

R HealthBeat

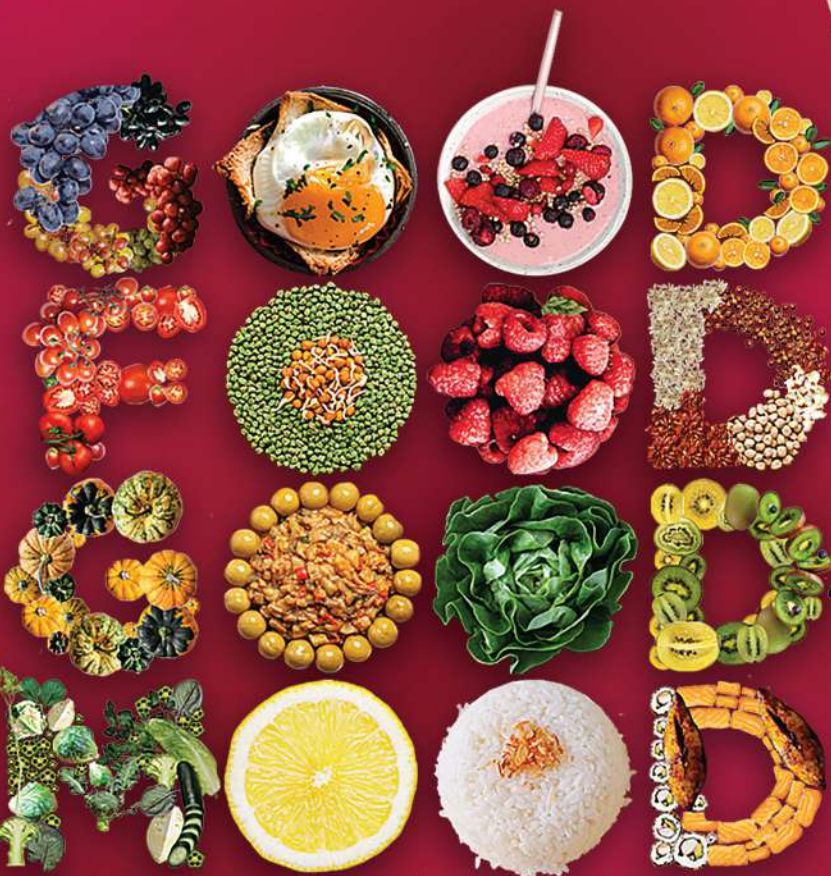
Quarterly Health Magazine Vol.31, November 2022.

**Nutrition rules
that will
fuel your
workout**

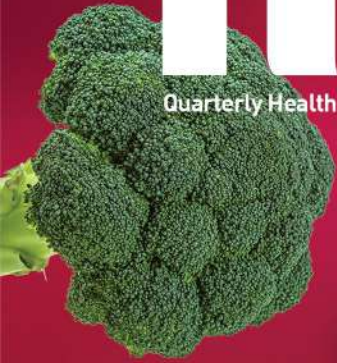
**Grill your
way to a
Healthier
Lifestyle**

**What Is Bento?
Breaking
Down the
Bento Box**

**10 ways
technology
is changing
our food**



**Breaking down the role nutrition plays in
boosting moods & maintaining a healthy lifestyle**



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DEAR READERS,



Most of us DO know what healthy eating is all about: Less fried food, less sugar & more vegetables & fruits. When it comes to having good nutrition, however, too many of us need to un-learn & refresh our knowledge on the full benefits of good nourishment & ways to achieve it.

Our theme of the 31st edition revolves around the nutritional aspect & choices for a healthy lifestyle. It doesn't matter which age group you belong to - what you eat daily plays a pivotal role in your well-being. Making mindful choices in your daily diet is the key to staying healthy. Our current edition features expert insights on realistic and achievable aspects of healthy eating without being overly complicated.

An ancient proverb from the books of Indian Ayurveda says, "When diet is wrong, medicine is of no use. When diet is correct, medicine is of no need." So in Ayurveda, apart from "Aushadhi" (medicine), a significant value is given to the "Pathya", which means diet, to be conducive to a healthy



body and mind & means to cure diseases. Even Hippocrates, the famous Ancient Greek physician said- "Let food be thy medicine; thy medicine shall be thy food." So let's deduce the importance of prioritizing food & diet in an individual's health plan to prevent or reverse a disease state.

Are you aware that the material of utensils we choose for cooking has a considerable influence towards the taste & nutritional value of your meal? Read about the benefits of clay pot cooking or goodness in grilled foods, which enhances the taste and nutritional value of the food.

Do you know that sleep deprivation may hamper your weight control? Let's understand how inadequate sleep may result in gaining extra pounds.

What's the difference between Heart attack & Cardiac arrest? Our specialist will answer this question in the "Ask the Doctor" section.

How do you justify travelling to distant corners of the country? But, if you're a food lover, there is more of a reason to do so. We have penned down the best getaways in India known for their cuisine

As we embark on a new juncture with hope, ambition & optimism, I want to remind all of us that, Health is the thing that makes one feel that now is the best time of the year. Thank you all for your continued support & I hope you will enjoy reading this issue.

I wish you the best of Health, always!



Warm regards,

RAKESH
JAIN CEO
EDITOR-IN-CHIEF



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TESTIMONIAL

"RHealth Beat is a very good Magazine from RGI which provides more insights on Health & Wellness. The contents are very relevant to the current scenario and it really blends with the relation between Human & Environment. I appreciate the people who work behind this magazine and wish you all success in creating the future editions."

Mr. Sarath P

Senior Analyst- Meredith India



"RHealth Beat is a delightful read covering the entire spectrum of Health & Wellness. The choice of the theme related content is superb & is relevant to the people today. I appreciate the team for their efforts & wish them the best."

Mr. Abhay Tomar

HR - Jindal SAW



"RHealth Beat is very informative & it gives insight to the current topics which are discussed by every citizen who cares about planet Earth and health and concerned about sustainable living in all aspects of life. We appreciate your efforts."

Mr. Rahul Deo

*Head Human Resources
Adient India Pvt Ltd.*





SNOOZE MORE, EAT LESS? SLEEP DEPRIVATION MAY HAMPER WEIGHT CONTROL

Weight loss used to be considered an easy calculation: Move more & eat less to formulate a calorie deficit. Currently, basic distinctions between individuals - Body, Weight, Health conditions & Genetics - are well known to cause challenges in losing weight. A study of 80 obese individuals showed how integral sleep or lack of sleep - is to people's inclination to put on extra weight.

SLEEP SHORTFALLS CONNECTED TO CHRONIC ILLNESSES

Studies suggest that individuals who have insufficient sleep will yearn for higher-calorie foods.

Approximately a third of Americans lack the recommended amount of sleep each night, i.e. 7 to 9 hours. This shortfall gets connected to multiple chronic illnesses such as heart disease, blood pressure, obesity & diabetes. Sleep is one of the many lifestyle medicine pillars - a list that comprises nutritious eating, exercise, social connection, & stress reduction. Most people concentrate on diet & exercise when it comes to healthy living & weight management practices, but very few emphasize on sleep.

