



# Healthy Cooking Suggestions

Tips on how to make your food healthier



South Asian Meals - Bengali



## Radha Ballabhi

1. Shallow fry the pooris in very little oil.
2. If making aloor dum add very little salt and no sugar.
3. When having aloor tarkari add no sugar and a tiny bit of salt.
4. Use wholemeal flour



## Luchi & Cholar Dal

1. Make luchi with wholemeal flour. Alternatively make roti with wholemeal flour instead of luchi
2. Shallow fry luchi instead of deep frying.
3. Avoid using the clarified butter For the Cholar Dal use less salt
4. Replace potatoes with more vegetables



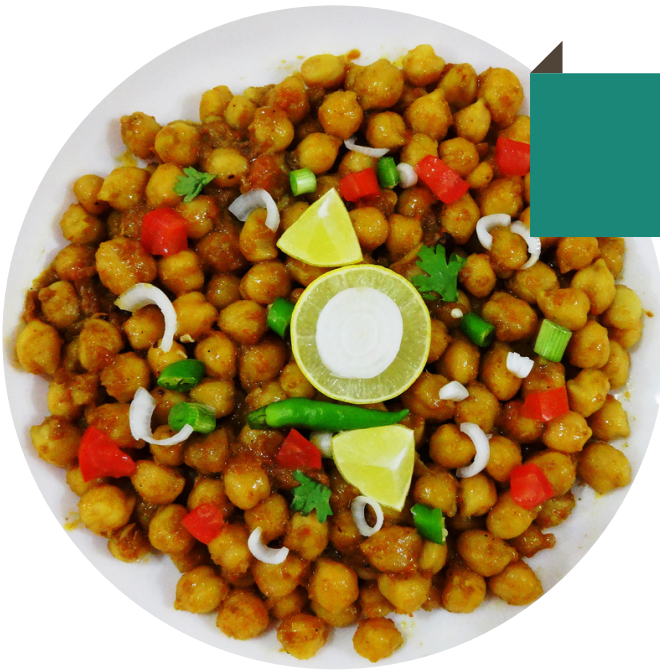
## Omelette with uppama bread

1. Use 1 teaspoon of oil when frying the bread and eggs
2. Add extra vegetables including Onions, peppers, tomatoes and chillies
3. Increase portion of eggs to bread
4. Use wholemeal bread



## Indian tea

1. Use semi skimmed milk
2. Reduce the amount of sugar to one teaspoon
3. Add more natural flavours such as cardamom sticks to enhance the flavour
4. Replace Indian tea with other fluids such as herbal tea or water.



## Masala Chaat

1. Add black pepper, chillies, and coriander
2. Add extra vegetable and Lentils to chaat such as Tomatoes, peppers, red kidney beans.

## MEAL 1



## Daal, Vegetables & chappati

1. Reduce oil to 1 table spoon per dish
2. Avoid adding butter/ Ghee to chappati
3. Use wholemeal chappati flour
4. Add aside salad to meals
5. Add a raita with extra vegetables and spices.

## MEAL 2



### Okra with vegetable Curry & Chappati

1. Reduce oil to 1 table spoon per dish
2. Avoid adding butter/ Ghee to chappati
3. Use wholemeal chappati flour
4. Add aside salad to meals
5. Add a raita with extra vegetables and spices.

## MEAL 3



### Aubergine and potato dish with rice

1. Reduce oil to 1 table spoon per dish
2. Reduce portion of rice to 3 table spoon
3. Add aside salad to meal
4. Add a raita with extra vegetables and spices.

## MEAL 4



### Chicken Curry and Rice

1. Reduce oil to 1 table spoon per dish
2. Reduce portion of rice to 3 table spoon
3. Add aside salad to meal
4. Add a raita with extra vegetables and spices.

## Meal 5



### Fish Curry & Rice

1. Reduce oil to 1 table spoon per dish
2. Reduce portion of rice to 3 table spoon
3. Add aside salad to meal
4. Add a raita with extra vegetables and spices.

## Common Carbohydrates



### Chappati

1. Use Wholemeal flour
2. Avoid adding butter on chapatis
3. 1 portion per meal - 1 medium chappati



### Nan Bread

1. Use wholemeal flour
2. Semi skimmed milk.
3. 1 portion per meal - 1 medium nan bread



### Paratah

1. Use wholemeal flour.
2. 1 portion per meal - 1 medium paratah.



### White Rice

1. Use brown rice instead
2. Add less oil in biryanis and pilau.
3. 1 portion per meal - 3 table spoon of rice.

## Common Desserts and Drinks



### Kheer

1. Use semi skimmed milk
2. Use less sugar or use sweeteners
3. Try to avoid using cream



### Halwa

1. Use less sugar or use sweetener



### Mango Lassi

1. Use fresh mangoes.



### Fruit Juices

1. stick to 1 small glass

