

SCHOOL GOING DIET
Dr. Tanmay R. Amladi, Dubai



6:00 - 6: 30 am	Fruit salad – bananas, apples, dates / dried figs, soaked almonds (Cream may be added optionally) + 1 cup milk/Pediasure
10 am	<p>Indian Idlis / dosa / upma* / khichdi /parathas</p> <p>International Sandwich using multi-grain or whole wheat bread and filled with egg / chicken or turkey ham / chicken sausages and vegetables. Use butter sparingly; Nutella / jams /marmalades have high sugar content and less protein - use only occasionally</p>
1: 30 – 3 pm	<p>Indian Rotis + vegetables + rice + lentils/legumes/meat + salad Optional – yogurt</p> <p>International Rice / pasta / noodles / bread + vegetables + legumes/meat + salad Optional – yogurt</p>
5 pm	<p>Indian Idlis / dosa / upma* / khichdi /parathas</p> <p>International Sandwich using multi-grain or whole wheat bread and filled with egg / chicken or turkey ham / chicken sausages and vegetables. Use butter sparingly; Nutella / jams /marmalades have high sugar content and less protein - use only occasionally (+ small cup of Nutrini / Pediasure drink)</p>
9 pm	<p>Indian Rotis + vegetables + rice + lentils/legumes/meat + salad Optional – yogurt</p> <p>International Rice / pasta / noodles / bread + vegetables + legumes/meat + salad Optional – yogurt</p>
*Upma may be prepared with semolina / wheat flour / dalia (broken wheat) / vermicelli (sevai)	