



Healthy Cooking Suggestions

Tips on how to make your food healthier



Somalian Meals



Surbiyaan Hilib Adhi

Surbiyaan Hilib Adhi is a wholesome dish from rice and meat

1. Use 2 table spoon of oil in the dish
2. Add more vegetables to the rice dish
3. Boil meat before adding to the dish



Ful Medames

Ful Medames is a bean stew served with Soor or rice

1. Use 2 table spoon of oil in cooking
2. Reduce portion of soor to 50g per meal
3. Increase portion of vegetables / side salad



Maraq Digaag

Maraq Digaag is a soup/stew which consists of chicken and vegetables

1. Replace potatoes with vegetables
2. Use 2 tablespoon of oil in cooking
3. Serve with wholemeal breads
4. or brown rice



Isku-dheh Karis

Isku-dheh karis is a rice and meat dish cooked mixed together

1. Add plenty of vegetables
2. Use 2 tablespoon of oil in cooking
3. Serve with wholemeal breads or brown rice
4. Reduce portion of rice and increase portion of vegetables



Nafqo

deep-fried potato balls
stuffed with eggs

1. Replace potatoes with vegetables
2. Shallow fry instead of deep frying
3. Serve with portion of vegetables or side salad



XALWO

Sweet dish prepared from corn starch,
cardamom, sugar, and butter

1. Add less butter
2. Add less sugar
3. Replace sugar with nuts, seeds and spices such as cinnamon



Kaluun Iyo Bariis

Rice dish served with fish and spices

1. Add plenty of vegetables
2. Use 2 table spoon for frying fish in non stick pan
3. Reduce portion of rice
4. Increase portion of vegetables



SOOR

white maize meal mixed with water

1. Add less butter
2. Add less sugar
3. Replace sugar with nuts, seeds and spices such as cinnamon



Suugo Suqaar

Suugo Suqaar is a pasta dish consisting of beef

1. Add plenty of vegetables
2. Use 2 table spoon for frying fish
3. Reduce portion of spaghetti
4. Increase portion of vegetables



Gashaato

Also called "Kashaato," sweet-dish made of Coconut and sugar

1. Add less butter
2. Add less sugar
3. Replace sugar with nuts, seeds and spices such as cinnamon



Samboosa

Popular snack – Fried pastry filled with mince

1. **Add more vegetables in the filling**
2. **Shallow fry instead of deep frying**
3. **Serve with natural yoghurt dips**

