



# HEALTHY EATING FOR SOUTH ASIANS

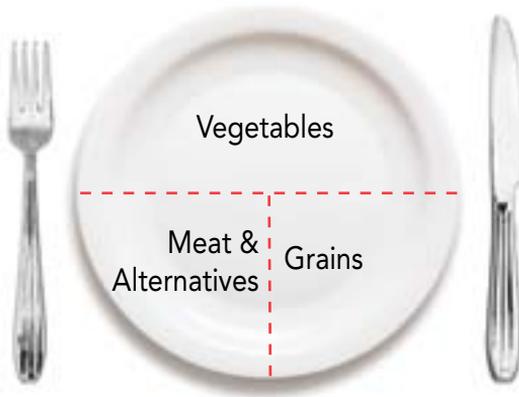


Research has shown that people of South Asian descent are at greater risk of heart disease and stroke than the general population.

You can lower your risk by:

- Being aware of your risk factors and what you can do to prevent heart attack and stroke.
- Eating a healthy diet and being physically active.

**CHANGING TO A HEALTHIER LIFESTYLE IS ABOUT MAKING SMALL AND GRADUAL CHANGES TO YOUR DAILY EATING AND ACTIVITY HABITS.**



## **A Balanced Meal**

Fill half the plate with vegetables, 1/4 with grains and 1/4 with meat or alternatives.

## Cooking Methods

- Making small changes in how you cook can have a big impact on the total amount of fat and calories that you and your family eat. Instead of pan frying or deep frying, try baking, broiling, grilling, steaming or roasting (on a rack, so fat can drip away).
- To sauté, use a small amount of olive, canola or soybean oil.



## Healthy Eating for a Healthy Heart

### Vegetables and Fruit:

- Have at least one dark green and one orange vegetable each day.
- Examples of green vegetables include: spinach, mustard greens, green bell peppers, okra, beet or radish greens, bitter melon and green peas.
- Examples of orange fruit and vegetables include: carrots, pumpkins or orange-coloured squash, sweet potatoes, apricots, cantaloupe, mango and papaya.
- Have raw vegetables and fruit more often than juice.



### Grain Products:

- Choose grain products that are lower in added fat, sugar and salt.
- Choose brown long grain rice and brown basmati rice.
- Try other whole grains such as bulgar, barley, quinoa, wild rice, oats, millet.
- Make half your grain servings whole grains.



## Meat and alternatives:

- Have meat alternatives such as beans, lentils, pulses, peas and tofu often.
- Try using tofu as a lower fat alternative to paneer in your dishes.
- If you eat fish, eat at least two servings each week. Choose char, herring, mackerel, rainbow trout, salmon and sardines as they are rich in omega-3 fats.
- Choose lean meat and alternatives prepared with little or no added salt or fat.



## Milk and alternatives:

- Select lower fat milk (skim, 1%, or 2%) or alternatives instead of cream when making curries, daals or raita.



## Oils & Fats:

- Include a small amount, 30 to 45 mL (2 to 3 tablespoons) of unsaturated fat each day.
- Choose vegetable oils that contain healthy fats, such as canola oil, soybean oil or olive oil.
- Limit fats that are high in saturated or trans fat such as ghee or vegetable ghee, butter, hard margarine, lard or shortening.
- Don't put ghee or butter on your naan, roti, chapatti or parantha. Try them plain or with a small amount of olive oil or soft margarine (without trans fat).
- Eat fewer processed and packaged foods. Limit fast foods and fried foods. Limit trans and saturated fat.



## READ THE LABEL

Getting information from the package can be easy. Here are a few nutrition labeling tips:

- The ingredient list starts with the ingredient used most in the product.
- The Nutrition Facts table (see example) tells you how many calories and nutrients there are based on the products serving size. When you compare products, make sure the serving sizes are similar.
- If you eat 2 times the serving size, you will get double the listed calories and nutrients.
- Look for higher (25% or more) % Daily Value for nutrients such as fibre, vitamin A and C, calcium and iron.
- Look for a lower (10% or less) % Daily Value for fat, saturated and trans fat, and sodium.
- Choose foods with 2 grams or more of fibre per serving. Diets high in fibre can lower your risk of heart disease.



### More tips:

- Avoid smoking.
- Maintain a healthy weight and waist circumference.
- Limit your alcohol.
- Include physical activity into daily life by taking a brisk walk around the neighborhood after dinner. Cycling, swimming and playing outdoor games like cricket and kabaddi are also great ways to keep active!



To get more heart health information for Canadians of South Asian descent go to

[heartandstroke.ca/SouthAsian](http://heartandstroke.ca/SouthAsian)

and view recipes, brochures and video's in Hindi, Punjabi, Tamil, Urdu and English.