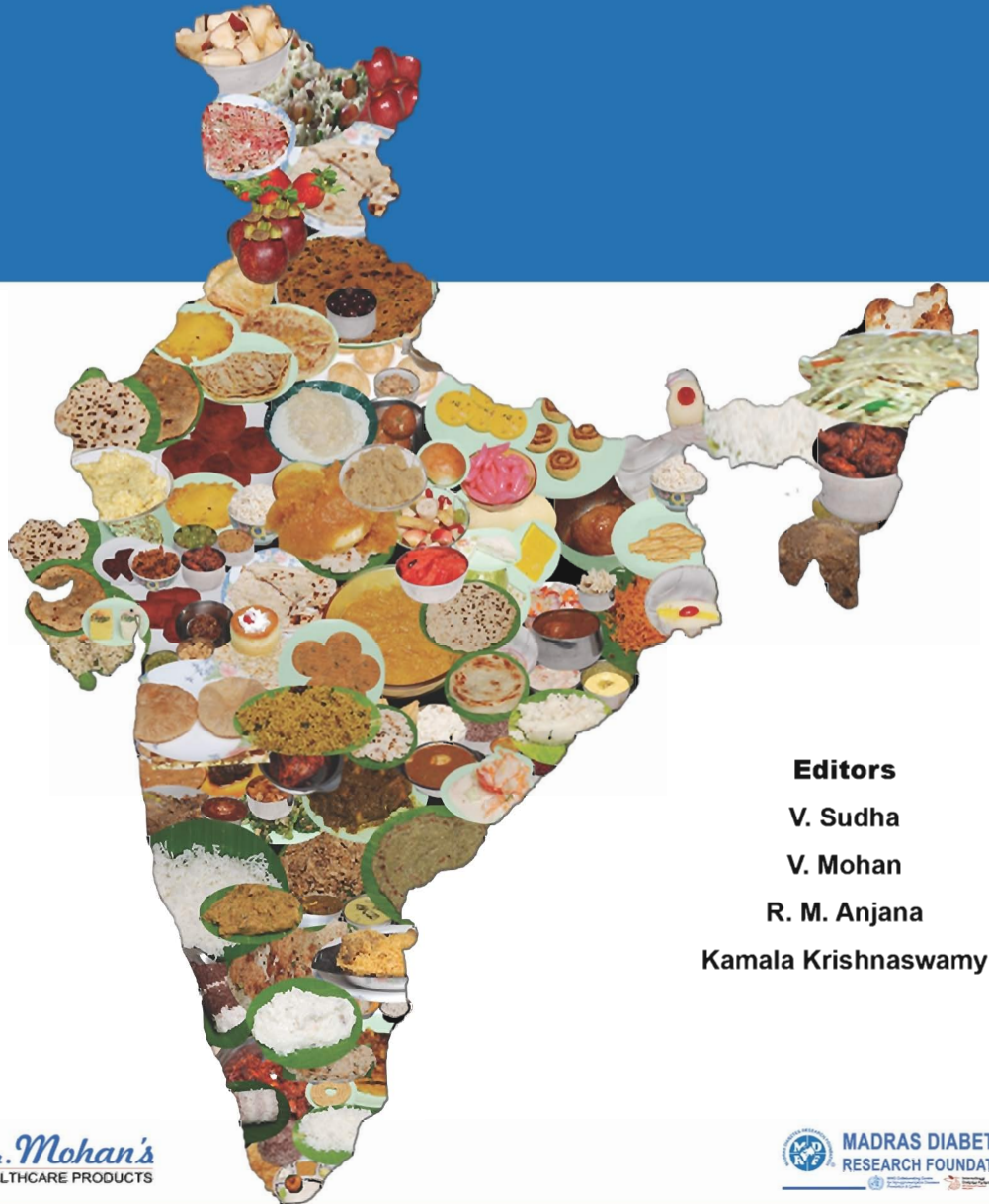


Dr. Mohan's Atlas of Indian Foods



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SNAP SHOTS OF *Dr. Mohan's* ATLAS OF INDIAN FOODS

BREAKFAST / DINNER CHOICES

IDLI



s

Weight range : 10 - 20g

Avg. nutritive value : *Wt. - 15g**

Energy Kcal.	Carbo hydrates g	Protein g	Fat g	D.Fibre g
25	5.3	0.8	0.1	0.3

RAVA IDLI



m

30 - 40g

Avg. nutritive value : *Wt. - 35g**

Energy Kcal.	Carbo hydrates g	Protein g	Fat g	D.Fibre g
44	7.1	1.4	1.1	0.4

IDLI



l

50 - 60g

Avg. nutritive value : *Wt. - 55g**

Energy Kcal.	Carbo hydrates g	Protein g	Fat g	D.Fibre g
90	19.4	2.8	0.3	0.9

* per piece weight

LUNCH / DINNER CHOICES

RICE : FRIED / PULAO (VEGETABLE)



subji ladle

Weight range : 50 - 70g

Avg. nutritive value : *Wt. - 60g*

Energy Kcal.	Carbo hydrates g	Protein g	Fat g	D.Fibre g
93	13.7	1.5	3.4	0.9



m.rice ladle

125 - 145g

Avg. nutritive value : *Wt. - 135g*

Energy Kcal.	Carbo hydrates g	Protein g	Fat g	D.Fibre g
210	30.8	3.5	7.7	2.0



xl.cup

200 - 220g

Avg. nutritive value : *Wt. - 210g*

Energy Kcal.	Carbo hydrates g	Protein g	Fat g	D.Fibre g
327	48.0	5.4	12.0	3.1

JAMUN



s

Weight range : 15 - 25g

Avg. nutritive value : *Wt. - 20g**

Energy Kcal.	Carbo hydrates g	Protein g	Fat g	D.Fibre g
66	8.8	1.1	3.1	0.0



m.in cup/syrup

50 - 65g

Nutritive value with syrup *Wt. - 60g***

Energy Kcal.	Carbo hydrates g	Protein g	Fat g	D.Fibre g
199	26.3	3.3	9.3	0.1



l in cup

110-125g

Nutritive value with syrup *Wt. - 120g***

Energy Kcal.	Carbo hydrates g	Protein g	Fat g	D.Fibre g
398	52.6	6.6	18.6	0.3

* per piece weight

** per piece with syrup weight

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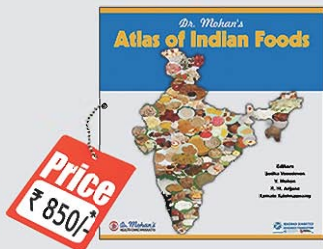
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