



Diet Kundali

Hello **Yashwant V Chavhan**, Diet Kundali team congratulates you for making efforts to find your own **Diet Dasha**. The fact, You have generated this Diet Kundali shows your consciousness / concern about the health of your family and you. This is your first step in achieving optimal health, however more steps needs to be climbed on your side. Please make sure to read disclaimer before looking at your Diet Kundali. We suggest you to get in touch with your food consultant or contact us at support@dietkundali.com before initiating any optimal health program.

Disclaimer:

1. This Diet Kundali generated by you, assumes that the person is an average healthy person. The diet kundali can be generated for the person above 1 year age. The requirement of nutrients and energy depends upon your type of work viz. sedentary living, moderate work, and heavy work. If you or any of your family members is suffering from any minor or major illness, contact your dietitian to know about optimal value of nutrition or mail us at support@dietkundali.com to share with you our specific recommendations on any disease.
2. Diet Kundali cannot assess the quality and quantity (i.e. eatable portions) of food consumed, nutritional loss during transportation and storage and effect of preservatives and chemicals on nutrient absorption/depletion. As per recent studies, exposure to heat and light may reduce the vitamin content of the food by around 10-15%. It is also learned that the actual edible portion of food is 5-15% less than the purchased food depending upon losses, peeling or trimming and cooking practices. There is significant depletion in food quality after processing or hydrogenation. Also soil characteristics and farming practices plays an important role in food quality. Diet Kundali has not taken the factors mentioned above in calculating your Diet Dasha as they are person / family and area specific.
3. Further the lifestyle habits of individual such as cooking method, taking cola, tea or coffee just before, during or after the meal, alcohol, also considerably affects the nutrient absorption. Inability or unwillingness to consume food is also a matter of serious concern. Diet Kundali therefore cannot exactly estimate the amount of nutrients absorbed by your body. But the results will fairly show your Diet Dasha.
4. The level of nutrition needed for optimal health is way above the RDA. The value of ODA applies from age 4 or above. For Children up to 8 years values of ODA are around 50% or less.
5. Children and infants shall be given food or supplements strictly under supervision of food consultant or pediatrician.
6. Overweight, pregnant lady, patients with kidney failure, thyroid or with allergies, other acute or chronic illnesses have the potential for malnutrition and should be evaluated further.

7. ODA for Vitamin B group, Vitamin E, Vitamin K, iron and chromium shall be taken under supervision of food consultant/doctor because of concern with regarding lack of ability to handle excess amounts. Values of Vitamin D indicates intake from food only. Vitamin E is rare in common food
8. Diet Kundali advice users to contact their food consultant/local doctor before taking any corrective action based on their Diet Dasha. Diet Kundali shall not be liable for any of such actions.
9. Diet Kundali suggests, source of intake should be from organic food or organic food based supplements to prevent any side effects of preservatives and pesticides. Please refer our vitamin efficacy chart to know which food you need more.

