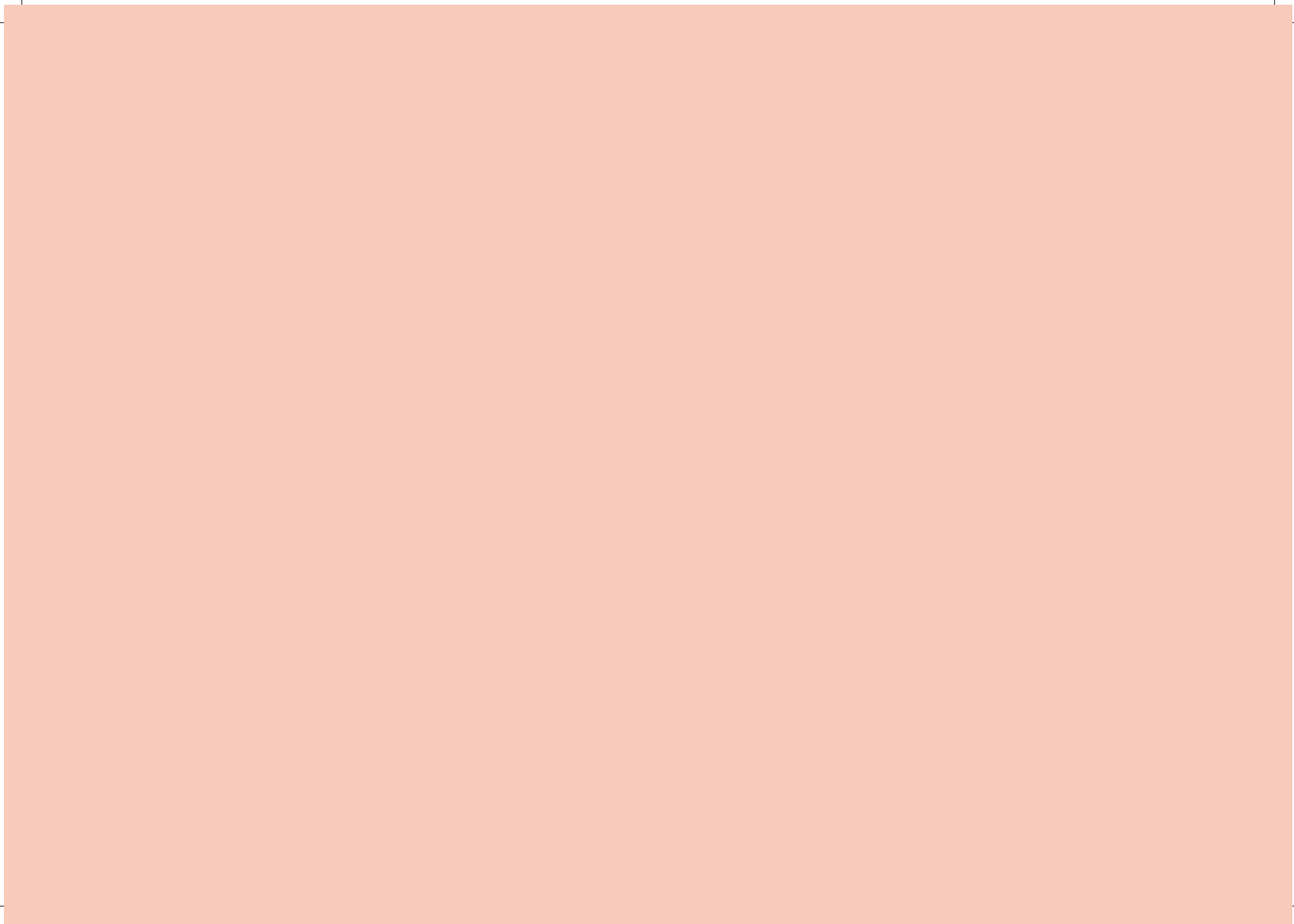




RECIPES FOR
HYPERTENSION



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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

High blood pressure can cause serious damage to health. It is caused due to hardening of arteries, which results in decrease of blood flow and oxygen to the heart. This reduced flow can cause – chest pain, heart failure and heart attack. Behaviour and lifestyle-related factors can put people at a higher risk for developing high blood pressure. This includes being overweight, not physically active, smoking, excessive consumption of alcohol, high fat and low fiber diet.