TRACKING

WEIGHT, CALORIES & SLEEP CYCLES

A study conducted on people ranging from age group 2 to 40 years with BMI that went up from 25 to 229.9. The participants routinely rested or slept for not more than 6.5 hours every night. During the first 2 weeks, the entire participants maintained typical sleep patterns. During the second two weeks, all participants got randomly divided into two groups. Targeting to lengthen the sleep duration to 8.5 hours, a single group got individualized counselling highlighting ways to change sleep-busting aspects related to pets, children, & partners. The advice was not generalized but explicit to the individual followed by a consultation with more counselling. The other group however continued with their normal sleep habits.

BALANCING

APPETITE REGULATING HORMONES

It was discovered that participants who attained sleep hygiene, counselling, & rested well for over an hour longer every night while continuing their earlier sleep habits, consumed about 270 lesser calories & lost approximately a pound in comparison to the control group participants.

The discoveries are exciting since they disclose counselling & education power on behaviour change. Considerable extra sleep duration can assist us to feel like we're thriving instead of merely surviving.

But how does additional sleep matter? Sleep time has long been connected to appetite-regulating hormones produced by the body; inadequate sleep gets linked with higher **ghrelin** hormones that increase appetite along with lower **leptin** levels which contribute to having a less full feeling. This sets you to gain extra weight.

We will feel more energized, alert, & joyful with some extra sleep. This results in more activity, & not necessarily exercise.

TAKEAWAYS TO

IMPROVE SLEEP

- Keep a sleep log.
- Monitor sleep time with smart watches.
- Evaluate bedtime routines to tweak factors influencing sleep duration.
- Limit using electronic devices at least an hour before bed.



WHAT IS FUNCTIONAL NUTRITION?

*Our expert
shares insights*



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Interventional Cardiologist

Expert - Diet in Cardiovascular Health and Diseases

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Functional nutrition, as a foundation of functional medicine, is a type of dietetics that is concerned with optimal physiological functioning of your cells. When your cells are nourished with the right foods, the root causes of your symptoms are addressed.

In this way, functional medicine follows a systems approach to healthcare that takes into consideration how interrelated every part of the body is. This strategy seeks to look at the big picture of health by restoring physiological functioning.

BENEFITS OF FUNCTIONAL NUTRITION

1. Sees the body as interconnected rather than as separate parts.
2. Identifies imbalances rather than diseases.
3. Deals with the root cause of health problems and not just the symptoms.
4. Helps prevent disease rather than waiting for it to turn up.
5. Views health as optimal wellness rather than the absence of disease.
6. Is holistic rather than reductionist.
7. Is systemic, not specialized in different parts of the body.

HOW DOES FUNCTIONAL NUTRITION WORK?

Functional nutrition, as a prevention-oriented approach to your healthcare, concentrates on finding and fixing root causes of your symptoms through proper nutrition.

Traditional healthcare typically treats patients who are complaining of multiple symptoms in a way that addresses each symptom independently. Functional nutrition, on the other hand, seeks to determine if the multiple symptoms can be attributed to a single root cause, and addresses that root cause through proper cellular nourishing.

Individuals vary as to the imbalances that maybe occurring within their individual systems. Functional medicine and functional nutrition strive to recognize the best approach for the individual. Such imbalances can include the following:

1. Inflammation
2. Hormones
3. Digestive and microbial factors
4. Varying levels and types of toxicity

THESE CAN LEAD TO CHRONIC DISEASES SUCH AS:



Arthritis



Obesity



Cancer



Diabetes



Heart disease



Auto-immune diseases

Functional nutrition seeks to identify underlying factors such as imbalances and improper diets and rebuild or repair them with the biochemical and metabolic benefits of proper nutrition.

THE FUNCTIONAL NUTRITION PROCESS

In most cases, a functional nutrition approach requires dietitians to follow a sequence of steps to determine what dietary changes their client will best benefit from. While these steps tend to vary significantly, they usually include the following:

1. Comprehensive evaluation of previous medical history
2. Review of organ systems
3. Review of medication & supplement history
4. Review of current diet and lifestyle habits
5. Review of previous medical testing and results
6. Nutrient test to gauge potential deficiencies.

WHAT ARE THE PRINCIPLES OF FUNCTIONAL NUTRITION?

Functional nutrition...

1. Takes into account a person's environment, genetics, & lifestyle when determining solutions that are nutrition-based.
2. Formulates solutions from the perspective that health & disease exist on a continuum.
3. Connects system imbalances with a disease's root cause.
4. It is an important part of integrative, collaborative Functional medicine.

From these results, the functional nutrition specialist works to develop a customized program that targets the cause of these health problems. Program options might include suggestions for eliminating processed foods or entire food groups like gluten or dairy. Sometimes it is recommended to take a supplement to improve digestion or encourage the establishment of beneficial bacteria. Other times they will teach their patients how to control lifestyle factors, like learning how to handle stress or better manage their nervous system impulses.

WHY DO WE NEED FUNCTIONAL NUTRITION?

1. **The prevalence of complex, chronic diseases are escalating globally**, from heart disease & diabetes to irritable bowel syndrome, chronic fatigue, fibromyalgia, mental illness, rheumatoid arthritis, and other autoimmune disorders.
2. **The current healthcare system fails to take into account the unique genetic makeup of each individual or the ability of food, toxins, & other environmental factors to influence gene expression.** The interaction between genes & environmental factors is a critical component in the development of chronic disease and plays a central role in the Functional Nutrition approach.
3. **Chronic diseases are diet & lifestyle-related diseases and require dietary and lifestyle solutions.** A major strength of functional nutrition is its focus on the molecular mechanisms that underlie disease, providing the basis for targeted, innovative solutions that can restore health.

EATING RIGHT - THE GANDHIAN WAY



*“The body was never meant to be treated as a refuse bin,
holding all the foods that the palate demands”*





Practice what you preach, they say. Mahatma Gandhi was one person who embodied this thought. His lifestyle was simplistic & his thoughts highly intellectual. Fondly remembered as the **"Father of the Nation"**, Mahatma Gandhi is not just a legacy caged in museums; he lives on in his teachings, in his Gandhian philosophy.

In every way, his life was a personification of his thoughts & his beliefs. Like all other aspects of his life, he also believed that food should be simple & earthy. It was not merely a means to satisfy hunger; instead, he viewed food as an essential ingredient that shaped human consciousness.

A lawyer by academic background, he wrote a number of books in his lifetime. A few of these also included books related to food & health like '*Diet & Diet reforms*', '*The moral basis of Vegetarianism*', & '*Key to Health*'. He followed a simple lifestyle but experimented with various diets before he narrowed down his preferences.

The range of his experiments in the arena of diets was tremendously varied, including facets like the kind of vessels & the quantity of water required for cooking, various ways of making bread etc. His interest in the use of orange peels for preparing *jams* & *murabbas* was quite in tune with the way we think about sustainable diets today.

The regimen of eating only two meals a day within a restricted window of time, which is a variant of the recent trend called *Intermittent Fasting*, is actually something that he advocated all along.

