

THE SECRET TO A BETTER FUTURE!

mythali®



YES PREETI, I CAME HOME EARLY! WHO IS THIS?

THIS IS MY BEST FRIEND, CHUTKI! CHUTKI, THIS IS MITHALI DIDI, MY SISTER!

THE ONE THAT IS GOING TO COLLEGE IN THE CITY??



NOT ONLY THAT! SHE IS A STATE LEVEL HOCKEY CHAMPION! AND NOW SHE'S WORKING TOWARDS PLAYING AT NATIONALS!



SOON I'M GOING TO GROW UP LIKE HER. I'LL BECOME A POLICE OFFICER!

NICE TO MEET YOU, CHUTKI! WHAT DO YOU WANT TO BE WHEN YOU GROW UP?



UM... I DON'T KNOW...

IT'S OKAY IF YOU ARE NOT SURE YET. BUT IF YOU WANT TO GROW UP TO BE STRONG, YOU NEED TO START TAKING CARE OF YOUR HEALTH NOW!



DIDI, BUT FIRST, SHOW US WHAT IS IN YOUR BASKET!!

DIDI!! DID YOU GET US SAMOSAS?

NO. I GOT SOMETHING BETTER... FRUITS AND ROASTED PEANUTS!

HOW IS THIS BETTER THAN SAMOSAS?



SAMOSAS, KACHORIS, PAKORAS ARE OILY AND SWEETS ARE SUGARY WHICH MAKES THEM UNHEALTHY FOR US. REMEMBER HOW I USED TO FALL SICK SO OFTEN WHEN I WAS YOUR AGE? FRUITS AND NUTS HELPED ME BUILD MY IMMUNITY TO KEEP ME HEALTHY!



BUT IT'S NOT JUST FRUITS AND NUTS, YOU NEED A COMPLETE BALANCED MEAL WITH THE RIGHT QUANTITIES TO HELP YOU GROW FOR A HEALTHY FUTURE.

BALANCED MEAL? WHAT IS THAT?



SIT DOWN, I WILL TELL YOU!



OKAY!



HAVE A GLASS OF MILK (200ML) AT BREAKFAST AND BEDTIME. CARRY A HANDFUL OF NUTS AND A FRUIT TO SCHOOL TO MUNCH ON WHEN YOU'RE HUNGRY. AND ALSO HAVE ONE FRUIT WITH YOUR EVENING SNACKS!

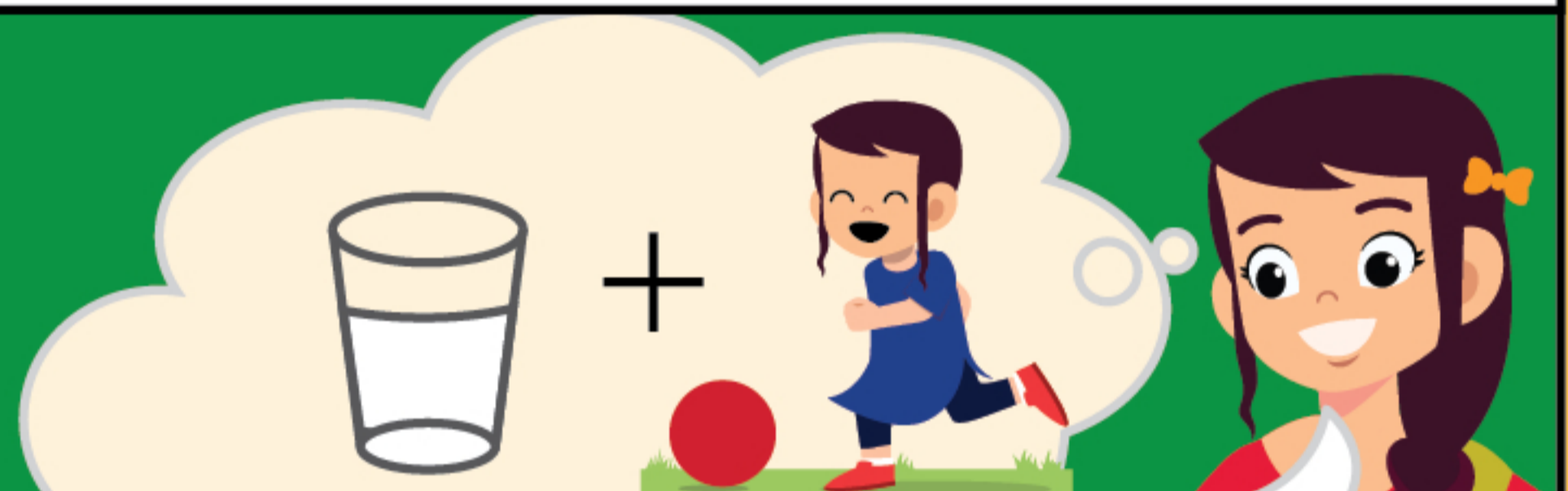


Breakfast Meal Plans

No.	Food Items	Portion Size
1.	Veg Parathas	2 Parathas
2.	Puri + Alu ki Sabji	3 Puris + 1 Katori Sabji
3.	Roti Sabji	3 Rotis + 1 Katori Sabji



MILK?? BUT YOU USED TO HATE MILK.



