TURN THE TIDE
KNOW, ACT & PROTECT

Turn the Trend

WITH

Healthy Karachi Foods Insights



Traditional Foods

THESE SWAPS ARE BASED ON ESTIMATED SERVING SIZES, AND CALORIE COUNTS MAY VARY DEPENDING ON YOUR PORTION SIZE. THE CALORIE DIFFERENCES SHOWN HERE ARE BASED ONLY ON HEALTHY SWAPS AND DO NOT INCLUDE THE IMPACT OF PORTION SIZE.

At Home (Better Swaps)



Sindhi Biryani:
Use lean meat, add minimal oil, pair with salad, and try to opt for brown rice.

(~505 kcals per serving vs ~685 kcals normally → saves ~180 kcals).



Katakat:
Opt for lean meat, add minimal oil, avoid butter or creamy garnishes and pair with small whole wheat roti.

(~350 kcals per serving vs ~865 kcals normally → saves ~515 kcals).



Seekh Kebab:
Use lean minced chicken/beef, prepare it by grilling or shallow frying, and pair with a small whole-wheat roti.

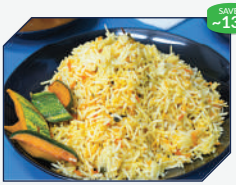
(~305 kcals per serving vs ~685 kcals normally → saves ~380 kcals)



Fish:
Prefer lean, skinless, grilled or baked fish with a light flour or low-fat yogurt coating.

(~305 kcals per serving vs ~680 kcals normally → saves ~375 kcals)- 3 oz

At Restaurant (Better Swaps)



Sindhi Biryani:
Opt for chicken biryani, avoid oily garnishes (fried onions/extra oil), and pair with salad.

(~550 kcals per serving vs ~685 kcals normally → saves ~135 kcals).



Katakat:
Remove floating oil from the top, avoid butter or creamy garnishes and opt for plain roti instead of naan.

(~635 kcals per serving vs ~865 kcals normally → saves ~230 kcals).



Seekh Kebab:
Order grilled kebabs and opt for plain roti instead of naan.

(~475 kcals per serving vs ~685 kcals normally → saves ~210 kcals)



Fish:
Choose grilled fish, remove skin, and skip butter/oil topping.

(~370 kcals per serving vs ~680 kcals normally → saves ~310 kcals)- 3 oz

**Hand Palm ≈ 3 ounces of cooked meat (Measure ounce according to it).*

Traditional Foods

At Home (Better Swaps)



Chapli Kebab:
Use lean minced chicken/beef, prepare it by grilling or shallow frying, and pair with a small whole-wheat roti.

(~305 kcals per serving vs ~753 kcals normally → saves ~448 kcals)



Karahi:
Choose lean meat, cook in minimal oil, and enjoy with whole-wheat roti instead of naan.

(~330 kcals per serving vs ~820 kcals normally → saves ~490 kcals).



Naan Chana:
Prefer whole-wheat roti instead of naan, and cook chana in minimal oil.

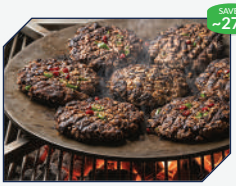
(~295 kcals per serving vs ~555 kcals normally → saves ~260 kcals).



Nihari:
Choose lean meat, cook in minimal oil, and enjoy with a small whole-wheat roti instead of naan.

(~395 kcals per serving vs ~820 kcals normally → saves ~425 kcals).

At Restaurant (Better Swaps)



Chapli Kebab:
Ask for grilled kebabs and opt for plain roti instead of naan.

(~475 kcals per serving vs ~753 kcals normally → saves ~278 kcals)



Karahi:
Choose chicken pieces without skin, remove oil from the top, and pair with plain roti instead of naan.

(~445 kcals per serving vs ~820 kcals normally → saves ~375 kcals).



Naan Chana:
Prefer plain roti instead of naan, and remove floating oil from chana.

(~390 kcals per serving vs ~555 kcals normally → saves ~165 kcals).

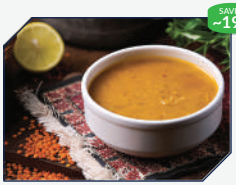


Nihari:
Have a very small serving, avoid drinking the oily gravy, remove floating oil from the top, and pair with plain roti instead of naan.

(~610 kcals per serving vs ~820 kcals normally → saves ~210 kcals).

Traditional Foods

At Home (Better Swaps)



Haleem:
Prepare with lean meat, skip fried toppings, and add minimal oil.

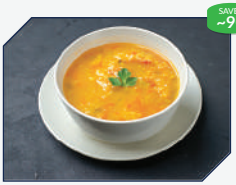
(~305 kcals per serving vs ~500 kcals normally → saves ~195 kcals).



Sajji:
Opt for skinless chicken (baked or grilled). Add minimal oil in the rice, and try to opt for brown rice.

(~555 kcals per serving vs ~810 kcals normally → saves ~255 kcals)

At Restaurant (Better Swaps)



Haleem:
Opt for chicken haleem, and skip fried toppings (fried onions/extra oil).

(~410 kcals per serving vs ~500 kcals normally → saves ~90 kcals).



Sajji:
Remove the skin from chicken as it is a layer of fat.

(~690 kcals per serving vs ~810 kcals normally → saves ~120 kcals)

Trending Foods



Bun kabab:
Opt for whole-wheat bun; avoid toasting it with butter/oil, grill patty instead of frying, and make chutneys using low-fat yogurt and minimal sugar.

(~355 kcals per serving vs ~475 kcals normally → saves ~120 kcals).