Many chronic diseases that are prevalent today are the result of over-eating or excessive consumption. While addressing the London Vegetarian society in 1931, he explained that only choosing a certain diet does not give us the license to overeat. He emphasised the benefits of eating sparingly of what our body actually requires.

As a practising vegetarian, he urged people to look beyond the physiological dimension & to engage with the moral implications of *vegetarianism*. He believed that vegetarianism built the spirit & not just the body.

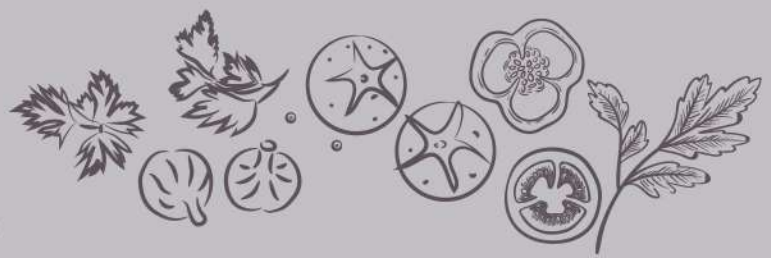
His interest in *Therapeutic nutrition* is also quite fascinating. He was forever working on foods to make them better suited & tailored to those recovering from an illness.

Even though he underwent many fasts, some that extended over multiple days, he advocated the need to eat healthy & nutritious food to keep active. He had a healthy appetite & when on the move, favoured a snack of plantains with groundnut paste.

Taking a cue from his books, it may be inferred that he followed a disciplined dietary regime. Brown rice was his preferred staple with Dal & local vegetables. He drank goat's milk; & was a great believer of the fact that one should consume seasonal produce & eat raw fruits & vegetables to maximize their nutritional benefits. As a sweetener, he preferred *jaggery* over refined sugar.

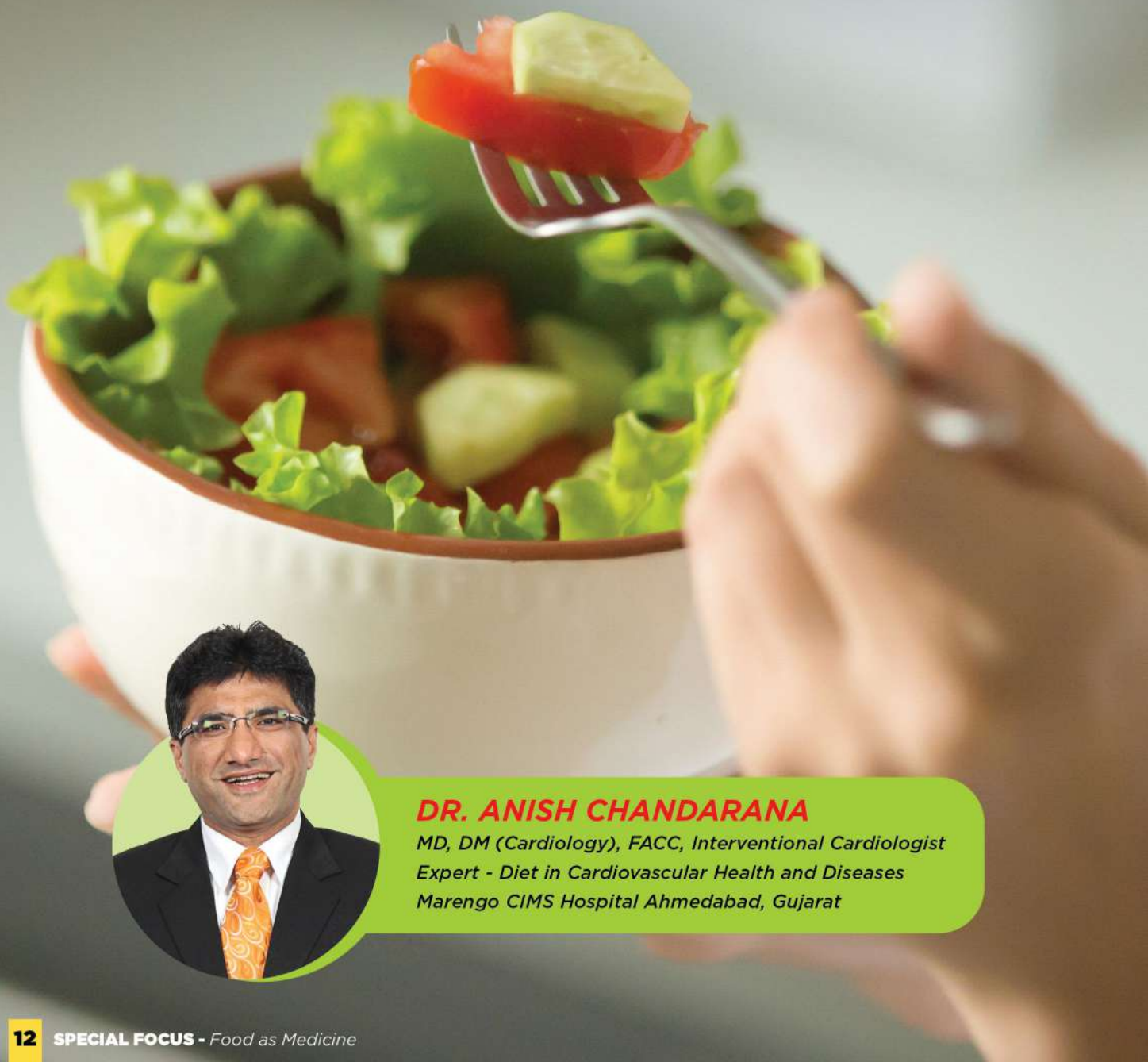
The next item on his diet - Lemon. It's a rich source of vitamin C & contains minerals like calcium, phosphorus, and magnesium. Due to its anti-oxidant properties, it serves as a great anti ageing remedy & also helps heart patients.

The Gandhian diet is simple, nutritious, & balanced. It contains no preservatives & artificial flavours. It contained all the necessary nutrients, & was easily digestible. The diet was based on the principle of satyagraha. He promoted the belief that the body & mind are inseparable, & that food is a powerful medium of expression.



FOOD AS MEDICINE

"Let medicine be thy food & let food be thy medicine." — Hippocrates



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Good nutrition and what you put into your body is the foundation for good health. “Food is Medicine” is a term which was originally coined by Hippocrates, the father of Western medicine; it was his belief that eating wholesome food is the basis for good health. Hippocrates said almost 2500 years ago “Leave your drugs in the chemist’s pot if you can heal the patient with food.”

There is no single definition of the “food as medicine” concept, but it generally refers to prioritizing food and diet in an individual’s health plan, with the goal of preventing, reducing symptoms of, or reversing a disease state.

It is focused on an increased consumption of a variety of whole, minimally-processed plant-based foods, and limited intakes of highly processed foods rich in added sugar, oil, & salt.

Foods that proponents claim have medicinal properties, often due to supposed high levels of a particular micronutrient or *biomolecule*—sometimes referred to as *functional foods*—are of particular interest by people who consider food as medicine.

These include a variety of herbs & spices, legumes, nuts and seeds, whole grains, fruits & vegetables.

