

CALORIE, CARB & FAT COUNTING IN INDIAN DIETS

Some common Food Values: .

Cereals uncooked

Name	Serving size in (g)/ measurements	Calories	Carbs(g)	Fat(g)
Dalia wheat	20g	70	14	0.3
Poha/ rice flakes raw	25g/ ¼ cup	104	21	0.5
Indian Murmura/ rice puffed	20g/ 1cup	48	10	0
Semolina/ Suji/ Rawa	20g	72	15	0.2
Sewia/ Vermicelli dry	30g/ ¼ cup	105	23	0
Sago/ sabutdana	30g	106	28	0
Besan	30g	110	19	1

Cereals, Rice & Khichdi cooked

Name	Serving size in (g)/ measurements	Calories	Carbs(g)	fat(g)
Dalia Cooked salted with moong dal (dalia 2 parts: moong dal 1part)	224g/ 1cup	265	33	10.8
Dalia sweet (15g sugar used)	240ml/ 1 cup	290	40	10.4
Dalia sweetened with sweetner	240ml/ 1cup	230	25	10.4
Upma	250g/ 1cup	230	33	8.4
Rice white basmati boiled	65g/ ½ cup loosely filled	80	18	0.2
Moong dal Khichdi	250g / 1cup	210	33	5.6
Poha	50g/ ⅓ cup	116	13	5
Matar Pulao	130g/ 1cup	171	33	3

- ***Ingredipients used in all the above recipes do not contain oil, their fat content is the oil we are using while cooking. so try to cook with less oil.***

Roties, Paranthas, poori & cheelas:

Name	Serving size in (g)/ measurements	Calories	Carbs(g)	Fat(g)
Roti	35g/ 6" diameter	68	14	0
Parantha	35g/ 6" diameter	113	14	5
Aloo parantha	75g/ 7" diameter	157	24	5
Paranthas stuffed with Dal	62g/1 parantha,6"diameter	176	25	6
Besan Cheela	65g/ 7" diameter	150	22	4
Moong dal Cheela	50g/ 6" diameter	127	18	3
Makki ki Roti	50g/ 5" diameter	92	20	1
Naan/ Kulcha	50g/ 6" x 4" size	141	26	2
Poori	26g/ 4" diameter	97.5	13.2	4
Bhatura	50g/1 bhatura,6"diameter	159	23	6

- *Please note that there is no difference between roties & bread made out of maida & Wheat flour, the only difference is of Fibre, which is good even for all healthy people. So whole wheat flour is much healthier choice for all.*
- *If you divide the weight of any bread or roti made either from plain wheat flour or maida / white flour by 2, it gives approx.number of carbs.for eg 50g of a naan piece has approx 25g of carbs.*
- *Frying & cooking do not change number of carbohydrates. Frying only adds calories because of added oil.*

Cooked Vegetables with Curry

Name	Serving (g)/Measurement	Calories	Carb g)	Fat(g)
Mutter Paneer	200g/ 1 cup With 8 pieces(62g)paneer	262	9.9	18.5
Shahi Paneer	150 g/ 1/2 cup 6 pieces(1"X1" and 1/2")	176	10	11
Potato Curry/ Aloo Rasedar	225g/1cup	132	23.3	3.15
Dum Aloo	220g/ 1 cup	186	20	10.6
Aloo Mutter (Rasedar)	200 g/ 1 cup	113	17.6	3.5
Ghiya ka kofta	3 Kofta/1 cup	126	11	7.1
Paneer Kofta with curry	3 Kofta/1 cup	221	4.8	17.8
Kadhi	175 g/1 cup	102	10	4.6
Sarso ka Saag	225g/1 cup	116	12.3	5.2
Palak Paneer	225g/1 cup	258	13.2	16.4
Arbi Rasedar	210g / 1 cup	84	14.4	2.6

