



Apnee Health

Healthy South Asian meals - the GI way



अपने सेहत

Creating innovative health solutions for South Asian Communities

For further information please contact:

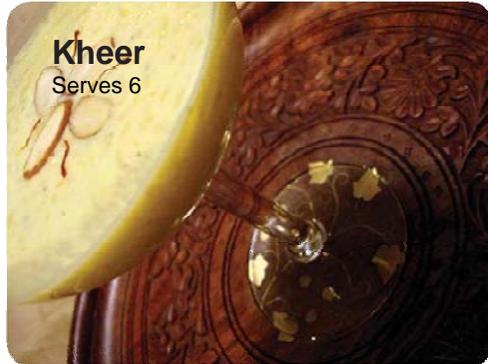
Apnee Sehat CIC

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www.apneesehat.net



Kheer
Serves 6

You will need:

5 pistachio nuts, shelled
5 almonds, shelled
600ml/1 pint semi skimmed cream milk
100g/4 oz basmati rice, rinsed thoroughly
4 green cardamoms, husks discarded
2 tbsp sugar

Soak the nuts in hot water for a few minutes then skin and chop them.

Place the milk and rice in a saucepan and cook over a medium to low heat for 20-25 minutes.

Stir occasionally so that the grains don't stick to the bottom of the pan and the milk doesn't boil over.

Then add the nuts and the cardamom seeds and stir for 5-6 minutes, as the milk and rice bubble away gently.

Tip in the sugar and stir well for 5-6 minutes.

Turn off the heat, and serve hot or chilled.

TIP – Add one peeled and grated carrot after you have tipped in the sugar and continue to follow the instructions.

by Professor Sudhesh Kumar

Chair of Apnee Sehat and
Professor of Medicine and Associate Dean (External Affairs) at Warwick
Medical School



Food is a very important part of culture in our society. Whether it is a business meeting, a major social event or a social gathering it is likely that food will be involved.

Food is all the more important in South Asian culture, where it is customary to offer both sweet and savoury snacks (often deep fried) to all visitors.

Although, we continue to carry out research on new treatments for diabetes and heart disease, small changes made by everyone towards cutting down on salt, sugar and fat intake can result in a greater reduction of the risk of diabetes and heart disease and keep families feeling well.

I am therefore pleased that the Apnee Sehat team has worked with expert registered dietitians from the British Dietetics Association's (BDA) Multicultural Nutrition Group (MNG) to develop this booklet.

It has been designed by dietitians working within the South Asian community. It is presented in a vivid visual style that is easy to follow overcoming language barriers. It also addresses other common nutritional deficiencies that occur in South Asians such as Iron and Vitamin D deficiency which affect wellbeing in this community.

The magazine is themed around low glycaemic index (GI) meals, which may help to keep energy levels sustained during the day, but is especially useful for those with diabetes.

We hope that you find this booklet useful in making healthier lifestyle choices.

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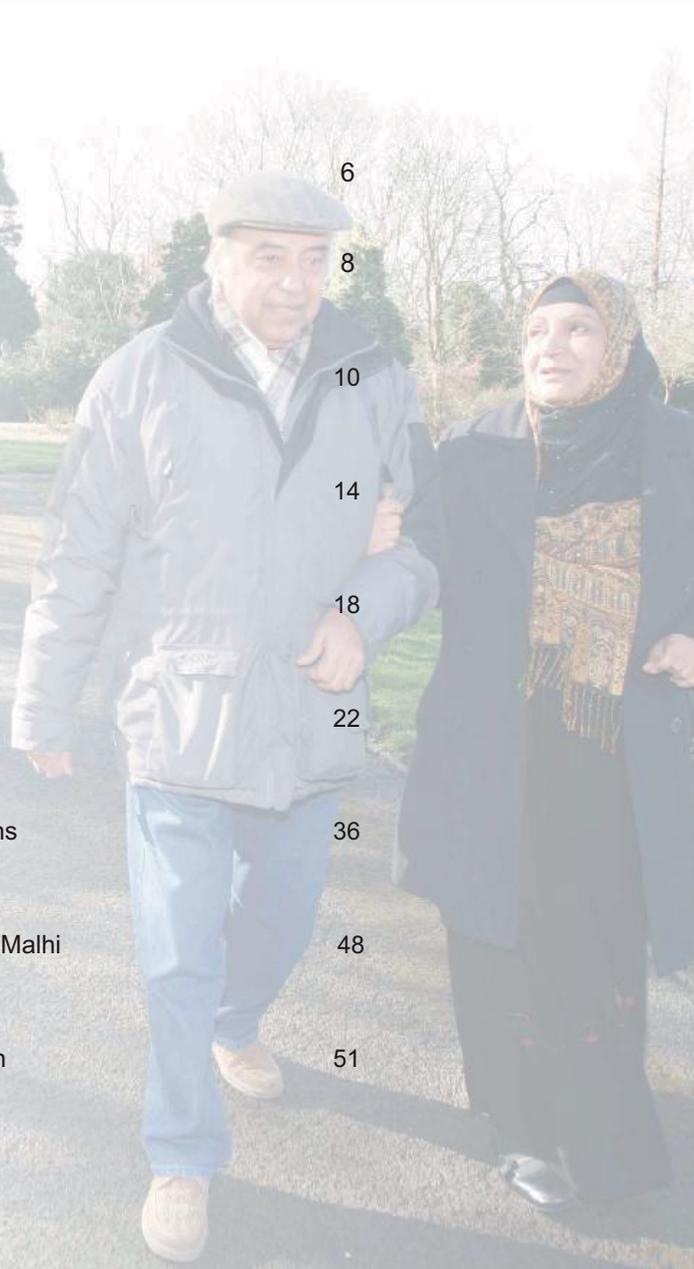
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Chicken shashlik

serves 4



Picture by Werner Van Peppen

You will need:

2 tbsp natural unsweetened yogurt
4 garlic cloves, crushed
1 tsp peeled and finely grated root ginger
½ tsp coarsely ground black pepper
1 tsp ground coriander
A pinch of chilli powder
1 tsp ground cumin
¼ tsp salt
2 tsp tomato puree
4 skinless and boneless chicken breasts, chopped into 2cm cubes
1 onion, cut into chunks
1 green pepper, deseeded and cut into chunks
2 tbsp rapeseed oil

Soak 8-10 wooden skewers. In a bowl, mix together the yoghurt, garlic, ginger, black pepper, coriander, chilli powder, cumin, salt and tomato puree.

