



MINISTRY OF HEALTH MALAYSIA



# Healthy Eating During The Deepavali Festival

NUTRITION DIVISION  
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2012



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## Introduction

Every year, various religious and cultural festivals are celebrated by the Hindu community in Malaysia. One of the most popular among them is Deepavali. In the Sanskrit language, “Deepa” means “lights”, and “Vali” connotes “a row”. Thus, its literally meaning “a row of lights”. The festival usually falls during the month of Karthika according to the Hindu calendar (between November and December).

Deepavali is traditionally celebrated by performing the customary oil bath ritual, attending prayers at the temple, decorating homes with oil lamps and colourful art decorations (rangoli) in various hues and patterns. A sumptuous feast is also held for relatives and friends.

# Food preparation during Deepavali

Food preparation during Deepavali relies on the traditional choices of individual families. Some Hindu devotees prefer to eat vegetarian food on the auspicious day, while others do not seem to restrict their diet in that manner. Among the commonly eaten foods are *idli*, *thosai*, *idi appam* (string hoppers), *paal appam* (crepes with coconut milk topping), *biryani* rice, *sambhar* (lentil and vegetable soup) and curries prepared with chicken and mutton. Various snacks are also dished out including *muruku* (savoury spiral crackers), *achu muruku* (rose shaped crackers), *laddoo* (sweet chickpea balls), *jilebi* (spiral shaped sweets), *mysore pak* (sweet chickpea flour candy), *ghee urundai* (ghee balls), *kadalai urundai* (sesame and nut balls), *kesari* (semolina pudding) and *halwa* (wheat pudding).

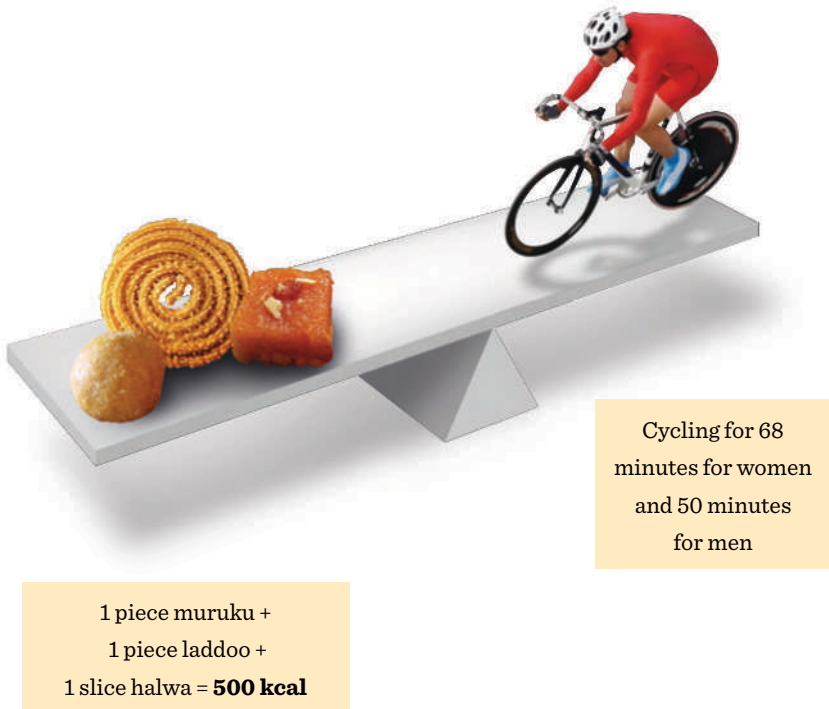
Foods that are prepared during Deepavali are usually high in fat and calories as it is a common practice to use a large amount of ghee and sugar in traditional dishes. For instance, the recipe for *biryani* rice calls for a lot of ghee in it while sweet confections such as *laddoo* are made irresistible by adding heaped tablespoons of sugar during its preparation.



Food Preparation During Deepavali

# Balance of Energy Intake and Expenditure

Uncontrolled food intake, especially during the festive season, can lead to weight gain. Thus, proper weight management is a concern that needs to be addressed during the festive season.





Therefore, we are encouraged to practice healthy eating according to the tips for healthy eating. This will help us enjoy the meal during the festive season without compromising our health.

