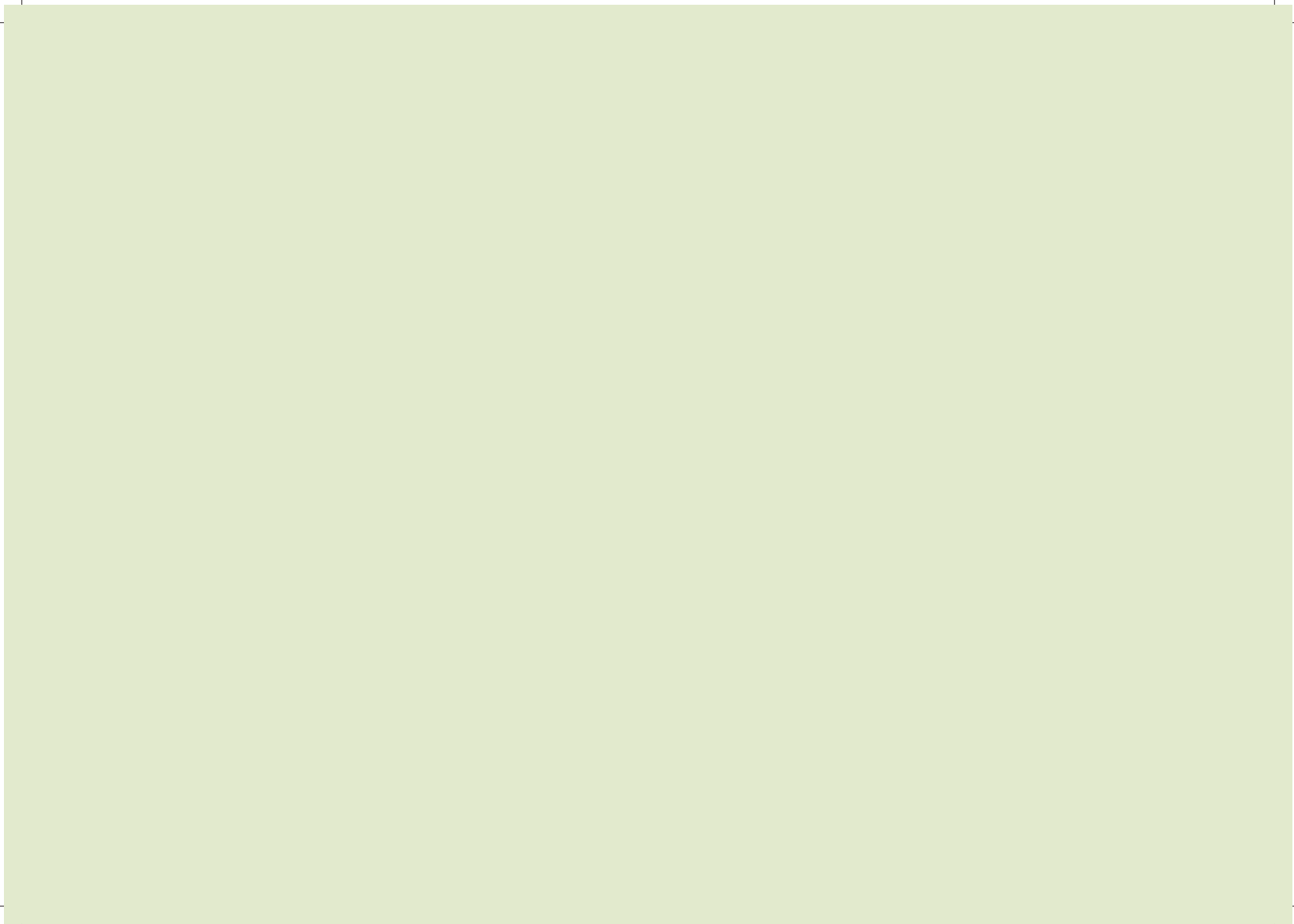




HOME BASED MEAL/SNACK RECIPES FOR OBESE INDIAN WOMEN





Contents

RATIONALE	1	MURMURA CHAAT	19
SNACK REPLACEMENT		MEAL REPLACEMENT	
CHHACH	5	JOWAR CHANA PULAO	23
VEGETABLE SOUP	7	PAUSHTIK ROTI.....	25
FRUIT RAITA	9	DALIYA PULAO	27
VEGETABLE IDLI	11	SOYA UTTAPAM	29
CHANA DAL KEBAB	13	SOYA POHA	31
ANKURIT CHANA CHAAT	15	VEGETABLE SEVIYAN.....	33
HARIYALI KHAMAN DHOKLA	17		



Important Instructions

1. Wash your hands with soap before cooking.
2. Cook your food on a medium flame.
3. While cooking, cover the utensils with their lids.
4. Wash the vegetables before cutting them, not after that.
5. While preparing rice & pulses, ensure that you soak them in water for around 15 minutes. Use the same water for cooking them.
6. Use vegetable oils. Avoid Vanaspati as it is harmful.



