

Health for Life



fraserhealth

Better health. Best in health care.

Information provided by:

Sehat Program | South Asian Health Institute

www.fraserhealth.ca/southasian | southasianhealth@fraserhealth.ca

DISCLAIMER:

This booklet is intended for healthy individuals who do not have any dietary restrictions due to allergies or illnesses/diseases. The content in this booklet is not a substitute for professional medical advice, diagnosis or treatment. If you have questions about nutrition, call 811 to speak to a Registered Dietitian at Healthlink.

The Sehat Booklet may not be altered, edited or modified without prior consent from the Sehat Program in the South Asian Health Institute at the Fraser Health Authority.

Did you know?

Research has shown that South Asians are **2 to 3 times** more likely to develop **heart disease, kidney disease, stroke, and diabetes ten years earlier** in comparison to other ethnic groups.



2 out of 5 South Asians in Fraser Health have two or more risk factors that can lead to chronic diseases.



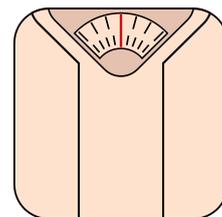
6% of South Asians have diabetes (**3 times higher**)



7% of South Asians have heart disease (**2 times higher**)



12% of all South Asians and nearly **50%** of South Asian seniors have multiple chronic diseases



Nearly **60%** of South Asians have a Body Mass Index (BMI) above 25 (overweight and obese)

How much sugar are you eating?

Natural sugar: Sugar that occurs naturally in whole foods. Foods such as fruit, vegetables, milk and some grains have natural sugar and are healthy.

Added sugar: Sugar that is added to processed foods and drinks while they are being made. It is found in foods and drinks like soda, flavoured yogurt, cereals, mithai and sports drinks. Limit the amount of added sugars you eat daily.

Hidden sugars: Sugar that is added to foods like ketchup, barbeque sauce, pasta sauce, flavoured oatmeal and canned fruit in syrup. Limit the amount of added sugars you eat daily.

6 common sugary drinks



Mango milkshake
= **12** Teaspoons of sugar



Soda pop (1 can)
= **10** Teaspoons of sugar



Sports drink
= **10** Teaspoons of sugar



Medium French vanilla
= **10** Teaspoons of sugar



Store bought orange juice (1 cup)
= **6** Teaspoons of sugar



Small slushie
= **6** Teaspoons of sugar

6 common sugary foods



Large muffin
= **10** Teaspoons of sugar



Bowl of ice cream
= **7** Teaspoons of sugar



Jalebi
= **6** Teaspoons of sugar



Gulab jamun
= **5** Teaspoons of sugar



Ladoo
= **4** Teaspoons of sugar



Bowl of sugary cereal
= **4** Teaspoons of sugar

How much sugar is in your food?

Eating too much food with added sugars and having an unhealthy lifestyle can lead to weight gain. Excess weight gain can increase your risk of chronic diseases like diabetes and heart disease.

Use this simple calculation to find out how many teaspoons of sugar you are eating:

$$\frac{\text{Number of Grams (g)}}{4} = \text{Number of teaspoons (tsp) per serving}$$

Example:

Nutrition Facts	
Serving Size 1 soda can (355 mL)	
Amount Per Serving	
Calories 140	
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 0mg	
Total Carbohydrate 40g	8%
Dietary Fiber 0g	0%
Sugars 40g	
Protein 0g	0%

*Percent Daily Values are based on a 2,000 calorie diet.

$$\frac{40 \text{ g}}{4} = 10 \text{ teaspoons of sugar in soda can!}$$


Teaspoon sample sheet

8 g = 2 tsp	32 g = 8 tsp
12 g = 3 tsp	36 g = 9 tsp
16 g = 4 tsp	40 g = 10 tsp
20 g = 5 tsp	44 g = 11 tsp
24 g = 6 tsp	48 g = 12 tsp
28 g = 7 tsp	52 g = 13 tsp

Did you know?

Store-bought dals are often made with saturated fat and should be limited. Fried foods like samosas and pakoras, should be limited.