The calorie intake recommendation based on the *Malaysian Dietary Guidelines* for a sedentary adult (aged 18-59) is as follow:

- a) Male adult

:

2000 kcal / day
- b). Female adult

:

1500 kcal / day

Example of daily calorie intake distribution for a sedentary adult:

Mealtimes	Calorie (kcal)	
	Male adult (2000 kcal)	Female adult (1500 kcal)
Breakfast	550	450
Morning tea break	200	100
Lunch	550	450
Afternoon tea break	200	100
Dinner	500	400

## 7 Tips for the Preparation of Healthy Meals during Deepavali



1. Reduce the use of ghee in traditional recipes by replacing it with vegetable oil.
2. Reduce the sugar content of traditional sweets such as laddoo and ghee urundai by using natural sweetening substances such as raisins, cherries or dried apricots.
3. Fried foods such as Pappadom and muruku can also be prepared without oil in a microwave oven.
4. Prepare meals in small serving sizes.
5. Remove the fat from mutton and skin from chicken before cooking.
6. Serve fresh fruits as dessert.
7. Reduce serving sweetened beverages and ensure that plain water is always available for guests.







## 7 Tips for Healthy Eating during Deepavali

1. Eat in small quantities or reduce the serving size of your meals.
2. Opt for low calorie foods such as idli instead of poori.
3. Limit the intake of fried foods such as muruku and sweets such as laddoo, ghee urundai or kadalai urundai.
4. Reduce the intake of carbonated drinks and fruit cordials.
5. Avoid the habit of drinking alcoholic beverages.
6. Choose fresh fruits as dessert.
7. Engage in regular physical activity.



# 7 Colours of Deepavali Dishes

- Limit to only **1** serving of fatty, oily or fried food at every meal.
- Take **2** servings of fruits daily.
- Take **3** servings of vegetables daily.
- Avoid eating **4** hours before sleep.
- Limit to **5** gram or one teaspoon of sugar in drinks, if necessary.
- Drink at least **6** - 8 glasses of water daily.
- Have physical activity, ideally **7** times a week.



Tables








# Calorie Content of Common Foods

The table below shows commonly eaten foods during Deepavali and their respective calorie content.

## Main Courses and Side Dishes






No.	Food	Image	Serving size (weight)	Calorie content (kcal)
1.	Ghee rice		2 scoops (150 g)	270
2.	Briyani rice		2 scoops (150 g)	270
3.	White rice		2 scoops (150 g)	200
4.	Ponggal rice		2 scoops (150 g)	165






No.	Food	Image	Serving size (weight)	Calorie content (kcal)
5.	Poori		1 piece (40 g)	105
6.	Idli		1 piece (75 g)	85
7.	Thosai		1 piece (80 g)	120
8.	Rava thosai		1 piece (80 g)	180
9.	Ragi thosai		1 piece (45 g)	85



No.	Food	Image	Serving size (weight)	Calorie content (kcal)
10.	Rava upma		1 tablespoon (20 g)	25
11.	Chapati		1 piece (50 g)	120
12.	Idiappam ( <i>puttu mayam</i> )		1 piece (50 g)	70
13.	Puttu		1 slice (70 g)	145
14.	Mutton curry		1 pieces (80 g)	135
	Gravy		1 tablespoon (10 g)	20





No.	Food	Image	Serving size (weight)	Calorie content (kcal)
15.	Chicken curry		1 piece (120 g)	290
	Gravy		1 tablespoon (10 g)	20
16.	Chicken peratal		1 piece (40 g)	70
17.	Pappadom		1 piece (5 g)	40
18.	Dalca curry		1 tablespoon (10 g)	10
19.	Sambhar (Lentil and vegetable soup)		1 tablespoon (10 g)	25





No.	Food	Image	Serving size (weight)	Calorie content (kcal)
20.	Vegetable pickles		1 tablespoon (10 g)	10
21.	Vegetables dhalca		1 tablespoon (15 g)	10
22.	Vegetables curry		1 tablespoon (15 g)	20
23.	Fruit salad		1 tablespoon (15 g)	15
24.	Vegetable salad		1 tablespoon (15 g)	10






No.	Food	Image	Serving size (weight)	Calorie content (kcal)
25.	Fried okra		1 tablespoon (15 g)	15
26.	Fried mix vegetables		1 tablespoon (15 g)	15
27.	Fried cabbage with carrot		1 tablespoon (15 g)	10
28.	Fried string bean indian style		1 tablespoon (15 g)	20
29.	Stir fried bitter gourd with tumeric		1 tablespoon (15 g)	10