Rationale

Dual burden of malnutrition is quite evident worldwide. This data calls for dietary interventions for obese women. The recipes discussed in this booklet are for obese pregnant women to help them make better food choices by including more of dietary fibre and vitamin rich foods and sparing use of fats.

There are fourteen recipes in this book for obese pregnant women, which include six meal replacement recipes and eight snack replacement recipes. Each snack replacement recipe will provide about 100-150Kcal of energy, 6g of protein, and almost 1/8th of the micro-nutrient in most recipes. Each meal replacement recipe will provide about 350Kcal of energy, 13-20g of protein, and almost 1/4th of the micro-nutrient in most recipes. Vitamin A values depicted are retinol equivalents which have been computed using the formula: Beta carotene/8 + Retinol. The Recommended Dietary Allowance (RDA)

for sedentary women is 1900 Kcal. In case of pregnant women an addition of 350 Kcal is required as mentioned in Table 1. The nutritional requirements from the meal have been estimated by reduction of 500 Kcal from the RDA for pregnant women i.e., 2250 Kcal which comes out to be 1750 Kcal for obese pregnant women. In this case, one meal replacement (350 Kcal) and 2 snack replacements (150 Kcal each) are recommended along with 2 main meals (500 kcal each).



The recipes for obese Indian women in this booklet have been conceptualized, standardized and prepared by the National Center of Excellence and Advanced Research on Diets (NCEARD), Department of Food and Nutrition, Lady Irwin College.

Table no. 1:
Recommended dietary allowances

Nutrient	Recommended Dietary Allowance of sedentary women	Additional requirements during pregnancy	Recommended Dietary Allowance of pregnant women
Energy (Kcal)	1900	350	2250
Protein (g)	55	23	78
Iron (mg)	21	14	35





SNACK REPLACEMENT RECIPES



Chhach



Cost: Rs. 38.8

Energy	132 kcal
Protein	8.2g
Dietary fibre	4.9g
Carbohydrate	7g
Fat	7.6g
Iron	3.9mg
Vitamin C	9mg
Vitamin A	363mcg
Calcium	443mg



Serving size - 200 ml

Ingredients

- ⊙ **Curd** 180g
- ⊙ **Mint leaves** 20g
- ⊙ **Curry leaves** 20g
- ⊙ **Ginger fresh** 5g
- ⊙ **Green chilli** 2.5g

Spices and Condiments

- ⊙ **Jeera powder** ½ tsp
- ⊙ **Salt to taste**

— 1 teaspoon (tsp) = 5ml

— 1 tablespoon (tbsp) = 15ml



Preparation time - 5-10 minutes

Method of preparation

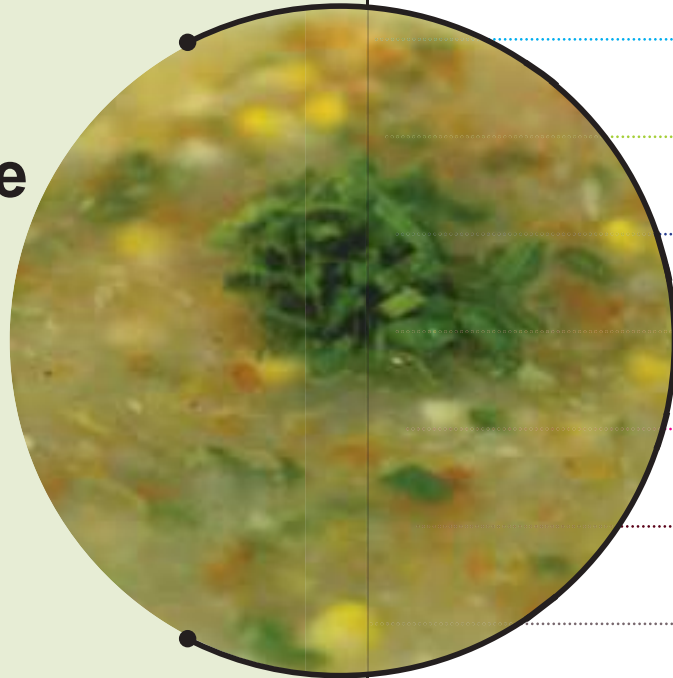
- ⊙ In a container take curd, ginger, mint leaves, curry leaves and green chilli.
- ⊙ Add jeera powder and salt and blend all the ingredients together.
- ⊙ Now to the blended mixture add one cup water.
- ⊙ Pour the chaach in a glass.
- ⊙ Your chaach is now ready to be served.