Add the chicken and mix well, coating all the pieces. Cover and refrigerate for 2-3 hours.

Thread the chicken on to the skewers, alternating the meat with chunks of onion and green pepper.

Brush with oil, then grill for 15 minutes until cooked through and golden brown.



Karela

serves 4

You will need:

2 bitter gourds or karelas, washed
2 tsp rapeseed oil
1 onion, finely chopped
½ tsp ground cumin
½ tsp ground coriander
30g fresh coriander leaves, chopped
½ tsp turmeric
Pinch of salt
1 tbsp gram flour or besan
1 tsp lemon juice

Make a slit lengthways down the centre of the bitter gourd.

Remove some of the seeds and set aside the bitter gourds.

Heat the oil in a pan and add the onion and fry for 5-7 minutes until golden brown.

Then tip in the cumin, ground coriander, turmeric and salt and mix for a minute. Add the fresh coriander, gram flour and mix thoroughly for 2 minutes.

Mix in the lemon juice. Spoon the mixture into the bitter gourds and pack tightly.

Tie the bitter gourds with string to ensure that the mixture does not spill out.

Steam bitter gourds in a steamer for 6-20 minutes until tender.

TIP - For a non-vegetarian option try using chicken or lamb mince for the

Recipes



My father had heart disease so I am very aware of the dangers of high fat diets. I hope the recipes in here will inspire you to change your cooking habits.

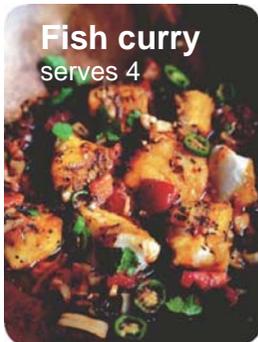
I won the BBC's Food and Drink competition in 1999.

My Simply Indian series was aired on the Taste Network in 2001 and I've just finished an Indian Series for NDTV making British cuisine for India.

I have also appeared in several other programmes, including ITV's Saturday Cooks and This Morning, Sky One's Taste, UKTV Food's Market Kitchen and BBC1's Saturday Kitchen.

I hope you will enjoy the recipes I have included here, why not have a go?
www.manjumalhi.co.uk

Fish curry serves 4



You will need:

- ½ tsp Turmeric
- 1 tsp ground cumin
- 1 tsp ground coriander
- 2 green finger chillies, chopped
- 3 ¼ tsp salt
- 30g coriander leaves, chopped
- 500g hoki or haddock fillets, skinned and cut into pieces, 7.5 - 9cm long
- 4 tbsp rapeseed oil
- ¼ tsp cumin seeds
- ½ tsp brown or black mustard seeds
- 2 garlic cloves, crushed
- 1 tsp peeled and grated root ginger
- 1 onion, finely chopped
- 2 medium tomatoes, roughly chopped

Mix together the turmeric, ground cumin, ground coriander, chillies, salt and 20g coriander leaves.

Coat the fish evenly with the spice mixture. Heat 2tbsp of oil in a frying pan. Fry the fish for 2 minutes on each side or until lightly browned. Drain on kitchen paper and set aside.

Heat the remaining oil in the same pan and add the cumin and mustard seeds. When they pop, add the garlic, ginger, onion, and tomatoes. Fry gently for 8 minutes.

Add about 200ml boiling water and stir for a minute. Return the fish to the pan and simmer for 10-12 minutes or until the sauce is brownish and not too thick and the fish is cooked.

Garnish with the remaining coriander and serve hot.

Useful contacts

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You will also be able to find reliable information on the following websites. Please remember not all information on the web can be trusted.

www.eatwell.gov.uk

www.diabetes.org.uk

www.bhf.org.uk

www.nutrition.org.uk

www.dh.gov.uk

www.bda.uk.com

www.5aday.nhs.uk

www.vegsoc.org

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Conceived by Shirine Boardman

Written by Avni Vyas, Aysha Khan and Tahira Sarwar

Photography by Monir Ali

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Profiles



Avni Vyas
SRD, MPhil.

Avni is a Research Associate who has been working within the University of Manchester's Cardiovascular Research Group for several years.

She has been involved with nutritional research within ethnic minority communities and is a diligent committee member of the Multicultural Nutrition Group (MNG) which is part of the British Dietetic Association (BDA).



Aysha Khan
BSc (Hons), Dip H. Nut

Aysha is a Nutritional Research Assistant at the University of Manchester in The Cardiovascular Research Group. Her interests lie in nutrition in the South Asian communities.

She is currently working on improving meals on campus and is also involved in epidemiological research within the group.



Tahira Sarwar
BSc (Hons) RD, ADDP

Tahira is a specialist dietitian in Diabetes working for the primary care & acute NHS trust. She is involved in specialist diabetes clinics and has a special interest in working with BME groups. Leading the diabetes service for the South Asian community within her workplace. Tahira also delivers education and training to other health professionals in this area.

She has been involved with Diabetes UK, British Heart Foundation, MNG and BDA.

Portions

Be aware of the quantity of food you are consuming. It is very easy to sit down and eat large amounts of delicious food. See below for ideas on portions sizes. If you are working shifts or would like more specific personal information, contact your registered dietitian.