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Family Food Sharing Pattern

Food Name	Monthly Consumption	Unit	Yashwant V Chavhan	Kirti	Kshitija	Atharva
JOWAR	2.0	KG	0.6	0.6	0.4	0.4
RICE (PARABOILED-Milled)	2.0	KG	0.6	0.6	0.4	0.4
RICE (Flakes)	2.0	KG	0.6	0.6	0.4	0.4
WHEAT (Flour-Whole)	24.0	KG	7.2	7.2	4.8	4.8
WHEAT (Bread -Brown)	0.5	KG	0.15	0.15	0.1	0.1
BLACK GRAM (Dhal)	0.5	KG	0.15	0.15	0.1	0.1
GREEN GRAM (Whole)	0.5	KG	0.15	0.15	0.1	0.1
GREEN GRAM (Dhal)	0.5	KG	0.15	0.15	0.1	0.1
HORSE GRAM (Whole)	0.5	KG	0.15	0.15	0.1	0.1
MOTH BEANS	0.5	KG	0.15	0.15	0.1	0.1
REDGRAM (Tender)	2.0	KG	0.6	0.6	0.4	0.4
SOYABEAN	0.5	KG	0.15	0.15	0.1	0.1
CHILLIES Powder	50.0	gm	15.0	15.0	10.0	10.0
CHILLIES Green	50.0	gm	15.0	15.0	10.0	10.0
CUMIN SEEDS	100.0	gm	30.0	30.0	20.0	20.0
GARLIC (Dry)	250.0	gm	75.0	75.0	50.0	50.0
TURMERIC	50.0	gm	15.0	15.0	10.0	10.0
RICE BRAN OIL	3.0	KG	0.9	0.9	0.6	0.6
SUGAR CANE	3.0	KG	0.9	0.9	0.6	0.6
MANGO (Ripe)	4.0	KG	1.2	1.2	0.8	0.8
BEET ROOT	0.5	KG	0.15	0.15	0.1	0.1
ONION Big	2.0	KG	0.6	0.6	0.4	0.4
POTATO	1.0	KG	0.3	0.3	0.2	0.2
CABAGE	1.0	KG	0.3	0.3	0.2	0.2
SPINACH	1.0	KG	0.3	0.3	0.2	0.2




















GHEE (Buffalo)	0.5	KG	0.15	0.15	0.1	0.1
ALMOND	1.0	KG	0.3	0.3	0.2	0.2
WALNUT	0.5	KG	0.15	0.15	0.1	0.1
BRINJAL	1.0	KG	0.3	0.3	0.2	0.2
CAULIFLOWER	1.0	KG	0.3	0.3	0.2	0.2
PUMPKIN (Fruit)	1.0	KG	0.3	0.3	0.2	0.2
TINDA (Tender)	1.0	KG	0.3	0.3	0.2	0.2
TOMATO (Green)	2.0	KG	0.6	0.6	0.4	0.4
MILK (Buffalo's)	45.0	KG	13.5	13.5	9.0	9.0



















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Yashwant V Chavhan's Diet Kundali

Name	Age (yr)	Category	Height (cm)	Weight (Kg)	BMI
Yashwant V Chavhan	52	Male	170	70	24.22
Email Id			Contact		

DASHA: Good Diet  Average Diet  Poor Diet  Upper Limit 

NUTRIENTS	RDA	ACTUAL	ODA	DASHA
Energy (kCal/day)	2200.00	2310.00	-	
Protein (gm)	70.00	69.06	-	
Carbohydrate (gm)	130.00	304.01	-	
Fats (gm)	20.00	80.27	-	
Fiber (gm)	38.00	43.45	-	
Vitamin A (µg)	900.00	2169.62	3000.00	
Vitamin B1 (mg)	1.20	1.90	35.00	
Vitamin B2 (mg)	1.30	1.24	35.00	
Vitamin B3 (mg)	16.00	15.92	100.00	
Vitamin B6 (mg)	1.70	0.09	25.00	
Vitamin B9 (µg)	400.00	162.36	600.00	
Vitamin B12 (µg)	2.40	0.63	25.00	
Vitamin C (mg)	90.00	51.81	2000.00	
Vitamin D (µg)	10.00	0.00	100.00	
Vitamin E (mg)	15.00	6.01	1000.00	
Vitamin K (µg)	120.00	14.06	-	
Calcium (mg)	1200.00	1222.94	3000.00	
Phosphorus (mg)	700.00	1845.22	4000.00	
Iron (mg)	8.00	22.75	-	