No.	Food	Image	Serving size (weight)	Calorie content (kcal)
30.	Coconut chutney		1 tablespoon (10 g)	15
31.	Rasam		1 small bowl (50 g)	25

## Snacks






No.	Food	Image	Serving size (weight)	Calorie content (kcal)
1.	<i>Ulunthu vadai</i>		1 piece (40 g)	165
2.	<i>Masala vadai</i>		1 piece (30 g)	100

No.	Food	Image	Serving size (weight)	Calorie content (kcal)
3.	Vegetables Samosa		1 piece (40 g)	120
4.	<i>Laddoo</i>		1 piece (40 g)	180
5.	<i>Ghee urundai</i>		1 piece (10 g)	50
6.	<i>Muruku</i>		1 piece (20 g)	120
7.	Mixed muruku		1 tablespoon (10 g)	50


No.	Food	Image	Serving size (weight)	Calorie content (kcal)
8.	<i>Ribbon pakoda</i>		5 pieces (10 g)	30
9.	Peas		1 tablespoon (10 g)	35
10.	<i>Fava Beans</i>		1 tablespoon (10 g)	35
11.	Peanuts		1 tablespoon (10 g)	40
12.	<i>Kesari</i>		1 slice (40 g)	110





No.	Food	Image	Serving size (weight)	Calorie content (kcal)
13.	<i>Halwa</i>		1 slice (40 g)	200
14.	<i>Kadalai urundai</i>		1 piece (10 g)	50
15.	<i>Paal kova</i>		1 slice (40 g)	40
16.	<i>Jilebi</i>		1 piece (20 g)	40
17.	<i>Adhirasam</i>		1 piece (20 g)	90

No.	Food	Image	Serving size (weight)	Calorie content (kcal)
18.	<i>Omapodi</i>		1 piece (10 g)	40
19.	<i>Pakoda</i>		1 piece (40 g)	280
20.	<i>Rawa ladoo</i>		1 piece (40 g)	180
21.	Coconut candy		1 slice (20 g)	75
22.	Bitter gourd chips		3 pieces (10 g)	10

No.	Food	Image	Serving size (weight)	Calorie content (kcal)
23.	Potato chips		3 pieces (10 g)	50
24.	<i>Masala peanuts</i>		1 tablespoon (10 g)	50
25.	Fruit cake		1 slice (40 g)	130
26.	<i>Ghulab jamun</i>		1 piece (60 g)	180
27.	<i>Mysore Pak</i>		1 slice (90 g)	345

No.	Food	Image	Serving size (weight)	Calorie content (kcal)
28.	<i>Paal appam</i>		1 piece (80 g)	60

## Beverages

No.	Type of beverage	Image	Serving size (weight)	Calorie content (kcal)
1.	Plain water		1 glass (250 ml)	0
2.	Fruit cordial		1 glass (250 ml)	40

No.	Type of beverage	Image	Serving size (weight)	Calorie content (kcal)
3.	Carbonated beverage		1 can (325 ml)	170
4.	<i>Teh tarik</i>		1 glass (250 ml)	125
5.	Ginger tea		1 cup (200 ml)	25
6.	<i>Lassi</i>		1 glass (250 ml)	100

