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 ½ with fruits and vegetables (Green leafy vegetables, eat the rainbow, all berries are good)
- Fill ¼ 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 ¼ 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

<table>
<thead>
<tr>
<th>Sweet Foods</th>
<th>Fatty Foods</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mattai</td>
<td>Butter</td>
</tr>
<tr>
<td>Burfees, gulab jaman</td>
<td>Paneer</td>
</tr>
<tr>
<td>Processed snack foods</td>
<td>Deep fried foods and snacks (samosas, pakoras, puri)</td>
</tr>
<tr>
<td>Sugary Drinks</td>
<td>Frozen paratta</td>
</tr>
</tbody>
</table>

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!