Vegetable without Curry/ Sukhi sabji

Name	Serving (g)/Measurement	Calories	Carb g)	Fat(g)
Zeera Aloo	80g/ 1/2 cup	112	16	4.6
Gobhi Aloo	90g/ 1/2 cup	86	14	2.5
Gobhi plain	80g/ 1/2 cup	54.5	6.5	2.5
Gajar Matar	50g/ 1/3 cup	77	10	2.5
Patta Gobhi Matar	62g/ 1/2 cup	50	6.5	1.5
Baingan ka Bharta	105 g/ 1/2 cup	108	14.5	5.3
Bhindi with onion	64 g/ 1/2 cup	76	8	4.5
Aloo Shimla Mirch	70g/1/2 cup	55	10	1.5
Karela stuff wet	1 karela approx 6" long 1 1/2" diameter	29	2.7	1.4
Kaddu ki sabji sukhi	100g/ 1/2 cup	98	15	4
Lauki Tamatar ki sukhi sabji	120g/ 1/2 cup	36	3.8	2.1
Turai Tamatar ki sabji	100g/1/2 cup	47	5	2.6
Aloo Methi	85 g/ 1/2cup	114	12.5	5.5
Vegrtable Jalfrezi	80g/ 1/2 cup	67	9	3
Brinjal and Potato	100g/1/2 cup	100	11.4	5.3

- *None of vegetables used above has fat , our recipes add fat to them.*

- *Paneer has fat in it depending on the fat % milk used to prepare it. Paneer is a good source of protein one oz g has 7gm of protein.*

Lentils cooked

Name	Serving size in (g)/ measurements	Calories	Carbs(g)	Fat(g)
Urad Dal split curry	160g/1 cup	117	17	3
Arhar Dal / Mung dal split/ dhuli curry	180g/1 cup	146	22	3
Moong dal whole curry	215g/1 cup	134	19	3
Masoor Dal curry	220g/1 cup	135	21	3
Channa/ chick peas curry	225g/1 cup	207	34	6.2
Dal Makhani curry	210g/1 cup	137	19	4
Rajma curry	220g/ 1 cup	213.0	30.5	5.6
Kala Channa / Lobia curry	225g/1 cup	218.0	30.5	7.2
Matara/ white dry peas	125 g/ 1/2 cup	108	20	0.3
Sprouts Moth dal, steamed	65g/ 1/2 cup	75	13	0
Sprouts Moong dal whole, steamed	68g/ 1/2 cup	101	17	0.3
Mung Dal, dhuli sukhi	100g/ 1/2 cup	131	20	2
Urad Dal papad	16-17g/1 papad 8" diameter	58.0	10.0	0.3

- *1cup/ 240ml of cooked lentils of medium consistency all provide about 7 gm protein each. However, 1 cup of rajma or lobia provides about 10 g protein.*
- *All lentils when raw don't have oil/fat in them except Soyabean. We have used very less fat 1/2tsp to 1 tsp per cup . In dal makhani cream can easily be replaced by low fat curd . Curd gives a nice creamy taste*
- *Please remember all these numbers can vary a little depending on the recipe and consistency of the dal.*
- *Please note that all lentils except Kala chana, Kabuli chana, Lobia, Matara and Rajma have the same number of carbohydrates (about 20 g in 1 cup). The other five are richer in calories & carbohydrates by 1½-2 times.*

Egg preparations & Nonvegetarian Food

Name	Serving size in (g)/ measurements	Calories	Carbs(g)	Fat(g)
Egg (Hen), Whole, Raw/ Hard Boiled/ poached	50g/ 1 large	78	0.6	5.3
Egg (Hen), Yolk, Raw, Fresh	18g	55	0.6	4.5
Egg (Hen), White, Raw, Fresh	36g	17	0.2	0.1
Fried Egg/ Sun/ French Omelette	50g/ 1 large	123	0.6	10.3
Egg Bhujia	50g/ 1 large	141	4.5	10.3
Paranthas stuffed with lean Keema	65g/1 parantha, 6" diameter	169	20	6
Mutton Pulao	1 cup	203	23	9
Chicken Biryani/pulao	140g/ 1cup	179	24	5
Chicken tikka	100g	155	3	4
Chicken broccoli in white sauce	220g/1cup	209	12	8

Chillie Chicken	235g/1cup	458	28	25
Roasted Chicken	*125g /1 joint	211	0	11
Tandoori Chicken	*125g / 1 Joint	234	5.4	11.1
Butter Chicken	*125g uncooked/1 joint	704.7	33.54	50.6
Fillet of fish	60g/ 1 piece	180	11	10.5
Fish Cutlets	40g/ 1 cutlet	122	10.3	5.8
Fried Fish	85g/ 2 pieces	220	9.65	12.1
Fish Jhol	88g	117	2.8	5.9
Tandoori Pomfret Fish	*125g raw /1 serving	161	5.9	5.8
Irish Stew	120g	106	8.9	6
Prawn Curry	116g	175	5.9	10.9
Prawn do piazza	122g	216	9.3	9.8
Mutton ball curry	116g with 6 small balls	198	9.7	14.2
Mutton chop	*60g/ 1piece	188	3.5	14
Mutton do Pyaza(lean Goat)	*120g raw mutton/1 serving	345	21	16
Mutton do Pyaza(regular mutton)	*120g raw mutton/1 serving	436	21	27.6

