



# My Desi Food Plate

## Vegetarian Diet for Healthy Life



### Desi Plate

- Grains- Rice, Roti/Bread
- Vegetables (Curry)
- Protein (Dals, Legumes, Nuts/ Seeds/Eggs/Meat/Dahi/Paneer)
- Oils/Fats
- Fruits
- Milk/Coffee/Tea

### Indian Diet

**Most Indians consume essentially Vegetarian diet**

- Resembles “USDA My Plate” recommendations.
- Half of the plate consists of fruits and vegetables.
- Fourth of the plate are whole grains, other fourth are protein foods like legumes, paneer and nuts.
- Oils and fats should be reviewed and balanced.
- Must balance intake of nutrients in diet by including more diverse foods-qualitatively and quantitatively.

### Dietary & Lifestyle Practices

**You are what you eat and choose to better yourself**

- Define nutritional challenges in life.
- Consciously include all food groups in each meal.
- Eat intelligently through balanced diets at regular time schedule (appropriate and adequate).
- Judge your nutritional status (over nourished/undernourished).
- Include regular exercise in your life style.

### Vegetables

**Diet rich in Vegetables reduce:**

- Risk of obesity, heart disease, cancer, type-2 diabetes.
- Lowers blood pressure, lowers risk of kidney stones, decreases bone loss.

#### **Nutrients:**

- Potassium: Sweet potatoes, white potatoes, tomatoes, green beans, soybean, lima beans, lentils (Dals), kidney beans, white beans.
- Fiber: Lowers blood pressure, cholesterol, prevents heart disease, improves bowel function (prevents constipation), prevents cancer.
- Folic acid: Helps body form red cells, reduces risk of neural tube defects, spina bifida and anencephaly in fetal development.
- Vitamin A: Keeps eyes and skin healthy, protects from infection.
- Vitamin C: Helps in cuts and wound healing, keeps teeth and gums healthy, aids in iron absorption.

### Fruits

**Diet rich in Fruits reduces:**

- Risk of cardiovascular disease, obesity, type-2 diabetes and cancer.

#### **Nutrients:**

**Whole fruit delivers lot more nutrients than fruit juice.**

- Potassium in bananas, prunes, peaches, apricots, cantaloupe, melon, oranges helps to control blood pressure and stroke.
- Dietary fiber lowers cholesterol, prevents heart disease, cancer and improves bowel function.
- Vitamin C helps in healing cuts and wounds, keeps teeth healthy, aids in absorption of iron.
- Folic acid helps body form red cells, reduces risk of neural tube defects, spina bifida and anencephaly in fetal development.
- Fruit is low in fat, sodium and calories.
- Recommendation is to eat at least 2-3 servings of fresh fruit every day.

