

# South Asian Eating Tips for cooking and shopping

Healthy eating takes time and planning, but it's worth the effort. Here are a few examples of small changes you can start to make today.

## Trying to add more fiber rich foods to your diet?

Add fruit or vegetable servings to one snack or meal each day. Choose only whole grains or whole grain products, beans and lentils for your meals or snacks

## Trying to eat at home more often?

Start by organizing your kitchen. Work on meal ideas with your family and keep a shopping list. Meal prep for the week on the weekends. Use a food processor to chop vegetables fast. Cook dhals, stews, or curries in the slow cooker while you are at work.

## Want to lower your calorie intake?

Experiment with low fat cooking methods. Use non-stick spray, an indoor grill, non-stick or cast iron skillet and pans. Use less oil for Thadka.

Limit rice or roti or any grain product to only 25 % of your plate. Choose more nutrient dense foods such as vegetable and fruits. Avoid fried foods such as namkeens , samosa, pakoras, papad and puffs.

Watch portion size of high fats foods such as nuts, oils, avocado, seeds, cheese and ghee.

Limit number of snacks per day. Each snack should be under 150 calories.

Follow plate method for lunch and dinner (picture given below)

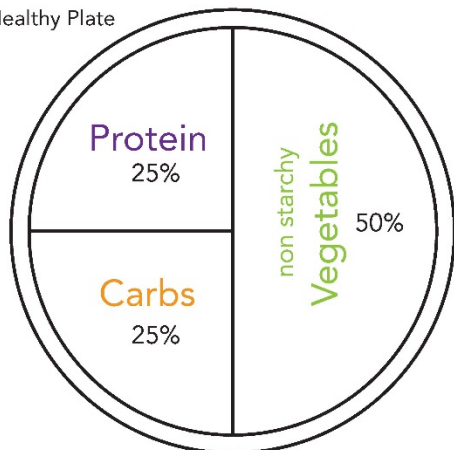
## Want to know more about the food you eat?

Learn to read food labels. Keep a food diary for several days to understand your eating habits and meal pattern. Follow plate method to control your portion size.

## When checking labels look for:

- Fiber: More than 3 gms/serving Total Fiber/day- 25-30 gms
- Total Fat: Less than 5 gms/serving. Saturated fat- less than 2 gms/serving
- Sodium: Less than 140 mgs/serving or 400-500 mg/meal

The Healthy Plate



## Shopping list

### Meat and protein

- Lean poultry
- Fish
- Eggs
- Lean beef/pork/lamb
- Tofu
- Beans & Lentils
- Nuts and seeds

### Dairy Products. Dairy alternative

- Non-fat or 1% plain milk
- Non-fat or 1% pail yogurt
- Low fat or non-fat buttermilk
- Plain low fat Kefir
- Soy/almond/rice milk
- Low fat cheese or paneer

### Fats

- Olive/canola oil
- Peanut / Sesame oil
- Avocado
- Nuts/seeds
- Ground flax seed/chia seeds

### Fruits and vegetables

- All fresh fruits in season
- Dry fruits without added sugar
- Fresh leafy and colorful seasonal vegetables
- Frozen vegetables

### Whole grains/starchy vegetables

- Brown rice
- Whole wheat products
- Quinoa
- Steel cut or old fashioned oatmeal
- Ragi
- Barley/Millet
- Faro Whole grain flour
- Wild rice
- Peas/corn/raw plantain
- Potato/sweet potato/yam
- Winter squash

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**Ideas for meals and snacks:** These sample meals and snacks include foods from the shopping list below and follow the tips on the other side. Use these ideas to build healthy, tasty, lower-fat meals. Or create your favorite combinations!

BREAKFAST	LUNCH	SNACK	DINNER
Egg Sandwich with vegetable or scrambled tofu (whole grain bread) Skim milk or unsweetened Soy milk	Brown rice or mixed grains cooked Dhal with leafy green vegetables Non starchy vegetable curry Nonfat yogurt	Plain Greek yogurt with few nuts and small fruit	Whole wheat roti Vegetable omelet Non starchy vegetable curry Non-fat plain yogurt Small fruit
Idli Sambar or peanut chutney or veg chutney Skim milk or Soy milk	Brown rice or Quinoa Sambar Fat free plain yogurt Non starchy vegetables curry	Sprouted beans with cucumber, tomato, peanuts with lemon juice, salt and pepper to taste	Shrimp and mixed vegetable Curry Brown rice Green salad & Italian dressing herb tea with lemon
Kichadi made with oatmeal, quinoa or cracked wheat Vegetable Cup of plain non-fat yogurt	Whole wheat roti Cooked vegetables Dhal or plain low fat yogurt Small fruit	1 whole grain toast with almond butter and small banana or 1/2 banana	Brown Rice Chicken tikka masala Non starchy vegetable curry herbal tea
Ragi Dosa Sambar with vegetable Skim milk or Soy milk	Whole grain roti Oven roasted tandoori chicken Cooked vegetable Subji	1 small paratha made with tofu, shredded carrot and cucumber with plain yogurt	Curried chicken and vegetables 1 cup brown rice mixed green salad 1 tbsp low fat dressing
Whole wheat roti Dhal with green leafy vegetables Skim milk or Soy milk	Palak or Methi or veg paratha(whole wheat ) Veg. Raitha and dhal	Popcorn with 2 tablespoon of nuts and 2 tsp of raisins	Whole grain Roti Rajma Vegetable Subji
Plain oatmeal with cinnamon powder ground flax seed Skim milk Raisins Walnuts or almonds	Brown rice Fish curry or egg curry Non starchy Vegetable curry	Edamame with cucumber and toamto with Indian spices	Whole grain roti Vegetables mixed with low fat paneer Salad Small fruit
Cracked wheat or oatmeal or jowar vegetable Uppuma Skim milk or yogurt	Vegetable Briyani With brown rice/quinoa Cucumber/ Carrot Raitha Salad	1% low fat milk coffee or tea with 2 whole grain crackers.	Grilled Salmon steak or tofu 1 cup rice pilaf Roasted asparagus, & cauliflower with spices

## Snacks

Always select fresh and natural products. Avoid fried Indian snack type foods. Fruits and low fat dairy would be great choice with some unsalted nuts

- **Example of non-starchy vegetables:** Green bean, broccoli, carrots, beets, green leafy vegetables, okra, eggplant, cucumber, dhudhi, karela, long beans, cluster beans, peppers, zucchini, cauliflower, onion, gourds, asparagus, chayote, kohlrabi, Brussels sprouts, artichoke, amaranth, turnips, mushrooms, celery, tomato, leeks etc. (non starchy vegetables are any vegetables that are not in the list of starchy vegetables)