

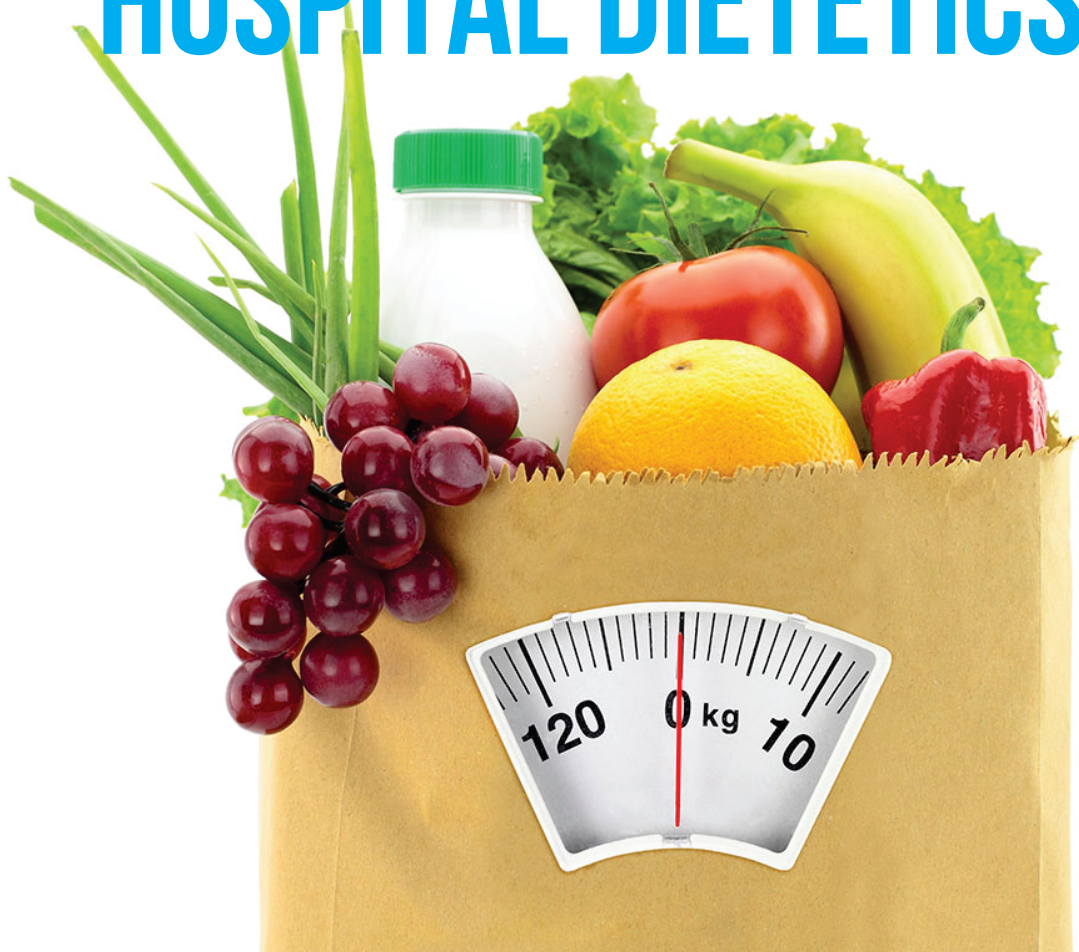
Course Code: 7581

AIOU

PRACTICAL ACTIVITY BOOK - I

(Hospital Independent Activities)

HOSPITAL DIETETICS



ALLAMA IQBAL OPEN UNIVERSITY

www.aiou.edu.pk

PRACTICAL ACTIVITY, BOOK-II
(HOSPITAL DEPENDENT ACTIVITIES)

HOSPITAL DIETETICS

CODE No: 7581



ALLAMA IQBAL OPEN UNIVERSITY, ISLAMABAD

(All rights Reserved with the Publisher)

Quantity 500

Price.....

Printer..... Allama Iqbal Open University

Publisher Allama Iqbal Open University, Islamabad

MEMBERS OF THE TEAM

Conceived & Developed by:
Dr. Perveen Liaqat

Consultant:
Ms. Jane Thomas

Reviewed by:
Asma Afreen

Edited by:
Mrs. Shaida Shah

Composed by:
Muhammad Javed

HOSPITAL DIETETICS

Code No. 7581

PRACTICAL ACTIVITY BOOK-II

HOSPITAL DEPENDENT PRACTICAL ACTIVITIES

(To be carried out and observations to be made at Hospital under close supervision of the tutor)

Name of the Student:

Name of the Tutor:

Total Marks: 100

.....

Marks Obtained:

ACKNOWLEDGEMENT

The course team is honoured to refer the food composition tables of Pakistan (1985) published by Nutrition section planning commission and faculty of human nutrition N.W.F.P Agriculture University in 1985.

Reference Books for further study:

1. Therapeutic diet charts published by Human Nutrition Department, Agriculture University Peshawar and Nutrition Cell of the Planning Commission of Pakistan.

INTRODUCTION

Welcome to this part of practical activities by now you might have studied all the study units of three blocks of book. This practical book comprises of the activities and observational studies that have to be carried out at your local hospital during the three days workshop under the close supervision of your tutor and the resource persons. The schedule and venue of the workshop in your region will be mailed to you during the study period. The students meeting the tutor regularly during the tutorial session will get further guidance from the tutor about the workshop. However, students allocated correspondence tutor will accordingly be informed. Attendance in the workshop is compulsory. There are ten activities altogether, each activity carries ten marks adding up to the total or 100 marks. Pass marks is 50%. The marks obtained during the workshop will be included in the final result. Since most of enrolled students will be familiar with routine of the hospital, they therefore will find it very interesting to work with diet therapy. The workshop coordinator and the tutor will arrange student visits to the out-patient/wards/ hospital kitchen etc. The success of these activities and the workshop will depend entirely upon the student's personal initiative and interest in this subject. The student will be responsible to get the activities checked and marked by the tutor so that accumulated result of continuous assessment could be forwarded to the head office in time. The conversion tables, food composition, tables and exchange tests provided in Book-II may be consulted when required.

If you still face any difficulty in conducting these activities please contact your tutor or the undersigned. The comments of tutors and students will help in improving this practical activities book further.

Course Coordinator

OBJECTIVES

After completing all the practical exercises/activities you will be able to:-

1. Get familiar with the patient procedures i.e. admission, consultation, examination, investigation, keeping record, family visits, patient care and discharge from hospital etc.
2. Take a diet history on a prescribed format.
3. Communicate with the hospital patients.
4. Conduct a dietary evaluation
5. Suggest dietary modifications to the out patients on the prescribed diet sheet.
6. Learn the nursing procedures and make use of ward records.
7. Approach and communicate effectively with the patient, doctor, consultant and other paramedical staff involved in patient care.
8. Acquire the skill in feeding infants young children, adults who are unable to feed themselves and elderly patients.

FOOD COMPOSITION TABLES FOR PAKISTAN

PROXIMATE COMPOSITION – PROTEIN

LIPID, CARBOHYDRATE

FIBER, MINERAL AND VITAMIN

CONTENT OF FOOD

**COMPOSITION OF FOODS/100 GM OF EDIBLE PORTION
PROXIMATE COMPOSITION, MINERALS AND VITAMINS**

Cereal and Cereal Products

S. No.	Name of Food			Food Energy Kcal	Moisture gm	Protein gm	Lipid (Fat) gm	Carbo-hydrate gm	Fiber gm	Ash gm
	English	Urdu	Scientific							
1.	Barley Whole grain flour	Jou	Hordeum Vulgare	338	11.2	10.2	2.0	69.2	4.6	2.6
2.	Corn Whole grain flour	Makai	Zea Mavs-L	349	13.1	9.6	3.9	70.0	2.0	1.3
3.	Corn Flakes	Makai	Zea Mavs-L	386	3.4	7.5	0.4	85.3	0.7	2.5
4.	Corn Bread	Makai	Zea Mavs-L	203	51.0	5.3	2.5	39.3	1.2	0.7
5.	Millet Pearl Whole grain flour	Bajra	Penniserum Typhoides	357	10.8	11.2	4.2	69.8	1.7	2.2
6.	Millet Pearl	Bajra	Penniserum Typhoides	256	39.7	7.5	3.3	47.3	1.1	1.0
7.	Oat Whole grain flour	Jei	Avena Sativa	353	10.3	12.6	6.5	60.2	8.0	2.3
8.	Rye Whole grain flour	Rei	Secale Cereale	338	12.6	11.7	2.2	70.1	1.7	1.5
9.	Rice Unpolished	Chawal	Oryza Sativa	357	12.1	7.5	1.9	76.3	0.8	1.3
10.	Rice Polished	Chawal	Oryza Sativa	364	11.3	6.7	1.7	79.3	0.4	0.5