Spices

Traditional beliefs



Karela - a bitter vegetable from the gourd family, which is believed to lower blood sugars in people with Type 2 diabetes. It is only the juice of raw Karela that works, but you must not replace your medication.



Fenugreek (Methi seeds) - Fenugreek seeds contain chemicals that slow down the metabolism of food. Sugars are absorbed more slowly from foods and therefore it is believed to lower blood sugars.



Neem Leaves - believed to work wonders in treating digestive, respiratory and urinary disorders, diabetes and skin disease. Anti-septic and anti-fungal properties used to maintain dental hygiene. **Must not replace current medication.**



Monir Ali

Monir is a freelance photographer based in Manchester who works on a variety of assignments from PR and events to editorial, fashion and food photography across the UK.

To view further examples of Monir's work please visit www.moniraliphotography.com



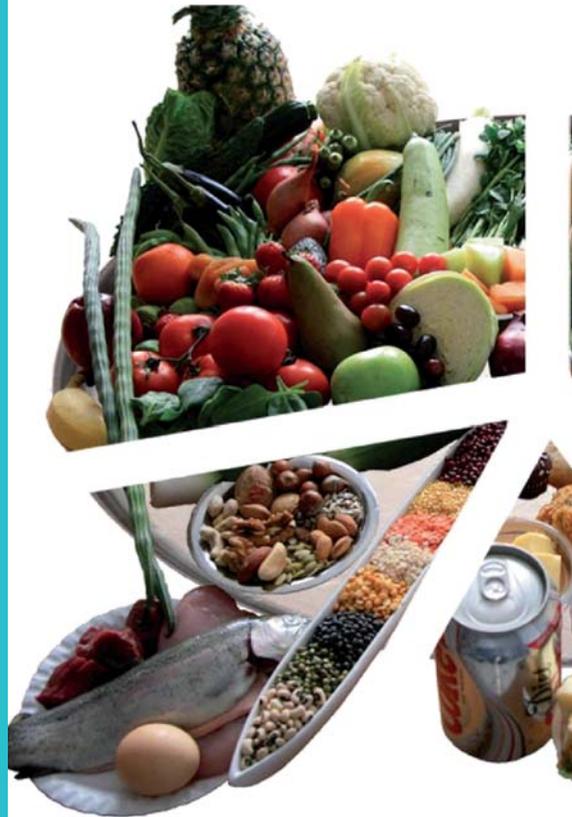
Dr Shirine Boardman

Consultant Physician & Diabetologist

Dr Shirine Boardman, a Consultant Diabetologist and Physician who co founded the award winning Apnee Sehat ("Our Health") community programme in Leamington and Coventry.

Faced with a family history of diabetes and heart disease, she embarked on a mission to develop suitable solutions to support Asian families with preventative self care.

The healthy thali



Traditional beliefs



Okra (bhindi) - believed to help with constipation and good for digestion. Also good for joints and are a good source of calcium.



Green Papaya - Believed to be a strong digestive aid and promoting healthy skin.



Jamun - stone of this fruit is ground and is used to lower blood sugar. This must **not** be used in place of your medication, but more as a complimentary aid.

Spices



Fennel (Sounf) - may help with bloating and aids digestion.



Mustard seeds - help with circulation and joint pain.

Some of this information has Ayurvedic origins. Scientific evidence is being sought on some issues.



This plate helps to show how your daily intake of food can be made even healthier.

Try to include foods from each of the 5 food groups at every meal. This is easy to do, for example; roti is always eaten with dal and mixed vegetable curry, so you have included 4 of the 5 groups already.

Eating a healthy balanced diet will ensure that you have a good mix of vitamins and minerals as well as the energy-giving foods that help to maintain health and well-being.

Just remember to include plenty of fruit and vegetables at all meals. Try keeping vegetables slightly crunchy to help maintain the vitamins.

Sugar and fats are often added into our food without us realising, for example biscuits, burgers, pies etc. Remember to avoid adding any more to your food during cooking and at the table.

Always choose skimmed or semi skimmed milk. Only use margarine made from sunflower or olive oil.

You don't have to choose western dishes to be healthy, traditional dishes can often be healthier.

Breakfast



Star Anise - may help digestion and is thought to relieve joint pains.



Garlic - may help relieve joint pains, has antibiotic properties as well as offering protection against heart disease. May aid digestion and prevent flatulence.



Curry leaves (Limdo) - believed to soothe heartburn and stomach upsets whilst easing diarrhoea.

Spices



Onions - believed to offer protection against heart disease and have antibiotic properties. Always see your doctor if you have an infection.



Cumin (Jeera) - May help when feeling bloated and during diarrhoea and period pains. Believed to provide relief from asthma - must **not** replace normal medication.



Chilli - high in vitamin C & vitamin A, thought to protect against common colds. May help to lift mood.



Try to have breakfast within an hour of waking up; this will help to stimulate your metabolism. This is especially important if you are trying to lose weight.

Breakfast helps with concentration, especially for school children and adolescents. Adding fresh and dried fruit to your breakfast will help to increase both fibre and vitamin levels.

Porridge and porridge-based cereals release energy slowly and are very good at making you feel full.

If you are vegetarian the use of small quantities of mixed nuts added to your cereal or porridge will help to increase the protein as well as the healthy fats in your diet. fruit and

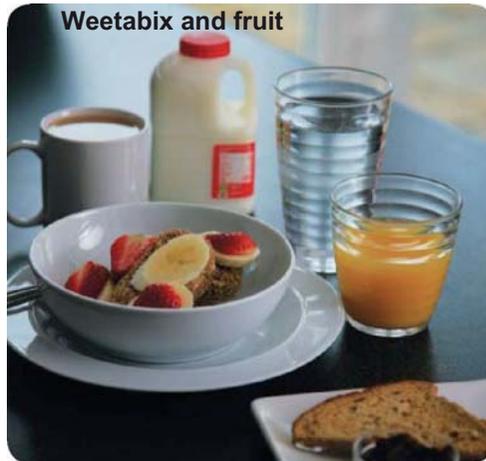
If you are going to have parathas or omelettes for breakfast always use a non-stick frying pan then only a light brush of oil is needed. If you have to use some oil, then try brushing it on with a pastry brush.