Magnesium (mg)	420.00	648.22	500.00	
Copper (µg)	900.00	2206.30	10000.00	
Manganese (mg)	2.30	6.84	10.00	
Molybdenum (µg)	45.00	233.35	2000.00	
Zinc (mg)	11.00	7.69	40.00	
Chromium (µg)	30.00	52.70	1000.00	
Selenium (µg)	55.00	3.08	400.00	
Histidine(mg)	700.00	820.50	-	
Lysine(mg)	2100.00	3040.50	-	
Tryptophan(mg)	280.00	583.00	-	
Phenylalanine+Tyrosine (mg)	1750.00	2688.50	-	
Methionine+Cystin(mg)	1050.00	1462.50	-	
Threonine(mg)	1050.00	1727.50	-	
Leucine(mg)	2730.00	3691.50	-	
Isoleucine(mg)	1400.00	1994.50	-	
Valine(mg)	1820.00	2274.50	-	
Omega 3 (mg)	600.00	594.65	3000.00	
Omega 6 (mg)	600.00	56.75	15000.00	

Note: How diet differs? The above table shows your actual intake of nutrients against government suggested RDA (minimum requirement) and ODA (needed for optimal health). You can see how much nutrition you need to achieve optimal health.

BMI Category

- Very severely underweight
- Severely underweight
- Underweight
- Normal (healthy weight)
- Overweight
- Obese Class I (Moderately obese)
- Obese Class II (Severely obese)
- Obese Class III (Very severely obese)





















- BMI range - kg/m2

- Less than 15
- From 15.0 to 16.0
- From 16.0 to 18.5
- From 18.5 to 25
- From 25 to 30
- From 30 to 35
- From 35 to 40
- Over 40

Kirti's Diet Kundali

Name	Age (yr)	Category	Height (cm)	Weight (Kg)	BMI
Kirti	44	Female	152	53	22.94

DASHA: Good Diet  Average Diet  Poor Diet  Upper Limit 

NUTRIENTS	RDA	ACTUAL	ODA	DASHA
Energy (kCal/day)	2000.00	2310.00	-	
Protein (gm)	53.00	69.06	-	
Carbohydrates (gm)	130.00	304.01	-	
Fats (gm)	20.00	80.27	-	
Fiber (gm)	25.00	43.45	-	
Vitamin A (µg)	700.00	2169.62	3000.00	
Vitamin B1 (mg)	1.10	1.90	35.00	
Vitamin B2 (mg)	1.10	1.24	35.00	
Vitamin B3 (mg)	14.00	15.92	100.00	
Vitamin B6 (mg)	1.30	0.09	25.00	
Vitamin B9 (µg)	400.00	162.36	600.00	
Vitamin B12 (µg)	2.40	0.63	25.00	
Vitamin C (mg)	75.00	51.81	2000.00	
Vitamin D (µg)	5.00	0.00	100.00	
Vitamin E (mg)	15.00	6.01	1000.00	
Vitamin K (µg)	90.00	14.06	-	
Calcium (mg)	1000.00	1222.94	3000.00	
Phosphorus (mg)	700.00	1845.22	4000.00	
Iron (mg)	18.00	22.75	-	
Magnesium (mg)	310.00	648.22	500.00	

Copper (µg)	900.00	2206.30	10000.00	→
Manganese (mg)	1.80	6.84	10.00	↑
Molybdenum (µg)	45.00	233.35	2000.00	→
Zinc (mg)	8.00	7.69	40.00	↓
Chromium (µg)	25.00	52.70	1000.00	→
Selenium (µg)	55.00	3.08	400.00	↓
Histidine (mg)	530.00	820.50	-	○
Lysine(mg)	1590.00	3040.50	-	○
Tryptophan(mg)	212.00	583.00	-	○
Phenylalanine+Tyrosine (mg)	1325.00	2688.50	-	○
Methionine+Cystin(mg)	795.00	1462.50	-	○
Threonine(mg)	795.00	1727.50	-	○
Leucine(mg)	2067.00	3691.50	-	○
Isoleucine(mg)	1060.00	1994.50	-	○
Valine(mg)	1378.00	2274.50	-	○
Omega 3 (mg)	600.00	594.65	3000.00	↓
Omega 6 (mg)	600.00	56.75	15000.00	↓

Note: How diet differs? The above table shows your actual intake of nutrients against government suggested RDA (minimum requirement) and ODA (needed for optimal health). You can see how much nutrition you need to achieve optimal health.

