# South Indian Food Nutrition & Calorie Chart (Example)

Prescription Date: Nov 22, 2026

## AVERAGE DAILY NUTRIENT TARGETS (CALCULATED VIA ICMR DATABASE)

| AVERAGE ENERGY | PROTEIN | CARBS | FATS | DIETARY FIBER |
|---|---|---|---|---|
| 539 kcal / day | 14.7 g Target | 108.1 g Complex | 5.3 g Healthy | 28-35 g Soluble/Insol. |

## PRESCRIBED DAILY MEAL SCHEDULE

### SUN (Nov 22)

| Meal Slot | Food Name | Quantity | KCAL | P | C | F |
|---|---|---|---|---|---|---|
| **Breakfast 08:30 AM** | Tender Coconut Water & Fresh Papaya Slices | 1 glass + 100g fruit | 110 | 1.5g | 24g | 0.5g |
| | Steamed Idli (2 pcs) with Vegetable Sambar | 2 idlis (100g) + 150ml sambar | 210 | 7g | 40g | 2g |
| **Total** | | | 320 | 8.5g | 64.0g | 2.5g |

### MON (Nov 23)

| Meal Slot | Food Name | Quantity | KCAL | P | C | F |
|---|---|---|---|---|---|---|
| **Breakfast 08:30 AM** | Steamed Idli (2) + Veg Sambar (No Potato) | 1 piece (40g) | 108 | 3g | 22.4g | 1g |
| | ↳Tender Coconut Water & Fresh Papaya Slices | 1 piece (40g) | 116 | 3.2g | 23g | 1.4g |
| | Sundal (Boiled Chickpea Snack) + Filter Coffee (no sugar) | 1 bowl cooked (40g) | 152 | 5.2g | 27g | 2.6g |
| **Lunch 01:30 PM** | Steamed Idli (2 pcs) with Vegetable Sambar | 1 medium bowl (150g) | 165 | 3.5g | 35g | 1.2g |
| | ↳Boiled Brown Rice (1 cup), Sambar, Cabbage Poriyal & Curd | 2 pieces (80g) | 216 | 6g | 44.8g | 2g |
| **Total** | | | 757 | 20.9g | 152.2g | 8.2g |

## GENERAL CLINICAL & LIFESTYLE INSTRUCTIONS

- Hydration: Drink minimum 2.5 to 3.0 Liters of filtered water throughout the day.
- Timing: Try to consume meals within 30 minutes of scheduled slot timings.
- Preparation: Use cold-pressed oils or ghee sparingly as prescribed. Avoid deep-fried items and refined sugars.