# Types of Food and Calories Burned during Physical Activities

## Main Courses and Side Dishes

Type of Food	Calorie (kcal)	Duration of Activity (minutes)											
		Slow Walking		Brisk Walking		Running		Bicycling		Swimming		Aerobic	
		Female	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female	Male
<b>Ghee rice</b> 2 scoops (150 g)	270	148	108	78	57	37	27	37	27	49	36	45	33
<b>Biryani rice</b> 2 scoops (150 g)	270	148	108	78	57	37	27	37	27	49	36	45	33
<b>White rice</b> 2 scoops (150 g)	200	109	80	57	42	27	20	27	20	36	27	34	25
<b>Ponggal rice</b> 2 scoops (150 g)	165	90	66	47	35	23	17	23	17	30	22	28	20
<b>Poori</b> 1 piece (40 g)	105	58	42	30	22	14	11	14	11	19	14	18	13
<b>Idli</b> 1 piece (75 g)	85	46	34	24	18	12	9	12	9	15	11	14	10
<b>Thosai</b> 1 piece (80 g)	120	66	48	34	25	16	12	16	12	22	16	20	15
<b>Rava thosai</b> 1 piece (80 g)	180	99	73	52	38	25	18	25	18	33	24	31	22
<b>Ragi thosai</b> 1 piece (45 g)	85	48	35	25	18	12	9	12	9	16	12	15	11
<b>Rava upma</b> 1 tablespoon (20 g)	25	14	10	7	5	3	3	3	3	5	3	4	3
<b>Chapati</b> 1 piece (50 g)	120	66	48	34	25	16	12	16	12	22	16	20	15
<b>Idiappam (puttu mayam)</b> 1 piece (50 g)	70	38	28	20	15	10	7	10	7	13	9	12	9
<b>Puttu</b> 1 slice (70 g)	145	79	58	42	31	20	15	20	15	26	19	24	18
<b>Mutton curry</b> 2 pieces (80 g)	135	74	54	39	28	18	14	18	14	25	18	23	17
<b>Gravy</b> 1 tablespoon (10 g)	20	11	8	6	4	3	2	3	2	4	3	3	2
<b>Chicken curry</b> 1 piece (120 g)	290	158	116	83	61	40	29	40	29	53	39	49	36
<b>Gravy</b> 1 tablespoon (10 g)	20	11	8	6	4	3	2	3	2	4	3	3	2



Type of Food	Calorie (kcal)	Duration of Activity (minutes)											
		Slow Walking		Brisk Walking		Running		Bicycling		Swimming		Aerobic	
		Female	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female	Male
Chicken peratal 1 piece (40 g)	70	38	28	20	15	10	7	10	7	13	9	12	9
Pappadom 1 piece (5 g)	40	22	16	11	8	5	4	5	4	7	5	7	5
Dalca curry 1 tablespoon (10 g)	10	5	4	3	2	1	1	1	1	2	1	2	1
Sambhar (Lentil and Vegetable Soup) 1 tablespoon (10 g)	25	14	10	7	5	3	3	3	3	5	3	4	3
Vegetable pickles 1 tablespoon (10 g)	10	5	4	3	2	1	1	1	1	2	1	2	1
Vegetables dhalca 1 tablespoon (15 g)	10	5	4	3	2	1	1	1	1	2	1	2	1
Vegetables curry 1 tablespoon (15 g)	15	8	6	4	3	2	2	2	2	3	2	3	2
Fruit salad 1 tablespoon (15 g)	20	11	8	6	4	3	2	3	2	4	3	3	2
Vegetable salad 1 tablespoon (15 g)	10	5	4	3	2	1	1	1	1	2	1	2	1
Fried okra 1 tablespoon (15 g)	15	8	6	4	3	2	2	2	2	3	2	3	2
Fried mix vegetables 1 tablespoon (15 g)	15	8	6	4	3	2	2	2	2	3	2	3	2
Fried cabbage with carrot 1 tablespoon (15 g)	10	5	4	3	2	1	1	1	1	2	1	2	1
Fried string bean indian style 1 tablespoon (15 g)	20	11	8	6	4	3	2	3	2	4	3	3	2
Stir fried bitter gourd with tumeric 1 tablespoon (15 g)	10	5	4	3	2	1	1	1	1	2	1	2	1
Coconut Chutney 1 tablespoon (10 g)	15	8	6	4	3	2	2	2	2	3	2	3	2
Rasam 1 small bowl (50 g)	25	14	10	7	5	3	3	3	3	5	3	4	3

Reference weight for women is the 55kg and men is the 75kg.

