

Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics



Personalizing Your Plate To Include Foods from Other Cultures – Asian Indian Cuisine

The foods we eat are often influenced by our family's history and culture. They're also influenced by where we live, our budgets, and our tastes. Many cuisines feature dishes which include a variety of foods from all of the food groups.

Fruits, vegetables, grains, protein foods, and dairy come in all sizes, shapes, and colors. The combination of foods and amounts will depend on you.

Personalize Your Plate

by including foods that you prefer from each food group. Including a variety of foods can help you get all of the nutrients that are needed for good health.

These tips can help you get started:

- **Fill half your plate with fruits and veggies.** Get creative with produce by trying an assortment of colors and textures.
- **Experiment with different grains.** Try substituting whole grains for refined grains in recipes.
- **Choose lean protein foods.** Vary your choices to include beans, peas and lentils, as well as eggs. If you eat meat, choose seafood and lean cuts of meat and poultry that are prepared in a healthful way, such as baked or grilled instead of fried.
- **Complete your meal with dairy.** Include low-fat or fat-free options like milk, yogurt, buttermilk, cheese, calcium-fortified soymilk, or lactose-free milk.

A healthful eating style can be as unique as you!



Meal Planning Tips

Eating healthy doesn't have to be complicated or boring. Think about the foods you like from each food group – mixed dishes count, too!

These are just a few examples of how different foods can be eaten as a meal to personalize your plate. If a food you enjoy is not listed here, consider which food group it meets when planning your meals.

Breakfast:

- Besan cheela (savory pancakes made with chickpea flour and vegetables) with extra tomatoes and spinach on the side, and a cooked egg.
- Upma (porridge made with semolina or rice) with green beans, carrots or other vegetables, nuts, soymilk and a side of fruit.
- Aalu paratha with Dahi (spicy potato stuffed flat bread with yogurt)
- Tandoori fish, rice, cabbage and vegetable chutney (dip made with vinegar and spices).
- Methi chicken (simmered in spices with fenugreek leaves) with yogurt, whole grain naan, and eggplant.
- Laal maas (lamb in hot garlic sauce) with brown rice, vegetable raita (yogurt dip), and a non-starchy vegetable like cauliflower.

Lunch or Dinner:

- Bhindi masala (sautéed spiced okra, onion and tomatoes) with dal (lentils) and whole grain roti (bread).
- Sambar (spicy lentil and vegetable stew) with Idli or Dosa (made with brown rice), salad and fruit.
- Rajma (kidney beans in onion, tomato sauce and spices) with brown rice and a green, leafy vegetable of your choice.

Snacks:

- Roasted chickpeas
- Lassi (buttermilk or yogurt blended with fruit, herbs or spices)
- Cashews, almonds, or other nuts with dried fruit

Consider your nutrient needs when planning your meals and snacks!

If you have special nutrition needs, consult a registered dietitian nutritionist. An RDN can create a customized eating plan that is unique to you.

For a referral to a registered dietitian nutritionist and for additional food and nutrition information, visit www.eatright.org.



The Academy of Nutrition and Dietetics is the world's largest organization of food and nutrition professionals. The Academy is committed to improving health and advancing the profession of dietetics through research, education and advocacy.

This tip sheet is provided by:

Authored by Academy of Nutrition and Dietetics staff registered dietitian nutritionists.

©2021 Academy of Nutrition and Dietetics. Reproduction of this tip sheet is permitted for educational purposes. Reproduction for sales purposes is not authorized.