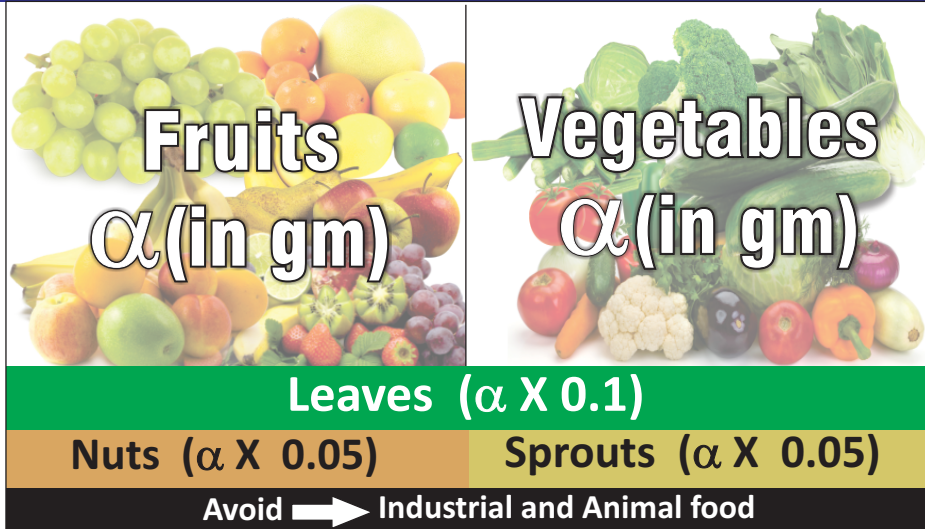


# FOOD INDEX

By Dr. Biswaroop Roy Chowdhury, Ph.D

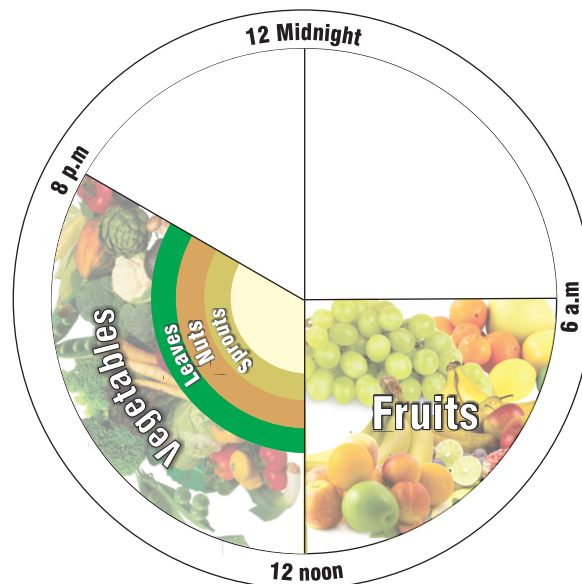
**'α' is the amount of food to be eaten in the whole day**



**To find 'α', match your wt (in kg) in red row against your height (feet) in green column.**

Food Index (In Feet)	35	37	40	42	45	47	50	52	55	57	60	62	65	67	70	72	75	77	80	82	85	87	90	92	95	97	100
4.6	300	310	330	340	350	360	370	375	380	395	410	425	480	490	500	520	540	560	580	590	600	625	650	X	X	X	X
4.8	330	340	350	360	370	375	380	390	400	425	450	475	500	520	540	560	580	590	600	625	650	675	700	720	740	X	X
5.0	350	360	370	375	380	390	400	415	430	465	500	520	540	560	580	590	600	625	650	675	700	720	740	760	780	795	810
5.2	370	365	380	390	400	415	430	440	450	485	520	550	580	590	600	625	650	675	700	720	740	760	780	795	810	825	840
5.4	380	390	400	410	430	440	450	485	520	550	580	590	600	625	650	675	700	720	740	760	780	795	810	825	840	855	870
5.6	X	X	430	440	450	485	520	550	580	605	630	640	650	675	700	720	740	760	780	795	810	825	840	855	870	885	900
5.8	X	X	450	480	520	550	580	605	630	650	670	675	700	720	740	760	780	795	810	825	840	855	870	885	900	910	920
5.1 0	X	X	X	X	X	625	600	625	650	675	700	725	750	760	770	785	800	820	840	855	870	885	900	915	930	955	980
6	X	X	X	X	X	X	X	X	700	725	750	775	800	815	830	855	880	895	910	930	950	975	1000	1025	1050	1075	1100

**Eat fruits/vegetables etc. in accordance to the following:**



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