



104 टॉल फ्री नं.
कॉल सेन्टर
(24X7 हेल्थ हेल्पलाईन)



**Health, Medical Education and Family
Welfare Department, Govt. Of Jharkhand**

Food Menu for Covid-19 Patient's During Home Isolation

One Day Normal Ration Chart For Covid-19 Positive Person

| S.No | Food Group | Food Item | Quantity(In Gm) |
|------|-------------------------------|-------------------------------|-----------------|
| 1 | Cereals and its products | Atta | 150 |
| | | Rice | 125 |
| | | Chuda | 50 |
| 2 | Pulse and legumes | Moong/Masoor | 20 |
| | | Chana(whole gram) | 20 |
| | | Soya bean nuggets | 15 |
| 3 | Vegetables (Green and others) | Green Veg | 200 |
| | | Carrot/Tomato/Beetroot/Potato | 50 |
| 4 | Fruits | Papaya/Guava/Orange | 100 |
| 5 | Meat and Meat products | Chicken | 100 |
| | | Egg | 2 Pcs |
| 6 | Milk and Milk products | Milk/Curd | 500 ml |
| 7 | Nuts | Peanut/Almonds | 10 |
| 8 | Oil, Sugar and Salt | Mustard Oil/Sunflower Oil | 20 ml |
| | | Sugar | 10 |
| 9 | Misc | Masala Etc. | |





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Normal Sample Menu for Covid-19 Positive Person

| Meal | Menu | Serving/Amount |
|---------------------------|---|--|
| Early Morning 07:00 am | Option 1-Lukewarm Water with 1 medium size lemon and 1tsp honey | 1 Glass |
| Break Fast 09:00am | Roti(Whole wheat Flour) Sabji(Green Veg + Carrot) Egg Milk/Curd(Haldi added in Milk) | 4 Pcs 1 Katori 2 in No 200 ml (1 Glass) |
| Mid Morning 11:00 am | Fruits(Orange/Guava/Papaya) | 100gm |
| Lunch 01:00 pm | Rice/Roti Dal Sabji Salad(Cucumber+Beet Root+Tomato) Chicken/Soyabean nuggets | 2 Katori/4 Pcs 1 Katori 1 Katori 1 Katori 4 Pcs/20 Pcs |
| Evening 04:00 pm | Sprouts(Chana+Green Moong+Almonds 4 pcs or Peanut-1 Tbsp) | 1/2 Katori |
| Late Evening 06:00 pm | Kadha or Lemon Tea with 2 Marie biscuits | 1 Cup |
| Dinner 08:00 pm | Roti Sabji Salad(Cucumber+Beet Root+Tomato) | 3 Pcs 1 Katori 1/2 Katori |
| Bed Time 10:00 pm | Milk | 1 Glass |





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**One Day Normal Ration Chart For Covid-19 Positive Person
(With Immune Booster Food)**

| S.No | Food Group | Food Item | Quantity(In Gm) |
|------|---------------------------------|--|-----------------|
| 1 | Cereals and its products | Atta | 150 |
| | | Rice | 125 |
| | | Chuda | 50 |
| 2 | Pulse and legumes | Moong/Masoor | 20 |
| | | Chana(whole gram) | 20 |
| | | Soya bean nuggets | 15 |
| 3 | Vegetables(Green and others) | Green Veg | 200 |
| | | Carrot/Tomato/Beetroot/Potato | 50 |
| 4 | Fruits | Papaya/Guava/Orange | 200 |
| 5 | Meat and Meat products | Chicken | 150 |
| | | Egg | 2 Pcs |
| 6 | Milk and Milk products | Milk/Curd | 500 ml |
| 7 | Nuts | Peanut/Almonds | 10 |
| 8 | Oil, Sugar and Salt | Mustard Oil/Sunflower Oil | 20 ml |
| | | Sugar/Jiggery(Gud) | 10 |
| 9 | Condiments/Immune Booster Foods | Garam Masala(Dalchini, Tej Patta, Choti Elachi, Laung, Kali Mirch, Dry Ginger) Flax Seed(Tis) Haldi and other masala | |





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(With Immune Booster Food)**

| Meal | Menu | Serving/Amount |
|--------------------|---|--|
| Early Morning 7 am | Option 1-Lukewarm water with 1 medium size lemon and 1 tsp honey Option 2-Kadha (Tulsi, Dalchini, Kali Mirch, Ginger, Jaggery with Lemon Juice) Soaked Almonds-4 pcs or Peanut-1 Tbsp | 1 Glass |
| Break Fast 9 am | Roti (Whole wheat flour+flax seed powder-1/2 tsp) Sabji (Green Veg+Carrot) Egg Golden Milk/Curd(Haldi added in milk) | 4 pcs 1 Katori 2 in Nos 200 ml(1 Glass) |
| Mid Morning 11 am | Fruits(Orange/Guava/Papaya/Banana) | 200 gm |
| Lunch 1 pm | Rice/Roti DDal Sabji Salad(Cucumber+Beet Root+Tomato) Chicken/Soyabean nuggets | 2 Katori/4 pcs 1 Katori 1 Katori 1 Katori 4 pcs/20 pcs |
| Evening 4 pm | Sprouts(Chana+Green Moong) | 1/2 Katori |
| Late Evening 6 pm | Kadha or Lemon Tea with 2 Marie Biscuits | 1 Cup |
| Dinner 8 pm | Roti Sabji Salad(Cucumber+Beet Root+Tomato) | 3 pcs 1 Katori 1/2 Katori |
| Bed Time 10 pm | Golden Milk(with Haldi powder) | 1 Glass |

Note: Issued in public interest by
Dr. Bhuvnesh Pratap Singh IAS
State Level Nodal Officer (Home Isolation),
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