Palak paneer
Serving: 3/4 cup
Fat: ≈ 7 Teaspoons



Shahi paneer
Serving: 3/4 cup
Fat: ≈ 5 Teaspoons



Malai kofta
Serving: 3/4 cup
Fat: ≈ 5 Teaspoons



Dal makhani
Serving: 1 cup
Fat: ≈ 4 Teaspoons



Paneer pakora
Serving: 4 pakoras
Fat: ≈ 4 Teaspoons



Potato samosa
Serving: 1 samosa
Fat: ≈ 2.6 Teaspoons



Aloo tikki
Serving: 1 piece
Fat: ≈ 2.5 Teaspoons



Vegetable pakoras
Serving: 3 pakoras
Fat: ≈ 1 Teaspoon

Choose often 😊

- ✓ Masala chana salad
- ✓ Extra-firm tofu
- ✓ Low-fat milk (1% or 2%)
- ✓ Baked pakora
- ✓ Air-popped popcorn

Limit 😞

- ✗ Papri chaat
- ✗ Paneer
- ✗ Full fat milk (3.25%)
- ✗ Fried pakora
- ✗ Chips

Which fat should I use?

Fat is important for health but remember not all fats are the same.

Use fats that are high in **unsaturated fat** to keep your heart healthy.

Choose often

- | | |
|----------------|-----------------|
| ✓ Mustard oil | ✓ Grapeseed oil |
| ✓ Canola oil | ✓ Avocado oil |
| ✓ Flaxseed oil | ✓ Olive oil |

Avoid or limit fats that are high in **saturated fat** and **trans fats** to reduce your risk of heart disease.

Limit

- | | |
|------------------|------------------|
| ✗ Coconut oil | ✗ Whipped butter |
| ✗ Hard margarine | ✗ Ghee |
| ✗ Butter | ✗ Palm oil |

Tips for cooking with less fat at home

Instead of butter, give flavour to food using ginger, garlic, lemon and lime juice, vinegar, spices, and herbs like fresh cilantro and parsley.

Limit foods with cream, higher fat butter milk and sour cream such as butter chicken, shahi paneer, and dal makhani.

What about coconut oil?

There is **not** enough research to say that coconut oil has health benefits, such as helping with diabetes, digestion, and weight loss.

Use coconut oil less often and for special occasions or baking.

Balanced meals

Eating balanced meals is the easiest way to eat a variety of foods to get the nutrients you need for a healthy body.

**Have plenty of
vegetables and fruits**

Eat protein foods



**Make water
your drink
of choice**

**Choose
whole grain
foods**

© All Rights Reserved.

Canada's Food Guide: Snapshot Health Canada.

Adapted, and reproduced with permission from the Minister of Health, 2019.

Examples of balanced meals

Example 1



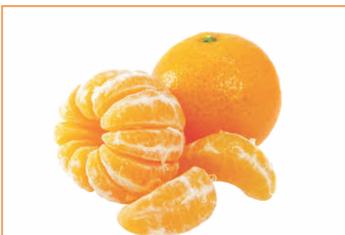
Daal (channa, rajma)
Rice
Hummus & veggies
(cucumbers, peppers, carrots)
Yogurt

Example 2



Missi roti or spinach prantha
Carrots
Daal (moongi, massar)
Dahi / yogurt

Example 3



Hummus vegetable wrap
(spinach, peppers, cheese, whole wheat tortilla)
Oranges
Yogurt

Example 4



Homemade mini pizza with veggies (peppers, onions, olives, spinach, mushrooms)
Greek yogurt & berries (strawberries, blueberries)
Roasted masala chickpeas

Is your meal balanced?

Check mark the boxes to find out.

- Fruits / Vegetables
- Protein
- Whole Grain Products
- Water

Balanced eating

Eating a balanced diet will make sure you are getting all the vitamins and minerals you need to be healthy.

Fibre rich foods

Fibre is a part of plant foods that our body does not completely digest and absorb. Eating foods with fibre will help keep you feeling full for longer and prevent constipation.

- Apple
- Orange
- Pear
- Raspberries
- Green beans
- Sweet potato
- Broccoli
- Brussels sprouts
- Turnip
- Winter squash
- Carrots
- Flaxseed
- Cooked beans
- Lentils/dal
- Chickpeas
- Whole wheat roti
- Whole grain bread
- Oatmeal

Iron rich foods

Iron helps blood flow through the body and is important for healthy growth and learning in children.

- Eggs
- Tofu
- Meat
- Fish
- Fortified breakfast cereal
- Nuts and seeds
- Dried fruit (raisins, apricot)
- Beans
- Poultry
- Lentils/dal
- Chickpeas
- Green leafy vegetables

Protein rich foods

Protein helps build and repair tissues in the body and is good for the immune system.