YES, I USED TO HATE MILK! BUT MY TEACHER TOLD ME THAT MILK, CURD, PANEER AND OTHER MILK PRODUCTS HAVE PROTEINS THAT HELP TO MAKE MY BONES AND MUSCLES STRONGER. THAT'S WHY I CAN PLAY HOCKEY SO WELL!

After School Snack Options

No.	Food Items	Portion Size
1.	Besan Chillas	3 Chillas
2.	Chana/Peanut Chaat (Boiled Bengal gram whole / peanuts with onions, tomatoes, green chillies, coriander)	2 Katoris
3.	Rajma and Rice	1 Katori Rajma + 1 ½ Katoris Rice



WOW, PREETI. THIS LOOKS EASY TO FOLLOW!

YES, THERE ARE SO MANY DIFFERENT FOOD OPTIONS!





HERE'S THE SECRET TO MY HEALTH! IT'S ALL ABOUT HAVING THE RIGHT FOOD IN THE RIGHT PORTIONS. LET'S SEE WHAT EACH FOOD GROUP IS AND HOW THEY HELP YOU.

POWER UP WITH ENERGY GIVING FOODS



Have whole cereals (like wheat/millets) chapatis or rice in every meal to stay energized and active.

GROW WITH BODY BUILDING FOODS



Have a katori of proteins (like dal/eggs/meat/fish) and milk/curd/buttermilk/paneer in every meal.

STAY HEALTHY WITH PROTECTIVE FOODS



Have a katori of colourful veggies (cabbage, radish, carrot, etc.) with every meal. These will protect you from diseases!