The “food as medicine” approach to health management challenges the construct of conventional medicine, which relies primarily on technological medical advancements to manage health and disease with pharmaceutical drugs.

HOW FOOD NOURISHES & PROTECTS YOUR BODY

1. Many nutrients in food promote health & protect your body from diseases.
2. Eating whole, nutritious foods is important because their unique substances work synergistically to create an effect that can’t be replicated by taking a supplement.

WHAT TO EAT?



1. Think of **food as medication**. It is the single most thing you can control when it comes to your health. For most patients eating properly is more important than any medication your doctor will prescribe.
2. Eat whole foods as nature made them without artificial additives & preservatives.
3. Eat **vegetables & fresh fruits**, whole grains (wheat, oatmeal, quinoa), & legumes (beans, chickpeas, lentils). Vegetables are a great source of protein & good carbohydrates; they have little if any fat. They are also a good source of dietary fiber and you need 35 grams of fiber daily. In addition, fiber has been reported to reduce the risk of colon cancer,

obesity, cardiovascular disease, & Diabetes. Both fruits & vegetables contain many phytochemicals (micronutrients that can reduce the risk of cancer). Eat whole fruit rather than drinking fruit juice or fruit canned in syrup.

4. Vegetables & fruit are much less calorie-dense than meat and dairy products.
5. Carbohydrates typically make up a large percentage of our daily caloric intake. Eat carbohydrates found in fresh and cooked vegetables, nuts, legumes, raw fruits, and **whole-grains**.
6. **Fiber** is a critical nutrient that is severely deficient in most diets - 97% do not meet the recommended goal of 31.5 gms per day. Fiber improves stool bulk & promotes regular bowel movements. In addition, fiber has been reported to reduce the risk of colon cancer, obesity, cardiovascular disease, and diabetes. It is important to note that meat, dairy products, and eggs have no fiber. Good sources of fiber include:
 - Green leafy vegetables
 - Whole grains
 - Legumes
 - Certain fruits

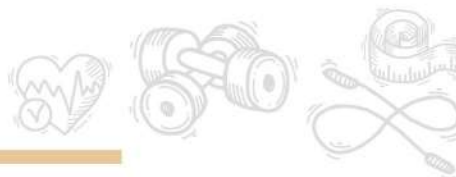


WHAT TO LIMIT?



1. **Limit processed meats**, like salami, hot dogs, ham, beef jerky, and canned meat. The World Health Organization (W.H.O) has categorized **processed meats** as **Group 1 carcinogen** (same category as tobacco smoking). Overall, meat should represent a relatively small proportion of your daily caloric intake.
2. **Limit refined carbohydrates** found in candy, bagels, desserts, sugary cereals, non-whole grain pasta, & bread. Limit processed foods including fast foods, microwave meals, pizza, potato chips, & bacon. Sugar & processed foods have an adverse effect on your immune system, which can make you more susceptible to disease and infection. These foods increase inflammation throughout the body. In contrast, whole food plant-based foods are anti-inflammatory and increase good gut bacteria boosting your immune system.
3. **Limit salt intake**. The American Heart Association (A.H.A) recommends that salt intake be limited to 1,500 - 2,300 mg of salt per day. High blood pressure & other cardiovascular diseases are associated with excessive salt intake.

BE ACTIVE



Exercise is a crucial part of maintaining good health. It is important even if weight loss is not necessary. Exercise can help control blood pressure, reduce the risk of diabetes, & improve cardiovascular fitness. At a minimum, you should do something that makes you “huff & puff” for 30 minutes 3 times per week. Daily exercise is the best.

OVERALL, SEEING YOUR FOOD AS MEDICINE HELPS YOU MAKE BETTER DECISIONS ABOUT WHAT (& HOW) TO EAT IN ORDER TO MAKE THE BEST DECISIONS FOR YOUR OWN WELL-BEING.

A doctor in a white coat is shown from the chest up, holding a stethoscope. A hand from the bottom left is holding a white, cloud-shaped speech bubble. The background is a blurred hospital setting with blue and white tones.

***ASK THE
DOCTOR***



DR SRICHADRAN L

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My grandfather had a heart attack in his mid-70s, but he survived and lived until age 93. My father also had heart disease, but he died of cardiac arrest when he was just 67. What's the difference between a heart attack and cardiac arrest?

HEART ATTACK:

It occurs when an artery supplying blood to the heart gets blocked and hence results in a section of the heart not getting oxygen-rich blood. If the blocked artery is not reopened quickly, then that part of the heart supplied by that artery begins to die. The longer a person goes without treatment, the greater the damage.

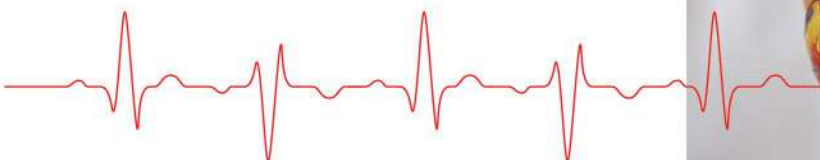
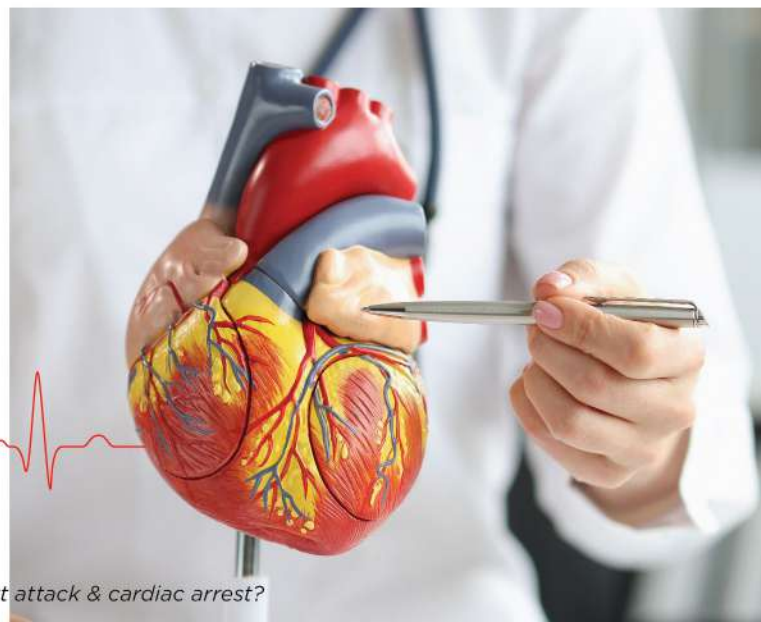
CARDIAC ARREST:

Sudden cardiac arrest often occurs without warning. It can be triggered by an electric malfunction in the heart that causes an irregular heartbeat. The pumping effect of the heart gets disrupted, hence the heart cannot pump blood to the brain and other organs. Within seconds; the patient can become pulseless (No Pulse) and death occurs within a few minutes if the treatment has not started immediately.

