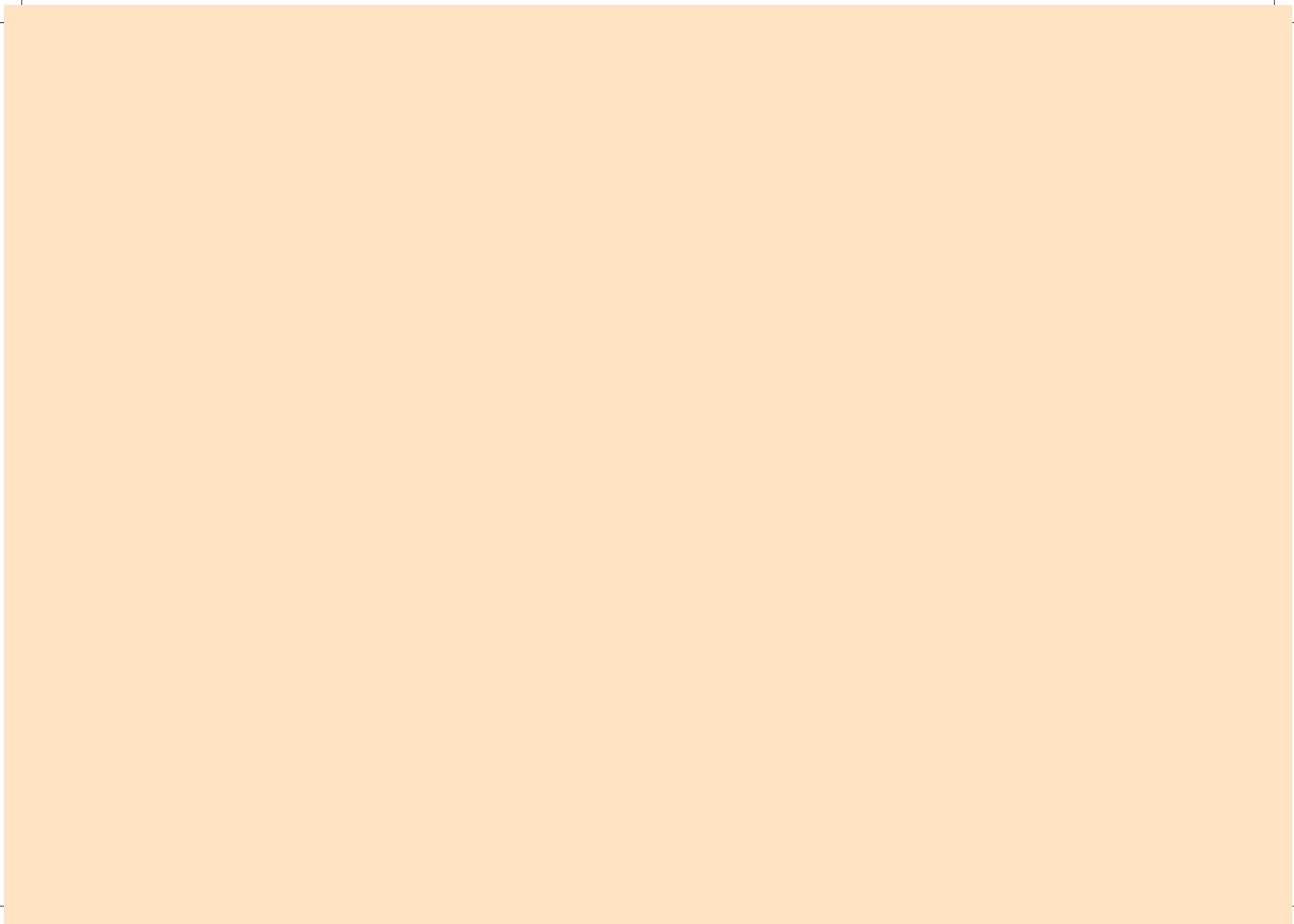




HOME AUGMENTED MEAL/SNACK RECIPES FOR UNDERWEIGHT INDIAN WOMEN





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Important Instructions

1. Wash your hands with soap before cooking.
2. Cook your food on a medium flame.
3. While cooking, cover the utensils with their lids.
4. Wash the vegetables before cutting them, not after that.
5. While preparing rice & pulses, ensure that you soak them in water for around 15 minutes. Use the same water for cooking them.
6. Use vegetable oils. Avoid Vanaspati as it is harmful.

