

DIET GUIDE

The Cultural Plate Method

Build a balanced South Asian plate without giving up the food you love. Small swaps, big compounding.

Build the plate

- **½ plate vegetables** — sabzi, salad, raita, greens.
- **¼ plate protein** — dal, chana, paneer, eggs, fish, chicken, soya.
- **¼ plate smart carbs** — millet, brown rice, or 1–2 rotis instead of a mountain of white rice.
- **Healthy fats** — a little ghee, nuts, seeds — measured, not drowned.

Easy swaps

White rice	Millets (bajra, ragi, jowar) or brown rice; or smaller portion + more dal.
Refined-flour roti	Whole-wheat or millet roti; add besan or oats.
Sugary chai	Less sugar, or jaggery in moderation; watch the cups per day.
Fried snacks	Roasted chana, makhana, fruit, nuts, or sprouts chaat.
Sweets daily	Reserve for occasions; smaller portions, slower.

Three habits that move the needle

- Protein **first** at every meal — it steadies blood sugar and appetite.
- A 10-minute walk after dinner — gentle on glucose.
- Hydrate with water; keep sugary drinks for rare treats.

You don't need a Western diet to be healthy. You need **your** diet, balanced.