Vegetable Soup

Cost: Rs.11.5



Energy	135 kcal
Protein	4.4g
Dietary fibre	6.2g
Carbohydrate	15g
Fat	6.2g
Iron	3.5mg
Vitamin C	54mg
Vitamin A	721 mcg
Calcium	219mg



Serving size - 320g

Ingredients

- ⊙ **Maize tender local** 50g
- ⊙ **Amaranth leaves** 60g
- ⊙ **Carrot red** 20g
- ⊙ **French beans hybrid** 20g
- ⊙ **Oil** 5ml

Spices and condiments

- ⊙ **Black pepper** 1/4 tsp
- ⊙ **Ginger** 1cm
- ⊙ **Garlic** 1 clove
- ⊙ **Salt to taste**

— 1 teaspoon (tsp) = 5ml

— 1 tablespoon (tbsp) = 15ml



Preparation time - 10-15 minutes

Method of preparation

- ⊙ Wash and chop the amaranth leaves, french beans and carrot.
- ⊙ Boil these vegetables in a cup of water and once boiled, remove the vegetables and keep aside the vegetable stock prepared.
- ⊙ Then, in a saucepan, heat oil and saute finely chopped ginger, garlic and maize.

Once done, add the vegetable stock over the sautéed vegetables, add seasoning and boil it for 5-10 minutes.

- ⊙ Your delicious vegetable soup is ready to be served.





Fruit Raita

Cost: Rs. 15.08



Energy	123 kcal
Protein	6.1 g
Dietary fibre	8.5 g
Carbohydrate	8 g
Fat	7.1 g
Iron	3.7 mg
Vitamin C	115 mg
Vitamin A	162 mcg
Calcium	279 mg



Serving size - 137g

Ingredients

- ⊙ **Curd** 60g
- ⊙ **Pumpkin** 50g
- ⊙ **Guava** 50g
- ⊙ **Mint leaves** 20g
- ⊙ **Sesame seeds** 10g

Spices and condiments

- ⊙ **Black pepper** ¼ tsp
- ⊙ **Chaat masala** ¼ tsp
- ⊙ **Black salt to taste**

— 1 teaspoon (tsp) = 5ml

— 1 tablespoon (tbsp) = 15ml



Preparation time - 10-15 minutes

Method of preparation

- ⊙ Wash guava, pumpkin and mint leaves under running tap water.
- ⊙ Peel the pumpkin and guava. Boil Pumpkin for 5-10 minutes until soft.
- ⊙ In a pan, roast sesame seeds to light brown colour.
- ⊙ Now blend curd, peeled guava, boiled pumpkin, mint leaves and roasted sesame seeds with the help of blender to a thick paste.
- ⊙ Pour it in a bowl, add spices according to taste and cool it in the refrigerator.
- ⊙ Your fruit raita is ready to be served.





Vegetable Idli

Cost: Rs. 5.28



Energy 155 kcal

Protein 7.5g

Dietary fibre 6.1g

Carbohydrate 26g

Fat 2g

Iron 2.9mg

Vitamin C 12.5mg

Vitamin A 274 mcg

Calcium 103mg



Serving size - 4 pieces*

Ingredients

- ⊗ **Semolina (Sooji)** 25g
- ⊗ **Bengal gram dal** 15g
- ⊗ **Curd** 20g
- ⊗ **Fenugreek leaves** 20g
- ⊗ **Carrot** 10g
- ⊗ **Oil for greasing**