Cereal and Cereal Products

S.No.	Calcium mg	Phosphorus mg	Iron mg	Thiamin mg	Riboflavin mg	Niacin mg	B Carotene mcg	Vit. C mg
1.	43	288	4.3	0.37	0.17	5.8	10	0
2.	13	290	2.2	0.40	0.11	1.9	198	0
3.	17	45	1.4	0.43	0.08	2.1	0	0
4.	13	156	2.2	0.29	0.11	2.1	270	0
5.	40	319	8.1	0.32	0.19	2.0	32	0
6.	18	202	3.7	0.43	0.12	2.0	22	0
7.	48	345	4.8	0.32	0.09	1.8	0	0
8.	34	295	2.6	0.37	0.17	1.6	0	0
9.	24	258	2.6	0.32	0.07	4.8	0	0
10.	19	118	1.8	0.12	0.04	1.9	0	0

S. No.	Name of Food			Food Energy Kcal	Moisture gm	Protein gm	Lipid (Fat) gm	Carbo-hydrate gm	Fiber gm	Ash gm
	English	Urdu	Scientific							
11.	Rice Polished Boiled	Chawal	Oryza Sativa	194	71.3	3.8	0.2	24.4	0.1	0.2
12.	Rice Polished Fried	Chawal	Oryza Sativa	272	47.4	4.4	12.3	34.4	0.6	0.9
13.	Rice Bran	Chawal	Oryza Sativa	283	9.3	12.2	14.1	47.4	8.4	8.6
14.	Rice Flakes	Chawal	Oryza Sativa	346	12.2	6.6	1.2	77.2	0.7	2.0
15.	Rice Cooked with Mear	Pulao	Oryza Sativa	322	62.3	10.2	6.5	18.4	1.1	1.3
16.	Rice Cooked with green gram	Kitchri	Oryza Sativa	317	60.0	12.1	4.7	20.1	1.0	2.0
17.	Rice Cooked with Chickpea		Oryza Sativa	226	53.4	13.5	11.5	18.2	1.4	2.0
18.	Rice Cooked with milk and Sugar	Kheer		214	67.2	4.1	3.2	24.3	0.2	0.7
19.	Sorghum whole grain flour	Kitcheri	Sorghum Vulgare	350	10.7	9.8	3.5	71.8	2.0	2.0
20.	Sorghum Bread			267	29.0	5.3	3.4	56.8	3.4	2.0

S.No.	Calcium mg	Phosphorus mg	Iron mg	Thiamin mg	Riboflavin mg	Niacin mg	B Carotene mcg	Vit. C mg
11.	4	66	0.6	0.02	0.01	0.2	0	0
12.	16	65	0.8	0	0	0.5	0	0
13.	95	1295	18.6	1.74	0.32	29.6	0	0
14.	20	238	20.0	0.21	0.05	4.0	0	0
15.	53	756	12.0	1.21	0.18	19.1	0	0
16.	113	493	7.0	0.83	0.27	13.2	0	0
17.	120	488	9.0	1.61	0.61	12.2	0	0
18.	148	168	3.0	0.53	0.18	4.1	0	0
19.	32	291	5.2	0.41	0.13	3.7	47	0
20.	38	227	7.5	0.37	0.12	3.1	0	0

S. No.	Name of Food			Food Energy Kcal	Moisture gm	Protein gm	Lipid (Fat) gm	Carbo-hydrate gm	Fiber gm	Ash gm
	English	Urdu	Scientific							
21.	Vermicelli	Savian	Sorghum Vulgare	352	11.7	8.7	0.4	78.3	0.2	0.7
22.	Wheat Whole grain flour	Atta	Triticum aestivum	349	12.0	10.9	1.6	72.6	1.3	1.4
23.	Wheat flour refined	Maida	Triticum aestivum	348	13.3	11.0	0.9	73.9	0.3	0.6
24.	Wheat Bran		Triticum aestivum	210	10.6	12.4	3.1	63.3	6.4	4.2
25.	Wheat flour granular	Suji	Triticum aestivum	370	9.5	10.2	2.0	77.3	0.5	0.5
26.	Wheat Bread	Naan	Triticum aestivum	369	10.9	10.3	1.7	75.0	1.0	1.1
27.	Wheat Bread	Chapati	Triticum aestivum	259	30.9	8.8	1.2	56.6	0.8	1.6
28.	Wheat Bread	Parata	Triticum aestivum	364	26.9	8.6	21.2	39.7	1.8	1.7
29.	Wheat Bread	Puri	Triticum aestivum	293	37.2	8.6	9.1	44.3	–	0.8
30.	Wheat Bread	Double Roti	Triticum aestivum	236	37.3	8.3	1.2	50.1	1.5	1.4
31.	Wheat Flour	Biscuit	Triticum aestivum	407	8.4	9.0	7.8	74.1	–	0.7
LEGUMES										
32.	Broad Bean Raw	Lobia	Vicia Faba	350	11.7	25.8	1.5	51.8	5.2	3.9
33.	Broad Bean Cooked	Lobia	Vicia Faba	175	58.5	14.2	1.2	20.9	2.7	2.5

S.No.	Calcium mg	Phosphorus mg	Iron mg	Thiamin mg	Riboflavin mg	Niacin mg	B Carotene mcg	Vit. C mg
21.	22	92	2.0	0.19	0.05	1.8	0	0
22.	43	284	4.5	0.39	0.14	3.4	29	0
23.	23	121	2.5	0.12	0.07	2.4	25	0
24.	122	842	11.1	0.61	0.52	6.5	0	0
25.	20	45	3.2	0.28	0.12	2.6	0	0
26.	34	300	3.3	0.28	0.09	0	0	0
27.	80	102	5.5	0	0	0	0	0
28.	44	276	4.6	0	0	0	0	0
29.	20	70	2.7	0	0	0	0	0
30.	30	186	2.3	0	0	0	0	0
31	22	67	1.5	1.18	0.05	0.5	0	0
LEGUMES								
32	115	412	5.7	0.48	0.29	2.5	78	6
33	43	170	1.7	0.46	0.28	2.3	54	2

S. No.	Name of Food			Food Energy Kcal	Moisture gm	Protein gm	Lipid (Fat) gm	Carbo-hydrate gm	Fiber gm	Ash gm
	English	Urdu	Scientific							
34.	Chickpea Raw	Channa	Cicer arictinum	357	9.8	20.7	3.4	59.2	4.0	2.9
35.	Chickpea Cooked	Channa	Cicer arictinum	186	49.4	12.4	3.8	29.6	3.4	1.3
36.	Cow Pea Raw	Rawan	Vigna Unguiculata	353	7.5	21.3	1.6	62.2	4.1	3.2
37.	Cow Pea Cooked	Rawan	Vigna Unguiculata	123	62.6	10.8	1.0	22.5	1.6	1.4
38.	Kidney Bean Raw	Moth	Phaseolus Vulgaris	350	8.5	21.8	1.5	60.2	4.6	3.2
39.	Kidney Bean Cooked	Moth	Phaseolus Vulgaris	154	58.6	11.4	1.0	25.2	2.0	1.8
40.	Lentil Raw	Masur	Lens-Culinaris	354	9.5	23.4	1.6	58.8	3.5	3.2
41.	Lentil Cooked	Masur	Lens-Culinaris	178	64.7	13.2	1.4	16.6	2.0	2.0
42.	Mung Bean Raw	Mung	Vigna Radiata	361	6.8	22.2	2.0	64.4	1.5	3.1
43.	Mung Bean Cooked	Mung	Vigna Radiata	124	65.6	9.3	0.8	20.4	1.0	2.8
44.	Mash Bean Raw	Mash	Phascolus Radiatus	363	7.5	23.4	1.5	62.2	2.2	3.2

