

Healthy Indian Plate Guide

Balanced everyday meal planning using familiar foods

Build most meals around

- Half the plate: vegetables/salad where safe and available.
- One quarter: protein - dal, pulses, beans, egg, fish, chicken, paneer/curd or equivalent.
- One quarter: rice, roti, millet or other grain/starchy food, with portions matched to needs.
- Choose whole fruit more often than juice and water instead of sugary beverages.

Keep in moderation

- Deep-fried foods and packaged snacks.
- Added sugar and sweet drinks.
- Pickles, papad and high-salt processed foods.
- Large portions even of otherwise healthy foods.

Children, pregnancy, older adults, kidney disease and undernutrition require individualized nutrition advice.

Important: This resource is for general education and does not replace an individual medical consultation. Seek urgent medical care for severe, rapidly worsening or emergency symptoms.