

By Dietitian Foram | MakesYouEat By Dietitian Foram



## About the author :

**Dt. Foram Modi** is a renowned Clinical Dietitian and PCOD Expert based in Mumbai, with over 12 years of experience. She has helped 5,000+ women reverse PCOD, conceive naturally, and lose weight through her RCC framework with a science-backed, doable, results-oriented diet plan.

Foram's brand journey began as *SlimPossible*, then *FMNutritionist*, and today it is known as *MakesYouEat*. [LinkedIn](#)

Her approach combines medical nutrition therapy with real-life habit coaching for lasting results. [Instagram](#)

She specializes in PCOD reversal,

fertility nutrition, and holistic weight management for busy women. Find her at [www.makesyou.com](http://www.makesyou.com). Having reversed her own PCOD naturally, she empowers women to heal without harsh medications. Foram holds advanced degrees in Clinical Nutrition and multiple specialized certifications in healthcare, fertility nutrition, and lifestyle disease management. She's built a loyal community by sharing expert insights and personal stories. Learn more or book a consult at [www.makesyoueat.com](http://www.makesyoueat.com).


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## Healthy Street Food Swap Sheet

### Smart Swaps for Desi Cravings (Without Guilt!)


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#### 1. Pani Puri / Golgappa

 Swap with: *Baked or suji puris + mint-jeera infused water + boiled kala chana & cucumber*


 *Why:* Less oil, improved digestion, blood sugar-friendly

#### 2. Pav Bhaji

 Swap with: *Multigrain toast or whole wheat pav + bhaji made in less butter/ghee*

 *Why:* More fiber, better fats, keeps cholesterol in check


#### 3. Vada Pav

 Swap with: *Baked aloo tikki in a whole wheat bun + green chutney*

 *Why:* Lower in fat, higher in fiber, better satiety


#### 4. Chole Bhature

 Swap with: *Chole + jowar roti or brown rice or moong chilla*

 *Why:* Avoids deep-frying, lighter on stomach, supports weight loss


#### 5. Samosa

 Swap with: *Baked samosa with sweet potato or sprouts filling*

 *Why:* Less fat, more nutrients, easier on digestion

#### 6. Dabeli

 Swap with: *Whole wheat pav + sweet potato + sprouts + date chutney*


 *Why:* High protein, low GI, nutrient-dense

#### 7. Chinese Street-Style Noodles

 Swap with: *Whole wheat or millet noodles stir-fried with veggies & tofu*

 *Why:* Avoids refined flour, MSG & excess oil

#### 8. Frankie / Roll

 Swap with: *Whole wheat wrap filled with grilled paneer, veggies, hummus*


 *Why:* Balanced macros, rich in fiber and protein


## 9. Bread Pakora

 Swap with: *Grilled paneer or veggie sandwich* using multigrain bread

 *Why:* Less oil, more fiber, good for PCOD and energy levels


## 10. Tikki Chaat / Ragda Pattice

 Swap with: *Shallow-fried or baked tikkis + boiled kala chana + chutneys*


 *Why:* Lower fat, higher protein, still super satisfying

## 11. Dahi Puri

 Swap with: *Baked puris + low-fat curd + sprouts + coriander chutney*

 *Why:* Probiotic boost, less oil, good for gut


## 12. Bhel Puri / Sev Puri

 Swap with: *Roasted murmura + chana + veggies + lemon + homemade chutney*

 *Why:* Light, crunchy, lower in sodium and trans fats


## 13. Kachori

 Swap with: *Baked moong dal kachori or masoor chilla*

 *Why:* Skips frying, adds protein and fiber

## 14. Tandoori Momos / Fried Momos

 Swap with: *Steamed whole wheat momos* with veggie or tofu filling

 *Why:* Better digestion, less oil, hormone-friendly

## 15. Ice Gola / Chuski

 Swap with: *Frozen watermelon/lime popsicles or fruit ice cubes*

 *Why:* No artificial sugar/colors, hydrating, good for skin

## 16. Kathi Rolls (maida base)

 Swap with: *Ragi or multigrain roti rolls + lean protein filling*



 *Why:* Lower GI, reduces cravings, helps in insulin balance

## 17. Masala Corn (butter-loaded)



 Swap with: *Boiled sweet corn + lemon + chaat masala + flaxseed powder*

 *Why:* Healthy fats, crunchy fiber, hormone-balancing



## 18. Bhutta (corn with butter/salt)

-  Swap with: *Grilled bhutta with lemon + paprika + rock salt*
-  *Why:* No butter, high fiber, helps reduce belly fat

## 19. Jalebi / Imarti

-  Swap with: *Baked besan laddoo or date-coconut balls*
-  *Why:* Natural sweetness, supports energy without spike-crash

## 20. Kulfi / Ice Cream

-  Swap with: *Homemade banana-chikoo frozen pops or almond milk kulfi*
-  *Why:* Dairy-free option, lower sugar, anti-inflammatory