S.No.	Calcium mg	Phosphorus mg	Iron mg	Thiamin mg	Riboflavin mg	Niacin mg	B Carotene mcg	Vit. C mg
34.	126	317	5.3	0.41	0.19	1.6	0	8
35.	111	194	3.1	0.16	0.19	1.6	0	0
36.	125	422	7.6	0.53	0.21	2.0	12	0
37.	77	165	2.9	0.53	0.20	2.1	12	0
38.	162	460	7.8	0.64	0.16	2.0	0	5
39.	46	170	3.6	0.54	0.16	2.0	0	5
40.	128	348	10.9	0.37	0.27	2.2	0	3
41.	69	126	2.2	0.15	0.20	2.4	0	0
42.	124	326	7.3	0.31	0.27	2.1	82	0
43.	58	150	4.8	0.11	0.22	2.0	53	0
44.	140	227	6.0	0.43	0.22	3.4	75	30

S. No.	Name of Food			Food Energy Kcal	Moisture gm	Protein gm	Lipid (Fat) gm	Carbo-hydrate gm	Fiber gm	Ash gm
	English	Urdu	Scientific							
45.	Mash Bean Cooked	Mash	Phascolus Radiatus	158	62.5	10.6	1.0	22.5	1.7	1.7
46.	Pigeon Pea Raw	Arhar	Cajanus Cajan	351	8.0	20.7	1.7	65.0	1.2	3.4
47.	Pigeon pea Cooked	Arhar	Cajanus Cajan	135	70.2	8.8	0.8	17.1	1.9	1.2
48.	Pea Garden Raw	Matter	Pisum Sativum	330	12.4	22.1	1.2	57.2	4.3	2.6
49.	Pea Garden Cooked	Matter	Pisum Sativum	84	73.7	8.8	0.6	15.5	0.5	0.9
50.	Soybean Seed		Glycine Max-L	413	9.6	38.6	18.1	25.2	4.2	4.3
51.	Sunflower Seed		Helianthus annus	236	6.3	24.1	28.5	33.3	5.4	2.4
VEGETABLES										
52.	Bath Sponge	Tori	Luffa segyptice	19	93.3	1.1	0.2	4.0	1.0	0.4
53.	Bottle Gourd	Kaddu	Legenaria Vulgaris	14	94.1	1.0	0.2	3.5	0.7	0.5
54.	Bitter Gourd	Karela	Momordica charentia	19	92.0	1.4	0.2	4.4	1.3	0.7
55.	Bringal	Baingan	Solanum melongena	25	91.7	1.3	0.2	5.5	0.9	0.4

S.No.	Calcium mg	Phosphorus mg	Iron mg	Thiamin mg	Riboflavin mg	Niacin mg	B Carotene mcg	Vit. C mg
45.	65	84	3.3	0.38	0.20	3.4	70	18
46.	150	312	4.6	0.33	0.19	1.9	20	2
47.	65	137	2.0	0.41	0.19	1.1	0	0
48.	165	343	5.2	0.46	0.16	1.8	70	0
49.	74	200	3.5	0.50	0.16	1.8	60	25
50.	201	550	5.8	0.89	0.31	2.7	21	0
51.	77	506	6.1	1.3	0.19	2.9	0	0
VEGETABLES								
52.	8	60	0.9	0.03	0.04	0.3	28	10
53.	10	44	0.8	0.02	0.02	0.4	10	8
54.	16	50	1.7	0.06	0.04	0.4	108	75
55.	20	38	1.0	0.08	0.07	0.6	53	6

S. No.	Name of Food			Food Energy Kcal	Moisture gm	Protein gm	Lipid (Fat) gm	Carbo-hydrate gm	Fiber gm	Ash gm
	English	Urdu	Scientific							
56.	Cauliflower	Phool Ghobhi	Brassica oleracea Botrytis	26	91.0	2.2	0.2	5.1	0.8	0.7
57.	Cucumber	Khira	Cucumis sativus	15	95.1	0.8	–	3.2	0.3	0.6
58.	Cabbage	Band Ghobhi	Bressica oleracca capitata	28	90.2	1.8	0.2	6.1	1.0	0.6
59.	Kulfa	Sag Kulfa	Portulaca Oleracea	15	93.6	1.2	0.2	3.4	0.4	1.2
60.	Lady Finger	Bhindi	Hibicus Lsculentus	31	89.1	2.2	0.2	6.2	1.3	1.0
61.	Lettuce	Salad	Lactuca Sativum	16	94.4	1.4	0.3	2.5	0.5	0.8
62.	Mountain ebony	Kutchnar	Bauhinia-variegata	61	80.5	1.6	0.2	15.5	1.1	1.0
63.	Mustard Leaves	Sag Sarson	Barassica compest ris-var Sarson	59	87.6	4.9	0.5	5.2	0.6	1.2
64.	Moongra	Moongra	Raphnus sativus	27	90.2	2.1	0.2	6.2	0.6	0.2
65.	Mint Leaves	Podina	Mentha viridis	36	87.5	2.9	0.5	6.1	1.4	1.6
66.	Mushroom	Khumb	Agaricus campestris	14	93.1	3.2	0.2	2.3	0.6	0.6
67.	Pepper Sweet	Mirch	Capsicum annum	25	92.7	1.2	0.2	4.1	0.8	0.9

S.No.	Calcium mg	Phosphorus mg	Iron mg	Thiamin mg	Riboflavin mg	Niacin mg	B Carotene mcg	Vit. C mg
56.	29	48	0.8	0.06	0.07	0.5	55	68
57.	18	27	0.6	0.03	0.04	0.2	26	25
58.	51	37	0.5	0.08	0.08	0.4	240	58
59.	56	34	8.7	0.1	0.22	0.6	660	16
60.	51	61	1.8	0.07	0.10	0.6	52	10
61.	45	35	1.6	0.07	0.10	0.4	919	13
62.	61	65	5.3	0	0	0	–	9
63.	96	57	8.9	0.03	0.06	0.3	1620	33
64.	130	28	2.5	0.08	0.22	0	0	69
65.	115	70	9.1	9.16	0.23	1.0	2388	15
66.	7	93	0.5	0.10	0.26	3.7	0	2
67.	12	27	1.0	0.06	0.06	0.9	660	184

S. No.	Name of Food			Food Energy Kcal	Moisture gm	Protein gm	Lipid (Fat) gm	Carbo-hydrate gm	Fiber gm	Ash gm
	English	Urdu	Scientific							
68.	Pepper Hot	Mirach	Capsicum Frutescens	33	90.0	1.6	0.3	5.7	1.8	0.6
69.	Pumpkin	Halva Kaddu	Curcubita maxima	35	90.0	1.0	0.2	7.5	0.7	0.6
70.	Spinach	Palak	Spincia oleracea	31	91.1	2.3	0.4	4.1	0.8	1.2
71.	Tomato	Tamatar	Lycopersicum esculentum	20	93.3	1.3	0.2	3.9	0.6	0.6
72.	Tinda	Tinda	Citrus fistulosus	23	93.1	1.9	0.1	3.6	0.7	0.6
ROOTS & TUBERS										
73.	Beet Root	Chakunder	Beta vulgaris	46	86.8	1.6	0.2	9.5	0.8	0.9
74.	Carrots	Gajor	Daucus carota	37	88.4	0.9	0.2	9.0	0.8	0.7
75.	Colocasia	Arvi	Colocasia antiquorum	91	73.1	2.4	0.2	21.7	1.0	1.6
76.	Garlic Bulb	Lahsen	Allium Sativum	122	67.2	3.9	0.3	26.7	0.7	1.2
77.	Ginger	Adrak	Zingiber officinale	55	80.8	1.9	0.6	13.5	1.9	1.3
78.	Onion	Piaz	Allium capa	41.	88.3	1.3	0.2	9.0	0.7	0.5
79.	Potato	Alu	Solanum Tuberosum	81	76.7	1.8	0.2	20.2	0.4	0.7
80.	Reddish	Mooli	Raphanus sativus	18	94.1	0.8	0.1	3.6	0.7	0.7

S.No.	Calcium mg	Phosphorus mg	Iron mg	Thiamin mg	Riboflavin mg	Niacin mg	B Carotene mcg	Vit. C mg
68.	11	27	0.6	0.11	0.11	1.0	400	220
69.	21	24	0.6	0.04	0.04	0.5	1500	15
70.	72	114	5.7	0.16	0.20	0.7	4991	43
71.	20	32	0.9	0.08	0.03	0.3	424	26
72.	20	36	1.1	0.07	0.01	0.4	192	31
ROOTS & TUBERS								
73.	27	40	0.8	0.03	0.06	0.3	20	6
74.	43	25	1.3	0.04	0.04	0.7	3497	8
75.	33	110	1.6	0.09	0.03	0.4	24	2
76.	25	125	1.4	0.25	0.06	0.3	0	8
77.	15	62	2.1	0.01	0.03	1.5	46	3
78.	29	48	1.2	0.05	0.03	0.3	9	10
79.	8	38	0.7	0.09	0.05	1.1	24	14
80.	30	22	0.9	0.02	0.03	0.4	4	25

