

10 Tips to Eat Better and Stay Healthy

1. Eat Better - Cut back on foods containing partially hydrogenated vegetable oils to reduce trans fat in your diet. Aim to eat less than 300 milligrams of cholesterol each day. Choose and prepare foods with little or no salt. Aim to eat less than 1500 milligrams of sodium per day.
2. Eat Better - Select fat-free, 1 percent fat, and low-fat dairy products. Choose lean meats and poultry without skin and prepare them without added saturated and trans fat. Eat fish at least twice a week. Recent research shows that eating oily fish containing omega-3 fatty acids may help lower your risks arising due to heart disease.
3. Eat Better - Unrefined whole-grain foods contain fiber that can help lower your blood cholesterol and help you feel full, which may help you manage your weight.
4. Eat Better - Vegetables and fruits are high in vitamins, minerals and fiber. They're low in calories. Eating a variety of fruits and vegetables may help you control your weight and your blood pressure.
5. Each one of the following food items has a value of approx. 200 Calories : 1 cup of Pudding / 1 cup/scoop of Ice cream / 1 glass of Milk Shake / 1 serving of baked Beans in sauce / 1 helping of fried Chicken / 1 cup of fried Potatoes / 1 cup of Meat Curry.
6. Each one of the following food items has a value of approx. 150 Calories : 1 Parantha / 1 Naan / 1 cup of Daal / 1 cup of Sambar / 1 cup of veg. Curry / 1 cup of a heavy Soup / 1 cup of Subzi / 1 piece of Indian Sweet/Mithai / 1 serving of Bhelpuri / 1 plate of Kebabs.
7. Each one of the following food items has a value of approx. 100 Calories : 1 Slice of Bread with a liberal amount of Butter / 1 Idly / 1 cup of Curd / 1 cup of Salad / 1 Samosa / 1 bottle of an aerated Soft Drink (Thums up, Pepsi, Coke, etc.).
8. Papayas are a good source of vitamin A and vitamin C. A quarter of a medium sized Papaya can provide almost 100% of the recommended daily need of vitamin C. Papayas are low in calories, fat free, cholesterol free and are a good source of potassium, folate, and fiber.
9. Use sweet potatoes (shakarkandi) in fruit chaat, soups, baked dishes or substitute them for white potatoes in your dishes. You can also add these while making fries/ fried dishes Buy fresh sweet potatoes which are smooth, thick, dry and clean. Sweet potatoes spoil fast. Always store sweet potatoes at 12-19 degrees Celsius but not in a refrigerator till cooked. Sweet potatoes are good source of vitamin A, C and fiber.
10. When you eat ice cream/ a frozen dessert, you may get a painful headache. This is caused by blood vessel spasms which are triggered by the intense cold from the ice cream/ frozen dessert. The spasms interrupt the blood flow and cause the blood vessels to swell. To avoid a headache, eat your ice cream/ frozen dessert slowly.