



## Diet plan for under 7 yrs age

*(kindergarten )*

**Calories - 1700-1800 kcal**

- **Early morning** - 1glass like warm water with lemon juice + honey +4 almonds
- **Then 15-20 min sunlight exposure and some yog asans** like : deep breathing , Anulom - vilom ,tadasana ,surya namaskar
- After that gargle with salt water
- **9:00 -10:00 am (Breakfast)** - vegetable + paratha or chapati / veg poha / veg idli / veg stuff paratha with mint chutney
- After 20 mins 1 cup milk
- **12:00 pm** - pomegranate / orange / papaya
- **1:00 pm** - Giloy water
- **2:00- 3:00 pm (Lunch )** - 1-2 chapati with green vegetable + 1 Bowl Dal (any)
- **Evening 5:30- 6:00 pm** - 1 cup milk with 2-4 bran biscuits / suji toast / besan halwa / veg soup
- **Dinner 8:00 pm** - khichri added veg / moong Dal + green veg like beans / broccoli with 2 chapati
- **Bed time** - 1cup milk with added 1pinch turmeric raw or powdered

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