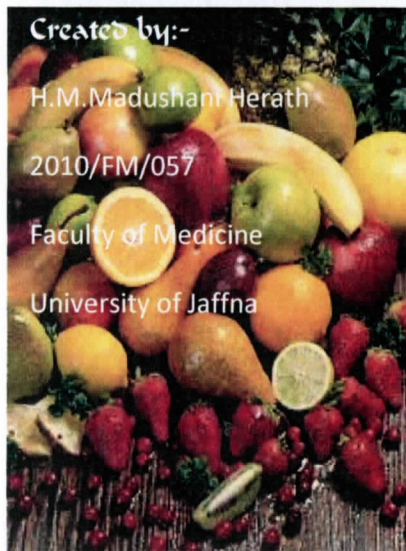


## • Dietary Guidelines for You!!!

- Consume a variety of nutrient –dense foods.
  - Control dietary intake to manage body weight.
  - Increase daily intake of fruits, vegetables, green leaves & whole grains.
  - Choose carbohydrate foods wisely.
  - Increase usage of fiber containing foods.
  - Drink 8-10 glasses of water every day.
- 
- Limit intake of added sugars.
  - Prepare foods with little salt, sugar and chilies.
  - Restrict the intake of fat containing foods.
  - Away from fast foods.
- 
- Diabetic patients must limit sugar, carbohydrate usage & artificial drinks.
- 
- Hypertensive patients should reduce Sodium containing foods- marmite, dried fish, king coconut, chutney, 'lunu dehi', canned fish, ajinomoto, sauces.....

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HAPPY  
HEALTHY  
LIFE!!!



## LET'S EAT



### SUGGESTED FOOD MENU FOR ELDERS

#### BREAKFAST

- RED RICE 2-3 CUPS WITH SAMBOLA & DHAL 3 TBSP  
*OR*
- STRING HOPPERS 5-10 WITH SAMBOLA & DHAL 3 TBSP  
*OR*
- KUAKKAN ROTI 1-2 WITH LUNUMIRIS  
*OR*
- KURAKKAN BREAD 2-3 SLICES WITH DHAL 3 TBSP  
*OR*
- RED RICE MILKRICE 2-3 PIECES WITH LUNUMIRIS  
*OR*
- CEREALS 2 CUPS
  - KADALA, KAWPI, MUNG*OR*
- THOSAI 4-6 WITH SAMBOLA  
*OR*
- ITLY 2-3 WITH SAMBOLA & KIRI SODI 3 TBSP  
*OR*
- VEGETABLES MIXED NOODLES 1-2 CUPS WITH DHAL 3 TBSP

#### WITH

- + 1 BANANA  
*OR*
- + A PIECE OF PAPA



## SNACK

- + MILK 1 GLASS WITH MILK POWDER 2 TBSP  
*OR*
- + FRUIT JUICE 1 GLASS WITHOUT SUGAR

## LUNCH

- + RED RICE OR PAR BOILED RICE 2-3 CUPS WITH
- + 3 COOKED VEGETABLES EACH 3 TBSP
  - CARROT, MUSHROOMS, BEANS, CAULIFLOWER, SOYA BEANS, POLOS CURRY, BITTER-GOURD, DHAL, CUCUMBER, OKRA, LOTUS STEM...
- + RAW SALADS 1 CUP
- + DARK GREEN OR OTHER LEAFY VEGETABLES 3 TBSP
  - AMARANTH (THAMPALA), SARANA, GOTUKOLA, MUKUNNIWENNA, KATHURUMURUNGA, COLACASIA BALCK (KALUALA KOLA), CARROT & BEET LEAVES...

- + FISH- MIDDLE SIZE 1 PIECE  
*OR*
- + CHICKEN MEAT -MIDDLE SIZE 1 PIECE  
*OR*
- + EGG 1(2-3 TIMES A WEEK)



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## OR

- + IF NEEDED BOILED VEGETABLES 2-3 CUPS

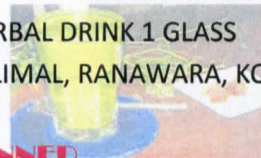
## WITH

- + YOGHURT 1 CUP  
*OR*
- + DATES OR MEDIUM SIZE FRUIT 1 (1 BANANA/ 1 ORANGE/ 1 MANGO/ 1 AVOCADO)  
*OR*
- + FRUIT SALAD ½ CUP  
*OR*
- + DRIED FRUITS 2 TBSP



## SNACK

- + 2-3 CRACKERS WITH
- + GREEN TEA/ TEA 1 CUP(AT LEAST ABOUT 2 HOURS AFTER THE LUNCH)  
*OR*
- + HERBAL DRINK 1 GLASS BELIMAL, RANAWARA, KOLAKANDA....



## DINNER

- + STRING HOPPERS 5-10 WITH SAMBOLA & DHAL 3 TBSP  
*OR*
- + KURAKKAN BREAD 2-3 SLICES WITH DHAL 3 TBSP  
*OR*
- + VEGETABLES MIXED NOODLES 1-2 CUPS WITH DHAL 3 TBSP  
*OR*



- + KURAKKAN PITTU 2 PIECES WITH LUNUMIRIS & CURRY 3 TBSP

## OR

- + IF NEEDED VEGETABLE SOUP 1-2 CUPS

## WITH

- + 1 BANANA  
*OR*
- + A PIECE OF PAPA

