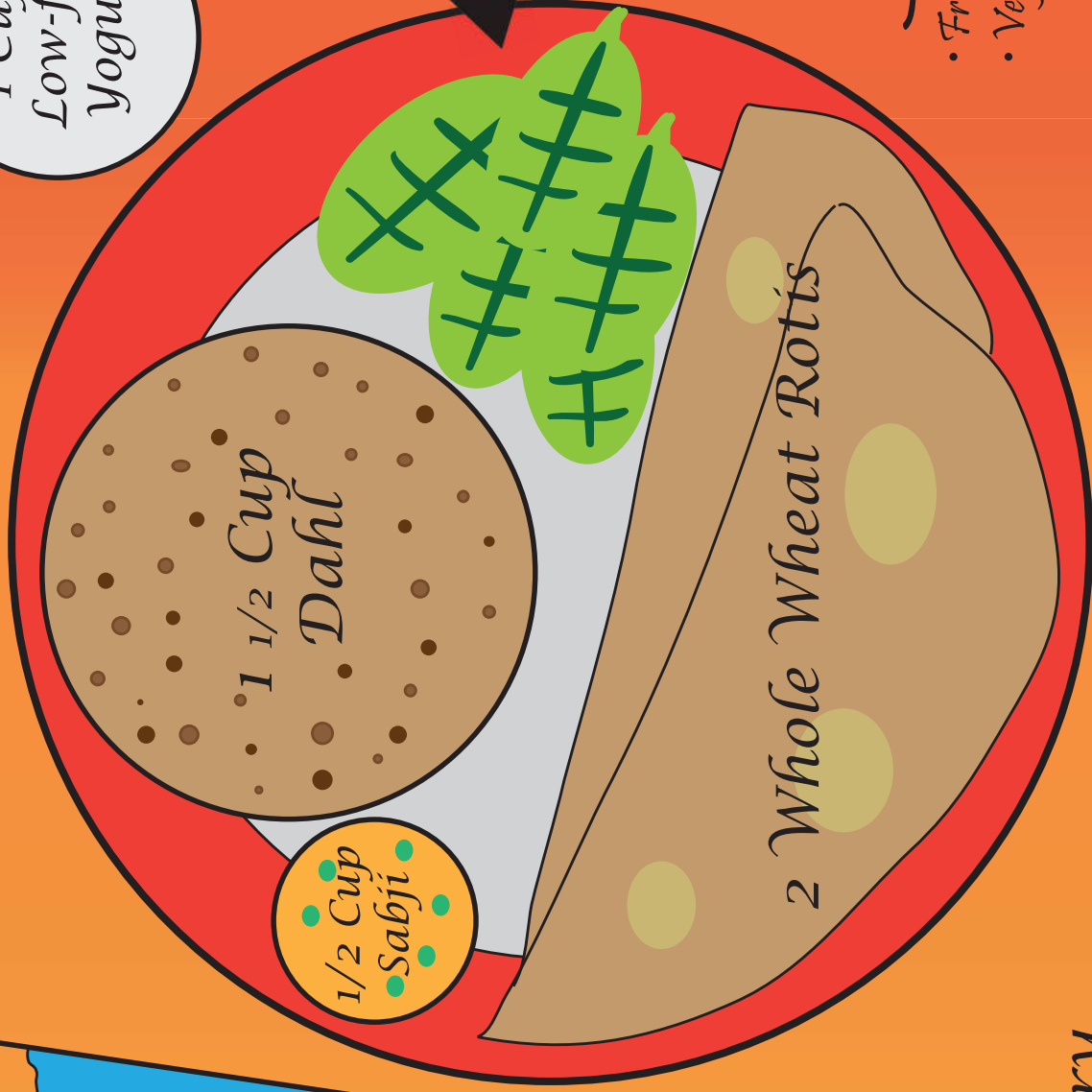




1 Cup
Low-fat
Yogurt



1 Handful
Salad

1 1/2 Cup
Dahl

1/2 Cup
Sabji

2 Whole Wheat Rotis

Tips

- Use whole-grain atta
- Use low-fat or non-fat milk & yogurt
- Use olive oil in tarka
- Use less butter
- Use less salt (to prevent cardiovascular disease)

If still hungry...

- Eat more salad & veggies
- Eat more protein foods:
 - Eat more dahl
 - Eat more yogurt

Snacks

- Fruits (with LOW sugar)
- Veggies
 - Carrots
 - Cucumbers
- Whole-wheat rusk
- Roasted channa
- Any low-sugar/low-fat options