

Healthy cooking at home

Central and South Indian Cuisine



"What can I cook
for you?"

This is how we
express love.



What will I learn?

- How to make YUMMY and EASY food substitutions



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.



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.



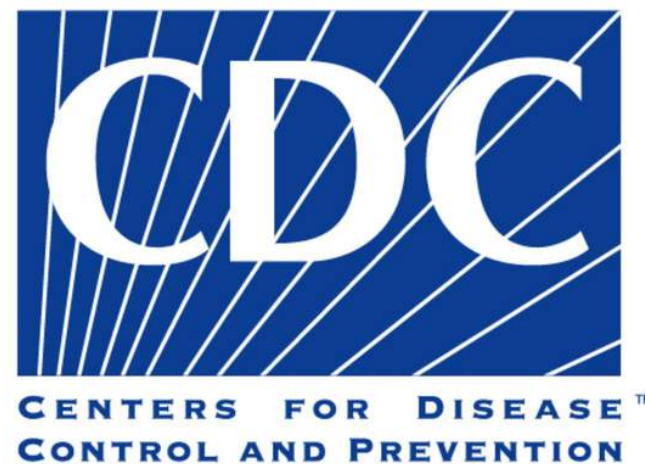
How many grams of carb should I eat?

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.



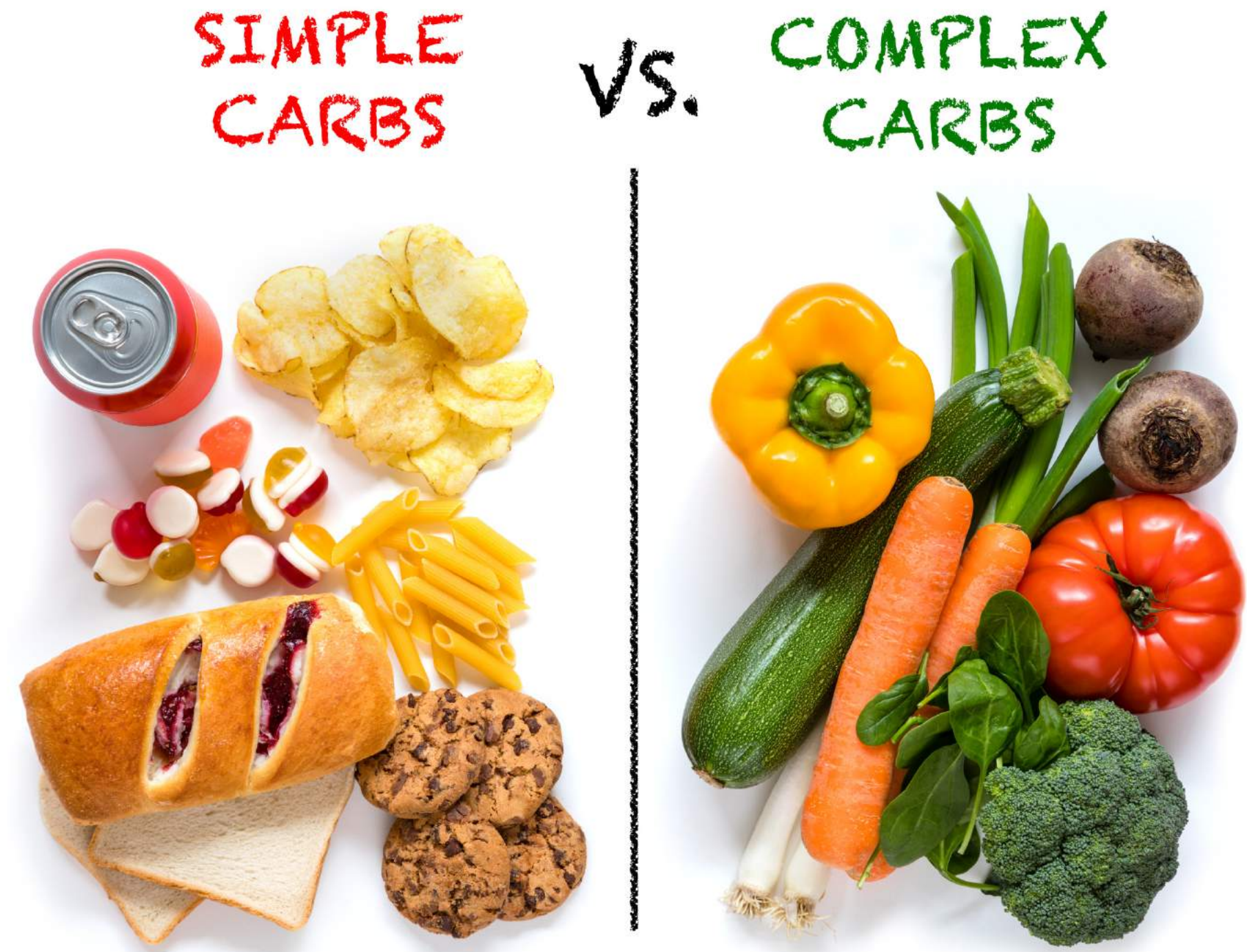
How do I count carbs?