Carbohydrate – 3 chapatis or 2 katoris rice

Protein

1 katori of dal, meat, fish, or egg



Salad 2-3 pieces (raw veggies) + 1/4 lemon



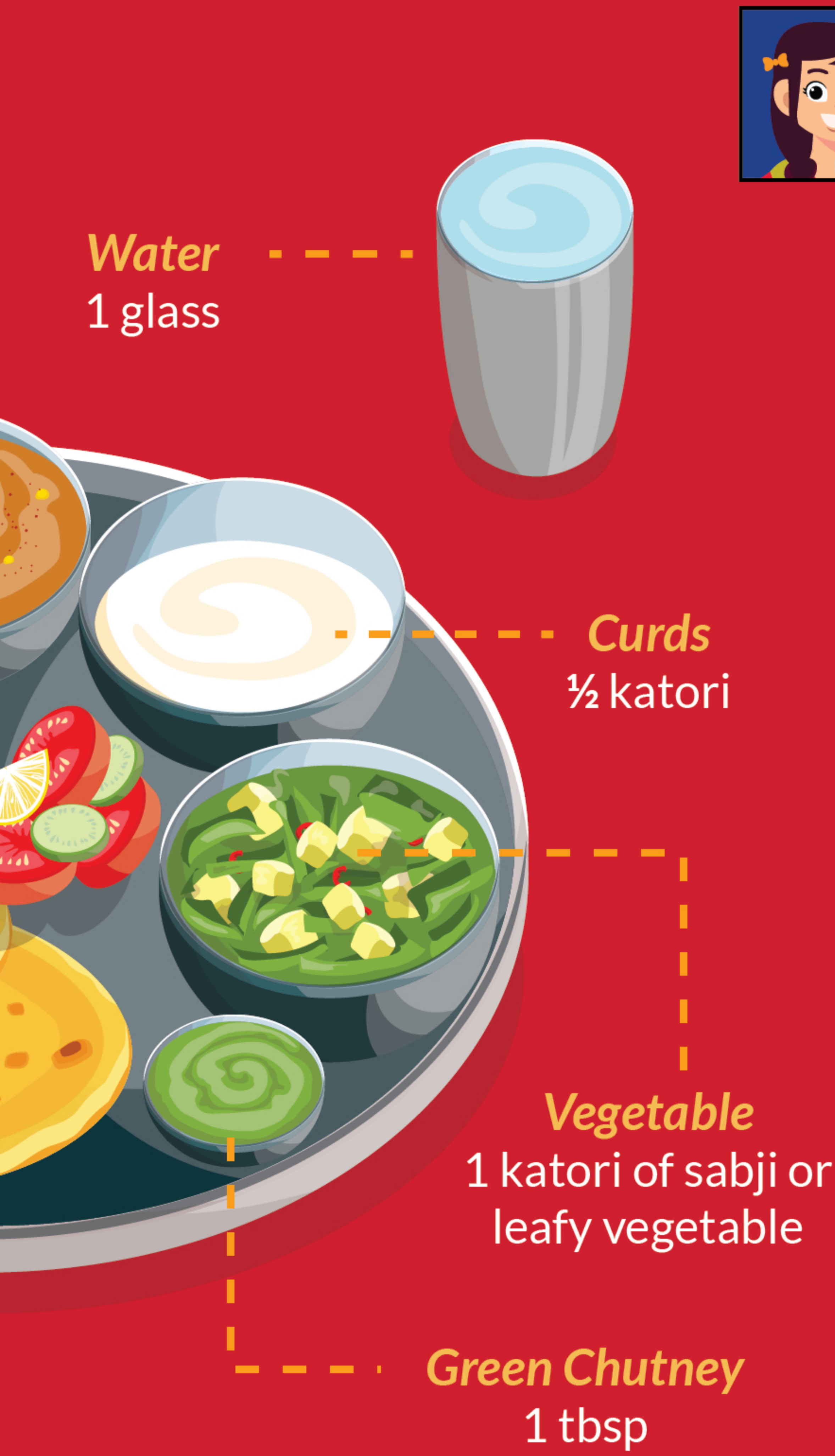
2-3 Fruits every day



Max. 3 tsp oil & 1 tsp ghee per day



Sugar Max. 4 tsp per day



GREEN LEAFY VEGETABLES ARE RICH IN IRON. THAT REMINDS ME, HAVE YOU BEEN HAVING YOUR IRON TABLETS, CHUTKI?



IRON AH? LIKE METAL?



SILLY CHUTKI! THEY ARE SMALL TABLETS I COLLECT FROM THE ANGANDWADI DIDIS OR SCHOOL. SINCE I STARTED MY PERIODS, MITHALI DIDI SAID IT WILL INCREASE MY HEMOGLOBIN (KHOON BADHAEGA)!



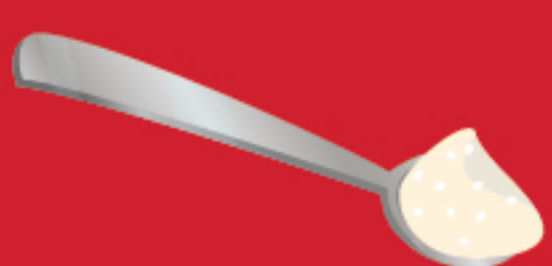
VITAMIN-C RICH FRUITS

Citrus fruits like amla, lemon, orange and guava contain Vitamin-C which helps in iron absorption from our food. Include these in your meals.



FORTIFIED FOODS

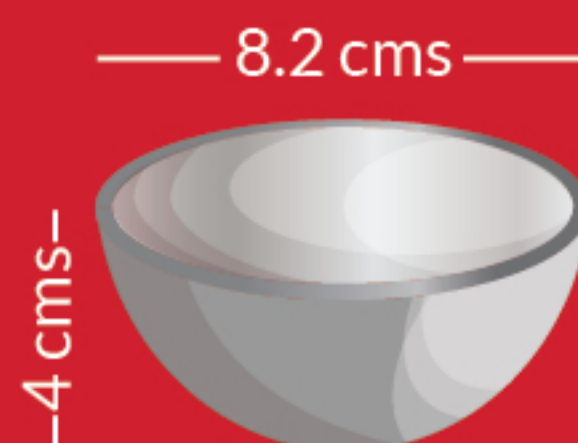
Make sure that your family buys food with this +F logo on them. These are Fortified Foods that will ensure that your body gets the vital nutrients that your body needs.



Salt Max.
1 tsp per day



Drink 7-8
glasses
of water
everyday



1 cup =
200ml volume

Lunch and Dinner Meal Plans

No.	Food Items	Portion Size
1.	Puri	3
	Kala Channa- Alu	1 ½ katoris
	Curds	½ katori
	Salad	2-3 pieces + ¼ lemon
2.	Rice	1 ½ katoris
	Dal	1 katori
	Mooli ka sabji	1 katori
	Curds	½ katori
3.	Rice	1 ½ katoris
	Dal Palak	1 katori
	Curds	½ katori
	Salad	2-3 pieces + ¼ lemon
4.	Khichdi	1 ¼ katoris
	Kaddu ki Sabji	1 katori
	Curds	½ katori
	Salad	2-3 pieces + ¼ lemon
5.	Roti	2
	Mutton Curry	1 katori
	Curds	½ katori
	Salad	2-3 pieces + ¼ lemon
6.	Bajra/ Jowar / Makka Roti	2
	Baingan Bharta	1 katori
	Curds	½ katori

EXPERIMENT WITH YOUR MEAL PLANS BUT ALWAYS REMEMBER TO HAVE THEM IN THE RIGHT PORTION SIZES - THIS IS WHAT A BALANCED MEAL IS!