Choose fresh juices that are **not** from concentrates. Alternatively, juice 2 fruits at home. Try to dilute all juices, it helps to make them taste more natural and reduces the amount of total natural sugar. Remember eating fresh fruit is preferable to drinking fruit juice.

Always use low fat plain or diet fruit yoghurt.

Tinned fruit **in juice** is a good alternative to fresh fruit for sweetening cereals and plain yoghurt.

Breakfast



- Choose lower fat milk - skimmed & semi-skimmed
- Select wholegrain/fibre based cereals rather than sugar coated varieties
- Choose fresh fruit juice not from concentrate, 1 glass counts towards your 5 a day. Try weetabix, branflakes, porridge, shredded wheat, sugar free muesli
- Too busy for breakfast? A banana on the run is a great alternative
- Make sure your bread is wholegrain, granary or seeded and opt for a small slice



- Use a third mix of gram and wholemeal flour to make dal parathas. See page 30
- Always use a non-stick pan when making parathas. If you do not have one of these then **brush** on rapeseed oil or **pure** vegetable oil (made from rapeseed oil).
- Try adding lots of salad to your raita. This will help to increase your intake of vegetables
- Add a piece of fruit in the morning to get the perfect balance
- Try sweeteners instead of sugar in your tea and always use skimmed milk



Nutmeg (Jaifal) - in **small** quantities may help with diarrhoea and stomach upsets.



Saffron - thought to help with fertility and period pains in small quantities only.



Turmeric (Haldi) - believed to have antiseptic and skin replenishing properties, also helps with coughs and sore throats. Used for stomach complaints and may help with arthritis. Recent studies suggest it may protect against bowel cancer.

Spices



Cloves - believed to be good antiseptic, helps with sore throats, coughs and toothache. Has anti-inflammatory and anti oxidant properties.

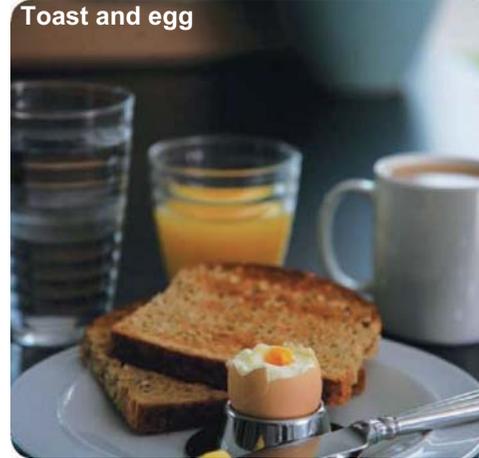


Coriander (Dhania) - high in vitamin C, may help varicose veins and haemorrhoids.



Lemons - contain high levels of vitamin C & potassium. It is believed to help with heart disease, constipation & urine infections. May help to relieve migraine.

Toast and egg



- Eat wholegrain, granary or seeded bread rather than white or wholemeal bread
- Try cooking eggs, for example scrambled or omelette, in a non stick pan, no oil is needed
- Choose plain low fat yoghurt sweetened with fresh or tinned fruit in juice
- Remember to choose fresh juice which is not from concentrate. This will **only** count as 1 of your 5 portions
- **Always** use a low fat spread made from olive or sunflower oil

Product options



- Instead of sugar try Canderel, Splenda or own brand sweeteners etc., or why not use dried fruits to sweeten. These will count towards your 5 a day too!
- Use fruit juices not from concentrate. **Dilute** all juices with a **1/3** or **1/2** water
- Tinned fruit **in juice** can be a good source of fibre and certain minerals.
- Whether milk is organic, pasteurised or UHT try to use skimmed milk. If using skimmed milk is difficult, try a mixture of 1/2 semi-skimmed and 1/2 skimmed milk.
- Skimmed milk is suitable for children over the age of 5 years

Lunch



Mint (Phodino) - believed to relieve symptoms of irritable bowel syndrome, soothes digestive tract.



Fenugreek (Methi) - believed to help control diabetes, stomach upsets and period pains. Must not replace prescribed medication.



Ginger - believed to be good for circulation, digestion, colds, sickness & may relieve a sore throat.

Spices



Asafoetida - (Hing) believed to help with bloating as well as period pains, arthritis and asthma.



Cardamom (Elaichi) - may be good for digestion, coughs, & help to relieve excess mucus and is a good breath freshener.



Cinnamon - believed to help with circulation and hiccups. May relieve diarrhoea and stomach upsets as well as helping with joint pain and stiffness. May also help with diabetes and heart problems.



As you are more active during the day you will burn up more energy. Maybe you could try having your main meal in the middle of the day followed by a smaller evening meal!

Aim to have at least one portion of fruit with your lunch. Have a mixed side salad with your sandwich - this counts towards your 5 a-day.

Remember to keep meat, fish and cheese in sandwiches to a minimum.

Using a good quality strong cheese will help to enhance the taste and then you only need half the amount.

Adding plenty of salad and vegetables will help to fill you up, but not add too many extra calories. Be adventurous with your salads by adding pomegranate, pineapple or even dried fruit.

If you prefer to dress your salad, use vinegar or lemon juice - maybe a little spice for an extra kick!

Adding 2 tsp of mixed nuts and seeds to salads will give it a healthy crunch as well as increasing fibre, good fats and a little more protein - especially if you are vegetarian.

