Healthy cooking at home

North Indian Cuisine
"What can I cook for you?"

This is how we express love.
Why should I care?

- 1/3 of adult Americans have prediabetes. 84% do not know it.
- 10% of the U.S. population has Type 2 diabetes.
What will I learn?

- How to make YUMMY and EASY food substitutions
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.

Total carbs: 105 grams
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
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.
If I am on insulin, how should I apply the information here?

We explain how many grams of carbohydrates are in traditional dishes and provide ideas for eating a balanced meal. This information can help you in selecting foods. However, insulin regimens and carbohydrate intake should be individualized to keep blood glucose levels in a targeted range.

We recommend you talk with your healthcare providers to learn about matching your insulin dosage to your carb intake.
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 of counting carbs

1 cup of vegetables = 0g

1 medium naan = 25g

1/2 cup of potato in sabzi = 15g

1 cup dahi = 5g

1 cup rice = 45g

1 cup protein = 0g

1 cup of daal = 30g
What is a size of a cup?

1 cup = 1 katori for (For South Asian households 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 carbs

1/3 cup of rice

1 roti or 3/4 paratha (6")

1/2 cup of cooked lentils, daals, or beans

1/2 cup of potato

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 to count carbs
Roti, Sabzi, and Daal

1 cup of daal = 30g
1 paratha = 20g
1 cup vegetables = 0g
Total = 50g
A simple way to count carb
Chole and Puri

2 puris = 30g

Vegetables = 0g

1 cup chole = 30g

1tbs pickle = 0g

Total = 60g
Meal planning for the day

Breakfast  Lunch  Dinner

[Images of breakfast, lunch, and dinner dishes]
Breakfast

Paratha with Dahi and Pickle

Carbs: 45g
with 1 big paratha + 1 cup of dahi

Substitute with Besan Cheela with Chutney

Carbs: 15g
with 1/3 cup of besan used in batter for 2 cheelas
Paneer Bhurji with Roti

Breakfast

Paneer Bhurji with Roti
Reduce size of the roti and make paneer at home with low fat milk

Carbs: 20g
with 1 large roti

Carbs: 15g
with 1 small roti
Breakfast

Aloo Puri

Switch to small rotis or reduce size of puris

Limit aloo sabzi serving to 1/2 cup; try adding more vegetables to the sabzi

Add veggies
Breakfast

Chole and Roti

- Add Protein
- Replace whole wheat with bajra, jowar, or barley flour
- Reduce Size of Rotis
Drink

Chai Sweetened With 1 Tsp Sugar  
Carbs: 15g

Unsweetened Masala Chai with 1% Milk  
Carbs: 10g
Drink

1 Cup Mango Lassi

Carbs: 40g

1 Cup Mango Lassi made with low-fat Greek yogurt and no added sugar

Carbs: 25g
Lunch

Easy replacements

Rice

- Brown Rice
- Quinoa
- Cauliflower Rice
Lunch

Easy replacements

Cream-based curries → Greek yogurt
Lunch

Easy replacements

Add Protein

Control portions; choose tandoori roti instead of naan

Add Vegetables
Lunch

Easy replacements

Reduce Rice

Add Proteins like Daal

Add Veggies (either uncooked or in the form of a sabzi)
Lunch
Vegetarian replacements

Add Protein
Add Veggies
Reduce Size of Rotis
Snack

Air-fried Paneer Pakora

Carbs: 25g for 3 Pakoras

Roasted Papad

Carbs: 15g for 3 Papads
Snack
Easy replacement

Sev Puri Chaat

Replace deep-fried puris with air-fried spinach

Carbs: 35g for 3 Puris

Carbs: 20g for 3 "Puris"
Dinner

Easy replacements

- Add Veggies
- Limit Portion of Roti / Paratha
- Reduce Rice
- Add Protein
Sooji Halwa

Carbs: 40g

Dessert

Gajar Halwa

Carbs: 20g
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
- 0.6 cup Mango
- 0.5 cup Orange Juice
- 0.3 cup Banana
- 4 Tablespoons Jackfruit
- 4 Tablespoons Durian
- 2 Tablespoons Dried Fruits