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



Source: <https://www.cdc.gov/diabetes/managing/eat-well/diabetes-and-carbs/carbohydrate-choice-lists.html>

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)



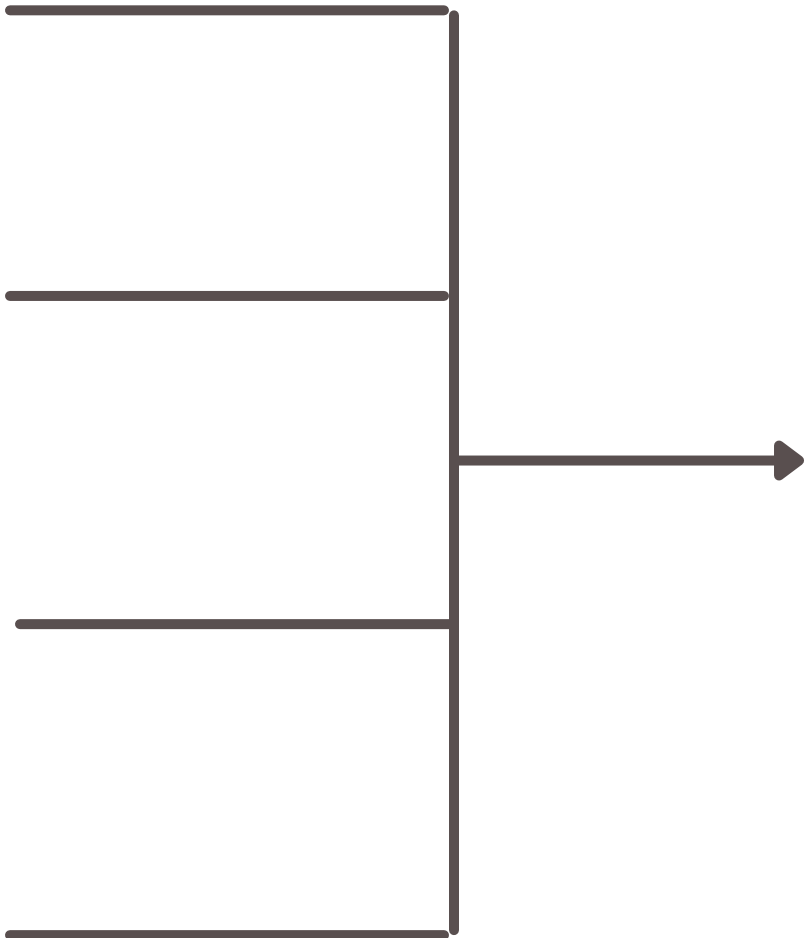
1 teaspoon of sugar



1 cup of protein
Meat/seafood/egg



1 cup of non-starchy
Vegetables

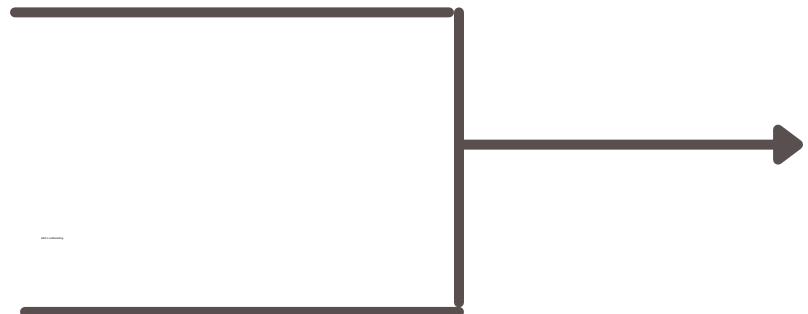


≈

15g

≈

5g*



≈

0g

(*4.2g round to 5g)

Do non-starchy vegetables have carbs?