Rationale

Maternal undernutrition affects the health of both the mother and children. Poor nutrition during pregnancy is one of the major reasons for Intrauterine Growth Retardation (IUGR) and Low Birth Weight (LBW) babies. Moreover, pregnancy is physiologically and nutritionally a highly demanding period where extra food is needed to meet the requirements of the foetus. Therefore, pregnancy calls for extra provision of nutrients.

The recommended dietary allowances (RDA) for sedentary women is 1900 kcal and 55g of protein. The additional requirements of energy during pregnancy is 350 kcal of energy and 23 g of protein making their RDA; 2250 Kcal of energy and 78 g of protein. Vitamin A values depicted are retinol equivalents which have been computed using the formula: Beta carotene/8 + Retinol.

The recipes provided in this book are of home based augmented snacks that will serve additional energy and protein to meet the increased physiological needs during pregnancy.

For severely underweight pregnant women, one additional snack is recommended (350Kcal each).



The underweight recipes for Indian pregnant women in this booklet have been conceptualized, standardized and prepared by the National Center of Excellence and Advanced Research on Diets (NCEARD), Department of Food and Nutrition, Lady Irwin College.

**Table no.1:
Recommended Dietary Allowance of sedentary and pregnant women**

Nutrients	Recommended Dietary Allowance of sedentary women	Additional requirements during pregnancy	Recommended Dietary Allowance of pregnant women
Energy (Kcal)	1900	350	2250
Protein (g)	55	23	78
Iron (mg)	21	14	35
Visible fat (g)	20	10	30
Vitamin C (mg)	40	20	60
Vitamin A (mcg)	600	200	800
Calcium (mg)	600	600	1200

The recipes in this book provide about 350kcal of energy, 10-20g of protein and 1/8th of the RDA of most micro-nutrients.





FRESHLY PREPARED RECIPES



Sweet Daliya

Cost: Rs. 10.86



Energy 374kcal

Protein 15.4g

Dietary fibre 5.3g

Carbohydrate 47g

Fat 13.5g

Iron 6.5mg

Vitamin C 2mg

Vitamin A 66mcg

Calcium 368mg



Serving size: 1 katora*

Ingredients

- ✔ **Daliya** 25g
- ✔ **Besan** 25g
- ✔ **Milk** 100ml
- ✔ **Sesame seeds** 17g
- ✔ **Jaggery** 10g

— 1 teaspoon (tsp) = 5ml

— 1 tablespoon (tbsp) = 15ml

*163g



Total cooking time: 10-15 minutes

Methods of preparation

- ✔ Dry roast daliya, besan and sesame seeds separately in a kadahi on a medium or low heat until they become light brown. Keep them aside.
- ✔ Grind the roasted sesame seeds. Keep them aside.
- ✔ Cook the roasted daliya in 1 cup of water for about 10 minutes. Partially cover the kadahi.
- ✔ Add milk, roasted besan and grounded sesame seeds over the cooked daliya and mix well.
- ✔ Cook them uncovered for 3-4 minutes until it reaches desired consistency.
- ✔ Take jaggery in a karahi and add 1/4th glass of water and make jaggery syrup.
- ✔ Add the syrup in the prepared mixture and serve hot.





Cereal Pulse Halwa

Cost: Rs. 5.81



Energy 375kcal

Protein 12.8g

Dietary fibre 4.4g

Carbohydrate 37g

Fat 19.3g

Iron 6.8mg

Vitamin C 0mg

Vitamin A 8mcg

Calcium 252mg



Serving size: 1 katora*

Ingredients

- ✔ **Whole wheat flour** 10g
- ✔ **Besan** 35g
- ✔ **Sesame seeds** 17g
- ✔ **Jaggery** 10g
- ✔ **Ghee** 10g

— 1 teaspoon (tsp) = 5ml

— 1 tablespoon (tbsp) = 15ml

*115g



Total cooking time: 10-15 minutes

Methods of preparation

- ✔ In a karahi heat ghee and roast whole wheat flour, besan and sesame seeds until light brown in color.
- ✔ In a separate vessel add jaggery and mix in one glass of water to make sugar syrup.
- ✔ Now, add this sugar syrup to the halwa and mix well.
- ✔ Your cereal-pulse halwa is ready to be served.





