



DIAAS

FOR INDIAN FOOD





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Animal-Based Proteins

- **Eggs** (whole): 1.18
- **Cow's milk** (whole): 1.10
- **Paneer** (cottage cheese): 1.08
- **Dahi** (curd): 1.05
- **Ghee** (clarified butter): Minimal protein
- **Rohu fish** (Indian carp): 1.02
- **Hilsa fish** (ilish): 1.00
- **Mutton** (lean goat meat): 1.06
- **Chicken curry** (boneless breast): 1.07
- **Prawns** (kolambi/jhinga): 1.00



Plant-Based Proteins

- **Soy nuggets** (soya chunks): 0.91
- **Tofu**: 0.90
- **Chole** (chickpeas): 0.70
- **Rajma** (kidney beans): 0.68
- **Moong dal** (green gram): 0.72
- **Masoor dal** (red lentils): 0.69
- **Arhar dal** (pigeon peas): 0.70
- **Kala chana** (black gram): 0.72
- **Sprouts** (mixed): 0.75
- **Sattu** (roasted gram flour): 0.78



Cereal-Based Foods

- **Chapati** (whole wheat): 0.62
- **Rice** (white steamed): 0.63
- **Brown rice**: 0.65
- **Jowar roti** (sorghum flatbread): 0.58
- **Bajra roti** (pearl millet flatbread): 0.60
- **Ragi mudde** (finger millet): 0.62
- **Poha** (flattened rice): 0.60
- **Upma** (semolina): 0.64
- **Dosa** (fermented rice and urad dal): 0.66
- **Idli** (steamed fermented rice cake): 0.67



Mixed and Processed Foods

- **Soy milk:** 0.95
- **Amul cheese slices:** 1.02
- **Fortified atta** (whole wheat flour): ~0.70
- **Protein bars** (Indian brands): ~1.00
- **Vegetable biryani** (with curd): ~0.75
- **Pesarattu** (green gram dosa): 0.72
- **Khichdi** (dal-rice mix): 0.70
- **Missi roti** (gram flour flatbread): 0.78
- **Kadhi** (besan-based curry): 0.75
- **Hummus** (chickpea spread): 0.65



Fruits

- **Banana:** 0.35
- **Mango:** 0.28
- **Guava:** 0.40
- **Papaya:** 0.25
- **Custard apple** (sitaphal): 0.30
- **Pomegranate** (anar): 0.30
- **Amla** (Indian gooseberry): 0.20
- **Coconut** (fresh): 0.50
- **Lychee:** 0.28
- **Watermelon:** 0.20



Vegetables

- **Palak** (spinach): 0.61
- **Bhindi** (okra): 0.56
- **Gajar** (carrots): 0.51
- **Lauki** (bottle gourd): 0.50
- **Karela** (bitter melon): 0.53
- **Baingan** (eggplant): 0.54
- **Methi leaves** (fenugreek): 0.58
- **Aloo** (potatoes): 0.67
- **Sweet potatoes** (shakarkandi): 0.58
- **Cabbage** (patta gobhi): 0.55



Indian Snacks and Staples

- **Bhel puri** (with sprouts): 0.62
- **Pav bhaji** (with butter): ~0.70
- **Thepla** (with methi): 0.65
- **Dhokla**: 0.68
- **Pani puri** (with ragda): ~0.60
- **Pesarattu**: 0.72
- **Dal baati** (with ghee): 0.70
- **Sabudana khichdi**: 0.50
- **Puffed rice snacks**: 0.55
- **Murukku (chakli)**: 0.52



Desserts

- **Kheer** (milk and rice pudding): 0.65
- **Besan laddoo**: 0.55
- **Rasgulla**: 0.68
- **Gajar ka halwa** (with milk): 0.62
- **Sandesh** (paneer-based sweet): 0.70
- **Shrikhand**: 0.65
- **Payasam** (vermicelli pudding): 0.63
- **Til ke laddoo** (sesame balls): 0.50
- **Modak** (coconut filling): 0.55
- **Malai kulfi**: 0.62



Miscellaneous Foods

- **Peanuts** (roasted): 0.52
- **Peanut butter** (natural, unsweetened): 0.52
- **Thandai** (milk-based): 0.65
- **Lassi** (sweetened yogurt): 0.68
- **Butter milk** (chaach): 0.55
- **Sambar** (lentil soup): 0.68
- **Rasam** (spiced soup): 0.65
- **Pulao** (with peas): 0.70
- **Veg curry with paneer**: ~0.80
- **Ragi malt** (finger millet drink): 0.62



Protein Supplements

- **Whey protein concentrate** (Indian brands): 1.18
- **Casein protein** (Indian brands): 1.14
- **Soy protein isolate** (Indian brands): 1.00
- **Pea protein isolate** (Indian brands): 0.85
- **Rice protein isolate** (Indian brands): 0.82
- **Sprouted moong protein powder**: 0.88
- **Plant-based protein blends**: 0.85–0.90
- **Chia seed pudding** (homemade): 0.75
- **Makhana** (fox nuts): 0.67
- **Ragi malt** (finger millet drink): 0.62



Notes:

- Foods with DIAAS > 1.0 (**e.g., eggs, milk, and whey protein**) are of exceptionally high quality.
- Plant-based foods often have lower DIAAS but can be combined to form complete proteins (**e.g., rice and lentils**).
- These scores are estimates and can vary based on preparation and food quality.



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