- 1 cup of raw vegetables \approx 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.

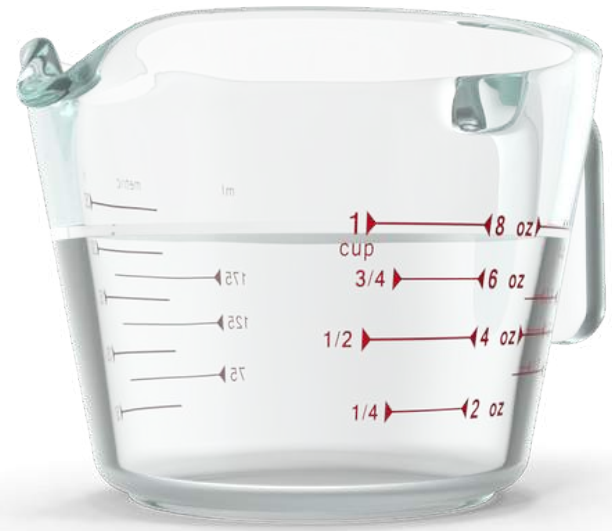


Source: <https://www.cdc.gov/diabetes/managing/eat-well/diabetes-and-carbs/carbohydrate-choice-lists.html>

A simple way of counting carbs



What is a size of a cup?



1 cup



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



\approx size of a small fist

A simple way to count carb

Chicken curry with roti and salad

Small roti = 15g



1 cup
nonstarchy
vegetables = 0g



1 cup potato in
chicken curry = 30g



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: 15g

Breakfast

Rava Upma



Carbs: 60g

Home Made - Oats Upma



Carbs: 30g

Breakfast

सुबह का नाश्ता

Substitute whole wheat to bajra or jowar

Add Protein



Breakfast

सुबह का नाश्ता

Add Veggies

Add veggies and substitute
rice with moong dal



Drink

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

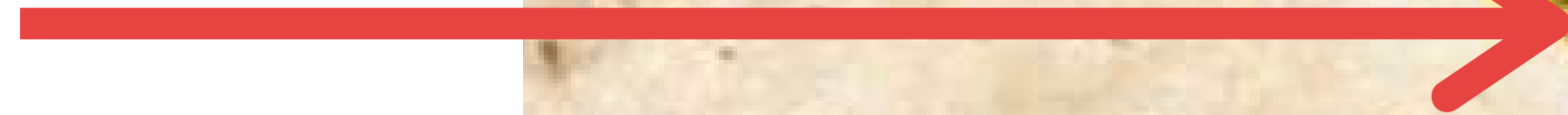
Lunch

Easy replacements

Add Protein like lentils



Let the spices do the talking in the vegetables



Control your portions.
Use whole wheat for rotis



Lunch

1 cup of potato = 30g
1 medium dosa = 30g



Carbs: 60g

No potato
1 medium dosa = 30g
Add veggies



Carbs: 30g

Pohe Maharashtrian with 1
cup of rice
1 teaspoon of sugar



Carbs: 40g

Snack

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



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

Source: <https://www.cdc.gov/diabetes/managing/eat-well/diabetes-and-carbs/carbohydrate-choice-lists.html>



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



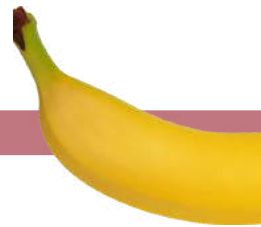
0.7 cup
Orange



0.6 cup
Mango



0.5 cup
Orange Juice



0.3 cup
Banana



4 Tablespoons
Jackfruit



4 Tablespoons
Durian



2 Tablespoons
Dried Fruits

