

# Know Your Food: The Indian Diet & Macronutrient Guide



A comprehensive look at everyday Indian foods, thoughtfully categorized by food groups to help you understand your plate and make informed dietary choices.

Fuel Your Day with Smart Grains.

# CEREALS & MILLETS:

## Your Daily Energy Builders

Food Item	Raw Weight	Calories (Kcal)	Protein (g)	Carbs (g)	Fat (g)	Fibre (g)	Notes
Cooked Rice (1 Cup)	50 g raw rice	170	4	39	0.3	1	Prefer brown or single-polished rice
Chapati (1 Medium)	30 g wheat flour	100	3	19	0.5	2	Made without oil/ ghee
Phulka (1 Medium)	25 g wheat flour	80	2.5	16	0.4	2	Oil-free, light option
Upma (1 Cup)	40 g semolina	220	5	35	6	2	Add vegetables for fibre
Poha (1 Cup)	40 g flattened rice	250	5	40	6	3	Add sprouts/ veggies for balance
Lemon Rice (1 Cup)	50 g rice	240	4	34	8	2	Use millets for higher fibre
Vegetable Pulao (1 Cup)	50 g rice + 50 g veg	250	5	36	8	2	Use minimal ghee/oil

Food Item	Raw Weight	Calories (Kcal)	Protein (g)	Carbs (g)	Fat (g)	Fibre (g)	Notes
Khichdi (1 Cup)	30 g rice + 20 g dal	200	7	32	5	3	Balanced cereal-pulse meal
Oats Porridge (1 Cup)	30 g oats + 100 ml milk	180	6	30	4	3	Use skim milk
Dosa (1 Medium)	60 g batter	120	2	17	3	1	Fermented cereal - pulse mix
Idli (2 Medium)	60 g batter(rice : dal = 3:1)	140	5	26	1	1	Steamed, easy-digest

*Plan one meal around millets each day.*

# PULSES, LEGUMES & BEANS: Nature's Protein Powerhouse

Food Item	Raw Weight	Calories (Kcal)	Protein (g)	Carbs (g)	Fat (g)	Fibre (g)	Notes
Cooked Dal (1 Cup)	40 g raw dal	150	9	22	0.6	4	Soak before cooking for better digestibility
Sambar (1 Cup)	Dal 20 g + veg 50 g	120	6	19	0.5	3	Combine with rice for complete protein
Rasam (1 cup)	Dal 10 g	60	2	10	1	1	Light, Digestive
Besan Chilla (2 Medium)	40 g besan	200	10	23	5	4	High protein, gluten-free
Moong Dal Chilla (2 Medium)	40 g moong dal	180	10	21	5	3	Excellent high-protein option
Sprout Salad (1 Cup)	50 g sprouts	100	7	10	1	4	High in fibre and digestible protein
Roasted Bengal Gram Chutney (2 tbsp)	Roasted Bengal Gram 30 g	110	7	18	2	0.4	Protein source

Power your plate with lean, nutrient-rich choices.

# NON-VEGETARIAN FOODS: Fuel for Muscles & Vitality

Food Item	Raw Weight	Calories (Kcal)	Protein (g)	Carbs (g)	Fat (g)	Fibre (g)	Notes
Chicken Curry (75 g chicken)	75 g	200	22	4	12	0	Trim Visible Fat
Fish Curry (75 g fish)	75 g	200	20	4	10	0	Good omega-3 source
Egg (1 medium boiled)	50 g	70	6	0	5	0	Complete protein
Egg Omelette	50 g	85	8	0	6	0	Complete protein

*Add one lean protein source to your daily plate.*

Everyday vegetables made delicious and nourishing.

# VEGETABLES: Essential Vitamins, Minerals & Fiber

Food Item	Raw Weight	Calories (Kcal)	Protein (g)	Carbs (g)	Fat (g)	Fibre (g)	Notes
Vegetable Curry (1 cup)	150-200 g veg + 5 ml oil	130-180	2-4	18	5	4	Use seasonal colorful vegetables
Dry Subzi (¾ cup)	100-200 g veg + 5 ml oil	130-150	1-3	15	5	3	Minimal oil, stir-fried

*Balance every meal with at least one green and one colorful veggie.*

Make dairy your daily dose of nourishment.

