

# How To Make Roti

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## [MOBI] How To Make Roti

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### How To Make Roti

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#### **ODH HolidayPages V2**

Try your hand at making Sel-Roti, a sweet, doughnut-like fried treat Make special garlands, malas, with real flowers or crepe paper 03 During this Nepali festival, homes are decorated with lights and garlands, and people celebrate with singing and dancing and lighting oil lamps called diyas

#### **Glycemic Index Food Guide - Diabetes Canada**

Make fruits and milk part of your meal plate (Figure 1) These foods often have a low GI and make a healthy dessert Try lower GI grains, such as barley and bulgur Pulses can be grains and starches or meat and alternatives Swap half of your higher GI starch food ...

#### **Eating After Your Ileostomy - University Health Network**

bread, roti • English muffins • Biscuits, plain or saltine crackers • Waffles, pancakes • Ready-to-eat cereals that do not contain coarse grains, bran, dried fruit, nuts or seeds: Rice Krispies Corn Flakes Cheerios Crispix Special K • Oatmeal, cream of wheat • White ...

#### **Starting Solid Foods: Around 6 Months**

quinoa, roti and toast strips when baby is ready for those textures Offer plain yogurt (25% milk fat or higher) Plain yogurt can be sweetened by adding fruit Offer cheeses like cheddar or cottage cheese 325% milk can be introduced at 9-12 months Meat and Alternatives provide iron Examples of meat are beef, chicken, fish without bones

**Fibre Facts - Alberta Health Services**

pita, roti, naan, whole wheat, ½ popcorn, air-popped, 2 cups (500 mL) wheat bran, natural, 2 Tbsp (30 mL) wheat germ, 2 Tbsp (30 mL) whole grains: barley, bulgur, brown rice (medium grain) buckwheat, quinoa, whole grain pasta, cooked, ½ cup (125 mL) Protein foods beans or lentils,