TURN THE TIDE
KNOW, ACT & PROTECT

Turn the Trend

WITH

Healthy Islamabad 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)



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).



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

(~305 kcals vs ~685 kcals → saves ~380 kcals)



Saag and Makki Roti:
Add minimal oil to saag and skip the ghee or butter topping. For makki roti, keep the oil to a minimum.

(~365 kcals per serving vs ~545 kcals normally → saves ~180 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).



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

(~475 kcals vs ~685 kcals → saves ~210 kcals)



Saag and Makki Roti:
When ordering saag at a restaurant, ask for it to be served without butter or ghee toppings.

(~455 kcals per serving vs ~545 kcals normally → saves ~90 kcals).

Traditional Foods

At Home (Better Swaps)



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).



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

(~465 kcals per serving vs ~645 kcals normally → saves ~180 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

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



Nihari/Paya:
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)



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).



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

(~510 kcals per serving vs ~645 kcals normally → saves ~135 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



Nihari/Paya:
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).



Chargha:
Use lean chicken and grill or bake it instead of frying.

(~450 kcals per serving vs ~795 kcals normally → saves ~345 kcals).
7 oz Chargha

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).



Chargha:
Choose chicken pieces without skin, eat in moderation, and prefer baked or grilled chargha.

(~450 kcals per serving vs ~795 kcals normally → saves ~345 kcals).
7 oz Chargha

Trending Foods



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



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).



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).

Trending Foods

At Home (Better Swaps)



Spaghetti:
Choose whole-wheat spaghetti, add lean meat, and minimal oil.

(~460 kcals per serving vs ~700 kcals normally → saves ~240 kcals)



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)



Spaghetti:
Opt for chicken spaghetti instead of beef spaghetti.

(~610 kcals per serving vs ~700 kcals normally → saves ~90 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)



Steaks:
Opt for grilled lean meat and minimize creamy mushroom sauce (almost half than normal serving; prepared with low-fat milk).

(~725 kcals per serving vs ~1230 kcals normally → saves ~505 kcals).



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).



Coffee:
Use skim milk, skip whipped cream and sugar syrups.

(~saves about 150 calories)



Lasagna:
Choose whole-wheat lasagna layers, add lean chicken/beef, and replace regular cheese/milk with low-fat or skim cheese/milk. Keep oil/butter minimal.

(~620 kcals per serving vs ~880 kcals normally → saves ~260 kcals)
Per square piece

At Restaurant (Better Swaps)



Steaks:
Order grilled steak (chicken or lean beef) and ask to minimize creamy mushroom sauce (almost half than normal serving).

(~770 kcals per serving vs ~1230 kcals normally → saves ~460 kcals).



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).



Coffee:
Use skim milk, skip whipped cream and sugar syrups.

(~saves about 150 calories)



Lasagna:
Opt for chicken lasagna instead of beef and ask for minimal cheese topping.

(~700 kcals per serving vs ~880 kcals normally → saves ~180 kcals)
Per square piece

*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



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