Spices and condiments

- ⊗ **Fruit salt** ¼ tsp
- ⊗ **Salt to taste**

— 1 teaspoon (tsp) = 5ml

— 1 tablespoon (tbsp) = 15ml

* 25 g each



Preparation time - 25-30 minutes

Method of preparation

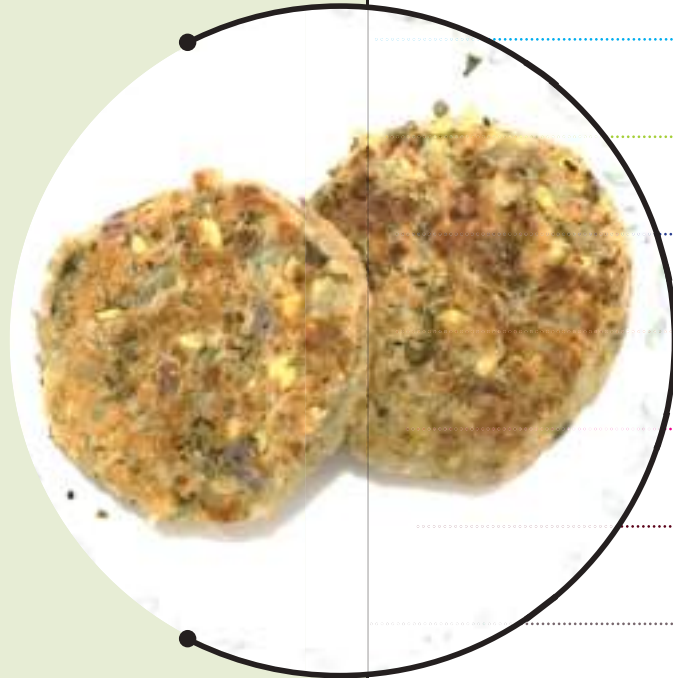
- ⊗ Soak Bengal gram dal overnight.
- ⊗ Wash vegetables under running water and chop them.
- ⊗ Dry roast the soaked gram dal on a medium flame.
- ⊗ Combine the sooji, soaked Bengal gram dal, chopped vegetables, curd, and salt in a bowl and blend them well to a smooth paste.
- ⊗ Just before steaming add ¼ tsp of fruit salt to the paste and mix well with the batter.
- ⊗ Grease the idli moulds using oil, put spoonful of the batter into the idli moulds and steam in a steamer till the idlis are cooked.
- ⊗ Cool slightly, de-mould and serve immediately.





Chana Dal Kebab

Cost: Rs. 12.3



Energy	150kcal
Protein	5.5g
Dietary fibre	6.7g
Carbohydrate	17g
Fat	6.3g
Iron	3.0mg
Vitamin C	34mg
Vitamin A	272mcg
Calcium	116mg



Serving size - 2 pieces*

Ingredients

- ☉ Rice flakes 10g
- ☉ Bengal gram whole 20g
- ☉ Amaranth leaves green 25g
- ☉ Onion 10g
- ☉ Oil 5ml

Spices and condiments

- ☉ Kasuri methi 1 tsp
- ☉ Garam masala ¼ tsp
- ☉ Dried mango powder 1 tsp
- ☉ Salt to taste

— 1 teaspoon (tsp) = 5ml

— 1 tablespoon (tbsp) = 15ml

* 30 g each



Preparation time - 15-20 minutes

Sprouting Bengal gram whole

- ☉ Wash and soak the Bengal gram whole overnight.

Method of preparation

- ☉ Wash amaranth leaves under running water. Blanch them and keep it aside.
- ☉ Soak the rice flakes in water for 2-3 minutes. Drain and keep it aside.
- ☉ Steam the prepared ankurit dal until soft.
- ☉ Finely chop the onions.
- ☉ Combine soaked rice flakes, cooked ankurit dal, chopped

- ☉ Next day, drain all water from soaked Bengal gram whole and wrap them in a damp cotton cloth. Keep it for 1 or 2 days in a loosely covered container.

onions, blanched amaranth leaves and spices together in a bowl and prepare a mixture.

- ☉ Divide the mixture and make them into flat round kebab.
- ☉ Heat and grease a nonstick tava using oil and cook each kebab on both the sides.
- ☉ Serve hot.





Ankurit Chana Chaat

Cost: Rs. 8.6



Energy **153kcal**

Protein **7.8g**

Dietary fibre **10.5g**

Carbohydrate **16g**

Fat **5.9g**

Iron **3.7mg**

Vitamin C **24mg**

Vitamin A **179mcg**

Calcium **196mg**



Serving size - 110g

Ingredients

- ⊗ **Bengal gram whole** 25g
- ⊗ **Onion** 20g
- ⊗ **Tomato** 20g
- ⊗ **Carrot** 40g
- ⊗ **Sesame seeds** 10g

Spices and condiments

- ⊗ **Lemon juice(optional)** 3-4 drops
- ⊗ **Salt to taste**
- ⊗ **Chaat masala** ½ tsp

— 1 teaspoon (tsp) = 5ml

— 1 tablespoon (tbsp) = 15ml



Preparation time - 10-15 minutes

Sprouting Bengal gram whole

- ⊗ Wash and soak the Bengal gram whole overnight.
- ⊗ Next day, drain all water from soaked Bengal gram whole

Method of preparation

- ⊗ Steam the Bengal gram sprouts until they are soft.
- ⊗ Roast the sesame seeds to golden brown.
- ⊗ Chop the tomato, onion and carrot.
- ⊗ In a bowl, combine chopped vegetables, cooked sprouts,

and wrap them in a damp cotton cloth. Keep it for 1 or 2 days in a loosely covered container.

roasted sesame seeds, chaat masala and salt. Mix them well.