## Types of Food and Calories Burned during Physical Activities

### Snacks

Type of Food	Calorie (kcal)	Duration of Activity (minutes)											
		Slow Walking		Brisk Walking		Running		Bicycling		Swimming		Aerobic	
		Female	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female	Male
<b>Ulunthu vadai</b> 1 piece (40 g)	165	91	67	48	35	23	17	23	17	30	22	28	21
<b>Masala vadai</b> 1 piece (30 g)	100	55	40	29	21	14	10	14	10	18	13	17	12
<b>Vegetable Samosa</b> 1 piece (40 g)	120	66	48	34	25	16	12	16	12	22	16	20	15
<b>Laddoo</b> 1 piece (40 g)	180	98	72	52	38	25	18	25	18	33	24	30	22
<b>Ghee urundai</b> 1 piece (10 g)	50	27	20	14	11	7	5	7	5	9	7	8	6
<b>Muruku</b> 1 piece (20 g)	120	66	48	34	25	16	12	16	12	22	16	20	15
<b>Mixed muruku</b> 1 tablespoon (10 g)	50	27	20	14	11	7	5	7	5	9	7	8	6
<b>Ribbon pakoda</b> 5 pieces (10 g)	30	16	12	9	6	4	3	4	3	5	4	5	4
<b>Peas</b> 1 tablespoon (10 g)	45	25	18	13	9	6	5	6	5	8	6	8	6
<b>Fava Beans</b> 1 tablespoon (10 g)	35	19	14	10	7	5	4	5	4	6	5	6	4
<b>Peanuts</b> 1 tablespoon (10 g)	40	22	16	11	8	5	4	5	4	7	5	7	5
<b>Kesari</b> 1 slice (40 g)	110	60	44	32	23	15	11	15	11	20	15	18	14
<b>Halwa</b> 1 slice (40 g)	200	109	80	57	42	27	20	27	20	36	27	34	25
<b>Kadalai urundai</b> 1 piece (10 g)	50	27	20	14	11	7	5	7	5	9	7	8	6

Type of Food	Calorie (kcal)	Duration of Activity (minutes)											
		Slow Walking		Brisk Walking		Running		Bicycling		Swimming		Aerobic	
		Female	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female	Male
<b>Paal kova</b> 1 slice (40 g)	40	22	16	11	8	5	4	5	4	7	5	7	5
<b>Jilebi</b> 1 piece (20 g)	40	22	16	11	8	5	4	5	4	7	5	7	5
<b>Adhirasam</b> 1 piece (20 g)	90	49	36	26	19	12	9	12	9	16	12	15	11
<b>Omapodi</b> 1 piece (10 g)	40	22	16	11	8	5	4	5	4	7	5	7	5
<b>Pakoda</b> 1 piece (40 g)	280	153	112	80	59	38	28	38	28	51	37	47	34
<b>Rawa laddoo</b> 1 piece (40 g)	180	98	72	52	38	25	18	25	18	33	24	30	22
<b>Coconut candy</b> 1 slice (20 g)	75	41	30	22	16	10	8	10	8	14	10	13	9
<b>Bitter gourd chips</b> 3 pieces (10 g)	10	5	4	3	2	1	1	1	1	2	1	2	1
<b>Potato chips</b> 3 pieces (10 g)	50	27	20	14	11	7	5	7	5	9	7	8	6
<b>Masala peanuts</b> 1 tablespoon (10 g)	50	27	20	14	11	7	5	7	5	9	7	8	6
<b>Fruit cake</b> 1 slice (40 g)	130	71	52	37	27	18	13	18	13	24	17	22	16
<b>Ghulab jamun</b> 1 piece (60 g)	180	98	72	52	38	25	18	25	18	33	24	30	22
<b>Mysore pak</b> 1 slice (90 g)	345	189	138	99	73	47	35	47	35	63	46	58	42
<b>Paal appam</b> 1 piece (80 g)	60	33	24	17	13	8	6	8	6	11	8	10	7

Reference weight for women is the 55kg and men is the 75kg.

# Types of Food and Calories Burned during Physical Activities

## Beverages

Type of Beverages	Calorie (kcal)	Duration of Activity (minutes)											
		Slow Walking		Brisk Walking		Running		Bicycling		Swimming		Aerobic	
		Female	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female	Male
<b>Plain water</b> 1 glass (250 ml)	0	0	0	0	0	0	0	0	0	0	0	0	0
<b>Fruit cordial</b> 1 glass (250 ml)	40	22	16	11	8	5	4	5	4	7	5	7	5
<b>Carbonated beverage</b> 1 can (325 ml)	170	93	68	49	36	23	17	23	17	31	23	29	21
<b>Teh tarik</b> 1 glass (250 ml)	125	68	50	36	26	17	13	17	13	23	17	21	15
<b>Ginger tea</b> 1 cup (200 ml)	25	14	10	7	5	3	3	3	3	5	3	4	3
<b>Lassi</b> 1 glass (250 ml)	100	55	40	29	21	14	10	14	10	18	13	17	12

Reference weight for women is the 55kg and men is the 75kg.





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