Daliya Pulao

Cost: Rs. 12.01



Energy **351** kcal

Protein **15**g

Dietary fibre **12.9**g

Carbohydrate **52**g

Fat **8.3**g

Iron **7.3**mg

Vitamin C **30**mg

Vitamin A **471**mcg

Calcium **150**mg



Serving size: 1 katora*

Ingredients

- ✔ **Daliya** 40g
- ✔ **Chana dal whole** 40g
- ✔ **Lotus root** 30g
- ✔ **Fenugreek leaves** 40g
- ✔ **Oil** 5g

Spices and Condiments

- ✔ **Green chilli** 2cm
- ✔ **Asafoetida** a pinch
- ✔ **Mustard seeds** ½ tsp
- ✔ **Turmeric** ½ tsp
- ✔ **Salt to taste**

— 1 teaspoon (tsp) = 5ml

— 1 tablespoon (tbsp) = 15ml

*275g



Total cooking time: 10-15 minutes

Methods of preparation

- ✔ Soak chana dal in water for 10-15 minutes.
- ✔ In a karahi, dry roast the daliya at a medium flame until light brown.
- ✔ Wash and chop the fenugreek leaves, lotus root and green chilli.
- ✔ In a pressure cooker, heat oil and add mustard seeds, asafoetida and green chilli.
- ✔ Now add chopped vegetables, soaked chana dal, roasted daliya, turmeric and salt to taste. Stir the contents for a while.
- ✔ Now add a little water, cover the pressure cooker and cook at medium flame for a while.
- ✔ Once cooked, serve the daliya pulao hot.





Soya Poha



Cost: Rs. 11.1

Energy **358** kcal

Protein **14.1** g

Dietary fibre **11.2** g

Carbohydrate **35** g

Fat **16.5** g

Iron **10.1** mg

Vitamin C **3** mg

Vitamin A **0** mcg

Calcium **74** mg



Serving size: 1 katora*

Ingredients

- ✔ **Rice flakes** 30g
- ✔ **Soya granules** 30g
- ✔ **Onion** 50g
- ✔ **Lotus stem** 10g
- ✔ **Oil** 10g

Spices and Condiments

- ✔ **Lemon juice** 3-4 drops
- ✔ **Turmeric powder** ½ tsp
- ✔ **Green chilli** 2 cm
- ✔ **Mustard seeds** ½ tsp
- ✔ **Curry patta** 2-3 leaves
- ✔ **Salt to taste**

— 1 teaspoon (tsp) = 5ml

— 1 tablespoon (tbsp) = 15ml

*175g



Total cooking time: 10-15 minutes

Methods of preparation

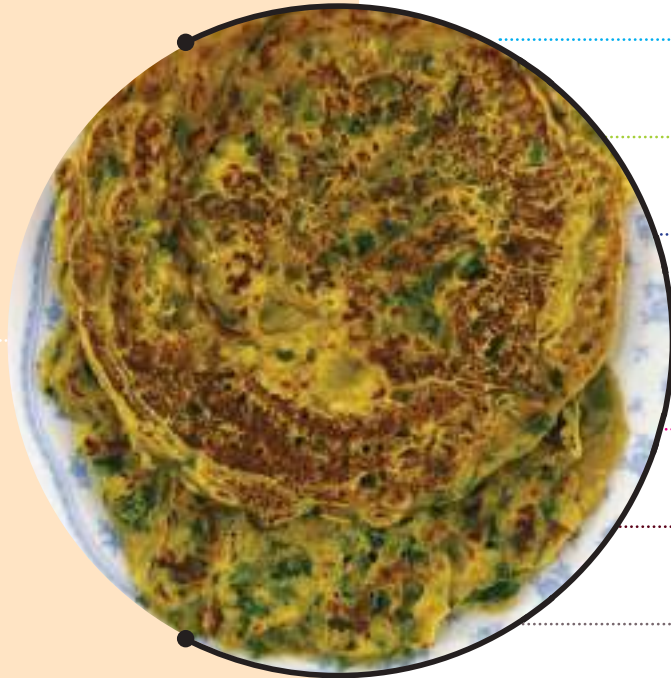
- ✔ Soak the rice flakes and soya granules in water for 2-3 minutes. Once soaked, add a pinch of salt and turmeric to it and keep it aside.
- ✔ Wash and chop the onion, lotus stem and green chilli.
- ✔ In a karahi, heat oil and add mustard seeds, turmeric powder, chopped onion, lotus stem and green chilli, curry patta and roast them for a while.
- ✔ Now add soaked rice flakes and soya granules and mix all the ingredients well.
- ✔ Now add lemon juice to the cooked poha and stir well.
- ✔ Your soya poha is ready to be served.





