

NURSERY WING MENU FOR JANUARY 2018

DIET GUIDELINES FOR CHILDREN OLDER THAN 2 YRS.

GENERAL RECOMMENDATIONS:

- Consume 3 regular meals daily with healthful snacks (2-3/day) according to appetite, activity and growth needs.
- Include a variety of foods with abundant vegetables and fruits.

KEY NUTRIENTS:

CARBOHYDRATES

- Complex carbohydrate should provide $\geq 55-60\%$ of daily calories, half of all grains should be whole grain, high-fibre foods.
- Simple sugars should be limited to $<10\%$ daily calories.

FATS:

- $<30\%$ of total calories should come from dietary fat.
- Saturated and polyunsaturated fats should make up for $<10\%$ total calories each.
- Monounsaturated fats should provide at least 10% total calories.
- Encourage lean cuts of meat, fish, low-fat dairy products, vegetable oils.
- Cholesterol intake should approximate $100\text{mg}/100\text{kcal}/\text{day}$ (max of $300\text{mg}/\text{day}$)
- Severe fat restriction ($\leq 15-20\%$ of total calories) should be avoided because it may result in growth failure.

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NELSON ESSENTIALS OF PEDIATRICS 9th EDITION

Appetite and Food Intake of Preschoolers – Picky Eaters

- Familiar foods may be comforting to the child
- Child may be trying to exert control over this aspect of her/his life
- Suggestions include:
 - Serve child-sized portions
 - Serve food in attractive way
 - Limit snacking and drinks between meals as to not “kill” appetite at mealtime
- May take 8-10 exposures to new food before it is accepted
- Children raised in an environment where all members of the family eat a variety of foods are more likely to eat a variety of foods.

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Date	Morning refreshment	Lunch	Evening refreshment
16-01-2018	Samosa	Raddish, onion salad, paneer curry, urad dry, multigrain roti, rice	Biscuit
17-01-2018	Butter jam Sandwiches	Bhoondi raita, rice, chapatti, urad rajmah, aloo gobi, papad	Fruit
18-01-2018	Vegetable vada	Grated carrot, raddish, onion salad, zeera rice, arhaar dal, Pav bhaji	Fruit
19-01-2018	Aloo bhoonda	Raddish, tomato salad, Bathua raita, Rice, matara khulcha	Savory snack
20-01-2018	Finger chips	Cucumber raddish salad, zeera rice, multi grain roti, moongmalka, aloo capsicum, papad	Biscuit
22-01-2018	Chana palak cutlet	Carrot, cucumber salad, zeera rice, aloo pea curry, pumpkin, spinach poori, suji halwa	Fruit
23-01-2018	Black channa chaat	Vegetable noodles, vegetable fried rice, vegetable sweet and sour, multigrain chapatti, channa dal	Fruit
24-01-2018	Idli sambar	Raddish tomato salad, zeera rice, chapatti, kabulichanna, aloo bathua, bhoondi raita	Savoury snack
25-01-2018	Vegetable macaroni	Cucumber onion salad, pulao, blackchanna curry, mixed vegetable, chapatti, besan laddoo	Fruit
27-01-2018	Poha	salad, urad dry, aloo pea curry, chapatti, rice, custard	Fruit
29-01-2018	Dal kachori	Palak chapatti, kadhi, rice, dumaloo, jalebi, carrot raddish salad	Biscuit
30-01-2018	Dal stuffed vegetable parantha	Rajmah, pumpkin, rice, chapatti, grated carrot, raddish, onion salad, vermicelli kheer	Savoury snack
31-01-2018	Vegetable cutlet	chapatti, sambar, lemon rice, aloo beans, sweet curd, carrot cucumber salad	Fruit