

Everyday Healthy Eating

What to eat, and what to keep to a minimum

BUILD EVERY MEAL LIKE THIS

Half your plate: vegetables and fruit — and vary the colours.

One quarter: whole grains — jowar, bajra, ragi, whole wheat roti, brown or hand-pounded rice, oats.

One quarter: protein — dal, rajma, chana, curd, paneer, eggs, fish, chicken.

Add: a little healthy fat — a spoon of ghee, mustard, groundnut or rice bran oil, a handful of nuts.

Drink: water. About 8 to 10 glasses a day unless we have restricted fluids.

Eat more of these

- **Seasonal vegetables and fruit** — local and in season is cheaper and better.
- **Whole pulses and dals** daily, and sprouts several times a week.
- **Curd or buttermilk** daily — good for calcium and for the gut.
- **Nuts and seeds** — a small handful of almonds, walnuts, groundnuts; til (sesame) and flaxseed.
- **Millet**s — ragi, jowar, bajra. Higher in fibre, calcium and minerals than polished rice.
- **Fish twice a week** if you eat it.

KEEP THESE TO A MINIMUM

Sugary drinks — cold drinks, packaged juices, energy drinks. These are the single worst item on this list.

Deep-fried food and repeatedly reheated oil.

Bakery and packaged snacks — biscuits, namkeen, chips, khari, cream rolls.

Refined flour (maida) — bread, pav, naan, samosa, noodles.

Very salty items — papad, pickle, processed and packaged food. Aim for under one teaspoon of added salt a day.

Processed meat — sausage, salami, ham.

Alcohol and tobacco — both directly weaken bone and slow healing. Tobacco in every form, including gutkha and khaini.

HABITS THAT MATTER AS MUCH AS THE FOOD

Eat at regular times · do not skip breakfast · eat your last meal 2–3 hours before bed · eat slowly, without the phone or television · use a smaller plate · cook at home more often than you eat out

Search: healthy diet, balanced diet, foods to avoid, general health food