- Soybean
- Soy ground meat and burgers
- Tofu
- Green peas
- Beans
- Lentils/dal
- Nuts and seeds
- Nut butters
- Quinoa
- Meat
- Fish
- Poultry

Know your minerals

Eat a variety of foods to get the nutrients you need for a healthy body.

Calcium

- Builds strong bones and teeth
- Helps nerve function

Examples



Cheese



Yogurt



Chickpeas



Almonds



Paneer



Milk

Iron

- Increases production of blood cells
- Helps growth, development and cell activity

Examples



Eggs



Sunflower seeds



Chicken



Asparagus



Cashews



Lentils and dried beans

Magnesium

- Helps to regulate blood sugar and blood pressure levels
- Helps build bones and teeth

Examples



Rapini



Spinach



Brown rice



Oatmeal



Pumpkin seeds



Okra

Potassium

- Increases fluid balance in your blood and tissue
- Helps nerve function
- Keeps bones strong

Examples



Kale



Avocado



Tomato



Banana



Cantaloupe



Sweet potato

Zinc

- Keeps a healthy immune system
- Heals injuries

Examples



Chia seeds



Fish



Whole wheat bread



Quinoa



Peanuts



Bran cereal

Sehat Quinoa Salad

For Salad:

- 1 cup uncooked quinoa
- 2 cups water
- 1 can (15 ounces) chickpeas drained and rinsed, or 1 ½ cups cooked chickpeas
- 1 medium cucumber, chopped
- 1 medium red bell pepper, chopped
- 1 small red onion, chopped
- 1 cup finely chopped fresh cilantro
- Black pepper, to taste
- 1/4 cup crumbled feta cheese

For Dressing:

- 1/4 cup olive oil
- 1/4 cup lemon juice (from 2 to 3 lemons)
- 1 tablespoon apple cider vinegar
- 2 cloves garlic, minced

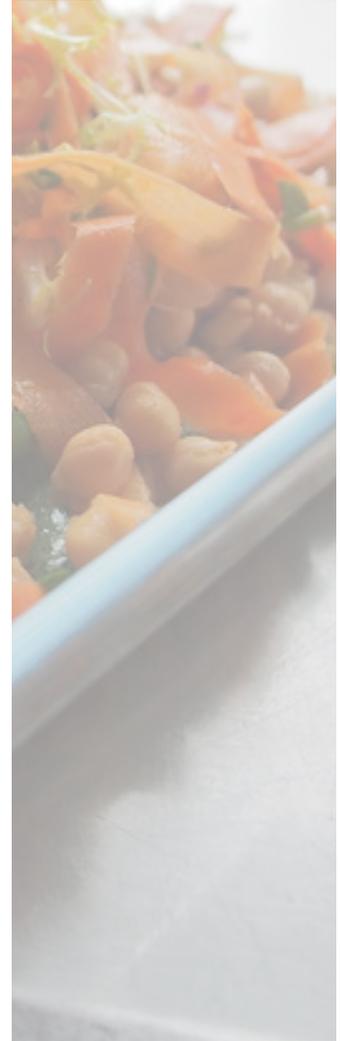
Directions

To cook the quinoa: Combine the rinsed quinoa and the water in a medium sauce pan. Bring the mixture to a boil over medium-high heat, then decrease the heat to simmer. Cook for about 15 minutes or until the water has gone. Remove from heat, cover pan, and let the quinoa rest for 5 minutes, to give it time to fluff up.

In a large serving bowl, combine chickpeas, cucumber, bell pepper, onion and cilantro and set aside.

In a small bowl, whisk together olive oil, lemon juice, apple cider vinegar and garlic.

Once quinoa has cooled, add it to the serving bowl, and drizzle the dressing on top. Season with black pepper, to taste. For best flavour, let the salad rest for 5 to 10 minutes before serving. Be sure to mix well. Top with feta cheese.