- ***Egg practically does not have any carbohydrates, but your recipe can add carbohydrates to it. e.g. adding onion & tomatoes while making egg bhujia. Egg white has no fat. One whole egg contains about 6.3g of protein & 5.3 g of fat.***
- ***Any lean meat example chicken breast, fish & egg has practically no Carbohydrates, our recipes add carbs to them, if taken grilled, broiled or roasted practically no carbs are added to it.***
- ***Eggs, fish, chicken & meat preparations are full of proteins.***
- **** is uncooked weight.***

South Indian

Name	Serving (g)/Measurement	Calories	Carb g)	Fat(g)
Vada Urad Plain	1 vada of 30g/ about 2"diameter 1/2"thick	88.5	9.0	4.3
Idli	2 idli 25g each 2.5"diameter 3/4"thick	78	15.3	0.25
Idli Semolina Regular	2 idli 25g each 7cm diameter 1/2"thick	78	14.8	0.3
Dosa plain	50g/ 1 dosa 8" diameter	136	18.6	5.3
Dosa Masala	110g/ 8" diameter + 1/4 cup aloo masala	182	27	6.3
Uttappam tomato & onion	90g/ 6" diameter-1uttappam	139	20	5.3
Sambar	230g/ 1cup	150	22	3
Rasam	1cup	71	10	2.3
Coconut chutney	1 Tbsp	32	2	2.5

Indian Snacks & Chat

Name	Serving (g)/Measurement	Calories	Carb g)	Fat(g)
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Aloo ki Chaat	100 g/1 cup	141	22	5
Golgappas	5 golgappa of 2" diameter	157	25	5.2
Papdi Chat	5 papdi about 1.5" diameter with dahi, sonth	288.0	29.0	17.0
Aloo Tikki	1 tikki/ 65g 3" diameter	121	13.3	6.7
Dhokla	45g/ 1 piece 2"x2"x1" size	70	10	2
Vegetable Cutlet	55g/ 1 cutlet 6cm diameter	94	12	4.3
Aloo Samosa	2 samosa of 45g each/ 6cm x 6cm x 9cm in size	233	26	12.7

Indian Sweets, & Cake(home made)

Name	Serving (g)/Measurement	Calories	Carb g)	Fat(g)
Sugar(table)/ Sakkar	5g/ 1tsp	20	5	0
Sponge Cake	48 g/ 2" cube	192	29	6.5
Chocolate Cake	45 g/ 2" cube	217	27.3	9.9
Carrot Halwa made with khoa	1/2 cup	478	52.5	26.8
Suji Halwa	120g/ 1/2 cup	292	42	12.3
Moong Dal Halwa	60g/1/4 cup	172.6	21.2	8.3
Rice Kheer	12g/ ½ cup	297	33	14.5
Rabri	65g/ ¼ cup	257	22.5	15
Rasmalai	145 g/ 2 pieces each of 2" diameter/ 40 g each	478	46.9	24.6
Kaju Barfi	10g/ 1 burfi 4cm diamond	48	6	2
Rasgulla	2 rasgullas (2" diameter) 40g/each	304	40.4	11.4
Badam Burfi	10g/ 3 cm diamond	77.61	7	4.8
Shakkar para	10g/ one piece 2" long x 1 cm thick	59.3	6.8	3.2
Boondi Ladoo	40g/ 4cm diameter	207.5	26.3	10.3
Kulfi	90g/ 1 mould	308	29.2	17.2
Gulab Jamun round/oblong	40g/ 4cm diameter	205	22	11
Jalebi extra thin	10g/ 2cm diameter	56.4	8.2	2.3
Plain Burfi/ Nariyal barfi	25g 1 burfi *	138	13.6	7.5
Kala kand	25g/ 1 piece*	116	9	7

- ****One plain burfi / kalakand is 3.5cm x3.5 cm x 1.5cm size.***
- ***Most of Sweets are very high on carbohydrates & fat.***
- ***All the above sweets are prepared with sugar.***

Remember:

- **1cup = 240ml**
- **One gram of carbohydrate gives 4 calorie**
- **One gram of protein gives 4 calorie**
- **One gram of fat gives 9 calorie.**
- **Calorie is commonly used unit for food energy.**

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