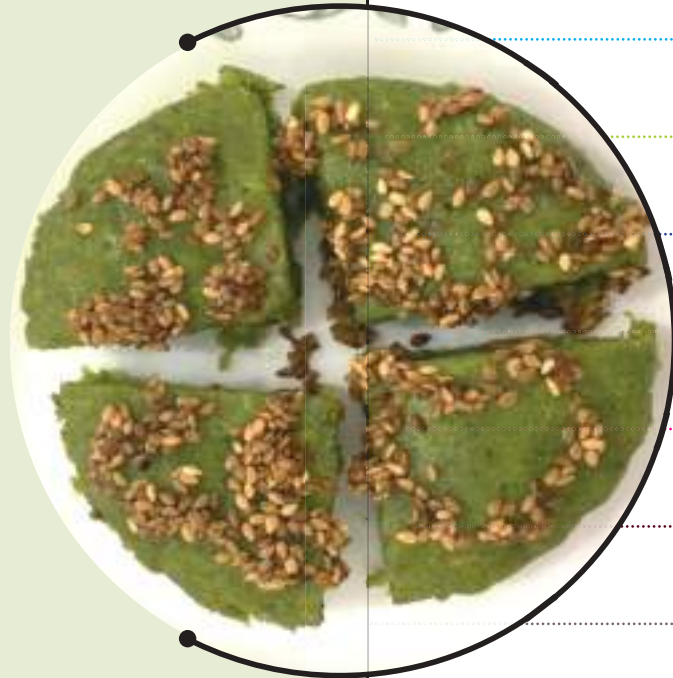
- ⊗ Squeeze few drops of lemon juice over the mixture and your chaat is ready.





Haryali Khaman Dhokla

Cost: Rs. 4.4



Energy	157 kcal
Protein	6.6 g
Dietary fibre	1.9 g
Carbohydrate	13 g
Fat	1.7 g
Iron	3.6 mg
Vitamin C	17 mg
Vitamin A	221 mcg
Calcium	157 mg



Serving size - 4 pieces*

Ingredients

- ⊙ **Besan** 20g
- ⊙ **Amaranth leaves** 20g
- ⊙ **Curd** 10g
- ⊙ **Sesame seeds** 5g
- ⊙ **Cooking oil** 5ml

Spices and condiments

- ⊙ **Fruit salt** ¼ tsp
- ⊙ **Lemon juice** 1 tsp
- ⊙ **Sugar** ¼ tsp
- ⊙ **Salt to taste**
- ⊙ **Asafoetida (hing)** ½ tsp
- ⊙ **Mustard seeds** ½ tsp
- ⊙ **Green chilli** 1 chilli

— 1 teaspoon (tsp) = 5ml

— 1 tablespoon (tbsp) = 15ml

* 25 per pieces



Preparation time - 25-30 minutes

Method of preparation

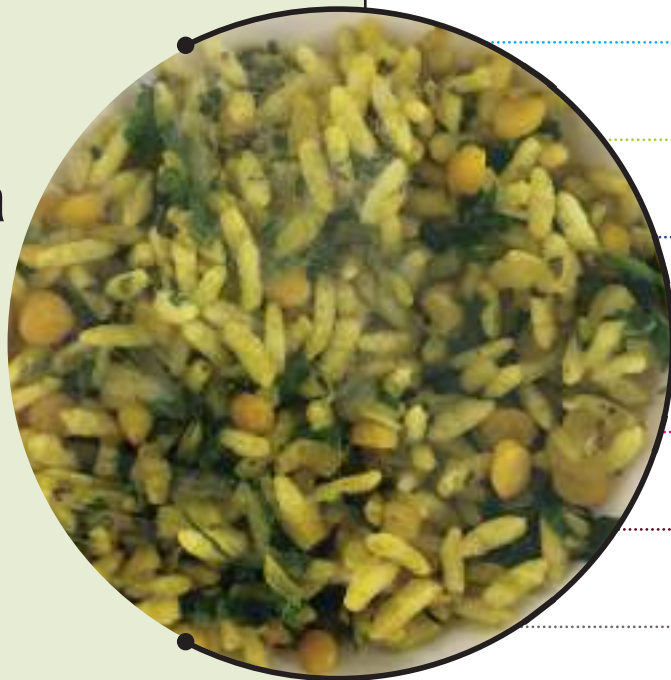
- ⊙ Wash and blanch the amaranth leaves in water for 2-3 minutes. Make a puree from the leaves.
- ⊙ Take besan in a bowl. Add curd, amaranth leaves puree, sesame seeds and warm water and mix into a smooth batter. Avoid lumps. Add sugar and salt and mix again.
- ⊙ Just before steaming add ¼ tsp of fruit salt to a batter and mix well with the batter.
- ⊙ Heat the steamer for at least 4-5 minutes. Grease a thali and add lemon juice in it.
- ⊙ Pour batter into the greased thali and place it in the steamer.
- ⊙ Cover with the lid and steam for ten minutes. When a little cool, cut into squares and keep in a serving bowl/plate.
- ⊙ Heat oil in a small pan. Add mustard seeds, sesame seeds, asafoetida and green chilli. Remove and pour this tempering over the dhoklas.
- ⊙ Your delicious haryali khaman dhokla is ready to be served.