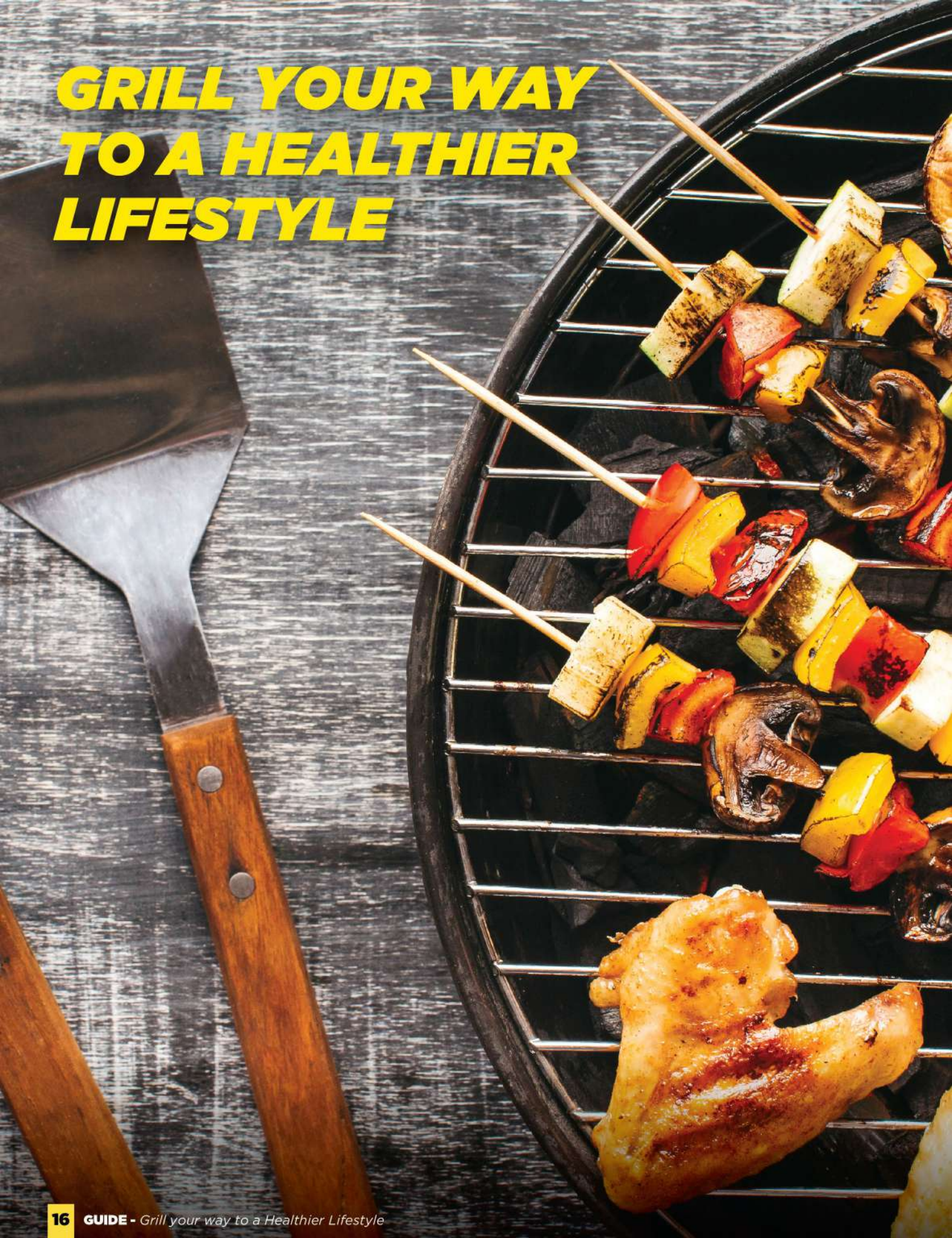
LINK BETWEEN HEART ATTACK & CARDIAC ARREST?

There are 2 distinct entities. Sudden cardiac arrest can occur after a heart attack, or even during recovery. Heart attacks need not lead to cardiac arrest always, but they increase the risk of sudden cardiac arrest.

Sudden cardiac arrest can also occur due to other reasons like thickened heart muscle (Cardiomyopathy), heart failure, irregular heart rhythm (Arrhythmias).



GRILL YOUR WAY TO A HEALTHIER LIFESTYLE





A. RAJESWARI

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Deciding to make a change in your lifestyle is never easy. Breaking old habits while adapting to new ones can be challenging & discouraging at times. When you are looking for a positive outlook on your lifestyle, changing your diet or focusing on nutritious foods or a new workout plan, it is going to be a challenging task in your day-to-day life.

Changing to a healthy lifestyle will be a common goal for an individual, but when should we start? After deciding to make a change, the next step is to believe whether you can actually do it. Some of the ways which will help to modify your current lifestyle are as follows:

IDENTIFY THE BAD OR UNHEALTHY HABITS IN YOUR LIFE THAT YOU WANT TO CHANGE

Each habit comes with a reason you want to change. Maybe it's for your own mental well-being or it has been followed by you since childhood.

HOLD YOURSELF ACCOUNTABLE FOR MAKING THOSE CHANGES

Lack of time or blaming others will not fetch you anything. Make a promise & commitment to yourself.

REMOVE ALL THE NEGATIVE TRIGGERS IN YOUR LIFE

If drinking alcohol makes you crave a cigarette, take a break from alcohol. You probably are aware of all the bad triggers, so find ways to avoid them.

BELIEVE THAT YOU CAN CHANGE

Ignore your negative self-talk & replace it with a visualization of finding success in the changes you want to make.

UNDERSTAND THAT IT WILL TAKE TIME AND YOU MIGHT HAVE SOME SETBACKS

Changing isn't easy and there might be days where you fail (or) you might give -up. Instead of letting that failure win, just continue working hard.

MAKE A PLAN WITH GOALS AND TAKE BABY STEPS – TO ACHIEVE IT

Just like you have a schedule you have to follow at work or at home with certain tasks you have to complete



FIVE LIFESTYLE CHANGES YOU CAN MAKE TO BECOME HEALTHIER

EAT A HEALTHY DIET WITH MORE OPTIONS OF SEASONAL FRUITS & VEGETABLES

Regular balanced meals are recommended with five portions of fruits & vegetables. Don't skip your meal (Eg. Breakfast) & drink more water.



DO SOME EXERCISES

At least 30 to 60 minutes per day with brisk walking, running, bicycling, jumping rope, dancing & swimming.



QUIT SMOKING & ALCOHOL

Smoking tobacco is both a physical addiction & a psychological habit. While drinking can be a threat to your health, **smoking is certainly worse**. Do something that calms you down, such as meditation, reading a book, or practicing deep breathing exercises.

MAINTAIN GOOD MENTAL HEALTH

Avoid negativity within yourself. Put down your cell phone or any piece of technology & spend time with your loved ones. Think about the things you have, that you are grateful for. Do something that makes you feel good about yourself.