S. No.	Name of Food			Food Energy Kcal	Moisture gm	Protein gm	Lipid (Fat) gm	Carbo-hydrate gm	Fiber gm	Ash gm
	English	Urdu	Scientific							
81.	Turnip	Snalgum	Brassica-rapa	28	90.2	1.2	0.2	6.5	1.2	0.7
CONDIMENTS										
82.	Caraway	Ajvain	Carum capticum	348	6.4	13.7	12.1	47.7	12.7	7.4
83.	Cardamon	Lachi	Elettria Cardamonum	311	12.9	12.3	4.1	52.5	12.5	5.7
84.	Cinnamon	Dal Chenee	Cinnamonum Zeylanicum	302	9.4	8.2	1.6	48.3	29.2	3.3
85.	Cumin Seed	Zeera	Cuminum Cyminum	336	12.8	17.6	9.6	34.2	18.7	7.1
86.	Liquorice root	Molut	Glycerrhiza glabra	212	9.2	6.3	1.7	43.6	31.5	7.7
87.	Clove	Loung	Syzygium Aromaticum	326	10.9	9.1	8.2	56.0	9.9	5.9
88.	Turmeric	Haldi	Curcuma domestica	365	8.8	8.5	5.1	67.6	3.7	5.3
89.	Coriander	Dhania	Corianderum sativum	294	9.9	15.2	10.9	27.8	31.2	5.0
90.	Pepper black	Siah Mirch	Piper Nigrum	298	6.4	16.1	2.9	56.4	1.0	17.2
FRUITS										
91.	Apple	Seb	Malus Sylvestris	58	84.5	0.4	0.3	13.6	0.8	0.3
92.	Apricot	Khubani	Prunus Armeniaca	53	85.3	0.9	0.4	11.6	1.0	0

S.No.	Calcium mg	Phosphorus mg	Iron mg	Thiamin mg	Riboflavin mg	Niacin mg	B Carotene mcg	Vit. C mg
81.	34	31	0.5	0.03	0.04	0.5	15	28
CONDIMENTS								
82.	1544	397			0	0	0	0
83.		162					0	0
84.	390	69	13.0	0.10	0.40	2.4	0	0
85.	970	431	25.3	0.55	0.36	2.6	522	2.8
86.	578	264	49.8	0	0	0	0	0
87.	670	132	5.9	0.09	0.17	2.2	253	0
88.	140	257	14.9	0.05	0.13	4.1	80	0
89.	550	367	15.5	0.22	0.35	1.1	942	0
90.	280	227	20.8	0	0	0	0	0
FRUITS								
91.	14	10	0.7	0.04	0.04	0.2	39	15
92.	33	26	0.9	0.05	0.07	0.6	1667	10

S. No.	Name of Food			Food Energy Kcal	Moisture gm	Protein gm	Lipid (Fat) gm	Carbo-hydrate gm	Fiber gm	Ash gm
	English	Urdu	Scientific							
93.	Banana Ripe	Kela	Musa Paradisiaca	108	71.9	1.2	0.4	25.2	0.5	0.8
94.	Black Berry	Gurguary	Rubus Fruticosus	66	83.2	1.1	0.7	11.3	3.2	0.4
95.	Dates Dried	Khajur	Phoenix dectylifer	296	16.8	2.8	0.6	75.3	2.9	1.6
96.	Dates Fresh	Khajur	Phoenix dectylifer	153	59.1	1.1	0.4	35.6	2.5	1.3
97.	Fig Fresh	Angeer	Ficus Carica	69	81.3	1.3	0.3	14.5	1.9	0.6
98.	Grapes	Angoor	Vitis Vinifera blue	80	80.8	0.6	0.4	16.4	1.2	0.6
99.	Grapes	Angoor	Vitis Vinifera Green	71	79.2	0.5	0.3	17.5	1.9	0.6
100.	Guava Whole	Amrud	Psidium guajava	78	77.7	1.0	0.4	15.0	5.3	0.6
101.	Jaman	Jaman	Eugenia Jumbus	82	86.9	1.3	0.2	10.9	0.2	0.5
102.	Lemon	Limu	Citrus Limon c.v. Lisbon	32	88.6	0.8	0.8	8.7	0.7	0.4
103.	Lichi	Lichi	Nephelium Litchi	61	84.1	1.1	0.2	13.8	0.3	0.5
104.	Lime	Lime	C.aurantifolia c.v. Khazi	35	90.7	0.7	1.1	6.6	0.4	0.4
105.	Lime Sweet	Mitta	C. aurantifolia c.v. Mitta	32	90.4	0.6	0.6	7.3	0.5	0.5

S.No.	Calcium mg	Phosphorus mg	Iron mg	Thiamin mg	Riboflavin mg	Niacin mg	B Carotene mcg	Vit. C mg
93.	12	30	0.8	0.04	0.06	0.8	98	7
94.	25	18	2.6	0.1	0.01	12.5	7	9
95.	40	60	2.8	0.04	0.06	1.1	0	0
96.	36	34	1.3	0.07	0.05	0.6	0	10
97.	81	39	1.7	0.06	0.05	0.5	82	0
98.	23	20	1.0	0.16	0.03	0.3	30	0
99.	20	30	0.8	0.10	0.06	0.2	50	5
100.	22	26	0.9	0.04	0.06	1.1	160	180
101.	5	24	1.5	0	0	0	0	18
102.	37	20	0.3	0.04	0.01	0.1	14	50
103.	10	25	0.3	0.04	0.05	0.5	0	45
104.	15	10	0.2	0.02	0.02	0.1	12	40
105.	27	17	0.4	0.04	0.03	0.2	9	45

S. No.	Name of Food			Food Energy Kcal	Moisture gm	Protein gm	Lipid (Fat) gm	Carbo-hydrate gm	Fiber gm	Ash gm
	English	Urdu	Scientific							
106.	Loquat	Loquat	Eriobotrva japonica	39	90.4	0.5	0.3	7.9	0.5	0.4
107.	Mango Ripe	Aam	Mangifera indica	64	83.3	0.8	0.3	14.4	0.6	0.6
108.	Melon Musk	Sarda	Cucumis melo	23	93.3	0.6	0.2	4.9	0.4	0.5
109.	Melon Water	Tarbuz	Citrullus vulgaris	19	94.8	0.4	0.1	4.2	0.2	0.3
110.	Mulberry black	Shehtut	Morus nigra	81	80.8	1.5	1.4	14.3	1.0	0.8
111.	Mandarin	Kinno	C.reticulata C.V.Kinno	40	85.7	0.6	0.2	12.6	0.6	0.3
112.	Mandarin	Narangi	C.reticulata C.V. Narangi	48	87.6	0.7	0.2	10.9	0.5	0.1
113.	Orange Sweet	Malta	C.sinensis c.v.Malta	75	87.7	0.8	0.2	8.6	2.3	0.4
114.	Peach	Aru	Prunus Persica	53	85.3	0.9	0.2	12.1	0.9	0.6
115.	Pear	Nashpati	Pyrus communis	55	86.2	0.7	0.2	11.1	1.5	0.3
116.	Persimmon	Amlok	Diospyros Kaki	70	80.1	0.9	0.3	17.3	0.9	0.5
117.	Pineapple	Ananos	Ananas Comosus	40	89.2	0.8	0.2	9.0	0.4	0.4
118.	Plum	Alucha	Prunus domestica	50	86.9	0.7	0.3	11.4	0.4	0.3
119.	Pomegrenate	Anar	Punica granatum	60	82.1	1.0	0.4	13.7	2.3	0.5
120.	Papaya	Papita	Carica Papaya	40	87.6	0.4	0.3	10.9	0.5	0.3

