The Gujeratni Way to Healthy Eating
ગુજરાતી પ્રકારનો આરોગ્યપ્રદ આહાર

અંગીતમાં લોકોની મોટી ભાગોની આહાર અન્યત્મ આરોગ્યપ્રદ થયેલ છે. રોટલી, દાળ, બાન, અને ખૂબ ખૂબ કદ્દોણ સાથે પીરસાંતીલી લીલા શાકોની વાનગાઓની કાઇકરી અને સ્ટોરીનું પ્રમાણ પ્રવૃત્ત થોય છે. અને વરણી (કેટાનુ) પ્રમાણ નીચું થોય છે.

આહારના પાંચ વિશેષગો:

સમતાને આહાર લેવા માટે હર્ષેશ પહોલા વાર વિચારવામાં શુંશું વાનગાઓની પરસ્પર કરી. પાંચ વિશેષણનો આહાર વરણી અને કર્દોણ છે. ભારતમાં આરોગ્યપ્રદ આહાર માટે અનિવાર્ય નથી. પણ અનેકાં સ્વભાવ તથા પરસ્પર વિચાર મળે છે. તેથી એ આહાર માટે પ્રસૌષ્ટ અને નાના પ્રમાણનો લેવો શકોયા છે.

- સજીવી અને રાકાનવાદ
- બાન, રોટલી, બાંટી અને બીજા પાનીઓ
- કદ્દોણ, સાંબ, મહિળા અને પ્રોટીન બીજા આહાર
- ખૂબ અને ખૂબ પદાર્થો
- ગાંધીયમાં અને કર્દોણ આહાર
The Gujarati Way to Healthy Eating

Much of the food traditionally eaten by Asian people is very healthy. Vegetable dishes which are served with rice, chapattis, dhal and other pulses are high in fibre and starch and can be low in fat.

Five food Groups
Choose a variety of foods from the first four groups every day to get a balanced diet. Foods from the fifth group - fatty and sugary foods are not essential to a healthy diet but add extra choice and palatability and should only be eaten occasionally and in small amounts.

- Fruits and Vegetables
- Rice, chapattis, potatoes and other cereals
- Pulses, Meat, Fish and Alternatives
- Milk and Dairy Foods

- Fatty and Sugary Foods
Fruits and Vegetables

- Fruits and Vegetables are good sources of vitamins, minerals and fibre and can help to protect against heart disease and some cancers.
- Enjoy traditional vegetables such as okra, aubergines, spinach, green beans etc. You could also try local, seasonal vegetables such as broccoli.
- Eat more raw vegetables and salads.
- Add vegetables to meat dishes.
- Avoid over cooking vegetables as they lose their vitamins.
- Fruits are healthy snacks that can be eaten in between meals or as a dessert.

Eat at least five servings of fruits and vegetables daily.

A serving is equivalent to:

1. medium sized piece of fruit
2. tablespoons of cooked vegetables
3. small salad
4. small glass of fruit juice
Rice, chapattis, potatoes and other cereals

- Eat plenty of these starchy foods as they give you energy, protein, vitamins, minerals and fibre.
- Avoid adding too much fat to these foods while cooking or before serving.
- Try wholemeal chapattis and bread as they are high in fibre and vitamins.
- Try wholewheat or oat based breakfast cereals without added sugar.

Have one or more servings of these foods at every meal

One serving is equivalent to:

- 2 small chapattis
- 2 tea cups of cooked rice or pasta
- 2 slices of bread
- 1 bread roll

कच्छीक (प्लेसिल), मैंस, मस्ती की अनेक पोषण —

- यह पार्कसांसी प्रोटीन, विटामीनों एवं बिनर अने।
- बी-सी जो उपक्रम (प्लेसिल) आज कंपनी सारी कलप। या गांठा तथा रसिली फूडा गांठा सारा। ज्वार वाली कमांडी शाकाहारी प्रोटीन अने काउंटर सारा ज्वारणांचा घर वाते।
- घर, जोशा लंबा मैंस तथा मस्ती अध्यादेशाने मजबूर किर्तांग तो। आता मस्ती निं वर्तनीवाणा नाता सर्वोत्तम पसंद करों।
- साजाता पश्चिम मैंस ह्यांसी हॅलानी सेड्र सार्थाने अचूक नानों, तर आता पाकी बिपाहनी साज वर्त वाता।

आय पोषकाना विषयातील रंग 2 तरी 3 सर्विंग तो।

अंक सर्विंग तोते —

1 ग्रेन जाली मासू प्रोटीन जादु 2-3 अउस (50-75 ग्राम)
2 ग्रेन जाली मासू वेचने फिलेंगे
3 टेजस रसूल सांधली जाली ग्रां जादु बी-सी
1 मस्ती नाती फिलेंगे
1 एडक (अंधविधानां नाती जादु ध्वेन नाती)
2-3 अउस (50-70 प्रोटीन) रांवि नाती ग्राम
Milk and Dairy Foods

- Try low fat varieties such as semi-skimmed or skimmed milk, low fat yoghurt, lower fat cheeses such as paneer, Edam, cottage cheese and half-fat cheddar cheese.
- These foods are a very good source of calcium which is important for bones and teeth. They are also a good source of proteins and B vitamins - try to eat some everyday.

Have 2-3 servings from this food group daily.

One serving is equivalent to:
1 small pot of yoghurt or cottage cheese
1 glass of milk (200 ml)
1 and a half oz. lower fat cheese (small match box sized)
Pulses, Meat, Fish and alternatives

- These foods provide protein, vitamins and minerals.
- Beans and pulses are good alternatives to meat and when eaten with cereals such as rice and chapattis are good sources of vegetable protein and fibre.
- Have chicken, other white meats and fish more often in the week.
- Choose smaller servings of lean red meat.
- Trim off all visible fat from meat before cooking and skim off excess fat after cooking.

Have 2-3 servings from this food group daily.

One serving is equivalent to:
- 1 chicken thigh or drumstick or 2-3 oz. (50-75 g) boneless chicken
- 3 tablespoons of cooked dhal (thick) or beans
- 1 small fillet of fish
* 1 egg
- 2-3 oz. (50-70g) cooked red meat

*Not more than 6 eggs per week.