Paushtik Cheela

Cost: Rs. 5.94



Energy 349kcal

Protein 13.5g

Dietary fibre 3.8g

Carbohydrate 35g

Fat 17.4g

Iron 7.1mg

Vitamin C 12mg

Vitamin A 139mcg

Calcium 188mg



Serving size: 2 pieces*

Ingredients

- ✔ **Besan** 40g
- ✔ **Jowar flour** 15g
- ✔ **Spinach** 40g
- ✔ **Sesame seeds** 10g
- ✔ **Oil** 10g

Spices and Condiments

- ✔ **Garlic** 2g
- ✔ **Jeera** ½ tsp
- ✔ **Carom seeds (ajwain)** ½ tsp
- ✔ **Turmeric** ½ tsp
- ✔ **Salt to taste**

— 1 teaspoon (tsp) = 5ml

— 1 tablespoon (tbsp) = 15ml

*67g each



Total cooking time: 15-20 minutes

Methods of preparation

- ✔ Wash and finely chop the spinach and garlic.
- ✔ In a pan, roast the sesame seeds to a light brown color.
- ✔ In a bowl add besan, jowar flour, chopped spinach and roasted sesame seeds and mix them well with water to make a batter.
- ✔ To the batter, add garlic, jeera, ajwain, turmeric and salt to taste. Mix them well.
- ✔ Heat a little oil in a pan and pour a large spoon of batter and spread into a thick cheela.
- ✔ Fry on both the sides to golden brown.
- ✔ Your delicious paushtik cheela is ready to be served.







READY TO EAT



Khakhras

Cost: Rs. 8.52



Energy **357** kcal

Protein **17.2**g

Dietary fibre **8.4**g

Carbohydrate **33**g

Fat **16.8**g

Iron **7.5**mg

Vitamin C **17**mg

Vitamin A **354**mcg

Calcium **153**mg



Serving size: 4 khakras*

Ingredients

- ✔ **Bajra** 20g
- ✔ **Besan** 30g
- ✔ **Soya flour** 20g
- ✔ **Fenugreek leaves** 30g
- ✔ **Oil** 10g

Spices and condiments

- ✔ **Kasuri methi** ½ tsp
- ✔ **Red chilli powder** ½ tsp
- ✔ **Salt to taste**

— 1 teaspoon (tsp) = 5ml

— 1 tablespoon (tbsp) = 15ml

*45g each



Total cooking time: 20-25 minutes

Methods of preparation

- ✔ Take besan, bajra flour and soya flour in a bowl and sieve them well.
 - ✔ Wash and finely chop the fenugreek leaves and add to the flour mixture.
 - ✔ Now to this add, kasuri methi, red chilli powder, salt to taste and with the help of water make a tight dough.
 - ✔ Make 4 balls of equal size
- from the dough and flatten it over butter paper or plastic sheet.
- ✔ Now cook these flattened sheets of dough on a griddle. Use oil for greasing.
 - ✔ Your delicious khakhras are ready to be served.





Murmura Besan Ladoo

Cost: Rs. 7.26



Energy **351** kcal

Protein **14.7** g

Dietary fibre **3.5** g

Carbohydrate **50** g

Fat **10** g

Iron **7.5** mg

Vitamin C **1** mg

Vitamin A **24** mcg

Calcium **259** mg



Serving size: 4 pieces*

Ingredients

- ✔ **Puffed rice** 20g
- ✔ **Besan** 40g
- ✔ **Milk** 25ml
- ✔ **Sesame seeds** 15g
- ✔ **Jaggery** 10g

— 1 teaspoon (tsp) = 5ml

— 1 tablespoon (tbsp) = 15ml

*1 Ladoo = 27g



Total cooking time: 20 minutes

Methods of preparation

- ✔ Dry roast puffed rice, besan and sesame seeds separately in a karahi on a medium heat until they become light brown.
- ✔ Grind the roasted ingredients together or separately. Keep them aside.
- ✔ Take milk and add jaggery into it and stir them until the jaggery is completely dissolved.
- ✔ Pour the milk over the prepared powder mixture and mix well.
- ✔ Now make ladoo out of this mixture by applying water on the hands.





