

YOUR HEALTHY EATING CHECKLIST



BENGALI DIETS

INCREASE PORTION OF VEGETABLES WITH ALL MEALS



Adding vegetables to salads is a tasty and nutritious way of getting at least 2 servings of vegetables. Also, add vegetables to curry, daliya, rice, chaat or raita. Including a side salad with all meals is a good way to get increase vegetable intake.

MORE FRUIT & VEGETABLES



Eating at least 5 portions of a variety of fruit and vegetables such as spinach, kale okra, and fruits including melons and all forms of berries. Swap fruits for snacks.

CARBOHYDRATES



Foods, including biryani rice, potatoes, chappatis, luchi and kati rolls, are all sources of carbohydrates. Swap these for higher fibre carbohydrates such as brown rice, millet flour, besan, Whole meal or multi-seeded flour.

GOOD FATS



Eat more Nuts and seeds as snacks including almonds, walnuts, peanuts, chia seeds, flaxseeds and chana. Oily fish including salmon, trout and sardines. Rapeseed oil and olive oil are better oils and can be used when cooking curries or snacks.

REDUCE THE AMOUNT OF OIL USED IN COOKING



Curries including ilish macher jhol, kosha mangsho, shukto can be prepared by using less oil in cooking. try shallow frying, baking or grilling foods to reduce the calories of the dish. Try measuring oil using a table spoon when cooking rice, curry and snacks.

DRINK 8 GLASSES OF WATER



Aim to drink at least 8 glasses of water. Avoid fruit juices and fizzy drinks. Try to swap to semi skimmed milk and reducing the sugar in tea and gradually having tea without sugar.

A healthy eating plan gives your body the nutrients it needs every day, and will also lower your risk for heart disease.