



MINISTRY OF HEALTH AND FAMILY WELFARE GOVERNMENT OF INDIA NATIONAL BUREAU OF DIETETICS NEW DELHI

Name _____ Sex _____
Age _____ Height _____ Weight _____
Occupation _____
Date of birth _____

1. Name of the person _____
2. Name of the person _____
3. Name of the person _____
4. Name of the person _____
5. Name of the person _____

Sl. No.	Food Item	Quantity	Unit	Remarks
1	Wheat	100	gms	
2	Rice	100	gms	
3	Maize	100	gms	
4	Jowar	100	gms	
5	Bajra	100	gms	
6	Millet	100	gms	
7	Gram	100	gms	
8	Moong	100	gms	
9	Chickpea	100	gms	
10	Black gram	100	gms	
11	Green gram	100	gms	
12	Yellow gram	100	gms	
13	Red gram	100	gms	
14	White gram	100	gms	
15	Black gram	100	gms	
16	Green gram	100	gms	
17	Yellow gram	100	gms	
18	Red gram	100	gms	
19	White gram	100	gms	
20	Black gram	100	gms	

Total _____
Remarks _____

Signature _____
Date _____

Signature _____
Date _____

Signature _____
Date _____