Avoid shop bought dressings and mayonnaise, as these are often very high in fat, sugar and salt. Use low fat mayonnaise if you really need to and add only a small teaspoon.

Lunch

Chicken kebab and raita



- Use wholemeal pitta bread and add lots of salad
- Kebabs - try grilling the kebabs for a healthier option
- Choose chicken mince instead of lamb - it contains much less fat
- Add just a sprinkle of chaat masala to the mooli for a low fat accompaniment. This will increase your vegetable intake for the day.

Fish curry, green beans and rice



- Add a mixed salad - this will help to fill you up and add extra vitamins
 - Have more vegetarian curries or dal
 - Include fruit for dessert
 - Water - remember to drink lots of water to keep you hydrated throughout the day
- Fish can be a healthy alternative. Try having 2-3 small portions of oily/ red fish per week for example, salmon, trout, pilchards



Herbs and spices are important in the South Asian community and there are traditional beliefs with regards to certain foods and spices

There is no evidence to suggest there is any harm in consuming these in small amounts; these are beliefs only and should **not** be used instead of any prescribed medication.

ALWAYS ask your doctor if it is **safe** for **YOU** to use any of these spices for **YOUR** symptoms.

Please note that these spices and herbs should not be used instead of any prescribed medication.

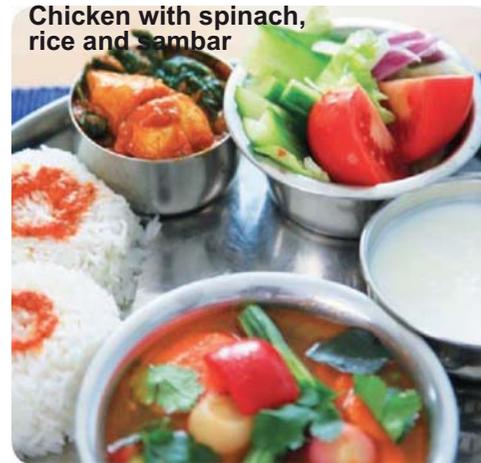
While there may be many benefits to be had by adding spices to the diet, they should be consumed in safe recommended amounts within a healthy diet.

Why not try steaming vegetables and sprinkling them with herbs and spices such as fresh chillies or coriander. This will give added flavour to a healthy dish.

Spices

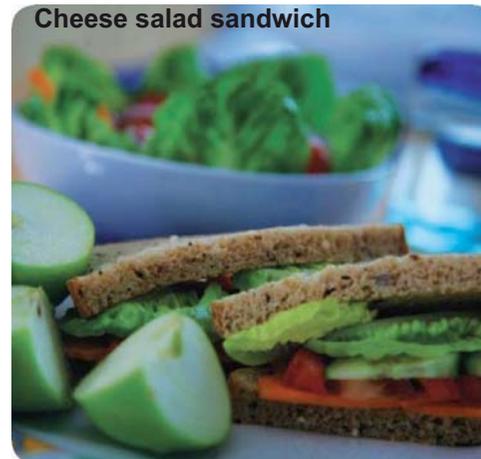


Chicken with spinach, rice and sambar



- Add lots of vegetables to the sambar for a substantial lunch, e.g.: carrots, mooli, aubergine, drumsticks, beans and peppers
- Making sambar with almost 1/2 vegetables and 1/2 dal will make an excellent balanced meal
- Try adding fresh chutney for extra flavour. Avoid adding too much salt
- Always make pungal kheer with (1/2 rice and 1/2 dal)
- Add plenty of vegetables to uttapam, upma or dhosa fillings

Cheese salad sandwich



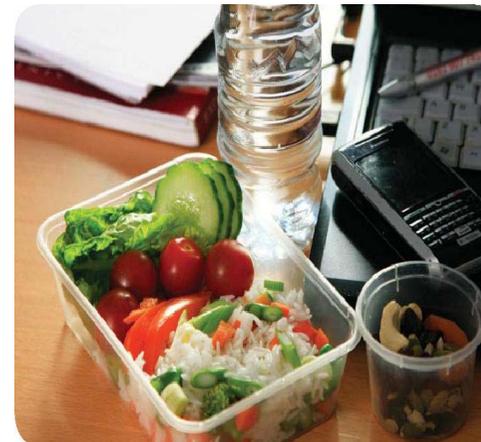
- Use granary, wholegrain or seeded bread, they will keep you full for longer
- Choose small thin slices of bread and fill with lots of salad vegetables
- Add 2 tsp of mixed nuts and seeds for added crunch!
- If you have to use mayonnaise, then have 1 small teaspoon of the low fat option
- Use a strong, good quality cheese but use a small amount or a low fat cheese
- Keep meat and chicken portions in sandwiches, as small as possible

Dinner



Try pasta salad with tomatoes, olives, mozzarella, fresh basil or any other vegetables you have in the fridge.

Add herbs and spices to left over vegetable rice for a healthy lunch alternative.



Include fruit and vegetables at lunch - this will count towards your 5 a day. Try dried fruit such as raisins, sultanas, dates, apricots.

Drinks are important for fluid intake, which could include water, skimmed and sugar free milk, low calorie squash, and unsweetened fruit juice - **not** from concentrates.

There is nothing wrong with the occasional treat, but try to choose healthier options such as, a small packet of reduced fat potato crisps, thin slice of fruit cake, small fairy cake, scone (any type),

All these foods could be accompanied by small portions of chicken tikka and salad, oily fish such as salmon, tuna, grilled kebabs and salad, quorn or chicken drumstick, lentil or quorn burgers.



Your lifestyle



Halwa – Use sweetener in place of sugar. Use as little butter or ghee as possible.



Nuts and dried fruit - remember to choose the plain unsalted varieties and no more than 2oz per day.

