

PROVIDING A NUTRITIOUS LOW COST MEAL

By

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India has some of the highest levels of malnutrition among women and children in the world with about 30% of the world's malnourished children living in the country. Despite economic growth child malnutrition remains largely unchanged. Inadequate nutrition takes a heavy toll on families: malnutrition can be a factor in maternity-related complications and infant deaths. It can importantly also compromise a child's physical and mental development. Addressing nutritional needs in children is therefore especially important.

Some of the major nutrients and their food sources are given below:

MAJOR NUTRIENTS	OTHER NUTRIENTS	
ENERGY RICH FOODS	Carbohydrates and Fats	
	Whole grain cereals, millets	Protein, fibre, minerals, calcium, iron & B-complex vitamins
	Vegetable oils, ghee, butter	Fat soluble vitamins, essential fatty acids
	Nuts and Oilseeds	Proteins, vitamins and minerals
BODY BUILDING FOODS	Proteins	
	Pulses, nuts, oilseeds	B-complex vitamins, invisible fat, fibre
	Milk & Milk products	Calcium, Vitamin A & B
	Meat, fish, poultry	B-complex vitamins, iron, iodine, fat
PROTECTIVE FOODS	Vitamins & Minerals	
	Green leafy vegetables	Antioxidants, fibre, carotenoids
	Other vegetables and fruits	Fibre, sugar, antioxidants
	Eggs, milk and milk products	Protein and fat

A low cost lunch menu incorporating all food groups and providing a well-balanced and nutritious meal is given below.

Food Group	Food	Quantity	Price
Cereals	Rice OR Ragi Porridge OR Phulkas	1 cup 2	Rs. 2
Pulses	Plain Dal (green or red gram)	½ cup	Rs. 5
Vegetables	Mixed Vegetables	½ cup	Rs.3
Greens	Palak/Methi Sabzi	½ cup	Rs.2
Dairy Products	Curd: 1 cup OR	1 cup	Rs 3

	Egg (optional)	1	
Oils and Fats	Oil		Rs.2
Fruit	Banana/Guava/Orange	1	Rs 3
			Total: Rs.20