

## Diet Plan for Kids (Ages 5-8 and 9-14)

### Serving Size Guide

- **Ages 5-8:** Smaller portion
- **Ages 9-14:** Larger portion

### Breakfast:

**Option 1:** Whole grain toast with peanut butter, banana slices, and a glass of milk

- **Protein:** 6-10g (Peanut butter, milk)
- **Carbohydrates:** 30-40g (Toast, banana)
- **Healthy Fats:** 8-10g (Peanut butter)
- **Vitamins:** Potassium, Vitamin C (banana), Vitamin B (whole grain)

**Option 2:** Oats or porridge with fruits (apple, berries, or mango) and a sprinkle of chia seeds

- **Protein:** 4-7g (Oats, chia seeds)
- **Carbohydrates:** 30-35g (Oats, fruits)
- **Healthy Fats:** 2-4g (Chia seeds)
- **Vitamins:** Vitamin C, Antioxidants (berries), Fiber (fruits, oats)

**Option 3:** Whole wheat pancakes with honey and yogurt on the side

- **Protein:** 6-8g (Whole wheat flour, yogurt)
- **Carbohydrates:** 35-40g (Pancakes, honey)
- **Healthy Fats:** 2-4g (Yogurt)
- **Vitamins:** Calcium (yogurt), B vitamins (whole wheat)

### Mid-Morning Snack:

**Option 1:** Mixed nuts (almonds, walnuts, cashews) and a small fruit (apple or pear)

- **Protein:** 4-6g (Nuts)
- **Carbohydrates:** 12-15g (Fruit)
- **Healthy Fats:** 8-10g (Nuts)
- **Vitamins:** Vitamin E (nuts), Vitamin C (fruit), Fiber (fruit)

**Option 2:** Yogurt with granola and mixed seeds (flax, pumpkin)

- **Protein:** 6-8g (Yogurt, seeds)
- **Carbohydrates:** 15-20g (Granola)
- **Healthy Fats:** 6-8g (Seeds)
- **Vitamins:** Calcium (yogurt), Omega-3 (flax), Zinc (pumpkin seeds)

**Option 3:** Vegetable sticks (carrot, cucumber) with hummus

- **Protein:** 2-4g (Hummus)
- **Carbohydrates:** 8-10g (Vegetables)
- **Healthy Fats:** 4-6g (Hummus)
- **Vitamins:** Vitamin A (carrot), Vitamin C (cucumber), Iron (hummus)

### Lunch:

**Option 1:** Vegetable pulao or rice with mixed vegetable curry and a side of yogurt

- **Protein:** 8-12g (Yogurt, lentils in curry)
- **Carbohydrates:** 40-50g (Rice, vegetables)
- **Healthy Fats:** 4-6g (Cooking oil)
- **Vitamins:** Fiber (vegetables), Vitamin C, Calcium (yogurt)

**Option 2:** Whole wheat chapati with lentils (dal) and steamed vegetables

- **Protein:** 10-14g (Lentils, chapati)
- **Carbohydrates:** 35-45g (Chapati, lentils)
- **Healthy Fats:** 2-4g (Chapati)
- **Vitamins:** Iron (lentils), Vitamin C (vegetables)

**Option 3:** Whole wheat pasta with tomato and vegetable sauce, topped with cheese

- **Protein:** 10-12g (Cheese, pasta)
- **Carbohydrates:** 40-50g (Pasta, sauce)
- **Healthy Fats:** 6-8g (Cheese)
- **Vitamins:** Vitamin A, C (tomato sauce, vegetables), Calcium (cheese)

### Afternoon Snack:

**Option 1:** Smoothie with milk or yogurt, banana, spinach, and almonds

- **Protein:** 6-10g (Yogurt, milk, almonds)
- **Carbohydrates:** 20-25g (Banana)
- **Healthy Fats:** 4-6g (Almonds)
- **Vitamins:** Potassium (banana), Vitamin A (spinach), Calcium (milk)

**Option 2:** Multigrain crackers with cheese slices or hummus

- **Protein:** 4-6g (Cheese, hummus)
- **Carbohydrates:** 15-20g (Crackers)
- **Healthy Fats:** 6-8g (Cheese, hummus)
- **Vitamins:** Calcium (cheese), Vitamin E (hummus)

**Option 3:** Roasted chickpeas or a granola bar

- **Protein:** 4-6g (Chickpeas)

- **Carbohydrates:** 15-20g (Chickpeas or granola bar)
- **Healthy Fats:** 2-4g (Granola bar or chickpeas)
- **Vitamins:** Iron (chickpeas), Fiber (granola bar)

#### Dinner:

**Option 1:** Stuffed paratha (potato, spinach, or paneer) with yogurt and cucumber salad

- **Protein:** 8-12g (Paneer, yogurt)
- **Carbohydrates:** 30-35g (Paratha)
- **Healthy Fats:** 6-8g (Paneer, cooking oil)
- **Vitamins:** Calcium (yogurt), Vitamin A (spinach)

**Option 2:** Quinoa or brown rice with mixed vegetable stir-fry

- **Protein:** 8-10g (Quinoa, vegetables)
- **Carbohydrates:** 35-40g (Quinoa or rice)
- **Healthy Fats:** 4-6g (Cooking oil)
- **Vitamins:** Vitamin A, C, Fiber (vegetables)

**Option 3:** Dal with vegetable khichdi or whole wheat roti and a side of salad

- **Protein:** 10-12g (Dal, roti)
- **Carbohydrates:** 35-45g (Roti, khichdi)
- **Healthy Fats:** 4-6g (Cooking oil)
- **Vitamins:** Iron (dal), Fiber, Vitamin C (salad)

#### Bedtime Snack:

**Option 1:** Warm milk with a pinch of turmeric

- **Protein:** 4-6g (Milk)
- **Carbohydrates:** 8-10g (Milk)
- **Healthy Fats:** 4-6g (Milk)
- **Vitamins:** Calcium (milk), Antioxidants (turmeric)

**Option 2:** A handful of mixed nuts and raisins

- **Protein:** 4-6g (Nuts)
- **Carbohydrates:** 10-12g (Raisins)
- **Healthy Fats:** 8-10g (Nuts)
- **Vitamins:** Vitamin E (nuts), Iron (raisins)

**Option 3:** A small bowl of fresh fruit salad

- **Protein:** 1-2g (Fruit)
- **Carbohydrates:** 15-20g (Fruit)
- **Healthy Fats:** Minimal
- **Vitamins:** Vitamin C (Citrus, berries), Fiber (all fruits)