Diet chart for test

Diet optimization has been done by a computer program. It is better to verify it by a dietitian if possible. Also note that effectiveness of this diet chart will depend on many other factors such as lifestyle, cooking habit etc.

⬇ Download/print

Breakfast

2 - 3 serving(s) banana OR 3 - 4 serving(s) guava OR 1 serving(s) mango OR mixed fruit salad taking partial amount of each

Mid morning snack

2 - 3 serving(s) banana OR 3 - 4 serving(s) guava OR 1 serving(s) mango OR mixed fruit salad taking partial amount of each

Lunch

Every 2 days 1 serving(s) white rice OR 2 serving(s) roti OR 1 serving(s) paratha
PLUS
2 serving(s) egg (omlet) OR 1 - 2 serving(s) chicken (curry)
PLUS
2 - 3 cup(s) vegetable including lentil*
PLUS
2 - 3 serving(s) banana OR 3 - 4 serving(s) guava OR 1 serving(s) mango OR mixed fruit salad taking partial amount of each

Afternoon snacks

2 - 3 serving(s) banana OR 3 - 4 serving(s) guava OR 1 serving(s) mango OR mixed fruit salad taking partial amount of each

Evening snacks

2 - 3 serving(s) banana OR 3 - 4 serving(s) guava OR 1 serving(s) mango OR mixed fruit salad taking partial amount of each

Dinner

Every 2 days 1 serving(s) white rice OR 2 serving(s) roti OR 1 serving(s) paratha
PLUS
2 serving(s) egg (omlet) OR 1 - 2 serving(s) chicken (curry)
PLUS

2 - 3 cup(s) vegetable including lentil*
PLUS
2 - 3 serving(s) <u>banana</u> OR 3 - 4 serving(s) <u>guava</u> OR 1 serving(s) <u>mango</u> OR mixed fruit salad taking partial amount of each

*About vegetables

We recommend you eat all your chosen vegetables in rotation. However, if your target is weight loss, we are providing a preference ranking customized for you.
spinach > lentil > chickpea

1 cup vegetable means 1 medium size bowl/katori which is around 150 gram.

About other foods**

- black tea - can be taken rarely (less than once per month).
**this estimation only include calorie. Try to lower the amount of junk foods in general such as samosa, deep-fried items and refined carbs(pizza, noodles etc)

Note: As the meal generation is automatic, some item may sound unrealistic (such as 7 eggs in breakfast). In such cases, eat some potion with some other meal (some at dinner) or substitute with same group (item given with "OR") or both.

Nutrition analysis

(for advanced users)

Energy : Average calorie on this diet should be usually in the range of 1700 - 1900 Kcal.

Carbohydrate: On average should be around 50 to 60 percent.

Protein: On average should be around 15 percent.

Fat: On average should be around 25 to 30 percent.
Provided cooking oil amount : 0 - 2 tbsp(tea spoon full)

🥄 *Maximum allowed salt amount in cooking : 0 - 2 pinch*

✅ **Optimized micronutrients**

- Iron
- Vitamin A
- Vitamin c
- Dietary fiber
- Phosphorus
- Potassium
- Thiamin
- Riboflavin

- Vitamin B6
- Vitamin K
- ORAC score (anti-oxidant)

⚠️ Possible deficiency

Even after trying, there is a chance that the following nutrients become deficient in this diet. To prevent this you can either eat more foods from some specific groups occasionally or take supplements if suggested by your physician.

- Calcium
- Vitamin D
- Vitamin B12
- Choline

⚠️ Possible excess

Even after trying, there is a chance that the following nutrients become excess in this diet. To prevent this you should rotate your foods in a way so that you eat lower amount from some specific food groups.

- Folic acid
- Magnesium

Following substances are expected to be within permissible limit

- Cholesterol
- Saturated fatty acid
- Free sugar
- Sodium

💡 Recommended food groups
Based on micronutrient(s) excess and deficiencies.

- Dairy/milk products^
- Poultry (egg/chicken) & meat
- Starchy vegetables^
- General vegetables
- Seefood/fish^
- Green leafy vegetables
- Whole grain
- Red vegetables^
- Nuts^
- Lentils

^ Currently missing in your diet. You may try regenerating this diet chart with including some of these foods unless there is some restriction due to illness / advised by your dietitian.

Serving size references

Food name	Meaning of 1 serving
white rice (সাদা ভাত)	1 cup, cooked (140 gram)
roti (রুটি)	1 small chappatti or roti (6") (27 gram)
paratha (পরোটা)	1 paratha (70 gram)
black tea (লিকার চা)	1 small (360 gram)
egg (omlet) (ওমলেট)	1 medium (50 gram)
chicken (curry) (মুরগির মাংস)	1 piece (85 gram)
banana (কলা)	1 fruit (115 gram)
guava (পেয়ারা)	1 fruit (90 gram)
mango (আম)	1 fruit (336 gram)