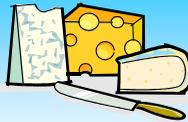


A Healthy Punjabi Diet During Pregnancy

Recommended # of FOOD GUIDE SERVINGS per day

What is One Food Guide Serving?

Make each Food Guide Serving count...

Age in years	14-18	19-50							
Vegetables and Fruit	7	7-8	 Leafy vegetables Cooked: 125 ml (1/2 cup) Raw: 250 ml (1 cup)	 Fresh, frozen or canned vegetables 125 ml (1/2 cup)	 Fresh, frozen or canned fruits 1 fruit or 125 ml (1/2 cup)	 100% juice 125 ml (1/2 cup)			
Grain Products	6	6-7	 Flat breads 1/2 roti or chapati	 Cooked rice 125 ml (1/2 cup)	 Cereal Cold: 30 g Hot: 175 ml (3/4 cup)	 Cooked pasta 125 ml (1/2 cup)	 Bread 1 slice (35 g)		
Milk and Alternatives	3-4	2	 Milk or fortified soy beverage 250 ml (1 cup)	 Yogurt 175 g (3/4 cup)	 Cheese or paneer 50 g (1 1/2 oz)				
Meat and Alternatives	2	2	 Cooked beans and lentils 175 ml (3/4 cup)	 Shelled nuts and seeds 60 ml (1/4 cup)	 Peanut or nut butters 30 ml (2 Tbsp)	 Eggs 2 eggs	 Cooked fish, shellfish, poultry, lean meat 75 g (2 1/2 oz)/125 ml (1/2 cup)		

- ▶ Eat a traditional Punjabi diet.
- ▶ Eat three meals plus two snacks everyday.
- ▶ Eat at least one serving of fresh, dark green leafy vegetables everyday, such as spinach, sarson da saag, methi, green leaf lettuce or broccoli.
- ▶ Eat at least one serving of brightly coloured fruits and vegetables with each meal and each snack.
- ▶ Cook vegetables as little as possible so they keep more fibre and vitamins.
- ▶ Choose fresh fruits instead of drinking juice (for example, eat an orange instead of drinking a glass of orange juice).
- ▶ Drink 1 or 2% milk and butter milk. Have lower fat yogurt and paneer.
- ▶ Eat beans, dahl, tofu, peanut butter and almonds at least twice a day, **everyday**.
- ▶ Lean meat, chicken, fish and eggs are also very good for you if you choose to eat them.
- ▶ Try whole wheat or channa flour to make roti, paranthas and naan.

Pregnant and breastfeeding women need more calories. Include an extra 2 to 3 Food Guide servings from any food group each day.



Recipes and Other Tips: By eating well, you are giving your baby the healthiest possible start in life. Following the health tips on this sheet can improve your chances of gaining enough weight during your pregnancy and delivering a baby with a healthy birth weight.

Green Leafy Sag

(Cooking time 30 minutes, makes 10 servings)

Ingredients:

- | | |
|------------------------------------|---------------------------------|
| 1 bunch green mustard leaf | 1 1/2 tsp olive oil |
| 2 bunches fresh green spinach | 1 tsp. cumin seeds (jerra) |
| 1 bunch baby bok choy | 2 tsp. garlic (2 cloves minced) |
| 1 bunch fresh green metha | 2 tsp. chick pea flour (Basen) |
| 2 tsp. grated ginger root | 1/4 tsp. black pepper |
| 1/2 medium sized onion | 1 tsp. salt |
| 2 green chili peppers (hari mirch) | |

Directions:

1. Wash all the leafy vegetables separately. Try to keep leaves separate because vegetables require different cooking times.
2. Cut the leafy vegetables into 1/4 inch pieces.
3. Cook mustard leaf, green metha, ginger, onion and hari mirch for 4 minutes in the pressure cooker.
4. Open the pressure cooker by running it under cold water. Add spinach, bok choy and steam for another 2 minutes.
5. Turn the stove off and allow the pressure cooker to cool before opening. Place into food processor and blend.
6. Heat up the olive oil in the flat fry pan or Krahi. Brown the cumin and garlic lightly and mix well with chick pea flour.
 7. Add the blended sag into the mixture in the fry pan and add salt and pepper.
 8. Cook for 2-3 minutes. Serve and enjoy!

All women who are pregnant need a **multivitamin** containing folic acid and iron every day. A health care professional can help you find the multivitamin that's right for you.

Enjoy a variety of foods from the four food groups. If you choose to eat western foods, remember that foods at drive-thru restaurants usually contain too much fat and sugar.



Drink water when you are thirsty.
Avoid soda pop.

Oven Baked Curried Vegetables

(Cooking time 11 minutes, makes 6 servings)

Vegetables:

- 6 large broccoli florettes
- 6 large cauliflower florettes
- 1 medium onion
- 5 medium carrots
- 5 celery sticks
- 1 zucchini
- 1 green and 1 red pepper
- 1 Tbsp. water
- 2 tsp. chopped fresh coriander (cilantro)

Spice Mixture:

- 2 cloves garlic, minced
- 1 tsp. grated ginger root
- 1/2 tsp. cumin seeds
- 1/4 tsp. jawan (optional)
- 1/4 tsp. dried methi or 1/4 tsp. fenugreek
- 3/4 tsp. salt
- 1/2 tsp. black pepper or chili powder
- 1 tsp. grated green chili powder
- 1/4 tsp. Indian masala
- 1/2 tsp. curry powder (or 1/2 tsp. haldi)
- 1 Tbsp. olive or canola oil

Directions:

1. Preheat oven to 375 degrees for 10 minutes.
2. Wash all vegetables and chop into bite-sized pieces.
3. Mix all spices and oil together in a bowl.
4. Toss the vegetables together in spice mixture except zucchini, red and green pepper and coriander.
5. Place vegetables on a roasting tray in a single layer and heat on medium-high heat on top of stove for one minute.
6. Add zucchini and peppers and 1 Tbsp water.
7. Cover roasting pan with tin foil and bake at 375 degrees for 10 minutes.
8. Remove from oven and toss with fresh coriander. Enjoy with rice, roti or bread



Oils and Fats

Use canola or olive oil instead of ghee in your thurka. Instead of frying and deep frying your paranthas, samosas and paneer, try broiling and baking them. Avoid buttering rotis with ghee or butter. Choose soft margarines that are low in saturated and trans fats.

Include a small amount—30 to 45 mL (2 to 3 Tbsp) - of unsaturated fat each day. This includes oil used for cooking, salad dressings, margarine and mayonnaise.