

KITCHEN TOOL



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Eating Smart Kitchen Tool will help you make smart choices wherever handling food comes in the frame.

It guides you with essential ingredients, portions and cookwares to be used.

ESSENTIALS :

Using sugar, salt, oil in the diet very smartly and still retaining the joy of food itself is an art!

We at Eating Smart help you with the same.

Below are the quantities that would be safe to use:
So let's incorporate it smartly!

Salt : 1 ½ teaspoon/ day [Use ½ tsp in your 3 major meals of the day]
Excess of salt leads to water retention in the body.

***This may vary in case of hypertension, hypotension, renal problem.
Please ask Sidra for the same.**

Substitutes: Lemon Juice, Tamarind, Aamchur Powder

Sugar/ Jaggery : 1 teaspoon/ day [You can use this sugar for your tea. If you can completely skip on sugar all the more better!]

Going overboard with simple sugar leads to weight gain and many other health issues.

***This may vary in case of Diabetics. Please ask Sidra for the same.**

Oil/ Ghee/ Butter : 1 ½ teaspoon/ day [You can use ½ tsp in your 3 major meals of the day]

Rotation of oil is advised: You use one type of oil for a month and then switch to another type of oil for the next month so that we reap the benefits of different types of oils.

Tea/ Coffee: [If needed]

If you are a habitual tea/ coffee drinker and can't do without it, do not worry!
We can smartly incorporate 2 cups of tea in the diet, so that you can enjoy it the smarter way!

***This may vary in case of IBS, chronic constipation issues. Please ask Sidra for the same.**

Substitutes: Green tea/ coffee, black tea/ coffee, cinnamon apple green tea, peppermint tea, mulethi tea.

[Do let us know if you like any other types of teas]



PORTIONS :

It is very important to follow the thumb rule portion control while Eating Smart.

This is our powerful tool which helps us eat our favourite foods smartly and guilt free!

Please refer to these portions correlating with your session plan:



1 Teaspoon [5 Gms]:



1 Tbsp [10gms]



1 Katori [100gms]



1 Bowl [200gms]



1 Cup [Fill 150 ML]



1 Mug [Fill 200 ML]



1 Glass [Fill 200 ML]



Size Of Roti/ Paratha
[Size Of CD]



Meat [100 gms]



Paneer [30 Gms]

COOKWARE :

The most neglected is the use of good cookware.

The utensils that we use for cooking also play a role in deciding how much of the nutrients of the food would be bioavailable to us.

Various metals react differently with heat and food.
Below are various cookwares, guiding you to make a smart choice:

Cookwares to be avoided:

Aluminium: It leaches out in the food and causes health issues. Aluminium is a thyrotoxic metal.

Non-Stick Cookware: These are still used widely. Non stick cookware are coated with Teflon or tetrafluoroethylene that contains material like cadmium and mercury that can pose health threats like various kinds of cancer, heart diseases

Plastic Wares: When plastic is heated it enters the food and causes various health issues, namely hormonal imbalances.

The Smart Ones:

Stainless Steel: It retains approximately 60 to 70 % nutrient content of the food which makes it a good choice. Avoid buying the stainless steel utensil that is polished with chromium or nickel as they cause health issues.

Use with copper bottom.

Clay Pots: They are considered ideal for healthy cooking. It helps in preservation of good amounts of nutrients. Therefore, they were used traditionally by our great grandmothers.

Con: It takes double the time to cook.

It can be used to make food and if that gets difficult, you can heat your milk, make your herbal teas in these pots.

Bronze: Using bronze utensils is also a good option. While buying it is very important to see that it doesn't contain high amounts of nickel and tin, finding the same is difficult so buy from a trusted source.

Cast Iron: Small amounts of iron leach while cooking food in a utensil made of cast iron is healthy for us.

***If you are battling with overload of iron in the body, avoid such utensils.**

Glass: Glass is a non-reactant, so it is the best to store different types of food. Swapping your plastic storage containers with glass containers is a smart move. Try to use stainless steel, clay pots, bronze, cast iron and glass the most when it comes to cooking and even storing your food.

