



# Healthy Cooking Suggestions

Tips on how to make your food healthier



Tamil Meals



## Appam and Kadala curry

Served at breakfast

1. Shallow fry the appam in very little oil.
2. If making kadala curry add very little salt.
3. When having Alloor Tarkari add no sugar and a tiny bit of salt.
4. Use wholemeal flour



## Puliodarai

Also known as also tamarind rice

1. Reduce oil in the rice
2. Reduce salt to 1 tea spoon / dish
3. Add extra vegetable



## Aubergine curry

Aubergine and potato dish  
(100g) Rice (50g)

1. Reduce oil to 1 table spoon per dish
2. Reduce portion of rice to 3 table spoon
3. Add aside salad to meal
4. Add a raita



## Biryani

Rice dish with meat and vegetables  
(optional)

1. Use less cooking oil/ghee  
e.g. 1 tablespoon
2. Add brown rice
3. Add vegetables



## Fish Curry

1. Reduce oil to 1 table spoon per dish
2. Avoid adding butter/ Ghee to chappati
3. Use wholemeal chappati flour
4. Add aside salad to meals



## Ambul Thiyal

### Sour Fish Curry

1. Reduce oil to 1 table spoon per dish
2. Reduce portion of rice to 3 table spoon
3. Add aside salad to meal
4. Add a raita



## Watalapam

Treacle & Coconut Milk Flan

1. Use coconut milk
2. Reduce sugar in the dish



## Aluwa

Sweet dessert

1. Keep portion small
2. Use less sugar
3. Replace sugar with more nuts, seeds and spices



## Pol Roti

Coconut Roti

1. Use wholemeal flour
2. Semi skimmed milk



## Chapati

1. Use wholemeal flour
2. Use less salt

