

## **GUJARATI CUISINE**

Gujarati Cuisine is primarily vegetarian with Jain and Buddhist influences. Gujarat can be divided into 4 regions and due to different climate, there are slight variations in eating habits and preparation of food. The four regions are South and North Gujarat, Kathiavad and Kutch. Gujaratis have a sweet tooth and every dish from vegetables, dal, pickles to chutneys they add gud ( Jaggery) and sugar. Jains do not eat onion and garlic. Rotli is prepared like petal soft Phulkas to crunchy, bone dry Khakhras. Khakhras are used for breakfast, or as a snack or while travelling.

### **South Gujarat**

In **Surat**, vegetable dishes like Undhiyu and Paunkh are very popular. Suratians add green chilies to add life to the food. They love sweets like Nankhatais and Gharis which they buy from local bakeries and shops. No expensive ingredients are used or elaborate preparations are made yet food in its simplicity tastes exotically different.

### **North Gujarat**

It is lower in spices and oil is used sparingly. It is popular for its traditional Gujarati Thali which consists of Farsan (appetizer) like Khaman Dhokla and Khandvi (chickpea flour), one variety of Dal or Kadhi (prepared from yogurt), hot fluffy Puri or Rotli, couple of vegetables, sprouted beans, Raita (yogurt), Doodhpak (sweetened milk with saffron and nuts), Papad, chutney and pickle.

### **Kathiawad**

Kathiawadi's love Dhebras (made from wheat flour, yogurt, spinach, green chilies, sugar and salt) and they eat with Chhunda (sweet, sour and hot mango pickle). They also use Methia Masala ( dry powder made from fenugreek seeds, chili powder and salt) to sprinkle on vegetables. They also use red chili powder to make spicy cuisine. Also eat lot of peanuts and til (sesame seeds) – Peanut Chiki ( made with gud) tastes delicious.

### **Kutch**

Kutchi cuisine is very simple. They mainly use rice and pulses. Main dish is Khichdi (mixture of rice and mung dal) and Kadhi ( curry made of yogurt) or Bajra no rotlo ( made from Millet) with home made pure ghee ( butter) and gud ( jaggery), guvarnu shak ( vegetable) and chhash ( buttermilk). Kutchhis also eat Dudhi Muthia (made from Snake Squash and flour) and some common dishes like Dhokla ( a salty steamed cake), Doodhpak or Shrikhand ( sweet made of yogurt, Cardamom, Almonds and Saffron) with hot fluffy puris.

In short, in Gujarati cuisine concentration is on fried snacks and use of lot of ghee, oil, sugar and jaggery. Many Gujaratis do not eat green vegetables frequently and hardly eat fruits.

<b>Meal</b>	<b>Typical</b>	<b>Modified</b>
<b>Breakfast</b> 7:30 am	1 cup Chai (Tea) with whole milk 4 tsp regular sugar 2 –3 Theplas	1 cup Chai with 1% milk 1 package – no calorie sweetener 1 Thepla or 2 plain Khakhras ¾ cup 1% Milk 1 cup Water
<b>Snack</b> 10:30 am	30 Salted Peanuts	10 unsalted roasted peanuts 1 cup Water