BMI Category

Very severely underweight

Severely underweight

Underweight

Normal (healthy weight)

Overweight

Obese Class I (Moderately obese)

Obese Class II (Severely obese)

Obese Class III (Very severely obese)

- BMI range - kg/m2

- Less than 15

- From 15.0 to 16.0

- From 16.0 to 18.5

- From 18.5 to 25

- From 25 to 30

- From 30 to 35

- From 35 to 40

- Over 40

Kshitija's Diet Kundali

Name	Age (yr)	Category	Height (cm)	Weight (Kg)	BMI
Kshitija	17	Female	167	47	16.85

DASHA: Good Diet Average Diet Poor Diet Upper Limit

NUTRIENTS	RDA	ACTUAL	ODA	DASHA
Energy (kCal/day)	2100.00	1540.00	-	
Protein (gm)	70.50	46.04	-	
Carbohydrates (gm)	130.00	202.67	-	
Fats (gm)	22.00	53.51	-	
Fiber (gm)	26.00	28.96	-	
Vitamin A (µg)	700.00	1446.41	3000.00	
Vitamin B1 (mg)	1.00	1.26	35.00	
Vitamin B2 (mg)	1.00	0.83	35.00	
Vitamin B3 (mg)	14.00	10.61	100.00	
Vitamin B6 (mg)	1.20	0.06	25.00	
Vitamin B9 (µg)	400.00	108.24	600.00	
Vitamin B12 (µg)	2.40	0.42	25.00	
Vitamin C (mg)	65.00	34.54	2000.00	
Vitamin D (µg)	5.00	0.00	100.00	
Vitamin E (mg)	15.00	4.00	1000.00	
Vitamin K (µg)	75.00	9.37	-	
Calcium (mg)	1300.00	815.30	3000.00	
Phosphorus (mg)	1250.00	1230.15	4000.00	
Iron (mg)	15.00	15.17	-	
Magnesium (mg)	360.00	432.15	500.00	

Copper (µg)	890.00	1470.87	10000.00	→
Manganese (mg)	1.60	4.56	10.00	→
Molybdenum (µg)	43.00	155.57	2000.00	→
Zinc (mg)	9.00	5.12	40.00	↓
Chromium (µg)	24.00	35.13	1000.00	→
Selenium (µg)	55.00	2.06	400.00	↓
Histidine (mg)	470.00	547.00	-	↑
Lysine(mg)	1410.00	2027.00	-	↑
Tryptophan(mg)	188.00	388.67	-	○
Phenylalanine+Tyrosine (mg)	1175.00	1792.33	-	○
Methionine+Cystin(mg)	705.00	975.00	-	↑
Threonine(mg)	705.00	1151.67	-	○
Leucine(mg)	1833.00	2461.00	-	↑
Isoleucine(mg)	940.00	1329.67	-	↑
Valine(mg)	1222.00	1516.33	-	↑
Omega 3 (mg)	300.00	396.43	3000.00	→
Omega 6 (mg)	300.00	37.83	15000.00	↓

Note: How diet differs? The above table shows your actual intake of nutrients against government suggested RDA (minimum requirement) and ODA (needed for optimal health). You can see how much nutrition you need to achieve optimal health.