Try out some of the recipes by Manju Mahli, at the rear of the book.

Packed lunches

Packed lunches do not have to be boring. Try to make them tempting by using foods with different colours and textures cut into easy to eat portions.

With a little imagination they can be fun, healthy and tasty too.

Try different types of bread such as sliced, rolls, chapatis, naan bread, pitta bread, preferably wholegrain, granary or seeded.

Add extra salad to sandwich, or have a side salad or plenty of chopped vegetables.



Glass of fresh juice - this counts as 1 portion of fruit! Choose the unsweetened juices that are fresh. Always dilute with 1/2 water for a more natural taste. Do not have more than 1 small glass a day.

Fizzy drinks - Crisps, biscuits etc should be avoided. They have no health benefits and can affect diabetes management and will increase weight if eaten regularly.



If you have managed a big meal at lunch, make sure this meal is **smaller**.

Eating earlier in the evening will help with your diabetes and weight management. This will also make you feel more comfortable and will aid good sleep.

If your evening meal is accompanied by rice, try having only half the amount of roti, naan or pitta bread.

Remember only cook vegetables and vegetable curries for 15-20 minutes. This will help to retain more of the vitamins that are otherwise lost in cooking.

Always include a dal in your evening meal.

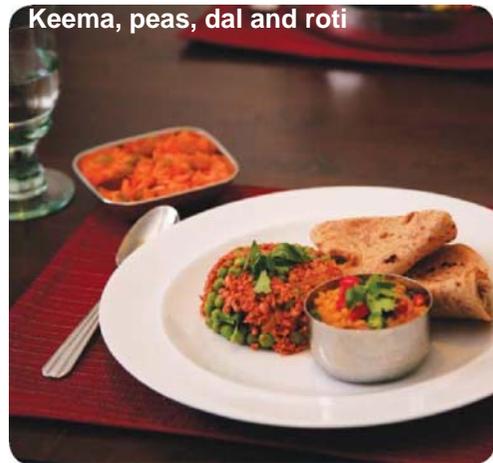
Try cooking in a karahi; you only need to use one tsp of oil.

Beware of how much salt you are adding to your food. Avoid adding any salt at the table and limit salty pickles.

When having meat/chicken or fish curries add at least 2/3 vegetables to 1/3 meat.

Remove all visible fat off any meat and skin off chicken, this will reduce the amount of fat that is naturally present in meat.

Dinner



Keema, peas, dal and roti

- Use wholemeal and gram flour to make rotis. See page 31
- Use **only** 1 teaspoon of oil in tarka for 2 people
- Use rapeseed oil or pure vegetable oil (made from rapeseed oil) and add less oil when cooking
- Add extra tomatoes and onions to curries to help you reach your 5- a day
- Try adding any vegetables you like to your curries - courgettes, turnips, squashes, broccoli, etc
- In zarda use more dried fruits to sweeten and only add **1/2** the amount of sugar



Mixed vegetables, mung dal, karela and roti

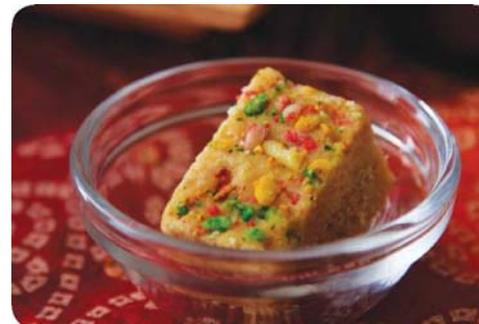
- Add sweetener to lassi instead of sugar, better still, try it the plain and natural way
- For curries use 1 teaspoon of oil for two people
- Try adding dal to your kheer for a sweet savoury alternative. This will help with sugar control as well as keeping you full for longer
- Remember to use skimmed or semi-skimmed milk
- Cook food in a karahi, food will cook quicker and you will need less oil
- Try to have a large portion of salad at each meal to add extra vitamins and fibre



Chickpea curry - add more tomatoes, onions and herbs for extra flavour. This will help to limit oil used.



Roast/ tandoori chicken - remove the skin off chicken and use low fat yoghurt for the mari- nade.



Mithai - Everyone enjoys a piece of mithai. Limit to a small portion and eat with the meal and not as a snack. Try to keep it as a treat.



Seviyan - skimmed and semi skimmed milk are great.

For a thicker consistency boil milk for longer but **do not** add cream or whole milk.

Add a small amount of sweetener and then you will not need as much sugar.



Sweet Rice ('Zarda')
Use sweetener in place of sugar. Use basmati rice. Add more nuts and dried fruit to sweeten.

Your lifestyle

Celebrations - Diwali, Eid, Christmas



Fried foods - pakoras/ bhajias - make larger pakoras with lots of added vegetables and have only one.

Chicken/ fish pakoras - shallow fry. Try grilling fish or chicken with spices instead.



Samosas/ spring rolls - try oven baking or grilling. Always remember to include lots of vegetables in the filling.



Kebabs - try grilling them for a healthier alternative, use chicken mince. Keep an eye on the amount of salt being added.

We all like to indulge on special occasions, but that doesn't mean being unhealthy.

There are lots of small changes that we can make to ensure our party food is healthier. Remember, the essence of celebrations and fasting is of sacrifice, remembering those less fortunate and giving charity.



Dahey baray - shallow fry, soak in for longer, use a low fat yoghurt.