Chakli

Cost: Rs. 9.4



Energy **374**kcal

Protein **14.5**g

Dietary fibre **3.5**g

Carbohydrate **48**g

Fat **13.6**g

Iron **7**mg

Vitamin C **46**mg

Vitamin A **598**mcg

Calcium **239**mg



Serving size: 3 pieces*

Ingredients

- ✓ **Curd** 20g
- ✓ **Besan** 45g
- ✓ **Rice flour** 25g
- ✓ **Amaranth leaves** (green) 55g
- ✓ **Oil** 10ml

Spices and condiments

- ✓ **Red chilli powder** 1 tsp
- ✓ **Salt to taste**

— 1 teaspoon (tsp) = 5ml

— 1 tablespoon (tbsp) = 15ml

*1 Chakli = 25g



Total cooking time: 30-35 minutes

Methods of preparation

- ✓ Take besan and rice flour and mix them together. Keep them aside.
- ✓ Wash and chop amaranth leaves. Let them dry.
- ✓ Add salt, chilli powder and chopped amaranth leaves to the flour.
- ✓ With the help of curd and water make a soft dough. Keep it aside for 10 minutes.
- ✓ Put this dough in chakli making machine and make 3 chaklis.
- ✓ Heat oil in a karahi and add chakli to this. Fry them on slow flame till they turn out to be golden brown (8-10 minutes).
- ✓ Store them in an air tight container.





Sweet Mathri

Cost: Rs. 5.54



Energy **367** kcal

Protein **13.6**g

Dietary fibre **4.4**g

Carbohydrate **49**g

Fat **12.5**g

Iron **7.3**mg

Vitamin C **0**mg

Vitamin A **10**mcg

Calcium **173**mg



Serving size: 5 mathris*

Ingredients

- ✔ **Bajra flour** 20 g
- ✔ **Besan** 40 g
- ✔ **Sesame seeds** 10 g
- ✔ **Jaggery** 15 g
- ✔ **Oil** 5 g

— 1 teaspoon (tsp) = 5ml

— 1 tablespoon (tbsp) = 15ml

*20g each



Total cooking time: 20-25 minutes

Methods of preparation

- ✔ Take bajra flour and besan and sieve them together. To this add sesame seeds.
- ✔ In a pan make jaggery syrup by boiling jaggery in a small amount of water. Add this to the flour mixture and knead a tight dough.
- ✔ Cover it using a muslin cloth and keep it aside for 10 minutes.
- ✔ Make small balls from this dough and flatten it out to make a circle of 2-2.5 inch.
- ✔ With the help of a fork, make holes on the mathri.
- ✔ Heat oil in karahi, and slow down the flame once the oil gets properly heated.
- ✔ Fry the mathris in heated oil till they turn out to be golden brown (6-8 minutes).
- ✔ Store them in an air tight container.





Paushtik Namakpara

Cost: Rs. 7.4



Energy **358**kcal

Protein **19**g

Dietary fibre **5.0**g

Carbohydrate **32**g

Fat **17.1**g

Iron **7.3**mg

Vitamin C **9**mg

Vitamin A **108**mcg

Calcium **101**mg



Serving size: 1/2 cup*

Ingredients

- ✔ **Besan** 50g
- ✔ **Soya flour** 20g
- ✔ **Spinach** 30g
- ✔ **Oil** 10g

Spices and Condiments

- ✔ **Red chilli powder** 1 tsp
- ✔ **Ajwain** 1 tsp
- ✔ **Salt to taste**

— 1 teaspoon (tsp) = 5ml

— 1 tablespoon (tbsp) = 15ml

*83g



Total cooking time: 25 minutes

Methods of preparation

- ✔ Take besan and soya flour and mix them together. (not too thin) with the help of a rolling pin.
- ✔ Take spinach and wash it thoroughly. Boil it in 50 ml of water and prepare a puree.
- ✔ Mix this puree with the flour mixture and add salt, red chilli and ajwain.
- ✔ Knead this into a tight dough using 1 tsp of oil and little water(if required). Keep the kneaded dough aside (covered with muslin cloth) for 10 minutes.
- ✔ Make small balls out of this dough. Now, flatten the ball
- ✔ With the help of a fork, make holes on namakpare.
- ✔ With the help of knife cut it out into ½ inch strips (both horizontally and vertically).
- ✔ Heat oil in a karahi. Once the oil is heated slow down the flame and add namakpare to this. (Note: oil should not be too hot).
- ✔ Store them in an air tight container.





