Healthy cooking at home

Central and South Indian Cuisine

Stanford HEALTH CARE
"What can I cook for you?"

This is how we express love.
What will I learn?

- How to make YUMMY and EASY food substitutions
1/3 of adult Americans have prediabetes. 84% do not know it.
10% of the U.S. population has Type 2 diabetes.
Who would benefit from this information?

- People with Type 2 diabetes that are controlling blood glucose levels through dietary intervention, and not on insulin regimens
- People that have pre-diabetes
- People with a family history of diabetes
- People who are interested in reducing carbohydrate intake while maintaining healthy portions
Why eat a balanced portion of carbohydrates?

Carbohydrates are an important part of a nutritious meal. However, in certain traditional dishes, there can be more carbohydrates than what your body might need.
How many grams of carb should I eat?

Since everyone has a different metabolism, taste preference, and health status we recommend you discuss this with your healthcare provider to customize a meal plan to your needs.
How do I count carbs?

Check out carb counting choices by the CDC and the South Asian Carbohydrate Counting Tool


Source: http://www.diabetescare.net/pdf/carb%20counting%20tool.pdf
A simple way to count carbs

1/3 cup of rice/noodle

1/2 cup of yam

1/2 cup of beans

1 small slice of bread (whole wheat)

1 teaspoon of sugar

1 cup of protein
Meat/seafood/egg

1 cup of non-starchy Vegetables

≈

15g

≈

5g*

≈

0g

(*4.2g round to 5g)
Do non-starchy vegetables have carbs?

- 1 cup of raw vegetables ≈ 5g
- Since they are high in fiber and nutrients and low in carbs, we typically do not include them in counting carbs.
- However, if you are using insulin, you can count them to match your insulin meal dosage.

A simple way of counting carbs

1 teaspoon of sugar in sauce = 5g
1 cup of rice = 45g
1 cup of vegetable = 0g
1 cup of vegetable = 0g
1 cup of protein = 0g
What is a size of a cup?

1 cup = 1 katori (For South Indian household, 1 cup ≈ 1 small bowl that we use at home to specifically serve rice/curry.

≈ size of a small fist
A simple way to count carb

Chicken curry with roti and salad

Small roti = 15g

1 cup potato in chicken curry = 30g

1 cup nonstarchy vegetables = 0g

Total = 45g of carb
A simple way to count carb Idli, Sambar, Chatni

1/2 cup chutney = 0g

3 Idli = 30g

1/2 cup lentils in Sambar = 15g

Total = 45g
Meal planning for the day

Breakfast

Lunch

Dinner
Breakfast

Rice Dosa
Carbs: 30 g

Ragi Dosa
Substitute Rice with Ragi
Carbs: 15 g
Breakfast

Rava Upma

Carbs: 60g

Home Made - Oats Upma

Carbs: 30g
Breakfast

Substitute whole wheat to bajra or jowar

Add Protein
Breakfast

Add Veggies

Add veggies and substitute rice with moong dal
Masala Buttermilk with regular yogurt
237mL
Carbs: 15g

Masala Buttermilk with Greek yogurt
237mL
Carbs: 5g
Drink

Chai Sweetened With 1 Tsp Sugar

Carbs: 15g

Unsweetened Masala Chai w/ 1% Milk

Carbs: 10g
Lunch

Easy replacements

- Rice
- Quinoa

Curry with cream

- Greek yogurt

Add leafy greens

- Add lentils
Lunch

Easy replacements

- Add Protein like lentils
- Let the spices do the talking in the vegetables
- Control your portions. Use whole wheat for rotis
1 cup of potato = 30g
1 medium dosa = 30g

Lunch

Carbs: 60g

No potato
1 medium dosa = 30g
Add veggies

Carbs: 30g
Pohe Maharashtrian with 1 cup of rice and 1 teaspoon of sugar

Snack

Boiled egg with 1 cup of sprouted moong and 1 teaspoon of sugar

Carbs: 40g

Carbs: 20g
Lunch
Vegetarian replacements

Add Protein
Add Veggies
Reduce size of roti
Dinner

Add Protein
Add Veggies
Reduce rice
Dinner

Add Protein

Add Veggies

Reduce rice
Dessert

Rice kheer

Carbs: 30g

Paneer kheer

Carbs: 10g
The Plate Method

A simple redistribution of your plate can allow you to continue enjoying traditional South Asian meals in a more balanced manner.

Check out the ADA website to learn more.

Source: https://www.diabetes.org/healthy-living/recipes-nutrition/eating-well
Do fruits have carbohydrates?

- In general, fruits do contain carbohydrates and they can be a part of a healthy meal.
- See the next page for the grams of carbohydrates in common fruits.
- Dry fruits have higher carbohydrates than fresh fruits.
- Fruit juices can contain a significant amount of carbohydrates.

15 GRAMS OF CARBOHYDRATES

1.5 cup Coconut water
1.3 cup Strawberry
1.3 cup Watermelon
1 cup Papayas
1 cup Dragon Fruit
1 cup Apple
0.7 cup Pomelo

0.7 cup Orange
0.6 cup Mango
0.5 cup Orange Juice
0.3 cup Banana
4 Tablespoons Jackfruit
4 Tablespoons Durian
2 Tablespoons Dried Fruits