S.No.	Calcium mg	Phosphorus mg	Iron mg	Thiamin mg	Riboflavin mg	Niacin mg	B Carotene mcg	Vit. C mg
106.	21	14	0.9	0.03	0.04	0.2	854	6
107.	14	16	0.6	0.06	0.05	0.5	1280	24
108.	25	20	0.8	0.04	0.02	0.6	1500	30
109.	6	9	0.2	0.02	0.02	0.1	180	5
110.	61	33	3.0	0.04	0.08	0.7	0	30
111.	20	20	0.7	0.2	0.1	0	800	20
112.	26	20	0.3	0	0	0	1000	30
113.	13	12	1.0	0	0	0	300	43
114.	12	29	1.2	0.02	0.01	0.5	59	12
115.	16	20	0.6	0.03	0.03	0.6	55	10
116.	20	17	0.4	0.04	0.05	0.4	2604	20
117.	14	18	0.9	0.06	0.03	0.2	18	30
118.	11	14	0.6	0.03	0.06	0.4	126	10
119.	14	35	0.7	0.06	0.05	0.5	19	12
120.	22	18	0.4	0.03	0.04	0.4	666	45

S. No.	Name of Food			Food Energy Kcal	Moisture gm	Protein gm	Lipid (Fat) gm	Carbo-hydrate gm	Fiber gm	Ash gm
	English	Urdu	Scientific							
121.	Phalsa	Falsa	Grewia Asiatic	72	80.8	1.3	0.9	14.7	1.2	1.1
122.	Straw-berry		Fragaria Spp.	34	88.9	0.7	0.3	8.5	1.2	0.4
123.	Zizyphus	Desi Ber	Zizyphus jujube	69	81.4	1.7	0.4	14.8	1.0	0.7
124.	Zizyphus	Sova Ber	Zizyphus jujube	72	81.1	1.3	0.3	16.2	0.5	0.6
NUTS AND DRY FRUITS										
125.	Almond	Badam	Prunus	608	3.6	17.0	55.1	20.2	1.7	2.3
126.	Anise	Sonf	Foeniculum Vulgare	345	2.1	17.4	3.5	59.6	13.6	3.8
127.	Walnut	Akhrot	Juglans Regia	642	2.9	16.4	63.6	13.7	1.9	1.5
128.	Betal Nut	Sipari	Areca Catechu	380	11.6	5.1	10.4	58.7	12.8	1.4
129.	Cashew Nut	Kaju	Anacardium occidentale	475	4.5	19.6	42.3	30.1	1.2	2.3
130.	Coconut	Kopra	Cocos nucifera	300	50.4	3.1	26.7	16.2	2.6	1.0
131.	Chilgoza roasted	Chilgoza	Pinus gerardiana	615	4.3	14.6	41.8	35.9	1.0	2.3
132.	Pistachio	Pista	Pistacia vera	568	4.6	21.5	54.3	15.4	1.7	2.4

S.No.	Calcium mg	Phosphorus mg	Iron mg	Thiamin mg	Riboflavin mg	Niacin mg	B Carotene mcg	Vit. C mg
121.	45	39	3.1	0	0	0.3	418	22
122.	25	30	1.1	0.03	0.03	0.3	40	52
123.	13	14	2.7	0.02	0.04	0.6	20	60
124.	8	11	2.5	0.02	0.05	0.7	21	76
NUTS AND DRY FRUITS								
125.	235	452	4.3	0.21	0.48	4.0	0	0
126.	1180	330	3.6	–	–	–	–	–
127.	94	326	2.3	0.34	0.08	2.5	0	0
128.	334	90	4.2	0.21	0.44	1.0	0	0
129.	38	390	3.1	0.49	0.17	1.8	40	0
130.	30	160	2.0	0.07	0.04	0.6	0	0
131.	90	375	3.0	0.32	0.30	3.6	0	0
132.	120	398	5.8	0.63	0.20	1.8	26	0

S. No.	Name of Food			Food Energy Kcal	Moisture gm	Protein gm	Lipid (Fat) gm	Carbo-hydrate gm	Fiber gm	Ash gm
	English	Urdu	Scientific							
133.	Popy seed	Khash-khash	Papaver Somniferum	344	4.8	9.2	2.0	76.8	1.8	5.4
134.	Peanut	Mongphali	Arachis Hypogaca	511	4.1	24.6	42.9	23.4	2.7	2.1
135.	Sesame seed	Till	Sesamum indicum	547	5.5	18.6	51.4	18.2	3.9	2.4
136.	Raisin	Kish Mish	Vitis Vinifera	330	16.6	3.2	1.1	76.8	0.4	1.9
DAIRY PRODUCTS										
137.	Butter Milk	Lassi		25	97.2	0.8	1.2	0.6	0	0.2
138.	Curd	Dahi		53	89.9	2.8	3.4	3.2	0	0.7
139.	Cheese	Paneer		333	45.0	19.6	26.2	4.8	0	4.3
140.	Cream	Balai		341	58.5	2.6	36.1	2.2	0	0.6
141.	Ferni	Ferni		186	88.6	4.5	3.4	2.6	0	0.7
142.	Kheer	Kheer		195	75.0	5.5	7.6	9.6	0.2	0.7
143.	Milk Buffalo			106	82.4	4.1	7.8	4.9	0	0.8
144.	Milk Cow			66	67.5	3.4	3.8	4.6	0	0.7
145.	Milk Goat			74	85.2	3.5	3.5	7.1	0	0.7
146.	Milk Human			62	88.1	1.0	3.1	7.6	0	0.2

S.No.	Calcium mg	Phosphorus mg	Iron mg	Thiamin mg	Riboflavin mg	Niacin mg	B Carotene mcg	Vit. C mg
133.	618	445	2.1	0	0	0	0	0
134.	790	345	2.6	0.71	0.28	14.9	37	0
135.	700	380	16.6	1.01	0.34	5.4	60	0
136.	20	55	4.0	0	0	0	0	0
DAIRY PRODUCTS								
137.	30	30	0.8	0	0	0	0	0
138.	140	100	0.3	0.05	0.16	0.1	0	0
139.	460	300	2.0	0.06	0.34	0.4	400	0
140.	54	43	0.1	0.03	0.14	0.1	144	0
141.	147	200	3	0.22	0.26	4	0	0
142.	268	206	3	0.32	0.26	2.1	0	5
143.	184	103	0.2	0.04	0.11	0.1	26	0
144.	119	86	0.3	0.04	0.18	0.2	28	0
145.	161	116	0.2	0.04	0.12	0.3	0	0
146.	28	12	0.2	0.02	0.06	0.2	0	5

S. No.	Name of Food			Food Energy Kcal	Moisture gm	Protein gm	Lipid (Fat) gm	Carbo-hydrate gm	Fiber gm	Ash gm
	English	Urdu	Scientific							
147.	Milk Cow Dried skimmed			237	3.9	38.2	1.6	51.3	0	4.8
148.	Milk Cow Dried whole			501	4.3	25.6	27.4	37.0	0	5.7
149.	Yogurt			70	87.5	3.6	2.2	5.8	0	0.8
150.	Ice Cream			148	70.9	3.7	4.8	19.9	0	0.7
MEAT AND MEAT PRODUCTS										
151.	Beef	Gai Ka Gosht	Bos-Taurus	212	67.7	16.6	14.8	0	0	0.9
152.	Beef Liver	Kalajee	Bos-Taurus	130	71.5	18.4	3.5	5.4	0	1.2
153.	Beef Kidney	Gurday	Bos-Taurus	105	78.5	14.6	4.1	1.5	0	1.2
154.	Beef Heart	Dil	Bos-Taurus	117	77.6	15.3	4.6	1.4	0	1.0
155.	Buffalo Meat	Bains Ghost	Bubalus Buffelus	140	75.3	18.4	4.9	0	0	1.0
156.	Chicken Meat	Murghi	Gallus domesticus	185	69.8	20.1	8.9	0	0	1.1
157.	Duck Meat	Batak Ghost	Anas-boschas domesticus	322	58.5	16.2	24.4	0	0	0.9
158.	Goat Meat	Bakri Ghost	Capra hirsus	178	69.6	18.1	11.2	0	0	1.0

