About this seasonal calendar

about this seasonal calendar was created in a participatory way with the

Eat more fruits and vegetables for better nutrition

A survey with 287 women in Mandla and Dindori districts in October 2015 showed that:

5 women out of 10 did not have a diversified diet

In particular, consumption of fruits and vegetables was low. During the past week:

Less than half of the women had eaten fruits

Most women had eaten leafy vegetables, but 3 out of 10 did not eat any other kind of vegetable

Diet diversity for good nutrition and health

Variety in food is not only the spice of life but also the essence of nutrition and health. A diet consisting of foods from several food groups provides all the required nutrients to support physical growth and development, maintenance of normal body function, physical activity and health: Cereals, millets and pulses provide energy and nutrients. Oils and nuts are calorie-rich. Vegetables and fruits are rich in vitamins and minerals. Milk and milk products, flesh foods, pulses, fish, and eggs are rich in proteins, the building blocks of the body, and minerals.

Vegetables and fruits are treasure trove of minerals and vitamins that protect from diseases. It is recommended to eat 100g of fruits, 50g of leafy vegetables, 50g of roots and tubers and 200g of other vegetables every day. Pregnant women should eat more leafy vegetables (100g) to provide necessary iron and folic acid.

Colour your plate! No single fruit or vegetable provides all the nutrients you need. The key lies in eating a variety with different colours.


Mandla and Dindori districts
Seasonal calendar of fruits and vegetables for a diversified diet

Eat fruits and vegetables from local biodiversity to diversify your diet
This calendar shows the seasonal availability of fresh fruits and vegetables. Eat some everyday!