Sehat Parantha

For dough:

1.5 cups whole wheat flour

Water to knead the dough

For filling:

1 ¼ cup broccoli, grated

¾ cup cauliflower, grated

½ tsp amchoor (dry mango) powder

1 tsp coriander powder

½ tsp red chili powder

½ tsp ajwain or carom seeds

1 small onion, diced

1 green chili, chopped

2 tbsp methi leaves

½ tsp ginger, grated

1 garlic clove, minced

1 tbsp oil such as avocado or canola oil



Directions

In a bowl add flour and slowly add water to knead dough until medium soft. It is likely you will not need the full amount of water. Divide into equal sized balls. Lightly flour a clean surface and roll each ball out into a circle that is about 3 inches. Place approximately 1 ½ tablespoons of the masala keema in the center dough and fold the edges over to cover the filling completely. Gently press to seal. Roll the dough out in a circle of about 6 inches. Repeat for all dough balls. Place parantha onto a heated griddle. Once it starts to puff up, flip onto the other side. Place a small amount of oil and cook from both sides until golden brown.

Additional filling options:

Avocado, lentils, tofu, chickpeas, spinach, kale, daikot, shredded carrots or beets. You can even add leftover sabji.

Sehat smoothies

Serves: 1

Fruity oatmeal

1 cup milk
½ cup frozen mixed berries
2 tbsp rolled oats

Directions: In a blender, combine all ingredients and blend until smooth.

Berry sunrise

1 cup milk
1 medium banana
½ cup fresh or frozen strawberries

Directions: In a blender, combine all ingredients and blend until smooth.

Peanut banana

1 cup milk
½ frozen banana
1 tbsp natural peanut butter

Directions: In a blender, combine all ingredients and blend until smooth.

Sweet greens

1 cup milk
½ cup frozen raspberries
½ cup spinach or kale

Directions: In a blender, combine all ingredients and blend until smooth.

Sehat dalia

Serves: 1

Ingredients

¼ cup dalia
¼ cup water
½ apple, chopped (or fruit of choice)
½ tsp cinnamon
½ cup milk or unsweetened soy beverage

Fun Toppings

Nuts / Seeds: Almonds, chia seeds, walnuts, pumpkin seeds or pistachios
Fruits: Apples, banana, blueberries, dried fruits or strawberries
Others: Dark chocolate, cinnamon, or coconut

Directions

In a non-stick pot over medium heat, combine dalia, water, and milk. Add in chopped apples and stir often. Cook for about 10-15 minutes, or until almost all of the liquid is gone and the dalia is creamy. Serve with your choice of toppings.

Banana bread



Ingredients

- 1 $\frac{3}{4}$ cup whole wheat flour
- $\frac{1}{3}$ cup vegetable oil such as olive oil
- $\frac{1}{2}$ cup honey
- 2 eggs
- 2 large ripe bananas, peeled and mashed
- $\frac{1}{4}$ cup milk
- 1 teaspoon baking soda
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon cinnamon
- $\frac{1}{2}$ cup chopped walnuts (optional)

Directions

Preheat oven to 325°F and grease a 9 x 5-inch loaf pan. In a large bowl, whisk together the oil and honey. Add in eggs and mix well. Add in the mashed banana and milk. Mix in baking soda, vanilla, salt, and cinnamon. Slowly fold in flour and mix. If desired, add in walnuts until combined. Pour mixture into loaf pan. Bake for 60 minutes or until a toothpick inserted into the center comes out clean.

Parfait



Serves: 1

Ingredients

- $\frac{3}{4}$ cup plain greek yogurt
- $\frac{1}{4}$ cup granola or whole grain cereal
- $\frac{1}{4}$ cup fresh or frozen mixed berries

Directions

To assemble parfait, layer yogurt with the berries and top with granola or whole grain cereal.

Trail mix

Serving size = 1 tablespoon

Ingredients

½ cup almonds
½ cup walnut halves
¼ cup raw pumpkin seeds
¼ cup raisins

Directions

Combine all ingredients in a bowl and mix well. Store in an airtight container for up to 2 weeks.

Nut-free trail mix

Serving size = 1 tablespoon

Ingredients

½ cup raw pumpkin seeds
½ cup raw sunflower seeds
½ cup raisins
60 pretzel sticks

Directions

Combine all ingredients in a bowl and mix well. Store in an airtight container for up to 2 weeks.



Protein pinni

Makes about 24 pinnis

Ingredients

1 cup oatmeal
2/3 cup unsweetened coconut flakes
½ cup peanut butter
¼ cup ground flaxseed
¼ cup hemp seeds
⅓ cup honey
1 tbsp chia seeds
1 tsp vanilla extract

Directions

Combine all ingredients together and let it set in the fridge for ½ hour. Roll into small balls (about 1-inch size). Store in an airtight container in the fridge.