# MILK & MILK PRODUCTS: Building Strength From Within

Food Item	Raw Weight	Calories (Kcal)	Protein (g)	Carbs (g)	Fat (g)	Fibre (g)	Notes
Curd (½ cup)	100 ml milk	80-100	4	6	4	0.5	Homemade or probiotic preferred
Buttermilk (1 glass)	200 ml	40	2	3	2	0	Cooling and digestive
Paneer (100g)	100 g	300	14	8	23	0	Prefer low-fat paneer

*Choose wisely, go low - fat.*



Fresh, Colorful, and Naturally Sweet.

# FRUITS: Nature’s Sweet Nutrition

Food Item	Raw Weight	Calories (Kcal)	Protein (g)	Carbs (g)	Fat (g)	Fibre (g)	Notes
Guava (1 medium)	100 g	80	1	14	0.3	5	High in fibre & vitamin C
Apple (1 medium)	150 g	80	0.5	20	0.2	3	Good mid-morning snack
Papaya (1 cup cubes)	150 g	60	0.5	15	0.2	2	Low-calorie & digestive
Orange (1 medium)	130 g	60	1	15	0.2	3	Vitamin C source
Watermelon (1 cup)	150 g	45	1	11	0.2	0.5	Hydrating

*A fruit a day keeps fatigue away!*



Wholesome Fats, Smart Choices.

# NUTS, SEEDS, OILS & CONDIMENTS: Small Ingredients, Big Impact

Food Item	Raw Weight	Calories (Kcal)	Protein (g)	Carbs (g)	Fat (g)	Fibre (g)	Notes
Mixed Nuts & Seeds	10 g	60	2	2	5	1	Healthy fats, small portion
Cooking Oil (1 tsp)	5 ml	45	0	0	5	0	Limit to 3-4 tsp/day
Coconut Chutney (2 tbsp)	15 g coconut	100	1	3	9	1	Rich in MCT fats
Mint/Green Chutney (2 tbsp)	20 g mint + 10g curd	30	1	4	1	1	Light and anti-oxidant rich

*Flavor your meals the smart way.*

Plan your day the balanced way here's how your plate can look across meals.

# Your Everyday Meal Blueprint

Meal	Typical Foods	Estimated Calories
Breakfast	Idli/Dosa/Chilla/Upma + Chutney/Curd	250 - 350
Mid-Morning Snack	Fruit / Sprouts / Buttermilk	80 - 120
Lunch	Rice / Chapati + Dal + Curry + Curd	400 - 600
Evening Snack	Tea + Nuts / Fruit / Poha	100 - 150
Dinner	Roti / Rice + Veg Curry + Soup / Curd	350 - 500

*Balance your plate. Balance your energy.*

## Your Easy Way to Understand and Use This Guide:

Add up the components you've eaten in a meal (e.g., rice + dal + curry + curd) to get a **rough calorie & macronutrient total**.

Use this to **understand what you've been consumed** and to plan balanced meals accordingly.

The serving sizes (1 cup, 1 roti, etc.) are **standard household measures**. Compare your plate to these to estimate calories and nutrients easily

# General Health Tips

- **Balanced Plate:**

At each main meal, aim for —

$\frac{1}{2}$  plate cereals & millets,

$\frac{1}{4}$  plate pulses or protein (dal, paneer, eggs, fish),

$\frac{1}{4}$  plate vegetables, plus a small portion of curd

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- **Mix Food Groups:**

Combine cereals + pulses (e.g., rice with dal, dosa with sambar) to improve protein quality and satiety.

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- **Rotate Foods Weekly:**

Choose different vegetables, dals, and cereals (like millets, brown rice, amaranth, moringa greens) to cover all micronutrients and antioxidants.

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- **Watch Fats & Oils:**

Use 3—4 tsp oil/day per person. Prefer cold-pressed or blended oils and avoid deep-fried foods frequently.

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- **Mindful Eating:**

Eat slowly, avoid distractions, and notice fullness. Stop when you feel 80% full.

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- **Stay Hydrated & Active:**

Drink enough water through the day and walk for 10 minutes after meals to improve digestion and glucose control.

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- **Personalize When Needed:**

Nutrient needs vary by age, gender, activity, and health conditions.



# Your Journey to Better Health Starts Here.

**Note:**

This chart is based on **NIN-ICMR “Dietary Guidelines for Indians” (2021)** and **Indian Food Composition Tables (IFCT, 2021)**. Nutrient values are **approximate averages** for educational purposes. Actual values may vary depending on recipe, portion, and preparation. This guide is **not a medical prescription** — Individuals with specific health conditions should **consult a qualified dietitian or doctor** before making major dietary changes. For best results, follow a **personalized plan under professional guidance**.



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