

Appendix 5: Nutritional analysis of the template menu used as the educational meal

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

Indian pancake						
Sodium (mg)	Potassium (mg)	Calcium (mg)	Iron (mg)	Zinc (mg)	Selenium (ug)	Iodine (ug)
419	459	103	2.9	2.0	5.0	16.2
Mixed Indian Vegetables						
Sodium (mg)	Potassium (mg)	Calcium (mg)	Iron (mg)	Zinc (mg)	Selenium (ug)	Iodine (ug)
211	581	70	2.6	0.77	2.3	1.8
Spinach Cutlet						
Sodium (mg)	Potassium (mg)	Calcium (mg)	Iron (mg)	Zinc (mg)	Selenium (ug)	Iodine (ug)
428	890	139	3.6	1.4	15.6	4.8
Green Chutney						
Sodium (mg)	Potassium (mg)	Calcium (mg)	Iron (mg)	Zinc (mg)	Selenium (ug)	Iodine (ug)
229	471	146	6.0	0.39	0.1	0.37
Chikki						
Sodium (mg)	Potassium (mg)	Calcium (mg)	Iron (mg)	Zinc (mg)	Selenium (ug)	Iodine (ug)
22.5	241	112	2.0	1.2	0.45	3.0
Template meal total						
Sodium (mg)	Potassium (mg)	Calcium (mg)	Iron (mg)	Zinc (mg)	Selenium (ug)	Iodine (ug)
1309mg	2643mg	571mg	17mg	5.7mg	23.5ug	26.1ug

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

Indian pancake										
Vitamin A (ug)	Vitamin D (ug)	Vitamin E (mg)	Thiamine (mg)	Vitamin B2 (mg)	Vitamin B3 (mg)	Vitamin B5 (mg)	Vitamin B6 (mg)	Folate (ug)	Vitamin B12 (ug)	Vitamin C (mg)
212	0	2.1	0.45	0.22	7.7	1.3	0.51	121	0.05	24.4
Mixed Indian Vegetables										
Vitamin A (ug)	Vitamin D (ug)	Vitamin E (mg)	Thiamine (mg)	Vitamin B2 (mg)	Vitamin B3 (mg)	Vitamin B5 (mg)	Vitamin B6 (mg)	Folate (ug)	Vitamin B12 (ug)	Vitamin C (mg)
523	0	0.85	0.22	0.07	1.5	0.67	0.18	69	0	29
Spinach Cutlet										
Vitamin A (ug)	Vitamin D (ug)	Vitamin E (mg)	Thiamine (mg)	Vitamin B2 (mg)	Vitamin B3 (mg)	Vitamin B5 (mg)	Vitamin B6 (mg)	Folate (ug)	Vitamin B12 (ug)	Vitamin C (mg)
266	0	4.5	0.17	0.23	3.1	0.28	0.26	179	0	54
Green Chutney										
Vitamin A (ug)	Vitamin D (ug)	Vitamin E (mg)	Thiamine (mg)	Vitamin B2 (mg)	Vitamin B3 (mg)	Vitamin B5 (mg)	Vitamin B6 (mg)	Folate (ug)	Vitamin B12 (ug)	Vitamin C (mg)
405	0	3.8	0.12	0.24	1.2	0.29	0.1	92	0	56
Chikki										
Vitamin A (ug)	Vitamin D (ug)	Vitamin E (mg)	Thiamine (mg)	Vitamin B2 (mg)	Vitamin B3 (mg)	Vitamin B5 (mg)	Vitamin B6 (mg)	Folate (ug)	Vitamin B12 (ug)	Vitamin C (mg)
0.12	0	1.8	0.28	0.05	4.1	0.66	0.18	28.1	0	0
Template meal total										
Vitamin A (ug)	Vitamin D (ug)	Vitamin E (mg)	Thiamine (mg)	Vitamin B2 (mg)	Vitamin B3 (mg)	Vitamin B5 (mg)	Vitamin B6 (mg)	Folate (ug)	Vitamin B12 (ug)	Vitamin C (mg)
1406	0	13	1.2	0.81	17.7	3.2	1.2	489	0.05	163

Vitamin A = Retinol equivalent

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

MUFA = Monounsaturated fatty acids; PUFA = Polyunsaturated fatty acids

Indian pancake											
Energy (Kcal)	Carbohydrate (g)	Protein (g)	Total Fat (g)	Starch (g)	Fibre (g)	Sugars (g)	Saturated Fat (g)	MUFA (g)	PUFA (g)	Omega-3 (g)	Trans-Fat (g)
435	61	19.2	13	54	10.9	4.5	2.1	6.9	2.5	0.17	0.04
Mixed Indian Vegetables											
Energy (Kcal)	Carbohydrate (g)	Protein (g)	Total Fat (g)	Starch (g)	Fibre (g)	Sugars (g)	Saturated Fat (g)	MUFA (g)	PUFA (g)	Omega-3 (g)	Trans-Fat (g)
123	12.7	4.5	6.1	5.9	5.2	6.1	0.92	3.6	1.1	0.05	0.0
Spinach Cutlet											
Energy (Kcal)	Carbohydrate (g)	Protein (g)	Total Fat (g)	Starch (g)	Fibre (g)	Sugars (g)	Saturated Fat (g)	MUFA (g)	PUFA (g)	Omega-3 (g)	Trans-Fat (g)
181	13.6	6.7	11	12.2	3.0	0.95	2.3	0.11	0.48	0.0	0.0
Green Chutney											
Energy (Kcal)	Carbohydrate (g)	Protein (g)	Total Fat (g)	Starch (g)	Fibre (g)	Sugars (g)	Saturated Fat (g)	MUFA (g)	PUFA (g)	Omega-3 (g)	Trans-Fat (g)
42	5.0	3.9	0.76	3.2	2.1	1.7	0.01	0.0	0.02	0.0	0.0
Chikki											
Energy (Kcal)	Carbohydrate (g)	Protein (g)	Total Fat (g)	Starch (g)	Fibre (g)	Sugars (g)	Saturated Fat (g)	MUFA (g)	PUFA (g)	Omega-3 (g)	Trans-Fat (g)
253	26	6.2	13.9	2.7	2.2	23.3	2.6	6.0	5.0	0.07	0.0
Template meal total											
Energy (Kcal)	Carbohydrate (g)	Protein (g)	Total Fat (g)	Starch (g)	Fibre (g)	Sugars (g)	Saturated Fat (g)	MUFA (g)	PUFA (g)	Omega-3 (g)	Trans-Fat (g)
1035	118	41	45	78	23.4	36.5	7.9	16.6	9.2	0.29	0.04