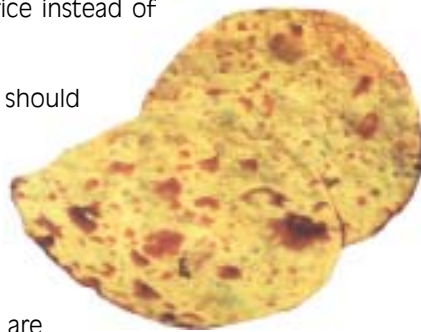


- Before attending a party. Eat a salad, a light snack or a fruit from the house so that you avoid rushing to the buffet table when you arrive at a party.
- Avoid fasting before going to a hotel or party.
- Decide what your going to eat before going to a hotel.
- Make just one trip to the party buffet. Be selective!
- Choose only the foods you really want to eat and keep portions small. Often just a taste satisfies a craving or curiosity.
- Do not order a creamy or thick soups, stick to clear ones as far as possible.
- Order grilled, roasted, steamed fish and chicken dishes, without any source or gravy. eg. Tandoori fish or chicken is better than chicken kurma or Moghalai.
- Eat plain yellow dhal instead of eating dal makhani,
- Order plain sauted vegetables instead of ordering those prepared with cream, butter or ghee.
- Stick to a portion of steamed, plain rice instead of eating biryani or pulao.
- Plain tandoori roti or plain chapattis should be eaten instead of Nan or paratha.
- Do not order any fried preparations.
- Plain salads with a touch of lemon juice or vinegar are fine.
- Avoid salads with dressings since they are typically loaded with oil, egg yolk and mayonnaise.



CHOICES FOR BREAKFAST:

Wheat flakes/oat flakes/Baked beans/sweet corn.Upma /pohe with vegetables/thalipeth.

CHOICE FOR LUNCH:

Missi roti (channa flour+ wheat flour+soy flour)/ Dal roti/Jawar roti/ Bajra roti(without oil).

Soups: mixed veg soup/tomato soup/palak soup (blenderized).

Raita and salads: cucumber, tomato, lettuce, cabbage, capsicum.

Dals: All dals: Varan, Kadi, Sambhar, rasam, without jaggery and coconut

CHOICES FOR VEGETABLES:

All vegetables and fruits with the skin. Limit intake of potato, yam, carrots and other root vegetables. One green vegetable must be included everyday.

CHOICES FOR SNACKS:

Sprouted bhel/moong dal dhokla/whole moong dosa/khurmura/ Khakra (no oil).



CHOICE FOR FRUITS:

All fruits with the skin. High fiber fruits include Sweet lime, Apple, Chicku, Papaya etc.

DIETITIAN
SANGEETA PUNJABI