

THE DAILY THAALI: PORTION SIZES FOR THE PUNJABI DIET

2 Whole wheat rotis with No or limited butter.
Or substitute with ½ cup brown rice.

Drink an 8 oz. glass of water 30 minutes before meal.
[Drink at least 8 8oz cups of water / day]

One handful of salad with plenty of nutritious greens [spinach, kale] and fresh veggies.



1.5 cups of daal made without heavily oiled tarkka and limited salt. Serve without butter.

½ cup sabji. Avoid overcooking to keep nutritional value.
Cook with limited oil and salt.

One cup dahi made with low fat or non fat milk. Avoid putting excessive salt in raita.

Snacks + Cha

Use non fat milk in cha and add no / limited sugar in cha
Enjoy whole wheat rusk / whole wheat biscuits with cha
Eat fresh fruits low in sugar: banana, blueberries, kiwi, fresh cranberries, raspberries [Avoid mangoes, lychees, cherries]
Eat a handful of roasted + unsalted channa
Eat raw veggies for snacking: carrots, cucumber slices

Meal tips + portions

Eat more salads, veggies, dahi, and low sugar fruits
Eat less roti and rice and reduce added sugar intake
Eat a heavy breakfast and light dinner
Eat dinner at least 2 hours prior to sleeping
Do not eat while watching TV: it can cause overeating
Eat smaller meals, and eat more often, rather than overeating