S.No.	Calcium mg	Phosphorus mg	Iron mg	Thiamin mg	Riboflavin mg	Niacin mg	B Carotene mcg	Vit. C mg
147.	1170	1000	1.4	0.45	1.64	1.0	0	5
148.	983	722	0.7	0.30	1.25	0.8	0	8
149.	230	195	1.2	0.03	0.13	0.1	5	0
150.	115	105	0.1	0.04	0.19	0.1	23	0
MEAT AND MEAT PRODUCTS								
151.	15	163	2.5	0.05	0.28	4.5	5	0
152.	6	301	8.1	0.31	1.59	11.2	2600	35
153.	14	197	6.1	0.29	1.54	6.2	0	0
154.	6	155	4.3	0.31	0.32	6.1	8	0
155.	13	189	3.2	0.06	0.35	3.5	0	0
156.	16	162	2.1	0.07	0.16	7.0	42	0
157.	14	174	1.5	0.09	0.18	5.4	0	0
158.	10	158	2.0	0.16	0.30	5.2	0	0

S. No.	Name of Food			Food Energy Kcal	Moisture gm	Protein gm	Lipid (Fat) gm	Carbo-hydrate gm	Fiber gm	Ash gm
	English	Urdu	Scientific							
159.	Goat Liver	Kalagee	Capra hirsus	152	69.7	19.2	6.2	3.5	0	1.4
160.	Goat Kidney	Gurday	Capra hirsus	104	77.6	18.3	2.7	0.2	0	1.2
161.	Goat Heart	Dil	Capra hirsus	126	78.4	11.0	8.3	1.7	0	0.6
162.	Sheep Meat	Domba Ghost		150	70.4	19.3	7.5	1.0	0	1.5
163.	Pigeon Meat	Kabootar Ghost	Clumba domesticus	165	67.5	22.7	8.6	0	0	1.2
164.	Carb	Kaikra	Portunus Pelagicus	89	76.7	17.8	1.8	1.6	0	2.0
FISH										
165.	Fish (Rao)	Muchli	Labeo rohita	112	73.5	19.6	2.2	2.9	0	1.8
166.	Fish (Promfret)	Muchli	Stromatcus Sinensis	87	77.9	17.4	1.3	1.8	0	1.5
167.	Fish (Khaga)	Muchli	Stromatcus Sinensis	104	76.1	19.7	1.8	1.1	0	1.3
168.	Fish (Shanghara)	Muchli	Stromatcus Sinensis	132	72.4	21.2	3.4	1.8	0	1.0
169.	Fish (Soal)	Muchli	Ophiocophalus Striatus	114	75.0	18.8	2.7	2.2	0	1.8
170.	Fish (Surmai)	Muchli	Cybiuom commersonii	98	73.9	20.3	2.4	1.8	0	1.6

S.No.	Calcium mg	Phosphorus mg	Iron mg	Thiamin mg	Riboflavin mg	Niacin mg	B Carotene mcg	Vit. C mg
159.	8	396	5.8	0.42	3.31	18	2850	47
160.	18	265	6.2	0.45	1.69	8	0	0
161.	10	100	4.2	1.56	2.0	22.7	0	0
162.	7	132	1.8	0.10	0.14	3.4	0	0
163.	12	290	3.4	0.11	0.28	5.3	0	0
164.	116	170	1.4	0.03	1.01	0.24	45	0
165.	105	90	1.3	0.05	0.07	0.7	22	0
166.	150	225	0.9	0.10	0.15	2.6	20	0
167.	40	80	0.3	0.04	0.10	2.2	30	0
168.	36	75	0.9	0.08	0.12	1.8	40	0
169.	105	120	0.6	0.12	0.08	2.0	20	0
170.	92	140	1.8	0.10	0.12	0.8	30	0

S. No.	Name of Food			Food Energy Kcal	Moisture gm	Protein gm	Lipid (Fat) gm	Carbo-hydrate gm	Fiber gm	Ash gm
	English	Urdu	Scientific							
171.	Lobster	Jhenga	Palaemon Spp..	90	77.2	19.1	1.2	1.0	0	1.5
172.	Prawn	Jhenga	Palaemon Spp..	89	78.8	17.6	1.0	0.8	0	1.7
173.	Shrimp	Jhenga	Palaemonidae	104	73.1	18.9	1.8	4.6	0	1.5
EGGS										
174.	Chicken egg white (Raw)			52	87.5	10.5	0.1	1.4	0	0.5
175.	Chicken egg Yolk. (Raw)			343	51.7	16.0	30.1	0.4	0	1.8
176.	Chicken egg whole (Raw)			150	75.5	11.8	10.8	0.9	0	1.0
177.	Chicken egg boiled			163	74.8	12.6	11.8	0.8	0	0
178.	Duck egg white (Raw)			54	86.6	10.4	0.1	1.8	0	0.7
179.	Duck egg Yolk (Raw)			365	47.9	13.4	32.2	4.8	0	1.6
180.	Duck egg whole (Raw)			184	69.0	12.6	13.4	3.7	0	1.3
181.	Duck egg boiled			198	71.9	13.2	14.2	0.7	0	0
FATS & OILS										
182.	Butter			734	16.7	0.9	80.8	1.1	0	0.4

S.No.	Calcium mg	Phosphorus mg	Iron mg	Thiamin mg	Riboflavin mg	Niacin mg	B Carotene mcg	Vit. C mg
171.	60	230	1.0	0.01	0.8	3.0	0	0
172.	120	180	1.8	0.01	0.10	4.8	0	0
173.	254	267	1.6	0.85	0.18	2.3	0	0
174.	9	14	0.4	0.01	0.31	0.1	0	0
175.	150	476	6.2	0.22	0.45	0.1	626	0
176.	55	178	2.6	0.09	0.37	0.1	224	0
177.	64	232	3.2	0.10	0.37	0.1	0	0
178.	5	8	0	0	0	0.2	0	0
179.	145	321	5.0	0.51	0.91	0.2	695	0
180.	62	200	2.6	0.15	0.35	0.2	198	0
181.	60	220	3.6	0.13	0.34	0.2	0	0
FATS & OILS								
182.	30	24	0.2	0.01	0.08	0.1	480	0

S. No.	Name of Food			Food Energy Kcal	Moisture gm	Protein gm	Lipid (Fat) gm	Carbo-hydrate gm	Fiber gm	Ash gm
	English	Urdu	Scientific							
183.	Ghee (Cow)			880	0.4	0.2	99.3	0	0	0.1
184.	Ghee (Buffalo)			900	0.2	0.2	99.5	0	0	0.1
185.	Lard			890	0	0	99.8	0	0	0
186.	Dalda (Hydrogenated oil)			900	0	0	100	0	0	0
187.	Rafhan Oil			900	0	0	100	0	0	0
188.	Soybean Oil			880	0	0	100	0	0	0
189.	Sunflower Oil			900	0	0	100		0	0
190.	Coconut Oil			884	0		100	0	0	0
191.	Cotton Seed Oil			880	0	0	100		0	0
192.	Olive Oil			900	0		99.8	0	0	0
193.	Groundnut Oil			880	0	0	100		0	0
194.	Sesame Oil			880	0		100	0	0	0
SWEETS										
195.	Sugar white			391	0.4	0	0	99.5	0	0.1
196.	Sugar Brown			371	2.6	0	0	95.9	0	1.5
197.	Gur			310	5.9	0.2	0	90.1	0	3.6
198.	Honey			315	12.9	0.3	0	86.5	0.1	0.2

S.No.	Calcium mg	Phosphorus mg	Iron mg	Thiamin mg	Riboflavin mg	Niacin mg	B Carotene mcg	Vit. C mg
183.	0	0	0	0	0	0	450	0
184.	0	0	0	0	0	0	570	0
185.	0	0	0	0	0	0	0	0
186.	0	0	0	0	0	0	0	0
187.	0	0	0	0	0	0	0	0
188.	0	0	0	0	0	0	0	0
189.	0	0	0	0	0	0	0	0
190.	0	0	0	0	0	0	0	0
191.	0	0	0	0	0	0	0	0
192.	0	0	0	0	0	0	0	0
193.	0	0	0	0	0	0	0	0
194.	0	0	0	0	0	0	0	0
SWEETS								
195.	6	1	0.6	0	0	0	0	0
196.	80	28	2.5	0.01	0.03	0.2	0	0
197.	45	40	3.1	0	0	0	0	0
198.	8	12	0.9	0.01	0.04	0.2	0	4

