

Recommended Food Basket for All

This is given in uncooked weight for a child or person per day (include all 3 meals)

No	Food Item	Adult male 2500 kcal					Adult female 2000 kcal					Children 1 year Energy - 900kcal					Children 5 years Energy - 1400 kcal				
		Wt. (g)	Energy	Protein	Fat	CHO	Wt. (g)	Energy	Protein	Fat	CHO	Wt. (g)	Energy	Protein	Fat	CHO	Wt. (g)	Energy	Protein	Fat	CHO
1	Rice	300	1080	25	6	236	250	900	21	5	192	90	330	7.2	1.6	71	160	578	12.6	2.8	124
2	sprats	30	78	15	1.8		15	40	7.7	1		15	39	7.7	0.9		30	78	15.4	1.8	
3	dried fish	30	80	15	2.5		15	40	7.5	1		8	21	4	0.6		15	42	8	1.2	
4	Egg ,hen	50	68	7	4.5		50	68	7	4.5		50	68	6.8	4.5		50	68	6.8	4.5	
5	Dhal	150	478	35	1.2	80	90	287	21	0.7	48	45	144	10.4	0.3	24	60	192	13.8	0.4	32
6	Potato	100	70	1.5	0.2	15	100	70	1.5	0.2	15	50	35.7	0.8	0.1	6	100	71.4	1.5	0.2	12
7	Coconut scrape	60	234	2.2	24	2	50	195	1.9	20	1.7	20	78	0.8	8	0.6	30	117	1.2	12	0.9
8	Coconut oil	15	125	0	15		10	88.3	0	9.99		10	90		10		10	90		10	
9	Sugar	25	100	0	0	25	25	100	0	0	25										
10	Green leaves	100	35	3		2.5	100	35	3		2.5	50	15.3	1.7	0.3	1	50	15.3	1.7	0.3	1
11	Vegetable	200	45	2		6	200	45	2		6	100	24	1		3	100	24	1		3
12	Fruit	100	60	1	0.5	12	100	60	1	0.5	12	100	60	1		12	200	120	2		24
Total			2453.00	106.70	55.70	378.50		1928.30	73.60	42.89	302.20		575.00	34.20	24.70	46.60		817.70	51.40	30.40	72.90
cal				426.80	501.30	1514.00			294.40	386.01	1208.80			136.80	222.30	186.40			205.60	273.60	291.60
%				17.4	20.4	61.7			15.3	20.0	62.7			23.8	38.7	32.4			25.1	33.5	35.7

No	Food Item	Female (11- 18yrs) Energy - 2400kcal					Male (11- 8 yrs.) Energy - 3000 kcal					Pregnancy Energy - 2200kcal				
		Wt. (g)	Energy	Protein	Fat	CHO	Wt. (g)	Energy	Protein	Fat	CHO	Wt. (g)	Energy	Protein	Fat	CHO
1	Rice	350	1263	28.6	6.6	270.8	390	1431	32.5	7.4	306.9	230	842	19.1	4.4	180.6
2	sprats	30	78	15.4	1.8		30	78	15.4	1.8		30	78	15.4	1.8	
3	dried fish	15	42	8	1.2		30	84	16	2.4		30	84	16	2.4	
4	Egg ,hen	50	68	6.8	4.5		50	68	6.8	4.5		50	68	6.8	4.5	
5	Dhal	90	289	20.8	0.7	47.3	150	482	34.7	1.2	78.8	90	289	20.8	0.72	47.3
6	Potato	100	71.4	1.5	0.2	12	100	71.4	1.5	2	12	100	71	1.7	0.3	11.7
7	Coconut scrape	30	117	1.1	12	1	60	234	2.2	23.9	2	60	234	2.2	23.9	2
8	Coconut oil	10	89.2		9.9		20	178.4		19.8		15	134		14.9	
9	Green leaves	100	30.6	3.4	0.6	1	100	30.6	3.4	0.6	1	200	61.2	6.8	1.2	2
10	Vegetable	200	54.8	4.4	0.1	5.6	300	54.8	4.4	0.1	5.6	200	54.8	4.4	0.1	5.6
11	Fruit	200	120	2	1	24	300	180	3	1.5	36	300	180			36
12	Sugar	25	100			25	25	100			25	25	100			25
	Total		2323.00	92.00	38.60	386.70		2992.20	119.90	65.20	467.30		2196.00	93.20	54.22	310.20
	cal			368.00	347.40	1546.80			479.60	586.80	1869.20			372.80	487.98	1240.80
	%			15.8	15.0	66.6			16.0	19.6	62.5			17.0	22.2	56.5

Notes

For Children 1-5 Years

1. Seasonal, low cost vegetables preferably include legumes e.g. long beans, wing beans, beans to ensure variety
2. At least one green leaf should included
3. Any fruit can be eaten within the day

Food Basket for Children 1-5 Years

1. Rice
2. Dhal (can be substitute with watana dal, cowpea, chick pea, mung bean, soya bean)
3. Sprats/dried fish (can be substitute with small fish, kunissa, lean meat)
4. Egg
5. Sweet potato (can be substitute with manioc, traditional yams, potato, jak fruit, bread fruit etc.)
6. Coconut
7. Oil
8. Vegetables (protein rich vegetables, e.g.- awara, wing beans, long beans, beans)
9. Fruits
10. Onion
11. Green chilly
12. Spices (chilies, turmeric, thunapaha, salt, garlic)

For Adolescents

1. Wheat flour 100 g can be given instead of rice 100 g
2. Seasonal, low cost vegetables preferably include legumes e.g. long beans, wing beans, beans to ensure variety
3. At least one green leaf should included
4. Any fruit can be eaten within the day

Food Basket for Adolescents

1. Rice (Wheat flour 100 g can be given instead of rice 100 g)
2. Dhal (can be substitute with watana dal, cowpea, chick pea, mung bean, soya)
3. Sprats/dried fish (can be substitute with small fish, kunissa, lean meat)
4. Egg
5. Sweet potato (can be substitute with manioc, traditional yams, potato, jak fruit, bread fruit etc.)
6. Coconut
7. Oil
8. Vegetables (protein rich vegetables, e.g. awara, wing beans, long beans, beans)
9. Fruits
10. Onion
11. Green chilly
12. Spices (chilly, turmeric, thunapaha, salt, garlic)

For pregnant women

1. This is given in uncooked weigh for a adolescent per day (include all 3 meals)
2. Wheat flour 100 g can be given instead of rice 100 g
3. Seasonal, low cost vegetables preferably include legumes e.g. long beans, wing beans, beans to ensure variety

Food basket for pregnant women

1. Rice (Wheat flour 100 g can be given instead of rice 100 g)
2. Dhal (can be substitute with watana dal, cowpea, chick pea, mung bean, soya bean)
3. Sprats/dried fish (can be substitute with small fish, kunissa, lean meat)
4. Egg
5. Sweet potato (can be substitute with manioc, traditional yams, potato, jak fruit, bread fruit etc.)
6. Coconut
7. Fruits
8. Onion
9. Green chilly
10. Spices (chilies, turmeric, thunapaha, salt, garlic)