<b>Lunch</b> 12:30 pm	4 Rotlis with 4 teaspoons ghee ½ cup Toor Dal with sugar 1 cup Black eye peas with sugar 1 cup Bhat (rice) ¼ cup Yam ¼ cup Dahi (yogurt) 1 cup regular soda 1 tsp vegetable oil in cooking	½ cup Salad with lemon and vinegar 1 Sooki Rotli – no ghee ½ cup Toor Dal no sugar ¼ cup Black eye peas no sugar ¼ cup Bhinda nu Shak (Okra veg) ¼ cup Bhat (rice) ½ cup Dahi (1% milk) 1 small apple 1 cup Water ½ tsp olive oil in cooking
<b>Tea Time</b> 3:30 pm	1-2 cup Chai with 1 oz whole milk 4 tsp regular sugar 1 cup Fried Chevda 1 ½" x 1 ½" Mohanthal (sweet)	1 cup Chai with 1oz 1% milk 1 pkg – no calorie sweetner ¾ cup homemade high fiber high protein or high fiber cereal Chevda 1 cup Water
<b>Dinner</b> 8 pm	1 Fried Papad 3 Parathas with 6 tsp oil 1 cup Batata nu shak (Potato veg.) 1 cup Chhash (Buttermilk) 2 1" Mug-ni dal ni Kachori with Amali-ni chutney 2 Tbsp Chhunda (mango pickle)	½ cup Salad with Lemon & vinegar 1 Paratha with ½ tsp oil – use non stick pan ½ cup palak with 1% lowfat Paneer or Extra firm silken Tofu ½ cup 1% Dahi (yogurt) 1 medium orange 1 cup Water
<b>Snack</b> 9 pm	6 Dried Dates 1 oz bag Potato chips 1 cup water	3 Dried Dates 6 Almonds 1 cup water

## Weekend and Party Planning

Gujaratis love weekend gatherings and partying, and it starts from Friday evening often goes on till Sunday evening. Mostly men drink few pegs of scotch with snacks such as kachoris, samosas, vegetable cutlets, cashew rolls and varieties of Bhajias. Problems in this area that call for your attention before you go to that party or the restaurant: Remember PORTION CONTROL ; plan your day's meal ahead of time so that importance is given to healthy preparations, the kind and amount of fat used and the importance of avoiding carbohydrate or fat loading

### Party meal consists of

Fried Papad, Puries, Shrikhand (rich sweet made from whole milk and sugar), Valor nu shak (pulses or legumes), Undhiyu (mixed vegetables, potato, flour ball – muthias swimming in oil), Vegetable Pulao, Kadhi (made with buttermilk), Raita, Kataki (cubed mango pickle).

It is recommended that to go easy on appetizers, offer variety of sliced vegetables with Humus (Mediterranean dish) as an example. Humus is made from ground chick peas, sesame paste (Til-high in calcium), green chillies, ginger and lemon (easy recipe – can keep in the refrigerator).

Consider serving Handva, Dhokla and Idly instead of fried items. Eg. 1" square Dhokla = 1 Rotli, ½ cup Pauva = 1 Rotli, got the idea! That is called carbohydrate counting. Dairy,

vegetables, fruit and food from the grains group all contain carbohydrate. Consumers with Diabetes need to learn serving sizes.

### Modified Party Meal

- ½ cup lettuce and tomato salad
- 1 teaspoon fat free salad dressing (Walden farm brand tastes good)
- 1 3” Puri
- ⅓ cup Undhiyu
- ¼ cup Kadhi
- ¼ cup Vegetable Pulao
- 1 small oven baked Samosa
- 1 oz. Shrikhand
- ¼ cup fresh fruit salad

### Healthy Foods

#### DAIRY:

- 1% or 2% Milk
- Dahi made from 1% or 2% Milk

#### MEAT OR MEAT ALTERNATIVES

- Black eye peas with np calorie sweetner
- Roasted Papad

#### VEGETABLE

- Palak vegetable with 1% low fat paneer or Extra firm Silken tofu
- Bhinda (Okra) Nu Shak

#### FRUIT

- Grapes
- Fruit Shrikhand made with 1% Dahi

#### GRAIN

- Home made high fiber cereal ( Chevda)
- Paratha with 1 tsp olive oil – use non stick pan

### Not so heart healthy (use less often)

- Regular Milk
- Dahi made from regular Milk

- Black eye peas with sugar
- Fried Papad

- Batata Nu Shak

- Mashed Yam

- Mohanthal
- Shrikhand made with Dahi

- Fried Chevda
- Paratha with 1 tablespoon cotton seed oil

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