<p style="text-align: center;"><b>Adding pulses (Dals) to your daily diet is very beneficial and aids in</b></p> <ul style="list-style-type: none"> <li>• Diabetes management, evens out glucose peaks in blood.</li> <li>• Lowering heart disease risk: High in potassium for blood pressure reduction; soluble fiber reduces cholesterol.</li> <li>• Cancer prevention: Insoluble fiber helps in protection from colon cancer.</li> </ul>	<p style="text-align: center;"><b><u>Pulses/Legumes/Dals</u></b></p> <ul style="list-style-type: none"> <li>• Chickpeas (Chana), Kidney beans (Rajma) and all other beans, Peas, Lentils, Dals (Moong, Urad, Arhar (Toor) and others are meat substitutes.</li> <li>• Pulses are low fat, high fiber, cholesterol-free, low glycemic index and high protein foods.</li> <li>• One cup of cooked lentils has &gt;15 g of fiber (60% of daily requirement).</li> </ul>				
<p style="text-align: center;"><b><u>Dietary Oil/Fat Choices</u></b></p> <ul style="list-style-type: none"> <li>• Indians are generally more susceptible to diabetes and cardiovascular disease.</li> <li>• More emphasis is needed on choosing correct dietary oils/fats.</li> <li>• Oils are composed of different types of fatty acids- Saturated (SFA), Monounsaturated (MUFA), Polyunsaturated (PUFA), Trans fatty acids (TFA).</li> <li>• Only animal derived fats contain cholesterol.</li> </ul>	<table border="0" style="width: 100%;"> <tr> <td style="text-align: center;"><b>Liquids (Oil)</b></td> <td style="text-align: center;"><b>Solids (Fat)</b></td> </tr> <tr> <td> <ul style="list-style-type: none"> <li>• Canola</li> <li>• Corn</li> <li>• Cottonseed</li> <li>• Olive</li> <li>• Safflower</li> <li>• Soybean</li> <li>• Sunflower</li> </ul> </td> <td> <ul style="list-style-type: none"> <li>• Butter &amp; Ghee</li> <li>• Beef fat (Tallow)</li> <li>• Chicken fat</li> <li>• Pork fat (Lard)</li> <li>• Stick Margarine</li> <li>• Shortening</li> <li>• Partially hydrogenated fat</li> </ul> </td> </tr> </table>	<b>Liquids (Oil)</b>	<b>Solids (Fat)</b>	<ul style="list-style-type: none"> <li>• Canola</li> <li>• Corn</li> <li>• Cottonseed</li> <li>• Olive</li> <li>• Safflower</li> <li>• Soybean</li> <li>• Sunflower</li> </ul>	<ul style="list-style-type: none"> <li>• Butter &amp; Ghee</li> <li>• Beef fat (Tallow)</li> <li>• Chicken fat</li> <li>• Pork fat (Lard)</li> <li>• Stick Margarine</li> <li>• Shortening</li> <li>• Partially hydrogenated fat</li> </ul>
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<p style="text-align: center;"><b><u>Olive, Corn, Sunflower, Safflower, Soybean and Cottonseed oils</u></b></p> <ul style="list-style-type: none"> <li>• 76% MUFA, 13% SFA, 10% Omega-6, 1% Omega-3.</li> <li>• Heat treatment (frying) breaks down MUFA to produce harmful oxidation products and polymers (carcinogens).</li> <li>• Best in salad dressings, stir-frying and light sauteing.</li> <li>• Corn, Safflower, Sunflower, Soybean and Cottonseed oils contain &gt;50% Omega-6.</li> <li>• Not advisable to use them for Frying and Baking.</li> <li>• Best for cold applications like salad dressings.</li> </ul>					
<p style="text-align: center;"><b><u>Canola, Rapeseed/Mustard Oil</u></b></p> <ul style="list-style-type: none"> <li>• Canola contains 6% SFA, 62% oleic acid, 21% omega-6 and 10-15% omega-3.</li> <li>• Best for cooking and frying.</li> </ul>					
<p style="text-align: center;"><b><u>Vanaspati ghee (Hydrogenated Oil/Fat)</u></b></p> <ul style="list-style-type: none"> <li>• May be in Margarine/ Shortening.</li> <li>• Increases bad cholesterol and decreases good cholesterol.</li> <li>• Contributes to heart disease.</li> <li>• Avoid its use and avoid foods made with it.</li> </ul>					
<p style="text-align: center;"><b><u>Ghee/ Butter</u></b></p> <ul style="list-style-type: none"> <li>• Ghee contains 11% short chain fatty acids, 55% SFA , 30% MUFA, 4% PUFA.</li> <li>• Adverse effects on elevating serum cholesterol are now questionable.</li> <li>• Butyric acid and CLA have anticancer effect.</li> <li>• Contains other beneficial components (Phospholipids, Essential Fatty Acids).</li> <li>• Moderate amounts (2-3 tsp/day) best for imparting flavor to chapattis, sauteing and cooking.</li> </ul>					
<p style="text-align: center;"><b>Balance Ghee with Canola oil use</b></p>					

### Frying oil to cook Food

- Frying of food in most oils results in oxidative deterioration and formation of dangerous peroxides and polymers.
- Successive frying increases the deleterious compounds in oil and fried food.
- Select appropriate heat-stable frying oil that has a high “smoke point”.
- Do not fry again in the oil already used twice for frying.

### Low fat diet for Diabetes and Cardiovascular conditions

- No special diet but low fat and low carbohydrate diet is needed.
- Intake of balanced diet: 1500-2000 calorie/day.
- Include whole grains. Avoid refined grains.
- Carbohydrates: 55-60% of daily calories. Use low- glycemic foods, like whole grains.
- Eat high fiber diet (30-75 g fiber/day).
- Protein: 1g/kg body weight/day.
- Fat: 20-25% of daily calories/day. Balance SFA (<7%), MUFA (10-15%) and PUFA (5-8%).
- Cholesterol: <300mg/day.
- Do not smoke.
- Alcohol in moderation.
- Sweeteners (added and invisible): <10% of daily calories.

### Health benefits of Spices

#### Turmeric/Curcumin (Haldi)

- Curcumin is a polyphenol and strong antioxidant.
- Retards growth of many cancers and promotes apoptosis (cancer cell death).
- Eliminates cancer breeding cells without affecting healthy cells.
- Use of turmeric avoids side effects associated with radiation and chemotherapy.
- Natural antibiotic and antiseptic agent for disinfecting cuts and burns.
- Cauliflower + turmeric prevent/stop prostate cancer.
- Prevented spread of breast cancer to lungs in mice.
- May prevent melanoma by killing cancer cells.
- Reduces childhood leukemia.
- May stop progression of multiple sclerosis.
- Painkiller.
- Help in weight management by changing fat metabolism.
- Anti-inflammatory: helps in arthritis and rheumatoid arthritis.
- Stops growth of blood vessels in tumors.
- Treatment for skin diseases (psoriasis and other inflammatory skin conditions).