Murmura Chaat

Cost: Rs. 3.97



Energy **153**kcal

Protein **5.1**g

Dietary fibre **4**g

Carbohydrate **23**g

Fat **4.1**g

Iron **3.2**mg

Vitamin C **31**mg

Vitamin A **376** mcg

Calcium **127**mg



Serving size - 85 g

Ingredients

- ⊙ **Puffed rice/murmura** 20g
- ⊙ **Soaked Bengal gram dal** 10g
- ⊙ **Amaranth leaves** 35g
- ⊙ **Onion** 20g
- ⊙ **Oil** 3ml

Spices and condiments

- ⊙ **Salt to taste**
- ⊙ **Jeera powder** 1 tsp
- ⊙ **Red chilli** 1 tsp
- ⊙ **Garam masala** 1 tsp
- ⊙ **Turmeric powder** ½ tsp

— 1 teaspoon (tsp) = 5ml

— 1 tablespoon (tbsp) = 15ml



Preparation time - 15-20 minutes

Method of preparation

- ⊙ Wash the amaranth leaves under running water and finely chop them.
- ⊙ Soak the puffed rice/ murmura in water for 2-3 minutes.
- ⊙ Boil the soaked dal in water until cooked.
- ⊙ In a karahi, heat oil and saute' the onion and amaranth leaves.
- ⊙ Now add soaked puffed rice, chana dal, salt to taste, jeera powder, red chilli powder, garam masala and turmeric powder and cook the mixture for some time.
- ⊙ Once cooked, place the chaat in a serving plate.
- ⊙ Your murmura chaat is ready to be served.





MEAL REPLACEMENT RECIPES



Jowar-Chana Pulao

Cost: Rs. 6.7



Energy **355kcal**

Protein **13.1g**

Dietary fibre **14.7g**

Carbohydrate **56g**

Fat **7.8g**

Iron **14.3mg**

Vitamin C **26mg**

Vitamin A **327mcg**

Calcium **127mg**



Serving size - 250 g

Ingredients

- ⊙ **Jowar** 50g
- ⊙ **Bengal gram dal** 30g
- ⊙ **Amaranth leaves** 30g
- ⊙ **Lotus stem** 15g
- ⊙ **Oil** 5 ml

Spices and condiments

- ⊙ **Jeera powder** ½ tsp
- ⊙ **Red chilli powder** ½ tsp
- ⊙ **Black pepper** ½ tsp
- ⊙ **Turmeric powder** ½ tsp
- ⊙ **Salt to taste**

— 1 teaspoon (tsp) = 5ml

— 1 tablespoon (tbsp) = 15ml



Preparation time - 25-30 minutes

Method of preparation

- ⊙ Wash and soak the Bengal gram dal in water for about 1-2 hours.
- ⊙ Wash and chop amaranth leaves and lotus stem.
- ⊙ In a pressure cooker, heat oil and sauté the chopped vegetables.
- ⊙ Wash jowar and Bengal gram dal and add into the pressure cooker along with the sautéed vegetables.
- ⊙ Now add salt to taste, red chilli, jeera powder, black pepper and turmeric powder.
- ⊙ Cover the pressure cooker and cook the pulao for 15-20 minutes on medium flame.
- ⊙ Once cooked, place the pulao on a serving plate.
- ⊙ Your jowar-chana pulao is ready to be served.





