



MY DESI FOOD PLATE

A Reference Guide for Healthy Eating

Compiled By SEWA-AIFW with
Ramesh Chandan, Ph.D., Specialist in Food Science & Human Nutrition &
Surendra Chaudhary, DVM, USDA Food Safety & Inspection Service



Break it Down

50% Vegetables & Fruits: More Vegetables than Fruits

25% Grains: Rice, breads, whole grains

25% Proteins & Fats: 15% Proteins & 10% Fats



VEGETABLES

Vary Your Veggies

Diverse veggies provide essential vitamins, minerals & fiber.

Always aim for vegetable heavy meals.



FRUITS

Focus on Fruits

Actual fruits provide more fiber & nutrients, and less sugar than juices.

Fruits are a good source of vitamins to help your immunity.



GRAINS

Make them Whole

Whole wheat, oatmeal, brown or wild rice & other whole grains are healthier than refined grains. Read the labels.



PROTEINS

Go Lean with Protein

Nuts, beans, peas, lentils, poultry, seafood, soy & eggs are in this group. Choose non-veg wisely, aiming for leaner meats such as poultry or fish.



DAIRY

Get Calcium Rich Foods

Cheese, milk, yogurt, ghee, & paneer are all part of this group.



MY DESI FOOD PLATE

Use this as reference only.
Consult your Physician
and/or Nutritionist for your
specific dietary needs.

Recommended Average Daily Intake Values

Based on 2,000 Calorie Diet

- Vegetables = 3-4 cups
- Fruits = 2-3 Cups
- Grains = 6 Ounces
- Protein = 5 ½ Ounces
- Dairy = 3 Cups

FRUITS

One orange a day is
recommended
1-2 fruits



DAL/SAMBHAR

Vegetarian Protein
1 Cup



LOW SUGAR FRUITS

Berries, Kiwi,
Cantaloupe
1 Cup



ROTI OR RICE

1 Roti = 1 ½ ounces
1 Idly = 3 ½ ounces
1 Slice Bread = 1 ounce
1 Cup Rice = 7 ounces
6 ounces



VEGETABLES

Green beans,
spinach, or other
veggies with
or without potatoes
2 Cups



NUTS & EGGS

Eggs for Breakfast
Nuts for Snacking



SALAD

Cucumber, Tomato,
Radish, Carrot,
Onion
1-2 Cups



DAIRY

Yogurt, Paneer,
Cottage Cheese,
Milk
3 Cups

