

## Appendix 1: Nutritional analysis of the template menu used as the educational meal

Table 1: Trace elements and mineral composition of the 'Bhavishya Shakti' template menu

FOOD ITEM	SODIUM (MG)	POTASSIUM (MG)	CALCIUM (MG)	IRON (MG)	ZINC (MG)	SELENIUM (MICROGRAM)	IODINE (MICROGRAM)
INDIAN PANCAKE	419	459	103	2.9	2.0	5.0	16.2
MIXED VEGETABLE	211	581	70	2.6	0.77	2.3	1.8
SPINACH CUTLET	428	890	139	3.6	1.4	15.6	4.8
GREEN CHUTNEY	229	471	146	6.0	0.39	0.1	0.37
CHIKKI	22.5	241	112	2.0	1.2	0.45	3.0
<b>TOTAL</b>	<b>1309</b>	<b>2643</b>	<b>571</b>	<b>17</b>	<b>5.7</b>	<b>23.5</b>	<b>26.1</b>

Approximate weights: Indian Pancake = 165g, Mixed Vegetable = 190g, Spinach Cutlet = 165g, Green Chutney = 130g, Chikki =52g

Table 2: Vitamin composition of the 'Bhavishya Shakti' template menu

FOOD ITEM	VITAMIN A (UG)	VITAMIN D (UG)	VITAMIN E (MG)	THIAMINE (MG)	VITAMIN B2 (MG)	VITAMIN B3 (MG)	VITAMIN B5 (MG)	VITAMIN B6 (MG)	FOLATE (MICROGRAM)	VITAMIN B12 (MICROGRAM)	VITAMIN C (MG)
INDIAN PANCAKE	212	0	2.1	0.45	0.22	7.7	1.3	0.51	121	0.05	24.4
MIXED VEGETABLE	523	0	0.85	0.22	0.07	1.5	0.67	0.18	69	0	29
SPINACH CUTLET	266	0	4.5	0.17	0.23	3.1	0.28	0.26	179	0	54
GREEN CHUTNEY	405	0	3.8	0.12	0.24	1.2	0.29	0.1	92	0	56
CHIKKI	0.12	0	1.8	0.28	0.05	4.1	0.66	0.18	28.1	0	0
<b>TOTAL</b>	1406	0	13	1.2	0.81	17.7	3.2	1.2	489	0.05	163

Approximate weights: Indian Pancake = 165g, Mixed Vegetable = 190g, Spinach Cutlet = 165g, Green Chutney = 130g, Chikki = 52g

Vitamin A = Retinol equivalent

Table 3: Macronutrient composition of the 'Bhavishya Shakti' template menu

FOOD ITEM	ENERGY (KCAL)	CARBOHYDRATE (G)	STARCH (G)	SUGARS (G)	PROTEIN (G)	FIBRE (G)	TOTAL FAT (G)	SATURATED FAT (G)	MUFA (G)	PUFA (G)	OMEGA-3 (G)	TRANS-FAT (G)
INDIAN PANCAKE	435	61	54	4.5	19.2	10.9	13	2.1	6.9	2.5	0.17	0.04
MIXED VEGETABLE	123	12.7	5.9	6.1	4.5	5.2	6.1	0.92	3.6	1.1	0.05	0.0
SPINACH CUTLET	181	13.6	12.2	0.95	6.7	3.0	11	2.3	0.11	0.48	0.0	0.0
GREEN CHUTNEY	42	5.0	3.2	1.7	3.9	2.1	0.76	0.01	0.0	0.02	0.0	0.0
CHIKKI	253	26	2.7	23.3	6.2	2.2	13.9	2.6	6.0	5.0	0.07	0.0
<b>TOTAL</b>	1035	118	78	36.5	41	23.4	45	7.9	16.6	9.2	0.29	0.04

Approximate weights: Indian Pancake = 165g, Mixed Vegetable = 190g, Spinach Cutlet = 165g, Green Chutney = 130g, Chikki = 52g

MUFA = Monounsaturated fatty acids; PUFA = Polyunsaturated fatty acids.