The recipes discussed in this booklet are for pregnant women suffering from hypertension which will help them make better food choices. These recipes are low in fat and high in dietary fiber. Salt is substituted with different herbs and spices to enhance flavor and taste of snack. Each recipe provides about 100-150Kcal, >5g of protein and almost 1/8th of the micronutrients requirement.

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 suffering from hypertension. In this case, one meal replacement (350 Kcal) and 2 snack replacements (150 Kcal each) are recommended with 2 main meals (approximately 500 kcal each). For non- obese pregnant women, it is recommended to follow normal RDA.



The recipes for hypertension in this booklet have been conceptualized, standardized and prepared by the National Centre of Excellence & Advanced Research on Diets, Department of Food & Nutrition, Lady Irwin College.

Table 1.

Recommended dietary allowances

NUTRIENT	RECOMMENDED DIETARY ALLOWANCE OF SEDENTARY WOMAN	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





FRESHLY PREPARED RECIPES



Dal bajra parantha with curd

Cost (Rs): 6



Energy (Kcal)	227
Protein (g)	8.6
Carbohydrate (g)	29
Fat (g)	8.1
Beta carotene (mcg)	282
Total Fibre (g)	5.1
Sodium (mg)	22.8
Vitamin A (mcg)	51
Vitamin C (mg)	4
Iron (mg)	2.4
Calcium (mg)	99



Serving size:
1 (Portion Size-1 parantha)



Preparation time: 15 minutes



Ingredients

- ☑ Moong dal: 10g
- ☑ Whole wheat flour: 10g
- ☑ Bajra flour: 10g
- ☑ Onion: 5g
- ☑ Spinach - 10g
- ☑ Cooking oil: 2.5g
- ☑ Curd: 40g

Condiments and Spices

- ☑ 1/8 Tsp Turmeric
- ☑ 1/8 Tsp Kashmiri red chilli powder
- ☑ 1/8 tsp amchur
- ☑ 1/8tsp garam masala
- ☑ 1/8 Tsp jeera powder
- ☑ 1/8 tsp ajwain
- ☑ 1 sprig of coriander leaves
- ☑ ¼ tsp chopped ginger and garlic

Method of preparation

- ☑ Boil the *dal* for 10 minutes or till moong dal turns soft.
- ☑ Mash the cooked dal to a fine paste and add chopped onions, turmeric, chilli powder, *amchur*, *garam masala*, *jeera powder*, *ajwain*, chopped coriander leaves, ginger and garlic to the paste.
- ☑ Mix well making sure all the spices are combined well.
- ☑ Take wheat flour, *bajra* flour in a medium size bowl and mix well. Add water as required and knead smooth dough. Add the *dal* mixture into it and knead to make soft dough. Cover it with a wet cloth and keep it aside for 10 minutes.
- ☑ Take one ball sized dough and coat it with dry flour. Place it over rolling board and roll it out into a small circle.
- ☑ Coat it with dry wheat flour and roll it out into big circle. Do not roll it out into very thin *parantha*.
- ☑ On a hot *tawa* place the rolled *parantha* and cook both sides brushing oil.
- ☑ Serve hot *dal bajra parantha* with plain curd.



Bajra besan cheela

Cost (Rs): 3



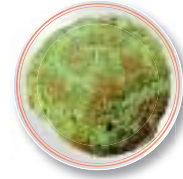
Energy (Kcal)	149
Protein (g)	5.5
Carbohydrate (g)	16
Fat (g)	6.6
Beta carotene (mcg)	306
Total Fibre (g)	5
Sodium (mg)	10.6
Vitamin A (mcg)	38
Vitamin C (mg)	1
Iron (mg)	1.9
Calcium (mg)	16



Serving size:
1 (Portion – 2 cheela)



Preparation time: 15 minutes



Ingredients

- ✔ Bajra: 10g
- ✔ Besan: 20g
- ✔ Carrot: 10g
- ✔ Oil: 5g

Condiments and Spices

- ✔ Ajwain: 1/8 tsp
- ✔ Red chilli powder: 1/8 tsp
- ✔ Amchur: 1/4 tsp
- ✔ Turmeric: 1/8 tsp
- ✔ Ginger: ¼ tsp

Method of preparation

- ✔ Mix together *besan* and *bajra* flour. Add red chilli powder, *ajwain*, *amchur*, turmeric powder and enough water to make a pouring batter.
- ✔ Wash carrots and ginger under the running water and grate it and mix with the batter.
- ✔ Heat a little oil on a hot *tawa* and pour a large spoon of batter and spread into a thick *cheela*.
- ✔ Cook on both the sides to golden brown.
- ✔ Your delicious *cheela* is ready to be served.



