

## Sample East Indian (Odia/Bengali) Meal Plan<sup>1</sup>

| Time     | Meal Type       | Food Products   |
|----------|-----------------|---|
| 07:30 AM | Breakfast       | <ul style="list-style-type: none"> <li>• 1 cup of tea with skim milk and without sugar</li> <li>• 2 whole wheat rotis/2 slices of bread toast</li> </ul>  |
| 10:30 AM | Morning Snack   | 3 biscuits  |
| 12:00 PM | Lunch           | <ul style="list-style-type: none"> <li>• 1½ cups of cooked brown rice</li> <li>• ½ cup of dhal</li> <li>• 1 cup of stir-fried vegetables</li> <li>• ¼ cup of baked/pan-fried fish (Hilsa, Rohu, Katla)/chicken</li> <li>• 2 tablespoons of chutney</li> </ul> |
| 03:30 PM | Afternoon Snack | 1 fresh fruit   |
| 07:00 PM | Dinner          | <ul style="list-style-type: none"> <li>• ½ cup of cooked brown rice</li> <li>• 1 roti</li> <li>• 1 cup of stir-fried vegetables</li> <li>• ¼ cup of baked/pan-fried fish (Hilsa, Rohu, Katla)/chicken</li> </ul>  |
| 09:00 PM | Snack           | 1 cup of skim milk  |

### Reference:

1. Mishra R, ed. Indian foods: AAPI's guide to nutrition, health and diabetes. 2nd ed. Chennai, India: American Association of Physicians of Indian Origin; 2011.