MY DESI FOOD PLATE
A Reference Guide for Healthy Eating

Break it Down
50% Vegetables & Fruits: More Vegetables than Fruits
25% Grains: Rice, breads, whole grains
25% Proteins & Fats: 15% Proteins & 10% Fats

Vegetables
Vary Your Veggies
Diverse veggies provide essential vitamins, minerals & fiber. Always aim for vegetable heavy meals.

Fruits
Focus on Fruits
Actual fruits provide more fiber & nutrients, and less sugar than juices. Fruits are a good source of vitamins to help your immunity.

Grains
Make them Whole
Whole wheat, oatmeal, brown or wild rice & other whole grains are healthier than refined grains. Read the labels.

Proteins
Go Lean with Protein
Nuts, beans, peas, lentils, poultry, seafood, soy & eggs are in this group. Choose non-veg wisely, aiming for leaner meats such as poultry or fish.

Dairy
Get Calcium Rich Foods
Cheese, milk, yogurt, ghee, & paneer are all part of this group.
**MY DESI FOOD PLATE**

Use this as reference only. Consult your Physician and/or Nutritionist for your specific dietary needs.

**Recommended Average Daily Intake Values**

*Based on 2,000 Calorie Diet*

- Vegetables = 3-4 cups
- Fruits = 2-3 Cups
- Grains = 6 Ounces
- Protein = 5 ½ Ounces
- Dairy = 3 Cups

### Fruits

One orange a day is recommended.

1-2 fruits

### Low Sugar Fruits

Berries, Kiwi, Cantaloupe

1 Cup

### Dal/Sambhar

Vegetarian Protein

1 Cup

### Roti OR Rice

- 1 Roti = 1 ½ ounces
- 1 Idly = 3 ½ ounces
- 1 Slice Bread = 1 ounce
- 1 Cup Rice = 7 ounces

6 ounces

### Vegetables

Green beans, spinach, or other veggies with or without potatoes

2 Cups

### Nuts & Eggs

Eggs for Breakfast

Nuts for Snacking

### Salad

Cucumber, Tomato, Radish, Carrot, Onion

1-2 Cups

### Dairy

Yogurt, Paneer, Cottage Cheese, Milk

3 Cups