S. No.	Name of Food			Food Energy Kcal	Moisture gm	Protein gm	Lipid (Fat) gm	Carbo-hydrate gm	Fiber gm	Ash gm
	English	Urdu	Scientific							
199.	Barfi			384	3.4	1.5	0.8	90.9	2.5	0.9
200.	Jeleebe			395	10.2	0.8	9.8	77.6	1.2	0.4
201.	Koa (whole buffalo milk)			401	35.6	14.6	31.2	15.5	0	3.1
202.	Halwa Sohen			481	3.4	0.3	19.9	74.3	1.9	0.1
203.	Halwa Suji			368	21.3	0.6	13.3	63.4	1.2	0.2
204.	Halwa Gajar			412	21.7	4.3	23.3	47.6	2.1	1.0
205.	Carbonated beverages Pepsi, Coke, 7up			37	90.7	0	0	93	0	0
206.	Lemon Juice			43	89.4	0.3	0	10.0	0	0.3
207.	Mango Juice			74	85.5	0.4	0.4	12.8	0.5	0.4
208.	Coffee Instant (Dry Powder)			134	2.6	0	0	35	–	9.7
209.	Black Tea leaves dried.			290	8.2	21.2	2.2	56.1	7.2	5.0
210.	Green Tea Leaves dried			300	7.4	24.4	4.7	50.6	8.1	4.7

S.No.	Calcium mg	Phosphorus mg	Iron mg	Thiamin mg	Riboflavin mg	Niacin mg	B Carotene mcg	Vit. C mg
199.	76	15	1.7	0	0	0	0	0
200.	70	14	1.6	0	0	0	0	0
201.	650	420	5.8	–	–	–	–	–
202.	8	7	1.2	–	–	–	–	–
203.	15	15	1.2	–	–	–	–	–
204.	169	124	1.1	–	–	–	–	–
205.	0	0	0	0	0	0	0	0
206.	6	18	0.1	0.02	0	0.1	–	48
207.	14	16	1.3	0.08	0.06	0.5	–	16
208.	179	383	5.6	–	0.21	30.6	–	–
209.	310	340	24.2	0.06	0.78	7.5	2700	0
210.	240	410	18.8	0.36	1.36	5.1	8400	230

PLANNING MENUS FOR BALANCED DIET

POPULAR GUIDES FOR PLANNING MENUS FOR BALANCED DIET

For many years nutritionists have offered homemakers easy guides for meal planning. Such guides or dietary patterns differ slightly in their wording but give essentially the same advice.

A Daily Food Plan (Recommended)

Milk Group (Some Milk Daily)

Children	3 to 4 cups
Teenagers	4 or more cups
Adults	2 or more cups

Pregnant and nursing mothers 4 to 6 cups-curd. Cheese may replace part of the milk.

Meat Group

Beef, veal, lamb, poultry, fish, eggs, lentils (pulses).

Vegetable-Fruit Group

A dark green or a yellow vegetable.
At least every other day, for vitamin A.

A citrus fruit or a vegetable
high in vitamin C – daily.
Other fruits and vegetables.
including potatoes.

Bread-Cereals Group:

Whole grain, enriched, restored.

A basic scheme for meal planning using the 4 food groups was suggested by U.S. Department of Agriculture. Most food contain more than one nutrient, but no one food furnishes all the necessary nutrients in proper proportions to maintain health. It is not difficult to obtain the factors needed if the types of foods listed are eaten daily in the amounts suggested.

The minimum number of servings listed in this plan form a foundation for a good diet. To round out meals and to satisfy the appetite, many people will use more of these foods, and everyone will use foods not specified such as butter, other fats, sugars, sweets, backed foods, etc.

Each of the broad food groups listed in the daily food plan has a special job to do: no single group provides all the nutrients, but together they furnish a major share of the protein, the minerals and vitamins recommended.

In the light of recommended daily nutrients requirements for different age, sex groups, the menus can be prepared using food composition tables.

The recommended daily nutrients, requirement developed for Pakistan by Nutrition Section of Planning and Development Division are given in table, below:

RECOMMENDED DAILY ALLOWANCES OF NUTRIENTS FOR PAKISTANI POPULATION

S.No.	Age Group (months & years)	Body weigh (Kg) observed	Calories	Protein	Vitamin A (ug)	Vitamin D (ug)	Vitamin E (i.u)	Niacin (mg)	Vitamin C (mg)	Folacin meg
1	2	3	4	5	6	7	8	9	10	11
1.	-3 months	5.5	120/kg.wt	22 kg.wt		10	4	3.6	20	50
2.	3-5 months	6.8	115/kg.wt	1.85/kg.wt		10	5	5.0	20	50
3.	6-8 months	8.0	915	20	300	10	5	6.0	20	50
4.	9-11 months	9.5	1000	20	300	10	7	7.0	20	100
5.	(Average 0-1 yr)	7.0	820	24	300	10	9	7.0	20	200
6.	1 years	8.2	1200	24	300	10	12	10	20	200
7.	2 years	10.4	1300	28	300	10	12	10	20	200
8.	3 years	12.2	1350	30	350	10	12			
9.	4 years	14.4	1500	35	400	5.0	12	10	20	200
10.	5 years	16.6	1600	40	450	5.0	12	10	20	200
11.	6 years	18.4	1650	42	-	-	-	-	-	-
12.	7 years	20.6	1775	44	450	2.5	12	10	20	200

S.No.	Age Group (months & years)	Body weigh (Kg) observed	Calories	Protein	Vitamin A (ug)	Vitamin D (ug)	Vitamin E (i.u)	Niacin (mg)	Vitamin C (mg)	Folacin meg
1	2	3	4	5	6	7	8	9	10	11
13.	8 years	22.5	1850	45	500	2.5	12	10	20	200
14.	9 years	23.7	1900	45	500	2.5	12	10	20	200
BOYS										
15.	10–12 years	35.0	2100	45	575	2.5	12	17.0	20	200
16.	13–15 years	48.0	2500	56	725	2.5	12	19.1	30	200
17.	16–19 years	58.0	295.0	57	750	2.5	12	20.0	30	200
GIRLS										
18.	10–12 years	34.0	2200	44	575	2.5	12	15.5	30	200
19.	13–15 years	42.0	2300	47	725	2.5	12	16.4	30	200
20.	16–19 years	48.0	2100	45	750	2.5	12	15.2	30	200
ADULTS										
21.	Reference man with moderate activity (Average 25 years)	55.0	2550	65gm	750	2.5	12	19.0	30	350
22.	Reference woman with moderate activity	46.0	2160	56gm	750	2.5	12	15.0	30	250
23.	Pregnancy		+350	+10	750	10.0	15	+2.3	30	
24.	Lactation		+550	+26	1200	10.0	15	+3.7	30	

UNIT-3

MARKS-10

PRACTICAL ACTIVITY-1

During your visit to the hospital take the diet history of a newly admitted diabetic patient using the diet history sheet, also prescribe the carbohydrate exchanges and allowances per meal.

Hospital:

Name of the Patient:

Address:

.....

Hospital No:..... Clinic/Deptt.:

Height Weight..... Standard Weight

Age:..... Sex:.....

Investigation & Diagnosis:

.....

.....

Complications:.....

.....

Diet History of last two days before admission

Meals	D1 Weight (g)	Meals	D2 Weight (g)
Breakfast		Breakfast	
.....
.....
.....
.....
Mid-morning Snacks		Mid-morning Snacks	
.....
.....

Lunch

.....
.....
.....
.....

Lunch

.....
.....
.....
.....

Afternoon Snacks

.....
.....

Afternoon Snacks

.....
.....

Dinner

.....
.....
.....

Dinner

.....
.....
.....

Bed Time

.....
.....
.....

Bed Time

.....
.....
.....

Average Nutrient intake per day.

Energy _____ Fat Intake _____ (g)

Protein Intake _____ (g) Carbohydrate Intake _____ (g)

Conclusion derived from the Diet History.....
.....
.....
.....

Diet Prescription

Now Recommend Total Carbohydrate Allowance Per Meal

	Meal Time	CHO Exchanges
1.	Break-fast
2.	Snacks
3.	Lunch Time
4.	Snacks
5.	Dinner
6.	Bedtime

Further Advice

.....
.....
.....

Tutor's Comments

.....
.....
.....

Mark Obtained:..... Tutor's Signature:.....

PRACTICAL ACTIVITY-2

MARKS: 10

Spend at least one hour with the Diabetic consultant in the out-patient Department (OPD) select a pregnant diabetic female, record her medical as well as brief dietary history. Take a counselling session with her/with her spouse or a close relative regarding the foods to be omitted, foods that are allowed. Handover information sheet already prepared by you while completing activities of Practical Book-I.

Name:..... Age:.....