Sehat pizza

Serves: 1

Ingredients

1 whole wheat pita or whole wheat naan

1 ½ tbsp tomato sauce

1 tsp Italian herb blend

½ cup mozzarella or marble cheese, shredded

Choose at least 2 Toppings:

Mushrooms, sliced

Tomato, sliced

Spinach, shredded

Green pepper, cut up

Onions, diced

Pineapple, cut up

Directions

Preheat oven to 350°F. Place whole wheat pita or whole wheat naan on to a baking sheet. Spread tomato sauce on top. Sprinkle with Italian herb blend. Top with your choice of pizza toppings and cheese. Bake for 10-12 minutes, or until cheese melts. Enjoy!



Sehat Chaat

Ingredients

1 small green chilli, minced

1 ½ cups chopped roma tomatoes

1 cup chopped cucumber

1 chopped bell pepper (any colour)

1 cup mint leaves, finely chopped

½ cup drained and rinsed canned chickpeas

½ cup minced onion

2 tsp freshly squeezed lemon juice

¼ tsp salt and pepper

Directions

Combine all ingredients in a large bowl and enjoy!

Fun Tip

Add a pinch of chaat masala and a splash of lemon juice and dahi

Roasted masala chickpeas

Ingredients

1 can (540 mL) no-salt-added chickpeas, drained and rinsed
1 tbsp olive oil
½ tsp paprika
½ tsp garlic powder
1 tsp garam masala



Directions

Preheat oven to 350°F. Combine chickpeas, olive oil, garlic powder, paprika, and garam masala and mix well. Evenly spread chickpeas onto a non stick baking sheet and bake for about 45 minutes or until chickpeas are crisp. Stir chickpeas occasionally.



Gajar halwa ladoos

Ingredients

1 tbsp butter
½ tsp ground cardamom
2 cups grated carrot
½ tsp grated ginger
2 tbsp sugar
4 tbsp coconut (plus extra for rolling)
2 tbsp almonds, grated
¼ cup skim milk powder

Directions

In a non stick pot add butter and melt. Add cardamom and cook until fragrant. Add carrots and cook until soft. Add ginger, sugar, coconut, and grated almonds. Continue to cook for 3-5 minutes. Remove pot from heat and add skim milk powder. Form 12 balls and roll in coconut.

More snack ideas

- Fresh fruit
- Cottage cheese with a sliced pear
- Whole wheat roti or pita wedges with hummus
- Slice of toast with peanut butter and banana slices
- Small whole grain muffin with milk
- 3-4 Arrowroot cookies
- 5 Whole grain crackers with peanut butter or cheese
- 1 cup vegetables (carrot sticks, celery sticks, cucumber, bell pepper slices) with dip
- Dark green leafy salad such as spinach with tomato, cucumber, radish, and red onion
- 1 cup simple fruit smoothie made by blending frozen fruit, yogurt and/or milk
- Whole grain cereal 3/4 cup and milk
- Greek yogurt topped with pumpkin seeds
- Yogurt topped with fresh, frozen, or canned fruit
- Sweet or savoury rice cake without topping or topped with peanut butter
- 1/4 cup of unsalted mixed nuts and 1 piece fruit
- 1/2 cup kheer or semiyah made with less sugar and topped with almonds or walnuts
- Hard boiled egg and a piece of fruit
- 2 cups plain air-popped popcorn sprinkled with cinnamon and parmesan cheese

5 healthy living tips

1. Cook and eat more meals at home.

This way you can control how much sugar, salt, and fat is added to food.

2. Drink water.

Replace juice, iced tea, lemonade, and pop with a jug of flavoured water in your fridge. You can always flavour your water with these different combinations:



1
water
cinnamon sticks
apple slices



2
water
strawberry slices
cucumber slices



3. Exercise every day for at least 30 minutes.

Go for a family walk after dinner, ride your bike or do yoga.

4. Quit smoking and drink less alcohol.

It will help reduce your risk of heart disease.

5. Manage your stress.

Take a break to do something you enjoy such as meditation, reading a book, or listening to music.





*Eat healthy
Move more
Enjoy life*

Information provided by:

Sehat Program | South Asian Health Institute | Fraser Health

www.fraserhealth.ca/southasian | southasianhealth@fraserhealth.ca



fraserhealth

Better health. Best in health care.