#### Cayenne Pepper (capsaicin)

- Contains Vitamins A and C and fiber.
- Anticancer properties- induce apoptosis (destruction) of cancer cells.
- Reduces the size of leukemia tumor cells.
- Digestive aid (stimulates circulatory digestive and lymphatic system).
- Aids in improving absorption of nutrients.
- Heart stimulant.
- Aids in weight loss.
- Promotes blood circulation throughout body.

#### Cumin

- Aids digestion
- Antioxidant Thymoquinone inhibits prostate cancer cells.
- Black cumin oil enhances immunity.

#### Black pepper

- Enhances function of GI tract.
- Diminishes gas in GI tract (flatulence, bloating).
- Antioxidant.
- Inhibits bacterial growth in foods.

<p style="text-align: center;"><b><u>Fenugreek (Methi seeds and leaves)</u></b></p> <ul style="list-style-type: none"> <li>• Clinical trials: reduced fasting blood sugar in diabetics.</li> <li>• Reduced total cholesterol, LDL and triglycerides in diabetics.</li> <li>• Mucilage produced in stomach coats it and reduces symptoms of heartburn, reflux and gastric inflammation.</li> <li>• Topical application reduces skin inflammation; helps in eczema, boils and burn conditions.</li> <li>• Reduces fever and flu symptoms.</li> <li>• Natural estrogens relieve menopause symptoms.</li> </ul>	<p style="text-align: center;"><b><u>Ginger</u></b></p> <ul style="list-style-type: none"> <li>• Helps lower cholesterol.</li> <li>• Boosts metabolism.</li> <li>• Kills cancer cells (ovarian cancer).</li> <li>• Prevents colon cancer (death of colorectal cancer cells).</li> <li>• Migraine relief &amp; Motion sickness remedy.</li> <li>• Relief of heart burn &amp; menstrual cramps.</li> <li>• Cold and flu prevention and treatment.</li> <li>• Reduces pain and inflammation.</li> <li>• Prevents diabetic neuropathy and kidney damage.</li> </ul>
<p style="text-align: center;"><b><u>Cinnamon</u></b></p> <ul style="list-style-type: none"> <li>• Nutrients: (manganese, fiber, calcium, iron).</li> <li>• Lowers cholesterol.</li> <li>• Regulates blood glucose. (Type 2 Diabetes).</li> <li>• Helps in yeast infection in women.</li> <li>• Cancer prevention (Reduces proliferation of leukemic and lymphoma cancer cells).</li> <li>• Anti-clotting effect on blood.</li> <li>• Arthritis relief.</li> <li>• Antibacterial (prevents spoilage of food). Fights <i>E. coli</i> in juices.</li> <li>• Brain health (cognitive function, memory).</li> <li>• Side effects of excessive dose (&gt;1/2 tsp/day) may cause skin/stomach irritation, kidney/liver problems, increased heart rate.</li> </ul>	<p style="text-align: center;"><b><u>Coriander (Dhania)</u></b></p> <ul style="list-style-type: none"> <li>• Nutrients: fiber, iron, magnesium, Vitamin C.</li> <li>• Reduces Cholesterol, (lowers LDL, enhances HDL)</li> <li>• Antioxidant and Anti-inflammatory capacity (relief of arthritis pain).</li> <li>• Protective effect from Salmonella infection in foods.</li> <li>• Digestive aid: prevents flatulence and nausea, improves digestive juices and peristaltic movement.</li> <li>• Prevents menstrual cramps, urinary tract infections.</li> <li>• Relief of diarrhea (microbial origin).</li> <li>• Helps relief of eye stress: conjunctivitis, macular degeneration.</li> </ul>
<p><b><u>Calories (Kcal) in common Indian foods</u></b></p>	
<ul style="list-style-type: none"> <li>• Bread slice with butter - 90</li> <li>• Chapati - (40 g) - 100</li> <li>• Puri - (15-25 g) - 50-80</li> <li>• Paratha (55-60 g) - 150 to 170</li> <li>• Subzi - 1 cup (80-100 g) -70 to 90</li> <li>• Idli - (80-100 g)- 190 to 230</li> <li>• Dosa plain - (80-100 g) - 240 to 270</li> <li>• Sambhar 1 cup (200-240 g) - 115 to 125</li> <li>• Cooked rice 1 cup-(200-240 g) - 175-210</li> <li>• Dal 1 cup (200-240 g) - 90 to 130</li> </ul>	<ul style="list-style-type: none"> <li>• Tea 1 cup (225 g) with milk and sugar - 80</li> <li>• Skim Milk- 1 cup, (245 g)- 86</li> <li>• 2% milk 1 cup (244 g)- 121</li> <li>• Apple juice 1 cup (248 g)-117</li> <li>• Samosa - 100</li> <li>• Mithai 1 piece - 150</li> <li>• Ice cream 1 cup (66 g) - 133</li> <li>• Sugar 1 tsp (4 g) - 16</li> <li>• Butter/Ghee 1 tsp (5 g) - 36</li> <li>• Peanuts Oil- Roasted 1/2 cup (77 g) - 418</li> </ul>

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