TURN THE TIDE
KNOW, ACT & PROTECT

Turn the Trend

WITH

Healthy Peshawari 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)



Kabuli Pulao:
Choose lean meat, limit oil, add minimal sugar to carrots and raisins; dry-toast or lightly sauté them. Try to opt for brown rice.

(~535 kcals per serving vs ~760 kcals normally → saves ~225 kcals).



Dumba Karahi:
Opt for lean cuts of meat, add less ghee/oil, and pair with a small whole-wheat roti.

(~395 kcals per serving vs ~955 kcals normally→ saves ~560 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)



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)



Kabuli Pulao:
Opt for chicken Kabuli Pulao instead of beef (ensure the visible skin is removed from the chicken). Ask for minimal fried toppings (raisins, nuts, carrots).

(~615 kcals per serving vs ~760 kcals normally → saves ~145 kcals).



Dumba Karahi:
Remove meat pieces with visible fat and the floating oil from the surface of the curry, and opt for plain roti instead of naan.

(~700 kcals per serving vs ~955kcals normally → saves ~255kcals).



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

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

Traditional Foods

At Home (Better Swaps)



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)



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



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)



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

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



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

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

Traditional Foods

At Home (Better Swaps)



SAVES ~108

Lassi:
Opt for low-fat yogurt/milk, and add stevia instead of sugar (remember stevia is sweeter than sugar).

(~100 kcals per serving vs ~208 kcals normally → saves ~108 kcals).



SAVES ~490

Namkeen gosht/Rosh/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).

At Restaurant (Better Swaps)



SAVES ~88

Lassi:
Prefer salted/plain lassi without added sugar and the thick fat layer on top.

(~120 kcals per serving vs ~208 kcals normally → saves ~88 kcals).



SAVES ~375

Namkeen gosht/Rosh/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).

Trending Foods



SAVES ~385

Mantu:
Choose lean minced beef or chicken for the filling, steam the Mantu instead of frying it, and use a low-fat yogurt for the topping.

(~430 kcals per serving vs ~815 kcals normally → saves ~385 kcals).



SAVES ~385

Mantu:
Choose steamed chicken mantu instead of beef, and avoid oily sauces.

(~430 kcals per serving vs ~815 kcals normally → saves ~385 kcals).



SAVES ~430

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



SAVES ~325

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).



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).

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).



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).

Trending Foods

At Home (Better Swaps)



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



Ice-cream:
Use skim milk and reduced fat cream sweetened with stevia.

(Saves ~160-200 kcals)



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).



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)



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



Ice-cream:
Choose fresh fruit or a plain yogurt instead of ice cream. If craving, opt for a smaller portion.

(Saves up to 100-150 kcals)



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).



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)

*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

BSF BIOSCIENCES

SEM 97-2026