BMI Category

Very severely underweight

Severely underweight

Underweight

Normal (healthy weight)

Overweight

Obese Class I (Moderately obese)

Obese Class II (Severely obese)

Obese Class III (Very severely obese)

- BMI range - kg/m2

- Less than 15

- From 15.0 to 16.0

- From 16.0 to 18.5

- From 18.5 to 25

- From 25 to 30

- From 30 to 35

- From 35 to 40

- Over 40

Atharva's Diet Kundali

Name	Age (yr)	Category	Height (cm)	Weight (Kg)	BMI
Atharva	13	Male	157	36	14.61

DASHA: Good Diet Average Diet Poor Diet Upper Limit

NUTRIENTS	RDA	ACTUAL	ODA	DASHA
Energy (kCal/day)	2200.00	1540.00	-	
Protein (gm)	54.00	46.04	-	
Carbohydrates (gm)	130.00	202.67	-	
Fats (gm)	22.00	53.51	-	
Fiber (gm)	31.00	28.96	-	
Vitamin A (µg)	600.00	1446.41	3000.00	
Vitamin B1 (mg)	0.90	1.26	35.00	
Vitamin B2 (mg)	0.90	0.83	35.00	
Vitamin B3 (mg)	12.00	10.61	100.00	
Vitamin B6 (mg)	1.00	0.06	25.00	
Vitamin B9 (µg)	300.00	108.24	600.00	
Vitamin B12 (µg)	1.80	0.42	25.00	
Vitamin C (mg)	45.00	34.54	2000.00	
Vitamin D (µg)	5.00	0.00	100.00	
Vitamin E (mg)	11.00	4.00	1000.00	
Vitamin K (µg)	60.00	9.37	-	
Calcium (mg)	1300.00	815.30	3000.00	
Phosphorus (mg)	1250.00	1230.15	4000.00	
Iron (mg)	8.00	15.17	-	
Magnesium (mg)	240.00	432.15	500.00	

Copper (µg)	700.00	1470.87	10000.00	→
Manganese (mg)	1.90	4.56	10.00	→
Molybdenum (µg)	34.00	155.57	2000.00	→
Zinc (mg)	8.00	5.12	40.00	↓
Chromium (µg)	25.00	35.13	1000.00	→
Selenium (µg)	40.00	2.06	400.00	↓
Histidine (mg)	360.00	547.00	-	○
Lysine(mg)	1080.00	2027.00	-	○
Tryptophan(mg)	144.00	388.67	-	○
Phenylalanine+Tyrosine (mg)	900.00	1792.33	-	○
Methionine+Cystin(mg)	540.00	975.00	-	○
Threonine(mg)	540.00	1151.67	-	○
Leucine(mg)	1404.00	2461.00	-	○
Isoleucine(mg)	720.00	1329.67	-	○
Valine(mg)	936.00	1516.33	-	○
Omega 3 (mg)	300.00	396.43	3000.00	→
Omega 6 (mg)	300.00	37.83	15000.00	↓

Note: How diet differs? The above table shows your actual intake of nutrients against government suggested RDA (minimum requirement) and ODA (needed for optimal health). You can see how much nutrition you need to achieve optimal health.

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Severely underweight

Underweight

Normal (healthy weight)

Overweight

Obese Class I (Moderately obese)

Obese Class II (Severely obese)

Obese Class III (Very severely obese)

- BMI range - kg/m2

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- From 16.0 to 18.5

- From 18.5 to 25

- From 25 to 30

- From 30 to 35

- From 35 to 40

- Over 40

Suggestions:

1. Improve your diet for the nutrients marked in red and evaluate your Diet Dasha next month again to assess for any improvement in your diet. Take care of your loved one who needs special attention.
2. Exercise well, take sound sleep, eat well - avoid stress, smoking and drinks, have always positive attitude towards life. These are the four basic ingredients of Optimal Health. YOUR DREAMS DOES NOT HAVE AN EXPIRATION DATE, TAKE A DEEP BREADTH AND TRY AGAIN!! FEEL GOOD....
3. If your lifestyle or eating habits makes you difficult to improve your Diet Dasha even after eating hard, mail us at support@dietkundali.com to know the smart way to improve your DietDasha.
4. It is not the within the scope of this website/report to share with you our specific recommendations for each and every disease. You may mail us to get specific advice for the disease in which you are most interested.
5. If you are in general good health, taking organic plant based nutritional supplements should not pose any health hazards.

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