

Healthy Punjabi Plate

Vegetables

Grains

Dairy

Protein

Fruits

Dairy

Fruits

Grains

Vegetables

Protein

This image displays saag, corn flour roti, plain yogurt, buttermilk, and orange slices.

MyPlate.gov



Eat a variety of fruits.

- apple
- orange
- banana
- grapes
- mango
- cantaloupe
- watermelon
- berries
- papaya
- pear
- pomegranate
- pineapple

Eat more whole grains.

- whole wheat flour
- whole wheat bread
- sorghum
- finger millet
- brown rice
- millet
- barley
- corn flour
- oats

Limit refined grains.

- white flour
- basmati rice
- naan bread
- white bread
- semolina

Dairy

Move to low-fat or fat-free dairy.

- milk
- yogurt
- paneer
- buttermilk

Eat a variety of vegetables.

- carrots
- bell peppers
- cauliflower
- eggplant
- cabbage
- green beans
- potatoes
- turnips
- pumpkin
- ridge gourd
- tomatoes
- cucumbers
- spinach
- fenugreek
- mushrooms
- peas

Include a variety of protein sources.

- lentils
- kidney beans
- chickpeas
- soy beans
- eggs
- tofu
- milk
- paneer
- yogurt
- nuts & seeds
- meat
- fish

What changes can you make to build more balanced and healthy meals?



- ☐ I can eat more fruits and vegetables.
- ☐ I can make 1/2 my grains whole grains.
- ☐ I can eat a variety of proteins.
- ☐ I can switch to fat-free or low fat dairy.

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This image displays aloo paratha, cucumber and tomato salad, plain yogurt, orange slices, and buttermilk.

MyPlate.gov



Eat a variety of fruits.

- apple
- orange
- banana
- grapes
- mango
- cantaloupe
- watermelon
- berries
- papaya
- pear
- pomegranate
- pineapple

Eat more whole grains.

- whole wheat flour
- whole wheat bread
- sorghum
- finger millet
- brown rice
- millet
- barley
- corn flour
- oats

Limit refined grains.

- white flour
- basmati rice
- naan bread
- white bread
- semolina

Dairy

Move to low-fat or fat-free dairy.

- milk
- yogurt
- paneer
- buttermilk

Eat a variety of vegetables.

- carrots
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- cabbage
- green beans
- potatoes
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- pumpkin
- ridge gourd
- tomatoes
- cucumbers
- spinach
- fenugreek
- mushrooms
- peas

Include a variety of protein sources.

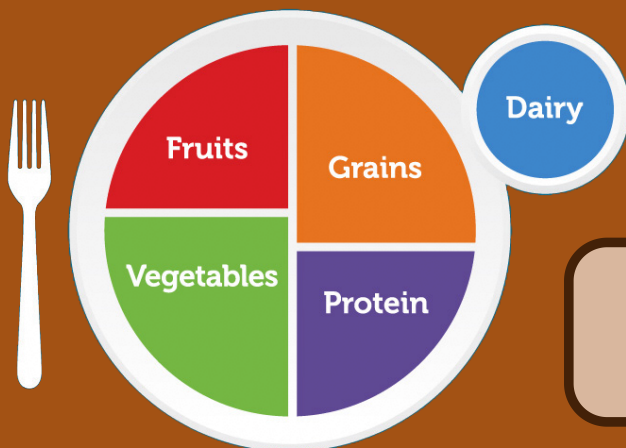
- lentils
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- chickpeas
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- yogurt
- nuts & seeds
- meat
- fish

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- ☐ I can eat more fruits and vegetables. ☐ I can make 1/2 my grains whole grains.
- ☐ I can eat a variety of proteins. ☐ I can switch to fat-free or low fat dairy.

Healthy Punjabi Plate



This image displays whole wheat roti, salad, mixed sabzi, chana masala, raita (yogurt), and apple slices.

MyPlate.gov



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- pineapple

Eat more whole grains.

- whole wheat flour
- whole wheat bread
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- finger millet
- brown rice
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- barley
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Limit refined grains.

- white flour
- basmati rice
- naan bread
- white bread
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- mushrooms
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Include a variety of protein sources.

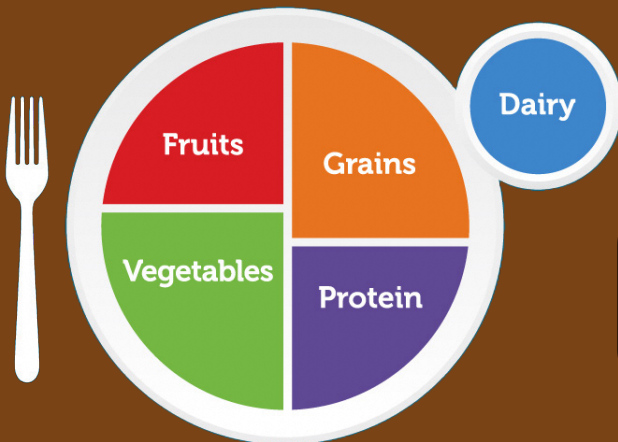
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Healthy Punjabi Plate



This image displays basmati rice, green bean sabzi, dal makhani, raita (yogurt), and apple slices.

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Eat more whole grains.

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- sorghum
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Limit refined grains.

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- basmati rice
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This image displays tandoori chicken, basmati rice, cucumber, raita (yogurt), and orange slices.

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