Dr. Mohan’s Atlas of Indian Foods

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Dr. Mohan’s Healthcare Products

MADRAS DIABETES RESEARCH FOUNDATION
SPECIAL FEATURES OF FOOD ATLAS

› This is the FIRST of its kind in India!

› Includes more than 200 most commonly consumed foods (commercial and non-commercial sources) from all regions of India.

› PORTION SIZES and NUTRITIVE VALUES are indicated.

› PORTION TOOLS covering different sizes are shown.

› DESCRIPTION of all the foods is given.

BOOK CONTENTS

› Breakfast / Dinner Food Choices

› Lunch / Dinner Food Choices

› Non Vegetarian Food Choices

› Snacks, Bakery Products and Soft Beverages

› Dairy Products

› Sweets

› Fruits

› Portion Tools

› Glossary

IMPORTANCE OF FOOD ATLAS

› Primary tool for assessing food intake of populations in epidemiological research.

› User friendly visual aid for patients, practitioners and health conscious consumers.

› Effective tool for dietitians and nutritionists working in hospitals and food catering industries.

› Guide for students engaged in Diet and Nutrition studies.

“Dr. Mohan’s Atlas of Indian foods will be a critical research tool to learn wide variety of diets in India by providing a method to assess the intakes of individuals more accurately”

Prof. Walter Willett
Professor of Epidemiology and Nutrition, Harvard School of Public Health, Boston, USA
### Breakfast / Dinner Choices

**IDLI**
- Weight range: 10 - 20g
- Avg. nutritive value:
  - Energy: 25 Kcal, Carbohydrates: 5.3 g, Protein: 0.8 g, Fat: 0.1 g, D.Fibre: 0.3 g
- * per piece weight

**RAVA IDLI**
- Weight range: 30 - 40g
- Avg. nutritive value:
  - Energy: 44 Kcal, Carbohydrates: 7.1 g, Protein: 1.4 g, Fat: 1.1 g, D.Fibre: 0.4 g

**IDLI**
- Weight range: 50 - 60g
- Avg. nutritive value:
  - Energy: 90 Kcal, Carbohydrates: 19.4 g, Protein: 2.8 g, Fat: 0.3 g, D.Fibre: 0.9 g

### Lunch / Dinner Choices

**Rice: Fried / Pulao (Vegetable)**
- Weight range: 50 - 70g
- Avg. nutritive value:
  - Energy: 93 Kcal, Carbohydrates: 13.7 g, Protein: 1.5 g, Fat: 3.4 g, D.Fibre: 0.9 g

**125 - 145g**
- Avg. nutritive value:
  - Energy: 210 Kcal, Carbohydrates: 30.8 g, Protein: 3.5 g, Fat: 7.7 g, D.Fibre: 2.0 g

**200 - 220g**
- Avg. nutritive value:
  - Energy: 327 Kcal, Carbohydrates: 48.0 g, Protein: 5.4 g, Fat: 12.0 g, D.Fibre: 3.1 g

### Sweets

**Jamun**
- Weight range: 15 - 25g
- Avg. nutritive value:
  - Energy: 68 Kcal, Carbohydrates: 8.8 g, Protein: 1.1 g, Fat: 3.1 g, D.Fibre: 0.0 g

**50 - 65g**
- Nutritive value with syrup:
  - Energy: 199 Kcal, Carbohydrates: 28.3 g, Protein: 3.3 g, Fat: 9.3 g, D.Fibre: 0.1 g

**110 - 125g**
- Nutritive value with syrup:
  - Energy: 388 Kcal, Carbohydrates: 62.5 g, Protein: 6.5 g, Fat: 18.8 g, D.Fibre: 0.3 g

* per piece weight  ** per piece with syrup weight
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