Paushtik Roti



Cost: Rs. 9.15

Energy	318kcal
Protein	17.1g
Dietary fibre	14.8g
Carbohydrate	37g
Fat	10.3g
Iron	7.5mg
Vitamin C	33mg
Vitamin A	428 mcg
Calcium	446mg



Serving size - 2 pieces *

Ingredients

- ⊙ **Wheat flour whole** 25g
- ⊙ **Ragi flour** 25g
- ⊙ **Soya flour** 25g
- ⊙ **Amaranth leaves green** 40g
- ⊙ **Sesame seeds black** 10g
- ⊙ **Oil** (for greasing)

Spices and condiments

- ⊙ **Ajwain** ½ tsp
- ⊙ **Kasuri methi** ½ tsp
- ⊙ **Red chilli powder** ½ tsp
- ⊙ **Salt to taste**

— 1 teaspoon (tsp) = 5ml

— 1 tablespoon (tbsp) = 15ml

* 55 g each piece



Preparation time - 20-25 minutes

Method of preparation

- ⊙ Wash and chop the amaranth leaves.
- ⊙ In a bowl mix whole wheat flour, ragi flour, soya flour, chopped amaranth leaves, roasted sesame seeds black, salt, red chilli powder, kasuri methi and ajwain.
- ⊙ Now mix them well with water to form soft dough.
- ⊙ Keep the dough aside to rest for 5-10 minutes.
- ⊙ Now, make small, equal sized dough balls and make chapattis.
- ⊙ Cook well on both the sides.
- ⊙ Your paushtik roti is ready to be served.





Daliya Pulao

Cost: Rs. 10.25



Energy	351 kcal
Protein	15g
Dietary fibre	13g
Carbohydrate	52g
Fat	8.3g
Iron	7.3mg
Vitamin C	31mg
Vitamin A	471mcg
Calcium	150mg



Serving size - 200 g

Ingredients

- ⊙ **Daliya** 40g
- ⊙ **Bengal gram dal** 40g
- ⊙ **Lotus root** 30g
- ⊙ **Fenugreek leaves** 40g
- ⊙ **Oil** 5ml

Spices and condiments

- ⊙ **Red chilli powder** ½ tsp
- ⊙ **Turmeric powder** ½ tsp
- ⊙ **Garam masala** ½ tsp
- ⊙ **Salt to taste**

— 1 teaspoon (tsp) = 5ml

— 1 tablespoon (tbsp) = 15ml



Preparation time - 20-25 minutes

Method of preparation

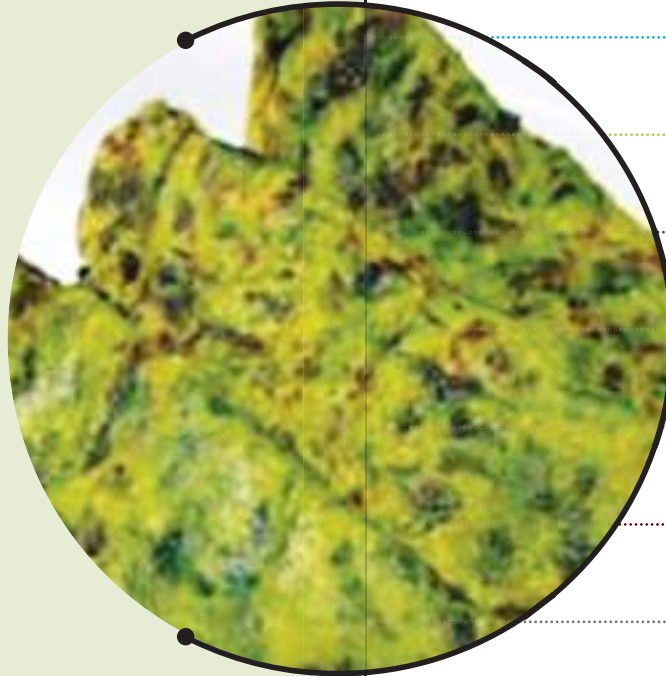
- ⊙ Soak daliya and Bengal gram dal in double the amount of water for 2-4 hours.
- ⊙ Wash and chop all the vegetables.
- ⊙ In a karahi, heat a little oil and saute' the chopped vegetables.
- ⊙ Now add soaked Bengal gram dal, soaked daliya, salt to taste, red chilli powder, turmeric powder and garam masala.
- ⊙ Add double the amount of water to the mixture in the karahi, cover with a lid and let it cook for 10-15 minutes.
- ⊙ Once cooked, plate the vegetable daliya on a serving plate.
- ⊙ Your vegetable daliya is ready to be served.





