

Nik's Health Beat Desi Foods and Calorie Counts Part -2!



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based on these tables, you can indeed prepare tasty Desi delights to entice your taste buds.

Dairy products: They are an excellent source of a balanced food consisting of carbohydrates, proteins and fats.

Dairy Products				
8 oz	Cal	C	P	F
Milk-whole	150	12	8	8
Milk 2%	130	13	8	5
Skim Milk	80	12	9	0
Milk chocolate	240	33	8	9
Half & Half 1tbsp	40	1	1	3
Whipping cream 1 cup	699	7	5	74
Cream sour 1 cup	493	10	7	48
Yogurt fat free	130	19	12	0
Egg	80	1	7	4.5
Whole wheat bread	50	10	4	1
Swiss cheese	70	0	5	5

Cal=calories, C=carbs, P=proteins, & F=fats

Consider skim milk in your preparations if you want to reduce your fat intake. The Glycemic index of skim milk is.

Creams used in gravey are very high in fats. Consider tomatoes and fat free yogurt for your gravey. Better yet, reduce the amount of gravey that you cook. Butter milk is excellent source of protein. Use diluted butter milk as your soft drink during hot summer months.

Carbohydrates: They are the main source of calories in the desi diet. They are also the worst enemy of the desi diet as we have a addiction when it comes to carbohydrates in terms of rice, nan, or parthas.

Carbohydrate rich foods				
100 g	CA	C	P	F
Wheat flour	341	70	12	1.7
Rice	346	80	6.4	0.4
Bengal gram	372	60	20	5.6
Black gram	347	60	24	1.4
Peas	315	57	20	1.1
Potato	97	23	1.6	1
Banana	116	27	1.2	1
Dates	317	76	2.5	1
Apple-	90	22	-	-
Pears	100	25	1	-
Grape fruit	60	16	1	-
Onions 3 oz	30	7	1	-
Nan	336	50	9	13

While we are on the subject of carbohydrates, we need to consider the Glycemic Index of the foods. The glycemic index tells us how quickly a given carbohydrate will raise your blood sugar compared to that when you consume pure glucose. The lower the glycemic index, the slower that your blood sugar rises and lesser fluctuation in you insulin levels. Select foods that have a GI of less than 50 wherever you can. For example, the GI of parboiled rice is 72 compared to 52 for brown rice, or 53 for Basmati rice. Similarly, the GI of baked potato is 85. Potatoes just add empty calories and raise your blood sugar quickly.

Protein rich Choices: there are plenty of good choices available from both the vegetarian and non-vegetarian sources. You need at least 50-70 grams of proteins per day.

rotein rich foods				
100 g	Cal	C	P	F
Soybean	432	21	43	20
Cashews	596	22	21	47
Almond	655	10	21	59
Cheese	348	6.3	24	25
Prawn	273	2.9	21	20
Shrimp	349	-	68	9
Leg of lamb				
Chicken breast	140	0	25	4
Chicken legs	160	0	19	10
Ground lamb				
Catfish 4 oz	153	0	18	9
Beef ground le	290	0	29	19
Tofu 4 oz	60	2	6	3
Chickpeas dry ¼ cup	170	29	10	2
Garbanzo beans canned	150	29	6	2.5
Peas	120	20	7	1
Cottage cheese ½ cup	120	5	13	5
Turkey lean	193	-	13	6
Salmon				

One major concerns raised by Desi vegetarian people centers around getting adequate protein in their food, since most of choices are rich in carbohydrates. There are plenty source of vegetarian proteins. You have to develop a taste for those foods. Milk products, fat-free creams, soy beans, chick peas, and dals, provide good proteins.

Fat rich Foods: Fat rich foods are all around. If you smell good food and it takes good, you bet it has lot of fat and sugar. Use olive oil which has a higher percentage of monounsaturated fatty acids. Avoid whipping cream, plain yogurt, shortenings, and lard.

Fat rich foods				
1 tbsp	Cal	C	P	F
Margarine				
Butter	110	-	-	12
Vegetable oil				
Margarine light	50	-	-	6
Flax seeds	140	11	5	10
Canola oil				
Olive oil				
Cashews	596	22	21	47
Cashews	596	22	21	47
Almond	655	10	21	59
Cheese	348	6.3	24	25

Consider ‘Benecol,’ or “Total Control,” for your spreads, as they contain plant sterols and stenols that can reduce total cholesterol. Select skinless and boneless chicken. Trim all visible fat.. Use light olive oil to season your vegetables. After the gravey is prepared remove all the floating oil..

Resturant tips: Most Desi restaurants use vegetable oil or whipping cream to provide rich and tasty gravey that is loaded with fat calories. Consider ordering grilled meat such as tandori, tikka, or lamb chops instead off chicken butter masala or lamb curry. Use vegetable korma sparingly as it may have too much fat. Instead consider mixed seasoned vegetables.

I would encourage you to buy the, “Complete book of food counts by Corinne T. Netzer.” I also encouraged to visit www.sugarlandheartcenter.com and learn more about calorie counts, carbohydrates, proteins, and fats.