



Date - 1/4/2024

Nutritionally Balanced Thali Options at Amrita Vishwa Vidyapeetham

4. Nutritionally Balanced Thali Options

- **Customizable Thali Components**
 - Choice of two seasonal vegetable dishes
 - One legume-based preparation (dal, chole, rajma, etc.)
 - Whole-grain roti (wheat) or millet roti (ragi, jowar, bajra)
 - Fresh salad selection with house-made dressings
 - Probiotic accompaniment: curd or buttermilk
- **Digital Nutrition Information**
 - Calorie counts and macronutrient breakdown (carbohydrates, protein, fat) displayed on digital menu boards
 - Nutritional labels accessible via QR codes at each serving station
 - Recommended daily values and portion guidelines provided for health-conscious diners

Objective:

These thali options ensure balanced intake of macronutrients and fiber, support digestive health through probiotics, and empower diners with transparent nutritional data to make informed meal choices. Feedback can be submitted through the internal dining survey portal.

