

Did you know?

Store-bought dals are often made with saturated fat and should be limited. Fried foods like samosas and pakoras, should be limited.



Palak paneer
Serving: 3/4 cup
Fat: ≈ 7 Teaspoons



Shahi paneer
Serving: 3/4 cup
Fat: ≈ 5 Teaspoons



Malai kofta
Serving: 3/4 cup
Fat: ≈ 5 Teaspoons



Dal makhani
Serving: 1 cup
Fat: ≈ 4 Teaspoons



Paneer pakora
Serving: 4 pakoras
Fat: ≈ 4 Teaspoons



Potato samosa
Serving: 1 samosa
Fat: ≈ 2.6 Teaspoons



Aloo tikki
Serving: 1 piece
Fat: ≈ 2.5 Teaspoons



Vegetable pakoras
Serving: 3 pakoras
Fat: ≈ 1 Teaspoon

Choose often 😊

- ✓ Masala chana salad
- ✓ Extra-firm tofu
- ✓ Low-fat milk (1% or 2%)
- ✓ Baked pakora
- ✓ Air-popped popcorn

Limit 😞

- ✗ Papri chaat
- ✗ Paneer
- ✗ Full fat milk (3.25%)
- ✗ Fried pakora
- ✗ Chips