Bun kabab:
Ask for a plain bun (instead of one toasted with butter/oil), minimal sweet chutneys, and a grilled patty (instead of a deep-fried one).

(~355 kcals per serving vs ~475 kcals normally → saves ~120 kcals).



Pizza:
Prefer whole-wheat dough, thin crust, minimal low-fat cheese, lean meat (grilled or air-fried), and replace cold drinks with plain water.

(~310 kcals per serving vs ~740 kcals normally → saves ~430 kcals)
Per slice of medium pizza and 1 glass cold drink



Pizza:
Opt for thin-crust pizza without sauces on top, and replace cold drinks with plain water.

(~415 kcals per serving vs ~740 kcals normally → saves ~325 kcals)
Per slice of medium pizza and 1 glass cold drink

Trending Foods

At Home (Better Swaps)



Burger:
Choose grilled lean meat, use homemade low-fat yogurt sauce instead of mayonnaise, add low-fat cheese slice, and opt for whole-wheat burger bun.

(~425 kcals per serving vs ~810 kcals normally → saves ~385kcals).



Paratha Roll:
Choose a small whole-wheat tortilla/roti, add grilled lean meat fillings, and use homemade low-fat yogurt sauce instead of mayonnaise.

(~295 kcals per serving vs ~590 kcals normally → saves ~295 kcals).



Shawarma / Rolls:
Choose grilled meat fillings, use homemade low-fat yogurt sauce instead of mayonnaise, and opt for whole-wheat shawarma bread.

(~375 kcals per serving vs ~665 kcals normally → saves ~290 kcals).



Chinese Chicken Manchurian and Rice:
Opt for steamed brown rice instead of fried, keep oil/sugar minimal in the gravy, and choose lean cuts of grilled meat.

(~545 kcals per serving vs ~905 kcals normally → saves ~360 kcals)

At Restaurant (Better Swaps)



Burger:
Avoid loaded creamy burgers; if craving, opt for a grilled chicken burger without heavy sauces.

(~510 kcals per serving vs ~810 kcals normally → saves ~300 kcals).



Paratha Roll:
Opt for a small whole-wheat tortilla roll with grilled chicken and minimal garlic mayo sauce.

(~365 kcals per serving vs ~590 kcals normally → saves ~225 kcals).



Shawarma/Rolls:
Opt for grilled chicken shawarma with less sauce.

(~400 kcals per serving vs ~665 kcals normally → saves ~265 kcals).



Chinese Chicken Manchurian and Rice:
Opt for grilled chicken gravy instead of beef since it's usually made with skinless lean meat, and pair it with steamed rice instead of fried rice.

(~545 kcals per serving vs ~905 kcals normally → saves ~360 kcals)

Trending Foods

At Home (Better Swaps)



SAVES ~270

Fries/Fried Chicken:
Instead of deep-fried fries or chicken, opt for plain air-fried or baked potato/sweet potato and grilled chicken. Keep the portion small.

(Saves up to 270 kcals).



SAVES ~135

Samosa:
Choose air or shallow-fried samosas. For beef or mutton fillings, use lean meat and select whole-wheat samosa sheets.

(~285 kcals per serving vs ~420 kcals normally → saves ~135 kcals)
2 Medium



SAVES ~155

Dahi Bhalla:
Opt for low-fat yogurt, ensure chutneys are less sweet and salty, and prefer air-fried bhalla.

(~315 kcals per serving vs ~470 kcals normally → saves ~155 kcals).

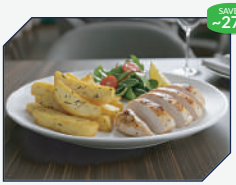


SAVES ~115

Gol Gappay:
Bake puris (opt for whole-wheat puri) instead of frying, and keep chutneys less sweet/salty.

(~250 kcals per serving vs ~365kcals normally → saves ~115 kcals).
6 Gol Gappy

At Restaurant (Better Swaps)



SAVES ~270

Fries/Fried Chicken:
Instead of deep-fried fries or chicken, opt for plain air-fried or baked potato/sweet potato and grilled chicken. Keep the portion small.

(Saves up to 270 kcals).



SAVES ~90

Samosa:
Try to avoid fried samosas. If craving, eat a very small portion. You can also use oil-absorbing sheets to soak excess oil.

(~330 kcals per serving vs ~420 kcals normally → saves ~90 kcals)
2 Medium



SAVES ~50

Dahi Bhalla:
If eating out, skip extra sweet/salty chutneys; instead, go for green chutney.

(~420 kcals per serving vs ~470 kcals normally → saves ~50 kcals).



SAVES ~50

Gol Gappay:
If eating out, skip extra sweet/salty chutneys.

(~315 kcals per serving vs ~365 kcals normally → saves ~50 kcals).
6 Gol Gappy

*At home, oil estimated per serving is 1 tsp–1 tbsp. Try to choose whole grains, lean meat (loin cut or skinless chicken), low-fat milk, and healthy oil such as olive oil. Keep daily salt below 1 teaspoon and added sugar under 10% of total calories.

Note: In restaurants, many foods can't be fully prepared in a healthy way, as they are often cooked with unhealthy fats like trans/saturated fats. That's why it's best to limit eating out, watch your portions, and save restaurant meals for occasional enjoyment.

TURN THE TIDE

Lets Turn the Trend

REVIVING TRADITIONAL & TRENDING FLAVORS WITH A HEALTHIER APPROACH



FEROZSONS LABORATORIES LIMITED
5 - KM, Sundar Raiwind Road, Raiwind, Lahore | 042-36026700 | info@bfbio.com | www.bfbio.com
BF BIOSCIENCES

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