Height Weight..... Standard Weight

Conclusion derived from the Diet History.....

.....
.....

Brief Dietary History

.....
.....

Now Recommend Nutrient Allowances in the light of the Diet/Medical History

Carbohydrates _____ Fat _____ Protein _____

Dietary Fiber _____ Vitamin Supplements _____

Recommend a Day’s Menu Providing the above Nutrients

Meals	Weight (g)	CHO (g)	Fat (g)	Protein (g)	D. Fiber (g)
Breakfast					
.....
.....
.....
Snacks					
.....
.....

Lunch

.....

.....

.....

.....

.....

Snacks

.....

.....

Dinner

.....

.....

.....

.....

.....

Bedtime

.....

.....

Further Advice

.....

.....

.....

Tutor's Comments

.....

.....

.....

Marks Obtained: Tutor's Signature:

UNIT-4

MARKS-10

PRACTICAL ACTIVITY-3

Keeping in view Box-4.19 of Unit 4. Plan a gluten-free high carbohydrate diet for a six years old child suffering from celiac disease, who has a complaint of malabsorption and anemia. Calculate the nutrients present in the diet.

Food items	Weight	Food Items	Weight
Breakfast Time		Mid-morning Snacks	
.....
.....
.....	Lunch Time	
.....
.....
Tea Time	
.....
.....
Dinner		Bedtime	
.....
.....
.....
.....
.....

Now Calculate the Nutrients Present in the above diet:-

Energy _____ Carbohydrates _____ g

Fat _____ Protein _____ g

Dietary Fiber _____ g

Further Advice

.....
.....
.....

Tutor's Comments

.....
.....
.....

Marks Obtained: Tutor's Signature:

UNIT-5

MARKS-10

PRACTICAL ACTIVITY-4

During the workshop at the hospital find out the usual meal patterns of a newly diagnosed heart patient and indicate the patient's selection of fatty foods in daily meal pattern over the last three days. From this calculate the average quantities of cholesterol taken daily by the patient while staying at home. Specify the recommended nutrient allowances (Cholesterol & Fat) for this patient.

Hospital:

Name: Hospital No:

Address:

.....

Clinic/Deptt.: Consultant:

Height Weight..... Standard Weight

Occupation:

Normal Meal Pattern During a Week

Meals	Day1		Day2		Day3	
	Weight (g)	Cholesterol (g)	Weight (g)	Cholesterol (g)	Weight (g)	Cholesterol (g)
Breakfast						
.....
.....
.....
.....
Snacks						
.....
.....

Lunch

.....

.....

.....

.....

.....

.....

.....

Tea Time

.....

.....

.....

Dinner

.....

.....

.....

.....

.....

Bedtime

.....

.....

Analysis

.....

.....

.....

1. Average Fat Content _____ grams
2. Average Cholesterol Content _____ grams

Recommended Nutrient Allowances

Protein _____ Cholesterol _____ CHO _____

Fat Unsaturated _____ Sodium _____

Tutor's Comments

.....
.....
.....
.....

Marks Obtained: Tutor's Signature:.....

PRACTICAL ACTIVITY-5

MARKS: 10

Take the brief diet history of an over weight heart patient. Analyse it and prescribe a low cholesterol diet.

Hospital:

Please tick on one of the two.

a) Indoor Patient _____ b) Out door Patient _____

Name of the Patient:

Address:

.....

Clinic/Deptt.:

Diagnosis:

.....

Age..... Sex..... Height..... Weight.....

OccupationStandard Weight

Consultant's Name:..... Hospital No.

Medical History:.....

.....

.....

Diet History:

.....

.....

Analysis in the light of the Diet History:.....

.....

Now Recommend/prescribe a Days Diet for this Patient

Meal	Weight	Energy	Cholesterol (g)	Fat (g)
Break Fast				
.....
.....
.....
.....
.....
Mid-morning Snacks				
.....
.....
Lunch				
.....
.....
.....
.....
.....
Afternoon Snacks				
.....
.....
Dinner				
.....
.....
.....
.....
.....

Bedtime Snacks

.....
.....

Total Energy Content _____ Total Fat _____ (g)

Total Cholesterol _____ (g)

Further Advice

.....
.....
.....

Tutor's Comments

.....
.....
.....

Marks Obtained: Tutor's Signature:

UNIT-6

MARKS-10

PRACTICAL ACTIVITY-6

Visit to a Pediatrics department of the hospital to see handicapped and retarded children. Get familiar with feeding equipment used to feed the children with following disabilities. (watch carefully the demonstration arranged by the trained staff nurse on use of these equipments).

- a) Cleft lip and Palate
- b) Cerebral Palsy
- c) Down's Syndrome

– Now write down the name of equipment you were shown for the above mentioned disabilities.

- 1.
- 2.
- 3.

– Were you provided with the opportunity to feed the child

Yes/No

– If no – you may ask to do so.

– If yes what were your feelings about the equipment and technique.

.....
.....
.....

Tutor's Comments

.....
.....
.....

Marks Obtained: Tutor's Signature:.....

UNIT-7

MARKS-10

PRACTICAL ACTIVITY-7

Visit to the Burn Unit of the hospital and go through the notes of a patient with 10-20% second degree burns. Collect information on his nutritional requirements and plan a days menu keeping in view the nutritional requirements you have read.

Patient's Name:..... Sex:

Medical History:.....

.....
.....

Recommended Nutritional Requirements

Energy _____ Carbohydrate _____

Protein _____ Fat _____ D. Fiber _____

Fluids _____

A. Days Menu:-

Food Items	Weight	Food Items	Weight
Breakfast		Snacks	
.....
.....
.....
Lunch		Tea Time	
.....
.....
.....
.....
.....

Dinner

Bed Time Snack

.....
.....
.....
.....
.....

Tutor's Comments

.....

.....

.....

Marks Obtained: Tutor's Signature:.....

UNIT-8

MARKS-10

PRACTICAL ACTIVITY-8

Arrange to go through the medical notes of a patient suffering from hepatitis. Transfer the medical notes in your own practical note book. Later compare them with normal values. Also note down common clinical symptoms after having a session with the patient and the staff nurse incharge. Prescribed a day's diet for this patient.

Name of the Patient:.....

Hospital No.

Address:

.....

Age..... Sex..... Height.....

Weight.....Standard Weight.....

Clinic/Deptt/Ward.:.....

Laboratory tests:

.....

Clinical Symptoms:.....

.....

Now write down the:-

Type of diets required for this patient

.....

.....

Specify the nutrient content of this diet

.....

.....

Now plan a diet according to the specified nutrients

Meal	Weight	Meal	Weight
Breakfast		Mid-morning Snacks	
.....
.....
.....
.....
.....
Lunch		Tea Time	
.....
.....
.....
Dinner		Bedtime	
.....
.....
.....
.....
.....
Comments if any			
.....			
.....			
.....			
Tutor's Comments			
.....			
.....			
.....			

Marks Obtained: Tutor's Signature:.....

PRACTICAL ACTIVITY-9

MARKS: 10

Plan day's diet with medium protein values (40-50 grams) Energy 2200 to 2500 and liberal fluids suitable for a patient suffering from nephro sclerosis whom you have met during your hospital visit. Analyse the planned diet in terms of its functions towards patient recovery.

Name:

Address:

.....

Height Weight..... Standard Weight

Meals	Weight (g)	Energy	Protein (g)	Sodium Chloride (g)	Fluid Intake
Breakfast					
.....
.....
.....
Snacks					
.....
.....
Lunch					
.....
.....
.....
.....
.....
Tea Time					
.....
.....

Dinner

.....

.....

.....

.....

.....

.....

Mid-night

.....

.....

Analysis

.....

.....

.....

Comments by the Student

.....

.....

.....

Tutor's Comments

.....

.....

.....

Marks Obtained: Tutor's Signature:

PRACTICAL ACTIVITY-10

List out the foods which contain protein of high Biological value (HBV) and are low in potassium content. Transfer these food list on a separate sheet, get it checked by your tutor. Later handover the list to patients with chronic renal failure for his/her dietary guidance.

Foods with HBV and Low in Potassium Content

Food Items	Quantity (grams)	Protein (grams)	Potassium (mg)
.....
.....
.....
.....
.....
.....
.....
.....
.....

Further Suggestion on Cooking Techniques

.....
.....
.....
.....
.....
.....

Tutor's Comments

.....
.....
.....

Marks Obtained: Tutor's Signature:.....