

Nutrition

A Healthy Plate

Building a healthy plate:

- Start with the right-sized plate or bowl.
- An adult plate should be 9 inches across, and a child's plate should be 7 inches across.
- Fill $\frac{1}{2}$ with fruits and vegetables (Green leafy vegetables, eat the rainbow, all berries are good)
- Fill $\frac{1}{4}$ with a protein
- Lean meats (like grilled chicken breast), seafood (like skinless fish) or vegetarian options (like beans, eggs or tofu), make you feel full for longer.
- Fill $\frac{1}{4}$ with whole grains or starches

Fruits and Vegetables

- Fruits and vegetables contain fiber, which can help you feel fuller and improve digestion.
- A healthy diet includes eating fruits and vegetables every day.

Some suggestions:

- Add a few different kinds of vegetables into your sabji or curry
- Add in spinach to your dal/lentil curry
- Include a cucumber, tomato, and onion salad into your lunch or dinner

Proteins: What to Choose

Foods high in proteins provide nutrients and can help keep you full.

- Fish or shellfish
- Plant-based proteins such as canned and dried beans, lentils, unsalted nuts and seeds, and soy products like tofu
- Eggs
- Chicken and turkey breasts without the skin, or lean cuts of red meat
- Low-fat plain, unsweetened yogurt

Eating Carbohydrates: Choose Whole Grains

Whole grains can make you feel full for longer and lower your risk of diabetes and heart disease.



Look for the **100% whole-wheat** sign!

Avoid added sugar!



Choose brown rice!

Carbohydrates to Limit!

- Eating too many carbohydrates is unhealthy and can raise blood sugar
- Try to limit white rice, palau, fried rice, potatoes, puffed rice, chanchur, white flour or rice flour

Avoid:

- Do not eat rotis and rice in the same meal.
- Frozen parattas, white flour naans

High Sodium/Salty Foods

- Most of the sodium we eat comes from packaged foods, processed foods, restaurant or fast foods
- If you have high blood pressure or diabetes, try to limit these foods: achar/pickles, chanchur, and canned foods.

How Much Sodium Should I Consume?

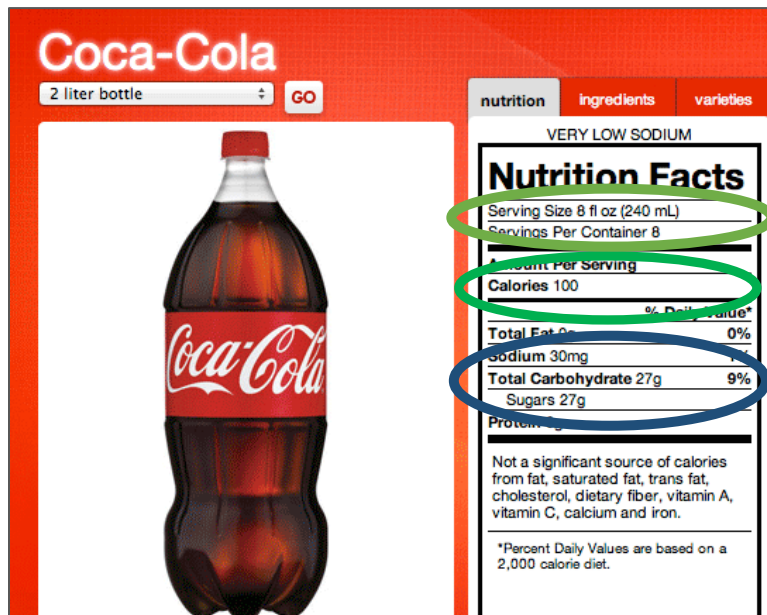
- Use less salt

- Reduce your sodium to 2300 mg(1 teaspoon), with an ideal limit of 1500 mg for those with high blood pressure

Eat Less Sugar, Fat and Salt

Sweet Foods	Fatty Foods
Mattai	Butter
Burfees, gulab jaman	Paneer
Processed snack foods	Deep fried foods and snacks(samosas, pakoras, puri)
Sugary Drinks	Frozen paratta

Learn to Read Food Labels



Step 1: Always check the serving size and number of servings in the container. The amounts listed are per serving. (see green text).

- In this 2-liter Coke bottle, there are 8 servings of coke.
- 1 serving of Coke has 6.5 teaspoons of sugar

Step 2: Look at Calories

- This is how many calories are in one serving (see green text).

Step 3: Look at Sugar and Sodium

- This is the amount of sodium and sugar in one serving of Coke (see [blue](#) text).

Healthy Cooking Tips

- Avoid overcooking vegetables, the longer you cook your vegetables, the more nutrition you lose.
- Use healthy oils: Choose canola oil instead of ghee and butter.
- Use low-fat milk products like low fat yogurt and low-fat milk, and avoid using heavy cream or coconut milk
- Use less salt: Use other spices such as black pepper and lemon juice instead
- Sautee, grill, steam or bake foods instead of frying.

Eat Right When Eating Out

- Choose raw or lightly steamed vegetables instead of fried vegetables.
- Limit your portions of naan and rice. Choose brown rice or whole-wheat roti.
- Avoid sugary sweets, and choose chai with no sugar added!