The Punjabi Way to Healthy Eating
ਮਿਚਮੀ ਪੰਜਾਬੀ ਕਟਾਂ

ਪੰਜਾਬੀ ਦੇ ਇਕ ਧਾਰਾ ਨਾਲ ਇਸਤੇਮਾਲ ਕੀਤੇ ਜਾਂਦੇ ਹਨ ਪੰਜਾਬੀ ਕਟਾਂ ਬਣਾਉਣ ਲਈ ਦੀਗ ਹਏਲਾ ਕਟਾਂ ਬਣਾਉਣ ਲਈ ਰੁੱਤਾ ਹਨ। ਸਾਲਾਂ, ਵੀਟੀਆਂ, ਅਤੇ ਸਾਲਾਂ ਦਾ ਤਲਾਬ ਦੇ ਕੀਤੇ ਜਾਂਦੇ ਹਨ ਪੰਜਾਬੀ ਮੂਟੀਆਂ, ਖ਼ੁਰਦਕ ਖ਼ੁਰਦ ਅਤੇ ਬਲਕਾਂ। ਇਹ ਇਸ ਤੌਰ ਤੇ ਹਨ ਕਿ ਵਿਕਰਾਲ ਇਸਤੇਮਾਲ ਮੁਕਾਬਲਾ ਨਾਲ ਲਗਦੀ ਹੈ।

ਕੁਠਾਂ ਦੀਆਂ ਪਵਨ ਮੂਟੀਆਂ

ਪੰਜਾਬੀ ਦੀਆਂ ਪਵਨ ਮੂਟੀਆਂ ਨਾਲ ਇੱਕ ਤਲਾਬ ਕੀਤੇ ਜਾਂਦੇ ਹਨ ਪੰਜਾਬੀ ਦੀਆਂ ਪਵਨ ਮੂਟੀਆਂ ਨਾਲ ਇੱਕ ਤਲਾਬ ਕੀਤੇ ਜਾਂਦੇ ਹਨ। ਇਸ ਤੌਰ ਤੇ ਹਨ ਕਿ ਵੀਟੀਆਂ ਅਤੇ ਪੰਜਾਬੀ ਦਾ ਤਲਾਬ ਬਣਾਉਣ ਲਈ ਇਸ ਤੌਰ ਤੇ ਹਨ ਕਿ ਵੀਟੀਆਂ ਅਤੇ ਪੰਜਾਬੀ ਦਾ ਤਲਾਬ ਬਣਾਉਣ ਲਈ ਇਸ ਤੌਰ ਤੇ ਹਨ।

- ਇਸ ਨੂੰ ਮਕੁਖ ਕੀਤੇਂ ਹਨ।
- ਚਾਲਾਂ, ਵੀਟੀਆਂ, ਅਤੇ ਪੰਜਾਬੀ ਦਾ ਤਲਾਬ ਦਾ ਕਿਸਮਤਾਂ ਦੀਆਂ ਹਨ।
- ਇਹ ਇਸ ਤੌਰ ਤੇ ਹਨ ਕਿ ਕੀਤੇ ਜਾਂਦੇ ਹਨ।
- ਵੀਟੀਆਂ ਅਤੇ ਮਕੁਖਾਂ ਦੀਆਂ ਹਨ।
- ਵੀਟੀਆਂ ਅਤੇ ਮਕੁਖਾਂ ਦੀਆਂ ਹਨ।
- ਵੀਟੀਆਂ ਅਤੇ ਮਕੁਖਾਂ ਦੀਆਂ ਹਨ।
- ਵੀਟੀਆਂ ਅਤੇ ਮਕੁਖਾਂ ਦੀਆਂ ਹਨ।
The Punjabi 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
1 small salad
1 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
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
2. 3 tablespoons of cooked dhal (thick) or beans
3. 1 small fillet of fish

*1 egg
2-3 oz. (50-70g) cooked red meat

*Not more than 6 eggs per week.