

# SOUTH ASIAN FESTIVALS AND BLOOD SUGAR BALANCE

Simple swaps, balanced meals and lifestyle tips to help you enjoy South Asian festivals while keeping your blood sugar levels steady

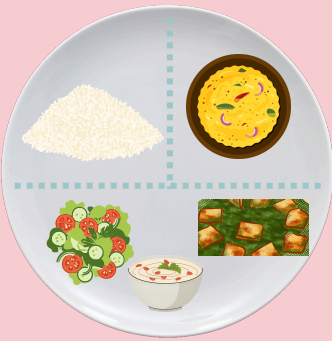
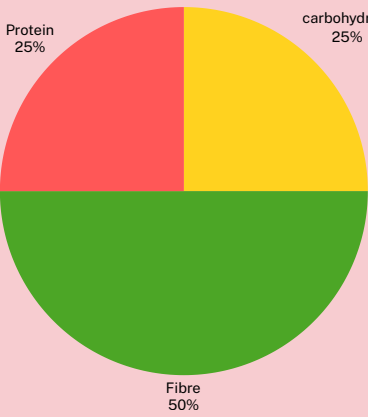
## BUILDING A BALANCED PLATE

Creating a balanced plate is a simple way to manage blood sugar levels and feel fuller for longer.

A helpful tool is the T-shaped plate method.

Aim for:

- ½ vegetables such as pigeon peas, bhindi, or saag
- ¼ protein such as dhal, chickpeas, paneer, soya or besan
- ¼ carbohydrates such as poha, dosa, or wholegrain chapati



## WAYS TO ADD FIBRE

- Add bhindi or spinach to aloo sabji
- Add salad to your plate
- Add cucumber, pomegranate seeds and other vegetables to your raita
- Use more wholegrains for roti
- Adding lentils to rice to make khichdi
- Make dried fruit laddoo

## CARBOHYDRATE QUALITY MATTERS

Not all carbohydrates affect our blood sugar levels in the same way. Refined carbohydrates such as white rice, white flour and fried snacks are digested quickly causing sharp spikes in blood sugar levels. Try swapping for wholegrains to keep you fuller for longer and to slow the release of blood sugar levels

Rice/Dosa/Idli	→	Brown Rice
Potato/Sweet Potato/ Taro Root	→	With skins
Poha	→	Red rice
Roti/Chapatti/Paratha	→	Wholemeal flour
Upma	→	Brown rice flour
Thepla	→	Wholemeal flour/Millet flour

## BEYOND THE PLATE

Our blood sugar levels aren't only affected by what we eat. Small daily habits, such as moving after meals, prioritising rest and managing stress matters too



After meals take a 10-15 minute walk or put on some bollywood tunes



Slow down and savour each bite and stop when you feel comfortably full



Deep breathing, meditation or a quiet cup of chai



Try to get 7-9 hours of rest



Swap mithai for diyas, shawls, unsalted nuts

## RECIPE TO TRY

### Date & Besan Ladoo

A delicious mithai that's naturally sweet, rich in fibre and blood sugar friendly.

Mix chia seeds, walnuts, almonds, pumpkin seeds and sesame seeds and roast in a saucepan. Add dates with a teaspoon of sunflower oil. Once softened, add nuts. Roll into balls and top with dessicated coconut.

## NO GUILT, JUST BALANCE

Festivals are for joy, celebration and connecting with friends and family.

Remember, it is what you do most of the time that shapes your long-term health.

@Nutrisheen

SHEENA BHAGEERUTTY