



Eating Indian Cuisine Healthfully

An enticing variety of cuisines from around the world are available to us, offering an array of unique flavors, textures and colors. Healthy choices can be found at ethnic restaurants if you learn how to select among the options. Here are a few tips to help you make the most of your dining experience in both taste and enjoyment while limiting the excess calories that often come with restaurant meals.

Indian:

- Ask for a curry made with yogurt instead of coconut milk, cream or condensed milk
- Ask that dishes be prepared with a minimum of ghee (*clarified butter*)
- Choose chicken or seafood instead of beef or lamb

Healthier choices: Dals, biryanis and pilafs, naan and chapati, curries made with chicken, lobster, shrimp, lentils, or vegetables, salads with raita, chutney, lentil dishes, chicken or fish tandoori or tikka, mulligatawny soup, pappadum, shish kabob, gobhi matar tamatar, steamed rice

Foods to limit: Samosas, pakoras, coconut soup, dishes prepared with coconut milk or cream, korma, saaq paneer, sauced rice dishes, fried or stuffed breads

For more information on ways to eat out and stick to your eating plan, contact your local **Health and Wellness Center (HAWC)** or **Dietitian**.

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