Bengali fish and dal thaali

- If having fish daily, try to have a small amount of fish and more dal and vegetables
- Remember to keep oil content to a minimum, 1 teaspoon for 2 people
- Try having oily fish twice a week such as salmon and sardines
- Eat more dal and vegetables than rice at each meal
- Use long grain or basmati rice, maybe add some brown rice to help increase fibre and keep you full for longer. It may also help with blood sugar control



Pasta with tomato sauce & green beans

- Use tinned tomatoes for a quick low fat sauce.
- Add beans or pulses to increase fibre and keep you full for longer
- Steam vegetables for 2 minutes or stir fry in a teaspoon of rapeseed oil or pure vegetable oil (made from rapeseed oil) or low fat spray
- Fresh herbs will enhance the flavour without increasing calories. Try basil, coriander, chillies, garlic
- Finally, only use a small amount of cheese if you really have to

Your lifestyle

Vitamin D

In adults, a lack of vitamin D causes osteomalacia. The main signs are muscle weakness, bone tenderness or pain in the spine, shoulder, ribs or pelvis.

Most people receive vitamin D from sunshine on exposed skin. In the South Asian community vitamin D is lacking.

Good sources of vitamin D from the diet include animal food (for example, liver, oily fish) and fortified foods such as breakfast cereals, soya milk and margarine.

If you are overweight, be aware of how much of these foods you are eating.



Try to get some sun during the summer, but be sensible, 15 minutes per day is all you need.

Take care to protect yourself during sun exposure. It is advisable for South Asian women who are pregnant or lactating to take vitamin D supplements. If you are worried about this, go and see your GP.



Plain roti - again use a mixture of 2 parts whole-meal to 1 part soya / gram (Besan) flour.

If you choose to, add only 1 teaspoon of oil between 2 people and do not spread with butter or ghee.



Milkshakes - homemade using skimmed or semi skimmed milk with lots of fresh fruit rather than powders, syrups, sugars etc is always the better choice.

Try 1 glass of skimmed milk with 1/2 a banana blended together.

Lassi - is a good alternative drink. Avoid adding sugar and salt. Taste it the natural way!

Fruit salad - If you like savoury fruit chaat use a small amount of chaat masala and avoid salt.

Tinned fruits in juice and tinned chickpeas are a good alternative to fresh. Always use in juice or water instead of syrup and salt.



Eggs - fried/ omelette/ boiled/ curried - use a non-stick pan you will not need any extra oil. Add lots of vegetables and fresh herbs to omelettes for a healthier dish.



Toast - with fat - granary and seeded breads are better alternatives during Ramadan as they stop you from feeling hungry.

Choose olive oil or good quality sunflower based varieties; if there is a low fat alternative then use it.



Cereals - with low fat milk, wholegrain cereals are a better option especially those without added sugar.

Your lifestyle

Fasting/Ramadan



During Ramadan, try to choose wholegrain and fibre-based cereals. Try adding 1 teaspoon of nuts and dried fruit.

During fasting try to have a mixture of fruits and plain nuts at regular intervals i.e.: breakfast, lunch and dinner, if possible.

If you drink milk or eat yoghurt, always have the skimmed or low fat/diet versions. Try not to have too many sweet foods or drinks throughout the day or in between meals.

If you do not eat anything during the day then make sure the early breakfast has lots of fibre. Try porridge, Weetabix, or dal paratha **without oil**.

This will help to control not only your appetite, but also blood sugar and energy levels.

Parathas - dal, stuffed and plain, use a mix of 2 parts wholemeal to 1 part soya or gram (Besan) flour, add vegetables for the stuffing and use rapeseed and pure vegetable oil (made from rapeseed oil) - brushing on rather than poured.



Dates - limit intake of dates to no more than 3 per day.



Dal parathas makes a healthy alternative - mmmm tasty!!

Iron

Iron deficiency anaemia is quite common in the South Asian community, especially among those who are vegetarians or vegans.

A lack of iron will make you feel tired and breathless. Dietary sources of iron include red meat (lamb, beef etc), pulses, dal, fortified breakfast cereals, sunflower and pumpkin seeds, dried figs, apricots, dark green vegetables such as spinach and broccoli.

Iron is absorbed better if eaten at the same time as food containing vitamin C such as citrus fruits (oranges, satsumas, limes) and fruit juice.



Tannin found in tea can affect iron absorption. Have tea at least half an hour or more after your meal.

A small amount of orange juice with your meal will help to absorb much of the iron in vegetables and cereals.

Your lifestyle

Vitamin B12

Strict vegetarians and vegan may lack in this vitamin.

Dietary sources include milk, cheese, fortified soya milk, fortified breakfast cereals and eggs.

Vitamin B12 is important in releasing the energy stored in food. Try to include these in your diet daily, but make sure you choose low fat alternatives such as low fat milk and cheese. If you have any concerns contact your GP.



Calcium

A good calcium intake is needed as part of a balanced diet throughout life, to reduce the risk of osteoporosis.

Dietary sources include fortified soya milk, tofu, soya beans, kidney beans, almonds, brazil nuts, hazelnuts, wholemeal bread, dried figs, spinach, kale, milk, and yoghurt.

Vitamin D is essential to help absorb the calcium and so it must be included daily.

Exercise

It is important for you to keep active. Exercise will help you in many ways. In some cases it will help to relieve tiredness or a low mood. It helps to regulate your bowels and prevent constipation.

Regular exercising helps with diabetes control as well as keeping your weight down. Even if you have heart problems, a gentle exercise plan will be very beneficial. Check with your GP before starting any exercise plan.

Many people who suffer from certain types of arthritis comment on how well controlled their pain is with a little exercise.



Do whatever makes you happy, walking, swimming, gardening, dancing (garba), yoga or even badminton.

If you are struggling, start off by doing only 10 minutes 3 times a day. If you keep this up you will soon be able to do 30 minutes daily.

Studies show that only 30 minutes of exercise every day could reduce your risk of suffering a heart attack.

Include it as part of your daily life. Try watching your favourite TV shows on an exercise bike - it's amazing how much you will be able to do.