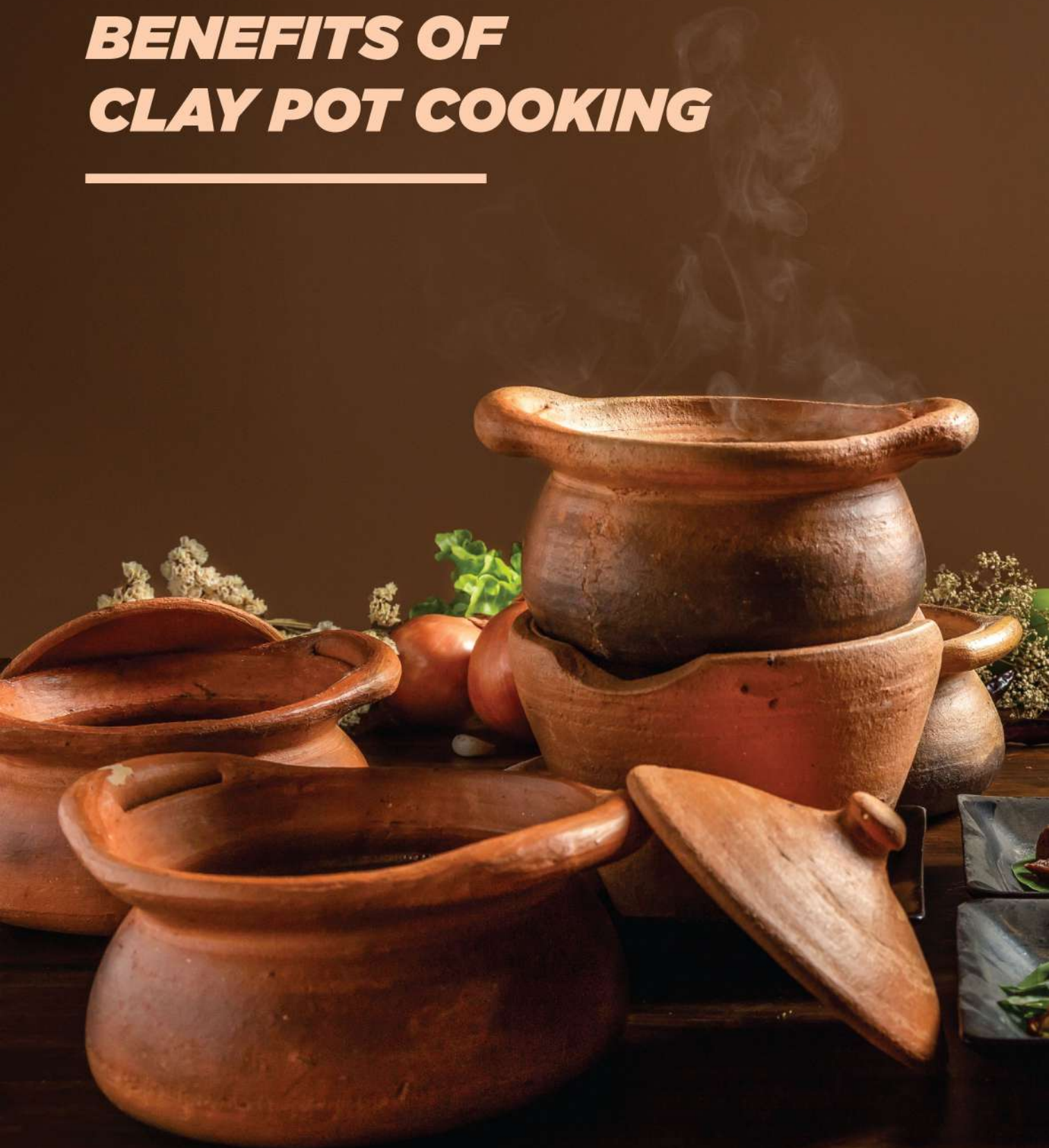


ADEQUATE & GOOD QUALITY SLEEP

7 to 8 hours a night is recommended for most adults.

Let's brush off the setbacks & get back on track. Don't let them define your future.

MITTICOOL: BENEFITS OF CLAY POT COOKING





Do you know that the utensil you choose for cooking, directly affects the taste & the nutritional value of your meal? Since Ancient times most of our cultures have had a tradition of using clay pots for cooking. Around 14000 BC, long before people started farming, they started making pottery out of clay in East Asia - around China & Japan. The early traces of pottery making are found all over the world. Clay pots have been used for so many purposes, like storing grains when our ancestors started farming, storing drinking water, & preserving fish by fermenting it inside the clay pot & most importantly for cooking food.

Modernization has indeed made our life easy & comfortable. It has provided us with various modern tools & techniques to use for various purposes, including various modern kitchen utensils that we use for cooking. But there is a serious problem with these modern cooking utensils. They may destroy the nutrients in our food. Let's understand why Clay pot cooking is better.

The porous nature of Clay makes the utensil effective for cooking. This porous nature makes heat circulation evenly through the cooking pot. This helps in retaining the nutrients inside the cooked food. Researchers at the CDRI (Central Drug Research Institute) Lab in Lucknow, India have done a case study on Clay Pot cooking. In one of their experiments, they cooked some daal in a cooker & at the same time also cooked some daal in a pressure cooker.

On comparison of the nutritional values of both the curries after cooking, only 13% of the original micronutrients were retained in the daal cooked in the pressure cooker. But in the case of the Daal cooked in the clay pot, 100% of the micronutrients were still present in it after cooking! Another property that makes clay pot cooking more special is its alkaline nature. Clay helps in restoring the pH balance of our food & neutralizes the acid content.

Clay has natural non-stick properties. The process of cooking in a clay pot is similar to that of steaming. It provides plenty of moisture & eliminates the need of adding extra oil or liquid. The food is hence cooked in its own natural juices.

Clay is a pure natural material that doesn't contain any harmful chemicals to react with food. Besides being environmentally friendly, they are affordable & easy on the pockets. Adopting this traditional lifestyle is a step towards promoting a zero-waste culture.

TIPS TO REMEMBER

Before cooking: The clay pot needs to be immersed in water overnight. The porous nature of the pot will help in circulating the moisture evenly all over the food.

Post cooking: To clean clay ware, pour piping hot water & scrub it with a brush gently. You may also add some salt or baking soda & cleanse it. To remove tough food stains, baking soda solution is to be kept overnight in the utensil.

AN UNGLAZED CLAY POT ENHANCES THE TASTE & NUTRITIONAL VALUE OF THE FOOD. MAYBE IT'S TIME FOR US TO SWITCH OVER TO CLAY COOKERIES. ONCE WE START USING THEM, WE'LL NEVER GO BACK TO OUR OLD METAL COOKWARE.





BREAKING DOWN THE BENTO BOX



A BENTO BOX ADDS FUN, WHIMSY, & CREATIVE JOY TO ANY MIDDAY MEAL

It's a single-serving, packed meal, transported by the eater already assembled & ready to be savoured. It historically stars rice or noodles as the foundational starch, accompanied by a protein or two like fish, eggs, or meat. These two main focal points are accented with a variety of pickled & cooked vegetables, & a few bites of fruit, creating an easily balanced meal for healthy eating away from home.

Modern bentos may take inspiration from the western world, such as the inclusion of sandwiches, yogurt, dessert, green salads, & fried potatoes.

