

A close-up photograph of a bride wearing a red sari with gold jewelry, including a large headpiece, a nose ring, and a necklace. The bride is looking down with a slight smile. The background is blurred.

Healthy Eating Guide for Indian Weddings

Starters



Low-Calorie Options to Have ✓

- Tandoori starters: Grilled chicken, paneer tikka, or fish tikka.
- Plain Dosa
- Cheela (besan or moong dal cheela).
- Salads: Fresh veggie salads, sprouts, or cucumber slices.
- Soups: Clear soups like tomato or lemon coriander soup (only if freshly prepared).

Starters



High-Calorie Foods to Avoid ❌

- Fried starters: Samosas, pakoras, spring rolls, cheese balls.
- Dahi Kabab
- Mushroom Duplex (fried and cream-filled).
- Cream-based soups or soups with butter and heavy cream.

Chaat Counter



Low-Calorie Options to Have ✓

- Fruit Chaat (without chutney or extra toppings).
- Bhel Puri (dry): Ask for no sev, chutney on the side, and extra veggies.
- Grilled Corn (Bhutta): Simple and healthy with lemon and spices.
- Neutral Options (in moderation)
- Golgappa (Pani Puri): Limited quantities with less meetha water and more spicy water.

Starters



High-Calorie Foods to Avoid ❌

- Aloo tikki chaat, raj kachori, or chaat with fried bases and heavy sauces.
- Pani puri with sweetened water or excessive tamarind chutney.

Main Course



Low-Calorie Options to Have ✓

- Dal-based dishes: Dal tadka, dal palak (ask for less oil).
- Vegetables: Stir-fried or roasted veggies like bhindi or baingan bharta.
- Grilled or baked options: Grilled chicken, fish, or plain paneer.

Main Course



High-Calorie Foods to Avoid ❌

- Creamy curries like butter chicken, shahi paneer, malai kofta, or korma-based gravies.
- Fried items: Stuffed parathas, puris, or kulchas.

Breads

Low-Calorie Breads to Have ✓

- Tandoori roti
- Phulka, or
- Plain chapati.



High-Calorie Breads to Avoid ✗

- Butter naan, garlic naan,
- Laccha paratha, or
- Stuffed kulchas.



Rice

Low-Calorie Rice to Have ✓

- Plain rice
- Jeera rice (limited portion).



High-Calorie Rice to Avoid ✗

- Biryani, fried rice,
- Pulao with ghee, or
- Creamy rice dishes.



Desserts



Low-Calorie Options to Have ✓

- Kheer (small portion).
- 1 Scoop of Ice Cream (prefer fruit flavors without extra toppings).
- Fresh fruits: Opt for fruit platters or salads.

Desserts



High-Calorie Foods to Avoid ❌

- Gulab jamun, jalebi, malpua, or laddoos.
- Cream-heavy desserts like rabri or heavily sugared halwa.

Alcohol



Low-Calorie Options to Have ✓

- Whiskey or Vodka with soda or water

Alcohol



High-Calorie Foods to Avoid ❌

- Beer: A single pint has ~150-200 calories.
- Wine: Red or white wine
- Cocktails: Mojitos, margaritas, or drinks with syrups and mixers.
- Hard liquors with cola or tonic water (hidden sugars!).

Pro Tips for a Balanced Plate

1. **Start with fiber-rich items:** Load up on salads and grilled starters first.
2. **Mind the portions:** Keep servings small, especially for high-calorie dishes.
3. **Hydrate:** Sip water to stay full and avoid overeating.
4. **Prioritize protein:** Focus on grilled proteins and fiber-rich options.
5. **Skip seconds:** Fill your plate once and avoid going back for more.
6. **Don't eat too late:** Eating late at weddings can lead to overeating and indigestion. Plan your meals to finish early.



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