Cereal Pulse Premix

Cost: Rs. 6.14



Energy 359 kcal

Protein 16.7 g

Dietary fibre 8.6 g

Carbohydrate 49 g

Fat 10.2 g

Iron 7.7 mg

Vitamin C 0 mg

Vitamin A 7 mcg

Calcium 203 mg



Serving size: 1 katora*

Ingredients

- ✔ **Bajra flour** 30g
- ✔ **Besan** 25g
- ✔ **Soya flour** 15g
- ✔ **Sesame seeds** 10g
- ✔ **Jaggery** 15g

— 1 teaspoon (tsp) = 5ml

— 1 tablespoon (tbsp) = 15ml

*81g



Total cooking time: 15-20 minutes

Methods of preparation

- ✔ Roast besan, bajra flour, soya flour and sesame seeds separately on a medium flame until they are cooked.
- ✔ Add jaggery to the roasted mixture and mix them well. The premix is ready.
- ✔ Take an air-tight container and store the premix.
- ✔ **Reconstitution** - The premix can be reconstituted with half or one glass of hot water or milk depending on the desired consistency.





Chana Dal Chikki

Cost: Rs. 6.44



Energy **362**kcal

Protein **11.6**g

Dietary fibre **7.9**g

Carbohydrate **54**g

Fat **10.2**g

Iron **6.9**mg

Vitamin C **0**mg

Vitamin A **7**mcg

Calcium **319**mg



Serving size: 3 pieces*

Ingredients

- ✔ **Bengal gram dal** 30g
- ✔ **Sesame seeds** 20g
- ✔ **Jaggery** 45g
- ✔ **Oil for greasing**

— 1 teaspoon (tsp) = 5ml

— 1 tablespoon (tbsp) = 15ml

*25g each



Total cooking time: 15-20 minutes

Methods of preparation

- ✔ Dry roast the Bengal gram dal and sesame seeds separately in a karahi until lightly browned. Keep them aside.
- ✔ Add jaggery in the karahi and add little water to it. Cook till the hard ball stage.
- ✔ Add all the ingredients to the syrup: remove from the heat, mix well and set in a greased plate. Cut into pieces and keep it for cooling at room temperature.
- ✔ Once cooled, break them and serve chikki or store them in an airtight container.





Paushtik Mathri

Cost: Rs. 8.38



Energy 332kcal

Protein 12.6g

Dietary fibre 6.4g

Carbohydrate 32g

Fat 16.5g

Iron 7.7mg

Vitamin C 26mg

Vitamin A 527mcg

Calcium 275mg



Serving size: 6 mathris*

Ingredients

- ✓ **Besan** 30g
- ✓ **Whole wheat flour** 20g
- ✓ **Fenugreek leaves** 45g
- ✓ **Sesame seeds** 10g
- ✓ **Oil** 10g

Spices and Condiments

- ✓ **Red chilli powder** ½ tsp
- ✓ **Ajwain** 1 tsp
- ✓ **Salt to taste**

— 1 teaspoon (tsp) = 5ml

— 1 tablespoon (tbsp) = 15ml

*20g each



Total cooking time: 20-25 minutes

Methods of preparation

- ✓ Wash and finely chop the fenugreek leaves.
 - ✓ Take besan and whole wheat flour and sieve it thoroughly. To this add fenugreek leaves, salt, sesame seeds, red chilli powder and ajwain.
 - ✓ Add 1 tsp of oil and little water to knead a tight dough. Cover it with muslin cloth and keep it aside for 10 minutes.
 - ✓ Now make 6 small balls and
- flatten them with a rolling pin to medium thickness. Using fork, make holes on mathris.
- ✓ Heat oil in a karahi/frying pan. Slow down the flame once it is hot.
 - ✓ Add mathris to the oil and fry them until they turn golden brown.
 - ✓ Store them in an air tight container.