The components are all neatly tucked into containers that tend to be on the deeper side, more like rectangular bowls than flat plates, & as satisfying to look at as dig into.

BENTO LUNCH HEALTH BENEFITS

1. **Maintains the freshness of food:** Separate compartments allow the food to stay separated without compromising freshness.
2. **Encourages picky eaters to eat healthy:** Your child's favourite food can be beautifully packed into each of the compartments. Fill them with colourful veggies, fruits, yogurts, cheese or rolls. This will give them a colourful selection of food that even the pickiest of children cannot resist.
3. **Portion size control** will be a great way to stay on track with your diet & eat food sensibly.
4. **Healthier & Affordable:** In addition to eating healthier, we will be able to control how much we eat & save money by not eating out daily. The boxes can be used as storage for leftovers, & you can even turn fried chicken into shredded chicken for a chicken salad bento.

SYMBOL OF JAPANESE CULTURE

The word 'bento' comes from a Chinese slang, 'biandang,' which means convenient.

Bento is an art form that dates back to the 1100s. It can be traced back to Japan's Kamakura period (1185 - 1333), when cooked rice would be carried to work in a small bag. But it wasn't until the Azuchi - Momoyama period, between 1568 - 1600, that bento as we know appeared. The then lacquered wood boxes became Japan's elegant version of a picnic basket.

During the Edo period (1603 - 1867), Bento was usually eaten during the morning & afternoon when the curtain was drawn. This custom of eating bento was carried to school as a ritual & symbolism. The growing number of migrants to the cities, poor crop yield, & wider income gaps made the habit of bringing bento to school a social problem. Hence, the practice was discarded.

Today, they are part of Japanese culture & are available in various designs. They range from catering to handcrafted artisanal boxes.

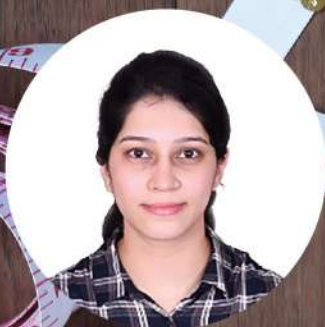


HOW DO I ASSEMBLE A BENTO?

1. Variety is a key to a great bento, & not just in terms of **carbs, proteins, vegetables, pickled veggies or fruit mix, which would appear in a 4:3:2:1 ratio**, respectively.
2. **All the elements should be prepared separately to retain their flavours & textures.** This also helps with satiety, making it a good health tip for better enjoyment.
3. Finally, make sure a combination of red or orange, yellow, green, white & black appear in some form somewhere - **a rule of thumb to help you eat that rainbow!**

TWEAKS & CHANGES TOWARDS HEALTHY EATING

When we talk about healthy eating, it means eating a wide variety of food in the right proportions. That said, it's still a struggle to make it a part of our daily routine. Experts say that making small changes in eating patterns is better than following diets that promise drastic changes but cannot be continued for long. Small adjustments are more likely to give results than marked changes that might cause hurdles in our daily routine. For planning healthy meals that keep us on our feet, we need to put together a list of helpful life tricks. Few of them are mentioned below:



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1) Chalk out your weekly menu: Sit with your family & plan it together. The whole exercise of planning becomes easier & a lot less stressful especially when it's about cooking as it takes care of everyone's likes & dislikes in one go - right from the beginning.



7) Choose snacks wisely: Avoid binge eating fried "tasty" things including chips & wafers made of potato, bananas etc. Instead, gorge on the "good" stuff that includes makhana, a variety of seeds, fruits, nuts etc.



2) Set Meal times: Focus on 3 major meals that include breakfast, lunch & dinner. Eat your meals at their designated time. A heavy breakfast ought to be consumed before 10 AM. On the other hand, dinner needs to be light & should be consumed a minimum of 3 hours before bedtime.



8) Switch to healthier beverages: Colas are fun but what they bring along is anything but fun. The same applies to every packaged drink. They are overloaded with sugar & preservatives causing misery over time. It thus makes sense to move to healthier alternatives such as soups, buttermilk, coconut water, kokum, fruit juice (not packaged but fresh without sugar) & smoothies (preferably with very small doses of sugar).



3) Make it harder to find, prepare & eat tempting foods at home: This can be done by keeping high-calorie foods out of sight when you are at home. Buy foods that make you work to eat. For eg, buy plain oats to make either oats upma or chilla.



4) Choose the right size of utensils: Choosing the right size of plates (9 inches plate) & bowls (75-100gms) gives an idea of portion size which keeps the gut lighter & will cause fewer digestion issues. Focus on the total amount of food that is eaten in one meal. Make use of serving cups which gives a better idea of the quantity of food in milli-liter, grams or ounce.



9) Remain hydrated: Pay close attention to your water intake, & drink water regularly throughout the day. A minimum of 10-12 glasses of water are a must in Indian weather.

You may also consider healthier options such as Detox water infused with a variety of fruits, sweet lime, apple, berries, veggies & even herbs.

Detox water helps in removing toxins while boosting immunity.



5) Choose proteins over carbohydrates: Proteins help in building muscle & repairing body tissues. Including more proteins in the diet can keep the stomach full. It should ideally be 20% of the food. Non-vegetarian sources include eggs, poultry & fish. For vegetarians, the platter can include soya, dal, lentils, milk & milk products including buttermilk, curd & paneer.



10) Choose healthy oils like sunflower, safflower, soybean, omega-3 fatty acids etc. Avoid trans fats. These are present in bakery products including cakes, biscuits, toast, candies, etc. Do not mix cooking oils as the smoking point of each is different.



6) Variation in grains: Opt for multiple grains in every meal including the likes of Jowar, Bajra, Oats, Ragi & Quinoa. Multigrain adds fibers to the diet. Chapatti or phulka, bhakari or pancakes (unsweetened) can be made out of multigrain flour.



11) Plan and shop for healthy foods: Be mindful of what you put in your trolley while shopping. Try & buy foods that are low in calories, and sodium but high in protein & fibers. Go for fruits, vegetables, eggs, fresh poultry, whole grains, beans & lentils

OVEREATING? MINDFULNESS EXERCISES MAY HELP

Aside from what you eat, have you ever pondered about how you eat? or where & when?

Mindful eating can help establish better-eating habits & a healthier relationship with food. Let's find out why we need this food approach in our life & how to perform mindful eating exercises almost effortlessly.

WHAT IS MINDFUL EATING?

Mindfulness is a Buddhist meditation technique of being present & fully in the moment. When applied to meals or snacks, this is referred to as mindful eating. It has little to do with counting calories but more with every aspect of the way food appeals to the human senses.

It focuses on an individual's sensual awareness & experience with food. The goal is to help individuals savour the moment & encourage the eating experience. One variation is being aware of the physical qualities of each dish. For e.g. Buddhist monks often eat in complete silence after first meditating in front of their plate.

EMOTIONAL EATING VS. MINDFUL EATING

Eating due to reasons other than satisfying hunger is called Emotional eating. It concerns using food to fulfil an emotional need or to change an emotional state. On the other hand, Mindful eating is eating with intention & attention. It's responding to the need for food as nourishment & to satisfy hunger.