Your lifestyle



Samosas - baked in oven made with filo pastry

If you get particularly hungry and the next meal is not for several hours then choose: Cereals for example; Special K, one Weetabix, All Bran with skimmed or semi skimmed milk.

This will adequately fill you up whilst helping to maintain energy levels.



Toast - made with wholegrain bread. Use good quality low fat olive or sunflower based margarines



Diet fruit yoghurt - Diet fruit yoghurt, or natural low fat yoghurt with added fruit/nuts. Low fat or low sugar yoghurts are **not** advisable. They are often high in sugar or fat.

Glycaemic Index

Glycaemic index (GI) is used as a measure of how quickly foods that contain carbohydrate ('sugar') raise blood glucose levels. There is good scientific evidence to support this.

Foods that breakdown quickly will raise blood glucose quickly and are given high GI values. Foods that breakdown slowly raise blood glucose levels slowly and are given low GI values. Slow, steady breakdown of blood glucose may help you feel full for longer and help towards weight management as well as helping control blood sugars for those with diabetes.

Remember, when choosing margarines, monounsaturated and polyunsaturated fats are better than saturated fats and Trans fatty acids, but they can still increase your weight.

Pregnancy



If you are trying to get pregnant a healthy balanced diet and good exercise always helps. Make sure you are taking folic acid, which is essential for healthy growth of the baby.

If your pregnancy is not planned start the folic acid as soon as you find out. Speak to your GP about the supplements. Have plenty of fruit and vegetables to help keep constipation at bay.

Green leafy vegetables (methi, spinach, kale, broccoli) are good sources of iron, so if you are avoiding meat make sure you have plenty of these in your diet.

Have a small amount of orange juice with your meal; the vitamin C will help to absorb the iron better. Remember to dilute the orange juice.

It is also important for South Asian women to have supplements of vitamin D during pregnancy and breastfeeding.

Speak to your GP about this. The only foods that need to be avoided are liver, uncooked eggs, milk and cheese that is not pasteurised. **Do not** have more than 2 portions of oily fish a week.

Elderly

Everything discussed in this booklet applies to older individuals.

Iron, vitamin D and calcium are still important nutrients. Regular intake of fruit and vegetables will help to keep bowels regular.

Avoiding too much salt, sugar and fat are still important points to remember. Regular healthy light meals with small healthy snacks may help to maintain good levels of energy and health.

Try to ensure you are as active as you can be. Sitting around all day will not help with constipation, diabetes or weight management.

Young and Adolescents



This is an important time for growth and development. Maintaining healthy levels of vitamins and minerals is essential for later life.

Too much sugar, sugary foods and drinks cause problems with teeth and do not have any benefits to your health.

Keep the intake of these to a minimum and at Meal times only.

Bone development at this age is essential but requires adequate intake of vitamin D. See page 22.

Make sure children get adequate amounts of low fat milk and foods high in calcium. Any exercise that gets children running and out of breath is beneficial for health especially for bones as well as concentration.

The good habits that children have now will stay with them for the rest of their lives. Lets all make an effort to invest in the future.

Your lifestyle

Vegetarians/Vegan



Being vegetarian means many different things to different people. It may mean eating no meat, poultry, fish, shellfish and even ingredients derived from them, such as gelatine and rennet. However, they may still eat eggs and dairy products.

Those who are vegans exclude ALL animal products, derived ingredients and additives.

The main risk associated with a vegetarian diet is nutritional deficiency, particularly amongst vegans and population groups with increasing needs such as infants, children and pregnant or lactating women.

Vegetarians and vegans may have a low intake of vitamin B12, riboflavin and vitamin D. See pages 22 and 24 for dietary sources of vitamin D and vitamin B12.

Dietary sources of riboflavin include dairy products, fortified breakfast cereals, wheat germ, soya beans, avocado and dried apricots. Try to include these in your diet on a regular basis.

Vegetarians and vegans may have a low intake of calcium, iron and zinc. These can be obtained from breakfast cereals with added minerals, all types of pulses as well as wholegrain breads and cereals.

Try to include more vitamin C, this will help you to absorb the iron from the food you eat. Vitamin C is found in citrus fruits.

It is advised that vegetarians and vegans include plant sources of iron daily, for example, fortified

cereals, pulses, wholegrain bread and cereals and to include vitamin C rich foods with the meal. See page 23 for more information on iron.

Dietary sources of zinc includes soya flour, soya cheese, chickpeas, split peas, lentils, brown rice, fortified breakfast cereals, (avoid cereals with added sugar & honey,) almonds, plain unsalted peanuts and cashew nuts.

Remember, not to over indulge in these as they are still high in fat.

It is important that vegetarians and vegans ensure that they have a nutritionally balanced diet.

Snacks



The purpose of the low glycaemic index diet (GI) is that you feel less hungry so you want to snack less. However, if you do feel hungry between meals then try to choose a low GI snack and eat in moderation.



Fruit salad - always keep skin on all fruit



Plain digestive biscuit - just have 1 of the standard variety. Do not choose reduced fat options



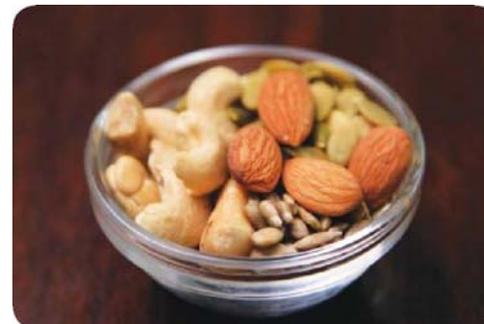
Grilled papad - with spicy onions and tomato ketchup



Plain popcorn - or try adding chaat masala or chilli



Teacakes - toasted with a little low fat sunflower or olive oil margarine



Nuts, for example walnuts, plain unsalted cashew nuts- 2 oz per day



Dhokla - Only use a small amount of oil for tarka