Eating well - Good appetite

Reduces Sickness

Good nutrition maintains body weight

Stronger immunity and resistance to infection
Recommended Height
For Age

Boys Height Chart

18 years: 177 (Cm)
17 years: 175 (Cm)
16 years: 171 (Cm)
15 years: 166 (Cm)
14 years: 160 (Cm)
13 years: 153 (Cm)
12 years: 147 (Cm)
11 years: 140 (Cm)
10 years: 137.5 (Cm)
9 years: 132.2 (Cm)
8 years: 127 (Cm)
7 years: 121.7 (Cm)
6 years: 116.1 (Cm)
5 years: 109.9 (Cm)
4 years: 102.9 (Cm)
3 years: 94.9 (Cm)
2 years: 85.6 (Cm)
1 year: 76.1 (Cm)
Birth: 50.5 (Cm)

Girls Height Chart

18 years: 164 (Cm)
17 years: 163 (Cm)
16 years: 162 (Cm)
15 years: 161 (Cm)
14 years: 159 (Cm)
13 years: 155 (Cm)
12 years: 148 (Cm)
11 years: 142 (Cm)
10 years: 138.3 (Cm)
9 years: 132.2 (Cm)
8 years: 126.4 (Cm)
7 years: 120.6 (Cm)
6 years: 114.6 (Cm)
5 years: 108.4 (Cm)
4 years: 101.6 (Cm)
3 years: 93.9 (Cm)
2 years: 84.5 (Cm)
1 year: 75 (Cm)
Birth: 49.9 (Cm)

Ref: Nutrient requirements and recommended dietary allowances for Indians, Indian Council of Medical research 2004, National centre for Health Statistics (NCHS), Pg No. 7.
### Recommended Weight For Age

#### Boys Weight Chart

<table>
<thead>
<tr>
<th>Age</th>
<th>Weight (Kgs)</th>
</tr>
</thead>
<tbody>
<tr>
<td>18 years</td>
<td>65.0 Kgs</td>
</tr>
<tr>
<td>17 years</td>
<td>62.7 Kgs</td>
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<tr>
<td>16 years</td>
<td>58.0 Kgs</td>
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<tr>
<td>15 years</td>
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<td>14.6 Kgs</td>
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<tr>
<td>2 years</td>
<td>12.3 Kgs</td>
</tr>
<tr>
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<td>10.2 Kgs</td>
</tr>
<tr>
<td>Birth</td>
<td>3.3 Kgs</td>
</tr>
</tbody>
</table>

#### Girls Weight Chart

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<td>13 years</td>
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<td>12 years</td>
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<td>33.7 Kgs</td>
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</tr>
<tr>
<td>Birth</td>
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Ref: Nutrient requirements and recommended dietary allowances for Indians, Indian Council of Medical Research 2004, National Centre for Health Statistics (NCHS), Pg No. 7.
Protective Foods

Vit A Rich Foods

B Complex Rich Foods

Zinc Rich Foods

Selenium Rich Foods
Calcium Rich Foods

- Milk
- Cashews

Bodybuilding Foods

- Curd
- Eggs
- Beans
- Chicken

Protein Rich Foods

- Soybeans
- Lentils
- Meat
- Fish
Managing Sickness

Nausea

Vomiting

Causes: Infection and Drugs

&

How to deal with it?

Have frequent small meals.

Drink a lot of fluids

Why?

Eat tablet after food.

Drink ORS solution
Diarrhea and Dehydration

Causes:
- Contamination of food
- Unhygienic handling of food
- Stomach Infection
- Side effects of medications

How to deal with it?
- Eat soft foods/ Easy-to-digest foods like bread, rice, bananas, soft boiled/mashed Potatoes, Carrots.
- Eat lots of curds instead of milk.
- Don't eat spicy foods, fibre rich foods.
- Drink ORS.
- Drink Porridge/Rice water (Kanjir). Maintain Environmental/Personal Hygiene.

Why?

No spices
Anemia

Causes:
* Chronic illness
* Less intake of iron rich foods.
* Drugs

Treatment:
* Eat iron rich foods

Iron Rich Foods

Why?
Oral Thrush

Causes:
* Weakened Immunity
* Poor Oral Hygiene

What to do?
* Eat soft foods like bread, bananas, steamed vegetables, curds.
* Avoid chillies, lemon pickles, raw vegetables.
* Maintain good oral hygiene.
Good Habits

Early to bed, early to rise.

Brush your teeth twice a day.

Eat wholesome and timely meals. Drink only boiled water.

Clean your plate and glass before and after eating.

Take bath daily.

Clean your hands and rinse your mouth before and after eating or after coming out of toilet.

Don’t buy foods from outside and sold in unhygienic conditions.

Play for 60 minutes a day.
Tuberculosis

Why?

Causes:
* TB Germs
* Weakened Immunity

What to do?
* Increase the intake of protein rich food.
* Cover your mouth while coughing and sneezing.
* Don’t spit in public places.
* Timely intake of medication (ATT-DOTS).
Tuberculosis

Why?

Germs
Weakened Immunity

What to do?
Increase the intake of protein rich food.
Cover your mouth while coughing and sneezing.
Don't spit in public places.
Timely intake of medication.
When we are less in number you get diseases, so eat plenty of good food to prevent CD4 numbers from coming down.

You need to have good number of CD4 cells to maintain good health and make sure you visit the hospital regularly.