Soya Uttapam

Cost: Rs. 11.77



Energy

358kcal

Protein

21.8g

Dietary fibre

14.4g

Carbohydrate

18g

Fat

21.1g

Iron

7mg

Vitamin C

42mg

Vitamin A

541mcg

Calcium

319mg



Serving size - 3 pieces *

Ingredients

- ⊙ **Semolina (suji)** 15g
- ⊙ **Soya flour** 50g
- ⊙ **Curd** 20g
- ⊙ **Amaranth leaves** 50g
- ⊙ **Oil** 10ml

Spices and condiments

- ⊙ **Red chilli powder** 1/2 tsp
- ⊙ **Jeera powder** 1/2 tsp
- ⊙ **Salt to taste**

— 1 teaspoon (tsp) = 5ml

— 1 tablespoon (tbsp) = 15ml

* 60 g each piece



Preparation time - 20-25 minutes

Method of preparation

- ⊙ Wash, blanch and puree amaranth leaves.
 - ⊙ In a bowl make a thick batter of suji, soya flour, puréed amaranth leaves, salt, red chilli powder and jeera powder.
 - ⊙ Now, take a spoonful of batter and pour it on the
- preheated griddle and spread it in a circular shape. Cook well on both the sides.
- ⊙ Your delicious soya uttapam is ready to be served.





Soya Poha



Cost: Rs. 11.1

Energy	358kcal
Protein	14.1g
Dietary fibre	11.2g
Carbohydrate	37g
Fat	16.5g
Iron	10mg
Vitamin C	4mg
Vitamin A	0mcg
Calcium	85mg



Serving size - 175 g

Ingredients

- ⊗ **Soya granules** 30g
- ⊗ **Rice flakes** 30g
- ⊗ **Onion** 50g
- ⊗ **Lotus stem** 10g
- ⊗ **Oil** 10ml

Spices and condiments

- ⊗ **Lemon juice** 3-4 drops
- ⊗ **Turmeric powder** ½ tsp
- ⊗ **Red chilli powder** ½ tsp
- ⊗ **Green chilli** 1 chilli
- ⊗ **Mustard seeds** ½ tsp
- ⊗ **Curry leaves** 5-6 leaves
- ⊗ **Salt to taste**

— 1 teaspoon (tsp) = 5ml

— 1 tablespoon (tbsp) = 15ml



Preparation time - 15-20 minutes

Method of preparation

- ⊗ Wash and chop vegetables and keep them aside.
- ⊗ Soak the rice flakes in water for 2-3 minutes and keep them aside.
- ⊗ Soak the soya granules in hot water for 5-10 minutes.
- ⊗ Heat oil in karahi and splutter mustard seeds, curry leaves and chopped green chilli.
- ⊗ Add chopped vegetables to the karahi and saute' them.
- ⊗ Add soaked soya granules, rice flakes, salt, red chilli powder and turmeric powder.
- ⊗ Stir the ingredients well for 2-3 minutes.
- ⊗ Place the soya poha in bowl and squeeze lemon over it.
- ⊗ Your soya poha is ready to be served.





Vegetable Seviyan

Cost: Rs. 7.4



Energy

368kcal

Protein

14g

Dietary fibre

12.6g

Carbohydrate

42g

Fat

15.3g

Iron

9.1mg

Vitamin C

2mg

Vitamin A

0mcg

Calcium

73mg



Serving size - 230 g

Ingredients

- ⊙ **Vermicelli** 45g
- ⊙ **Soya granules** 25g
- ⊙ **Lotus root** 10g
- ⊙ **Onion** 20g
- ⊙ **Oil** 10ml

Spices and condiments

- ⊙ **Asafoetida** ½ tsp
- ⊙ **Mustard seeds** ½ tsp
- ⊙ **Ginger** 1 cm
- ⊙ **Garlic** 1-2 cloves
- ⊙ **Green chilli** 1 chilli
- ⊙ **Lemon juice** 3-4 drops
- ⊙ **Coriander leaves**
(for garnishing) 2-3 sprigs

— 1 teaspoon (tsp) = 5ml

— 1 tablespoon (tbsp) = 15ml



Preparation time - 20-25 minutes

Method of preparation

- ⊙ Roast the vermicelli to a golden brown colour.
- ⊙ Soak the soya granules in hot water for 5-10 minutes.
- ⊙ Wash and chop onion, lotus root, coriander leaves, ginger, garlic and green chilli.
- ⊙ Heat the oil in karahi, fry the asafoetida, splutter the mustard seeds.
- ⊙ Add the finely chopped ginger, onion, lotus root, garlic and green chilli and fry lightly and then add the roasted vermicelli soaked soya granules. Then, add water and bring to boil, add the seasoning and cook on a very low flame.
- ⊙ Cook till the vermicelli is dry. Serve hot, garnished with coriander leaves and a few drops of lemon juice.







