

FREE GUIDE • DIET SWAD

Bacche Ka Clean Tiffin

A parent's 5-day starter guide - dietitian approved, zero jargon: clean tiffin ideas, red-flag ingredients, and how to switch without tantrums

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Ancient Wisdom, Modern Life

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A note before we start

This guide is written for real parents with real mornings - 15 minutes, a sleepy child, and a tiffin to fill. Nothing below needs exotic ingredients or 6 am meal-prep heroics. And one promise: no fear-mongering. Your child will be fine. The goal is simply: a growing body deserves mostly real food, and small changes add up over school years.

Why tiffin matters more than you think

A child's body is under construction - bones, brain, immunity, all being built daily from whatever food arrives. Tiffin is 1 of their 3-4 daily meals, 5 days a week, for ~12 years. That's roughly 2,500 meals. Upgrading even half of them is one of the highest-impact health decisions you'll ever quietly make.

The red-flag list for kids' snacks

- **Synthetic colours (INS 102, 110, 122, 124, 129):** found in many candies and colourful snacks; in the EU these carry a warning about possible effects on children's activity and attention. Simple rule: colour should come from food, not a number.
- **Multiple sugars:** sugar + liquid glucose + invert syrup on one label = a sugar bomb split into polite pieces.
- **Maida as ingredient #1:** fast-digesting starch = quick hunger, energy crash by the next period.
- **Palm oil everywhere:** the cheap fat in most kids' biscuits and wafers.
- **'Fruit' products with no fruit:** 'fruit-flavoured' usually means sugar + flavouring + colour.

The 5-second parent check

Flip the pack: (1) any colour numbers? (2) how many sugars? (3) is maida first? Two bad answers = it's a birthday-party food, not a tiffin food.

The 5-day clean tiffin plan

Mix-and-match, portioned for primary schoolers - scale up for teens. Each day = main + side + a small treat, because a tiffin with zero fun comes home uneaten.

Day	Main	Side	Small treat
Mon	Vegetable poha with peanuts	Cucumber sticks	2 dates

Day	Main	Side	Small treat
Tue	Besan chilla roll with mint chutney	A small banana	1 millet cookie
Wed	Ghee-roast atta paratha + paneer bhurji	Cherry tomatoes	A few raisins + 2-3 cashews
Thu	Curd rice or dahi + soft khichdi	Pomegranate cup	1 small date-nut bite
Fri	Homemade veg pulao	Roasted chana	1 millet choco cookie (the Friday hero)

Water bottle every day; skip packaged 'fruit drinks' entirely - they are the single easiest upgrade.

Switching without tantrums (the honest tactics)

1. **Swap the treat, keep the fun.** Children fight subtraction, not substitution. Remove-and-replace in one move - the chips slot becomes the cookie slot, never an empty slot.
2. **One change per week.** Full tiffin makeovers get rejected like bad software updates. Day 1: just the treat. Week 2: the drink. Slow wins.
3. **Let them pick.** 'Date bite or coconut cookie?' - choice creates ownership, ownership kills tantrums.
4. **Never label foods 'good' and 'bad' in front of them.** Say 'strong food' / 'sometimes food'. Shame creates sneak-eaters.
5. **Eat the same things yourself.** The tiffin copies your plate eventually - children follow behaviour, not lectures.

Portion guide by age (rough, not rigid)

Age	Tiffin size	Treat portion
4-6 yrs	1 small main + 1 side	1 small item (1 date / half cookie)
7-10 yrs	1 main + 1 side + treat	1 full item (1 cookie / 1 bite / 2 dates)
11-14 yrs	1 large main + 2 sides + treat	1-2 items; add nuts for sports days

Rule of thumb: a child's stomach is about the size of their fist. Small, appealing portions that get finished beat big virtuous ones that come home.

The tiffin-safe treats

Diet Swad Millet Cookies (jowar + real butter, heart-shaped - kids love them), Power Bites and Peanut-Sesame Delights - zero preservatives, zero artificial colours, zero refined sugar in the bites. Safe for the daily treat slot. ₹499, FREE shipping - dietswad.in.

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