-omlet/Bhoorjee/boiled egg	50	gm	One Egg	
	45	0.00	Oil	5	ml	One Spoon		
<b>Total</b>		<b>132</b>	<b>6.60</b>	<b>Anda-omlet/Bhoorjee/boiled egg</b>	<b>55</b>			
<b>6</b>	<b>Night 7.30 to 8.00</b>	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
<b>Total</b>		<b>232</b>	<b>4.96</b>	<b>Dinner</b>	<b>130</b>			
<b>Grand Total</b>		<b>1257</b>	<b>24.27</b>	<b>If egg is given Kcal.1231 and Protins 25.37 gm.</b>				

**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 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	
	<b>Total</b>	<b>324</b>	<b>6.20</b>	<b>Amyalage Paste</b>	<b>152</b>			
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	
	<b>Total</b>	<b>326</b>	<b>6.70</b>	<b>Amyalage Soya Paste</b>	<b>152</b>			
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	
	<b>Total</b>	<b>329</b>	<b>5.96</b>	<b>Lunch</b>	<b>185</b>			
4	Noon 2.00	97	1.60	Boild Potato (Mediam)	100	gm		
		108	0.00	Oil	12	ml	Two Spoons	
	<b>Total</b>	<b>205</b>	<b>1.60</b>	<b>Boiled Potato</b>	<b>112</b>			
5	Evening 5.00	60	3.10	Curd	100	gm	One Bowl	
		40	0.00	Sugar	10	gm	Two Spoons	
		<b>Total</b>	<b>100</b>	<b>3.10</b>	<b>Curd + Sugar</b>	<b>110</b>		
	Evening 5.00	OR						
		87	6.60	Anda-omlet/Bhoorjee/boiled egg	50	gm		
		45	0.00	Oil	5	ml	One Spoons	
	<b>Total</b>	<b>132</b>	<b>6.60</b>	<b>Anda-omlet/Bhoorjee/boiled egg</b>	<b>55</b>			
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	
	<b>Total</b>	<b>329</b>	<b>5.96</b>	<b>Dinner</b>	<b>205</b>			
<b>Grand Total</b>		<b>1613</b>	<b>29.52</b>	<b>If egg is given Kcal.1231 and Protins 25.37 gm.</b>				

**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)			
<b>1</b>	<b>Morning 6.00</b>	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
	<b>Total</b>	<b>181</b>	<b>2.25</b>	<b>Amyalage Paste</b>	<b>35</b>			
<b>2</b>	<b>Morning 8.00</b>	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
	<b>Total</b>	<b>183</b>	<b>2.60</b>	<b>Amyalage Soya Paste</b>	<b>35</b>			
<b>3</b>	<b>Morning 10.00</b>	<b>50</b>	<b>0.50</b>	<b>Seasonal Fruit</b>				
<b>4</b>	<b>Noon 12.00</b>	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	
	<b>Total</b>	<b>135</b>	<b>4.38</b>	<b>Lunch</b>	<b>75</b>			
<b>5</b>	<b>Noon 2.00</b>	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
	<b>Total</b>	<b>181</b>	<b>2.25</b>	<b>Amylage Paste</b>	<b>35</b>			
<b>6</b>	<b>Noon 4.00</b>	30	1.55	Curd	50	gm	Half Bowl	
		20	0.00	Sugar	5	gm	One Spoon	
	<b>Total</b>	<b>50</b>	<b>1.55</b>	<b>Curd &amp; Sugar</b>	<b>55</b>			
	<b>Noon 4.00</b>	OR						
		17	3.60	Anda Omlet (only white bulk)	50	gm		
45		0.00	Oil	5	ml	One Spoon		
<b>Total</b>	<b>62</b>	<b>3.60</b>	<b>Omlet (white bulk)</b>	<b>55</b>				
<b>7</b>	<b>Evening 6.00</b>	97	1.60	Boild Potato ( Mediam size)	100	gm		
		45	0.00	Oil	5	ml	One Spoon	
	<b>Total</b>	<b>142</b>	<b>1.60</b>	<b>Boiled Potato</b>	<b>105</b>			
<b>8</b>	<b>Night 7.30 to 8.00</b>	172	5.40	Soft Khichodi with Vegitable	100	gm	Two Bowls	
		135	0.00	Oil	15	ml	Three Spoons	
	<b>Total</b>	<b>307</b>	<b>5.40</b>	<b>Dineer Soft Khichodi</b>	<b>115</b>			
<b>Grand Total</b>		<b>1241</b>	<b>22.58</b>	<b>If egg is given Kcal.1231 and Protins 25.37 gm.</b>				
<b>Instrinctions : Child should be feeded as per his apetite and will he Should not be forced to eat.</b>								

# 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
	<b>Total</b>	<b>238</b>	<b>3.00</b>	<b>Amyalage Paste</b>	<b>50</b>			
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
	<b>Total</b>	<b>240</b>	<b>3.50</b>	<b>Amyalage Soya Paste</b>	<b>50</b>			
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	
	<b>Total</b>	<b>289</b>	<b>6.38</b>	<b>Lunch</b>	<b>150</b>			
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
	<b>Total</b>	<b>238</b>	<b>3.00</b>	<b>Amyalage Paste</b>	<b>50</b>			
6	Noon 4.00	30	1.55	Curd	50	gm	Oen bowl	
		40	0.00	Sugar	10	gm	Two Spoons	
	<b>Total</b>	<b>70</b>	<b>1.55</b>	<b>Curd &amp; Sugar</b>	<b>60</b>			
	Noon 4.00	OR						
		17	3.60	Anda Omlet (only white bulk)	50	gm		
<b>Total</b>	<b>62</b>	<b>3.60</b>	<b>Omlet ( White Bulk)</b>	<b>55</b>				
7	Evening 6.00	97	1.60	Boiled Potato ( Mediam size)	100	gm		
		45	0.00	Oil	5	ml	Two Spoons	
	<b>Total</b>	<b>142</b>	<b>1.60</b>	<b>Boiled Potato ( Mediam size)</b>	<b>105</b>			
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	
	<b>Total</b>	<b>307</b>	<b>5.40</b>	<b>Dineer Soft Khichodi</b>	<b>115</b>			
<b>Grand Total</b>		<b>1632</b>	<b>27.68</b>	<b>If egg is given Kcal.1231 and Protins 25.37 gm.</b>				

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