

G.C. Patanayak

PLANNED DIET

FOR



did

KITABISTAN

Plans for feeding India's 400 millions have been put forward by economists and politicians. In this book Dr. Patanayak has presented the science of dietetics in the Indian socio-economic background. With familiar food materials of India, he has worked out different diet schedules suitable for different economic strata of the Indian society. The nutritive value of different Indian food-stuffs and the best method of their use have been elaborately discussed in a non-technical language.

The diet of the expectant mother and of infant has also been analysed by the author, thus the interest of the future citizens has also been safeguarded.

PLANNED DIET FOR INDIA

By

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