Remember to always wash your hands before and after eating; maintain personal hygiene and keep your surroundings clean.

REMEMBER THERE ARE DIFFERENT PORTIONS FOR EACH MEMBER OF THE FAMILY TO ENSURE THEY GET ALL THE RIGHT NUTRIENTS!

MOTHER = 1 CHAPATI LESS THAN YOU (LUNCH OR DINNER)

FATHER = 1 CHAPATI MORE , ½ KATORI DAL LESS THAN YOU (LUNCH OR DINNER)

BROTHER = 2 CHAPATI (LUNCH) MORE, 1 ½ CHAPATI (DINNER) MORE, ½ KATORI DAL MORE THAN YOU



LET'S SEE WHAT YOU'VE LEARNT ABOUT BALANCED MEALS! AND DON'T FORGET TO SEND US A PHOTO OF YOUR ANSWER SHEET ON **9663731122**



Name: _____ Age: _____

1. What foods help you in the growth and development of your muscles and bones?

- a) Fruits b) Vegetables c) Rice d) Dals, Eggs, Milk

2. How many katories of vegetables should you eat in a day?

- a) 1 b) 2 c) 3 d) 4

3. How many times should you eat fruits?

- a) Once a month b) Once a week c) Once in 6 months d) Everyday

4. How many glasses of milk should you drink everyday?

- a) 2 Glasses b) 1 Glass c) ½ Glass d) 3 Glasses

5. What makes a balanced meal?

- a) Rice & Chapati c) Fruits & Vegetables
b) Chapati & Milk d) Sabji, Dal, Chapati, Salad & Curd

Find These Words That Help You Grow

Milk
Fruits
Vegetables
MyThali
Exercise
Iron

Y	A	E	X	E	R	C	I	S	E
O	M	A	F	L	O	K	M	A	I
A	M	Y	T	H	A	L	I	O	D
V	E	G	E	T	A	B	L	E	S
A	F	R	U	I	T	S	K	A	J
H	O	M	S	Q	T	I	R	O	N

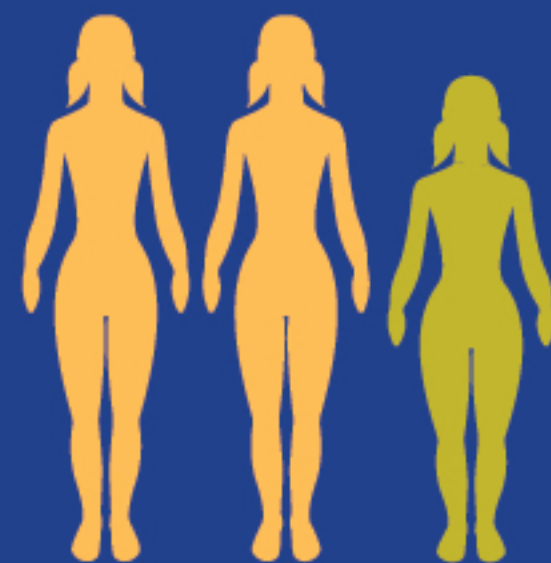
LET ME TELL YOU SOMETHINGS I'VE LEARNT IN COLLEGE. I'M SHARING THIS WITH YOU AS YOU ARE IN THE MOST IMPORTANT STAGE OF YOUR LIFE!

Attain your maximum height by eating right!

Vitamins and minerals are important for your body

Like Iron, Folate, Vitamin B12, Vitamin D, Vitamin A and Zinc

A balanced meal prevents stunting



Did you know 1 out of 3 girls in India is too short for their age?

1 in 2 adolescents suffer from at least two of these deficiencies

Anemia makes you feel tired and less focused in your studies



You can be overweight and may still suffer from micro-nutrient deficiency!

40% of Indian girls suffer from Anemia

5% of adolescents are overweight

10% of children are pre-diabetic

MAKE SURE TO HAVE AT LEAST 60 MINUTES OF OUTDOOR SPORTS, PLAY OR EXERCISE TO KEEP ACTIVE!



WOW, DIDI! WE HAVE LEARNT SO MUCH.

YES! WE NEED TO TAKE CARE OF OURSELVES NOW SO THAT WE BUILD A STRONG FOUNDATION FOR OUR HEALTHY FUTURE. IF WE ARE HEALTHY, OUR FUTURE FAMILY WILL BE HEALTHY TOO.

THANK YOU, DIDI!



THE END