Dal poha

Cost (Rs): 3



Energy (Kcal)	157
Protein (g)	5.1
Carbohydrate (g)	22
Fat (g)	4.90
Beta carotene (mcg)	1
Total Fibre (g)	2.6
Sodium (mg)	3.6
Vitamin A (mcg)	0
Vitamin C (mg)	1
Iron (mg)	1.6
Calcium (mg)	12



Serving size:
1 (Portion Size -1 big bowl)



Preparation time: 20 minutes



Ingredients

- ✔ Rice flakes: 20g
- ✔ Onion: 10g
- ✔ Black gram dal (dehusked): 10g
- ✔ Peanuts: 5g
- ✔ Oil: 2.5g

Condiments and Spices

- ✔ ¼ coriander seed powder
- ✔ 2-3 curry leaves
- ✔ 1/8 tsp mustard seeds
- ✔ 1/8 turmeric powder
- ✔ 1/8 red chilli powder
- ✔ ½ lemon

Method of preparation

- ✔ Soak rice flakes in clean water.
- ✔ Boil black gram *dal* till tender.
- ✔ On a hot *tawa* roast the peanuts and chop the onions.
- ✔ Heat oil in a pan and add mustard seeds and curry leaves.
- ✔ After mustard seeds splutter, add chopped onions, soaked rice flakes, boiled *dal* and spices. Sprinkle water if needed.
- ✔ Sprinkle lemon juice and serve hot.



Besan and spinach para

Cost (Rs): 3



Energy (Kcal)	156
Protein (g)	5.5
Carbohydrate (g)	12
Fat (g)	9.4
Beta carotene (mcg)	172
Total Fibre (g)	3.9
Sodium (mg)	7.33
Vitamin A (mcg)	21
Vitamin C (mg)	2
Iron (mg)	1.7
Calcium (mg)	16



Serving size:
1 (Portion size – 8 pieces)



Preparation time: 25-30 minutes



Ingredients

- ✔ Besan: 25g
- ✔ Spinach: 5g
- ✔ Oil: 8g

Condiments and Spices

- ✔ 1/8 tsp chilli powder
- ✔ 1/8 tsp carom seeds (ajwain)
- ✔ pinch of asafoetida (hing)
- ✔ ¼ tsp of amchur

Method of preparation

- ✔ Wash the spinach thoroughly and finely chop it.
- ✔ Combine the besan, spinach, carom seeds, asafoetida, chilli powder and amchur and little oil in a bowl, mix well and knead into a smooth dough adding enough water as required.
- ✔ Cover with damp cloth and set aside at least for fifteen minutes.
- ✔ Knead the dough for another minute and make a flat ball shape.
- ✔ Roll them thin and prick them with a fork all over the rolled dough to avoid puffing.
- ✔ Cut each of the rolled dough into about 1 inch wide and 1.5 inch long pieces.
- ✔ Heat the oil in a frying pan on medium heat.
- ✔ Make sure to place just enough *paare* so you can turn them over easily when frying.
- ✔ Shallow fry the *paare* until both sides are light golden-brown.
- ✔ Cool and serve.



Lotus stem tikki

Cost (Rs): 10



Energy (Kcal)	148
Protein (g)	5.6
Carbohydrate (g)	17
Fat (g)	5.8
Beta carotene (mcg)	26
Total Fibre (g)	5.4
Sodium (mg)	14.6
Vitamin A (mcg)	3
Vitamin C (mg)	17
Iron (mg)	2.8
Calcium (mg)	30



Serving size: 1
(portion size -2 tikkis)



Preparation time: 20-30 minutes



Ingredients

- ✔ Lotus stem: 50g
- ✔ Potato: 15g
- ✔ Peanuts: 5g
- ✔ Besan: 15g
- ✔ Cooking oil: 2.5g

Condiments and Spices

- ✔ ¼ tsp amchur
- ✔ 1 sprig coriander leaves
- ✔ ¼ tsp red chilli powder
- ✔ ¼ tsp garam masala

Method of preparation

- ✔ Peel, wash and dice the lotus stem. Boil the lotus stem and potato until soft and tender.
- ✔ Grind the boiled lotus stem and the roasted peanuts to smooth paste.
- ✔ In a bowl add the ground mixture and mash the boiled potato, and spices.
- ✔ Adjust the consistency by mixing with *besan*.
- ✔ Shape the mixture into round *tikkis*.
- ✔ Add oil on the pan and cook the *tikkis* till golden brown.