SET YOURSELF UP FOR SUCCESS IN BEING MINDFUL OF WHEN TO EAT BY

- Removing distractions by turning off phones, TVs & computers. Eat in a peaceful & uncluttered space.
- Pacing for a 20-minute meal by chewing the food slowly.



HOW MINDFUL EATING INFLUENCES YOUR HEALTH?

Food affects your well-being and how you respond emotionally & manage mentally. It can help change our eating habits by increasing our awareness of eating behaviours based on our emotional & physical cues.

Benefits of mindful eating for good health

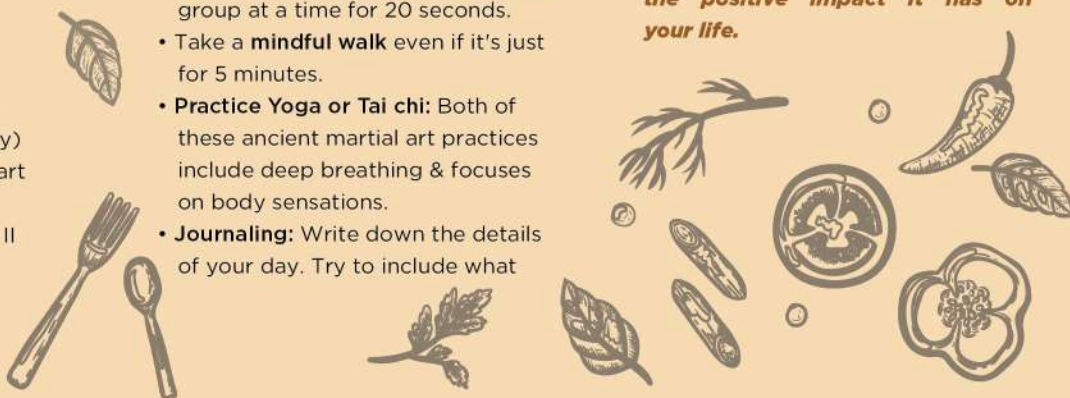
- Weight loss
- Better digestion
- Lower cortisol levels (Higher cortisol contributes to obesity)
- Lowering Blood pressure, Heart rate, & stress levels
- Improved symptoms of Type II Diabetes

MINDFULNESS EXERCISES TO TRY

- **Focused breathing:** "Breathe in & breathe out". This engages the diaphragm, which is connected to the nerves between the brain & gut that promotes relaxation.
- **Progressive muscle relaxation:** Tighten & release one major muscle group at a time for 20 seconds.
- Take a **mindful walk** even if it's just for 5 minutes.
- **Practice Yoga or Tai chi:** Both of these ancient martial art practices include deep breathing & focuses on body sensations.
- **Journaling:** Write down the details of your day. Try to include what

your senses took in - the sights, sounds, & smells you experienced, with the textures you touched.

Practising mindful eating can help in finding deeper appreciation & fulfilment while leading to a better state of health. Don't worry about trying to be mindful all day long. Start with a moment & build it gradually. With time, you will notice the positive impact it has on your life.



HEALTHY BITES | 10 Nutritionist approved snacks to eat at your desk



There it is again! The light pang making you want to reach out for a snack. But Oh! All of those ready for grabs are loaded with senseless sugar or salt, unnecessary makeup in the form of artificial colors, and age-defying preservatives. You take one cookie, hoping it would satisfy your craving for something light and chewy, but instead you are left with a feeling of guilt. Did I eat right? Is this cookie going to sit on my waist?

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SNACKING HEALTHY IS A TOUGH COOKIE TO CRACK!

The basic rules for a good snack should be that they should provide:

1. Nutrients that you can use: Most store-bought snacks are filled with sugar and refined flour and they end up providing nothing but excess calories. Hence, they are empty-calorie snacks.
2. A happy eating experience without excess salt, sugar, added colours or preservatives.

Here are some healthy options that you can enjoy in between meals, when the familiar pang strikes.

NUTS AND BERRIES TRAIL MIX

Throw in a handful of roasted nuts (almonds, walnuts, pistas etc.) & a handful of berries. Shake them together in a clean box & store them. They can be kept in your travel bag for a week. Enjoy a handful mix rich in healthy fats, minerals & antioxidants.

ROASTED LEGUMES

Include chickpeas, kidney beans, split dhals etc in your meals. These are rich in proteins with healthy fats.





CHIA SEED & YOGURT PUDDING

Soak a teaspoon of chia seeds in a cup of curds & refrigerate. Add your favourite fruit! Dip into it. Enjoy the sweet and tangy taste.

STEAMED CORN CUPS

Add a pinch of butter, chaat masala to steamed corn and enjoy anytime of the day.



CARROT AND SQUASH FINGERS WITH HUMMUS DIP

Slice carrots & squash. Dip them in homemade hummus. This is a light protein-rich snack which hydrates you as well.



BLOOD RED SPROUTS

Add a handful of pomegranates to your green gram sprouts. This is a wholesome snack that doesn't need salt or anyother seasoning.



ROASTED MASALA PAPAD

Chop onions, tomatoes, and green chillies finely. Add a twist of lime juice. Pack in a box. Pack your roasted papad in a separate box. When it is time to munch, spoon your papad into the veggie mix and enjoy the crunch.



SLICED CRISP APPLES

This can be an excellent snack to quench your hunger and thirst. Add a pinch of chaat masala or black pepper to give it a peppery taste.



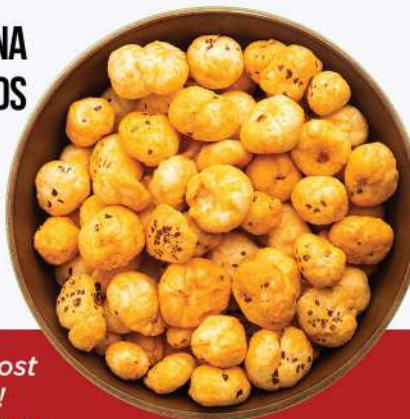
ROASTED MIXED SEEDS

Dry roast a mix of seeds - pumpkin, sunflower, melon and sesame seeds. Add them to fruits, nuts or curds and enjoy the crunch.



ROASTED MAKHANA & LOTUS SEEDS

Use garnish of your choice- mint, coriander, chilli or pepper powder. A cupful of makhana can provide you with the benefits of fiber, & several minerals.



With a little planning & the right packing material, you can almost mix and match any of the above snacks and create your own! Always remember- however healthy food is, enjoy it in moderation!

NUTRITION RULES

THAT WILL FUEL YOUR WORKOUTS



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“Machines or vehicles can work to any capacity only in the presence of fuel. Speaking of machines, the human body is possibly one of the most complex & advanced machines to be found on Earth. For it to function the right way, what we eat and drink is fuel. That being so, you might be aware that performance-based nutrition is the correct balance of 3 major micro-nutrients, namely carbohydrates, proteins & fats, besides the right quantities of vitamins, minerals & water. A balanced meal of these helps us enhance our athletic output by enhancing performance, training, and recovery besides reducing the risk arising out of injuries.”

For optimum performance,

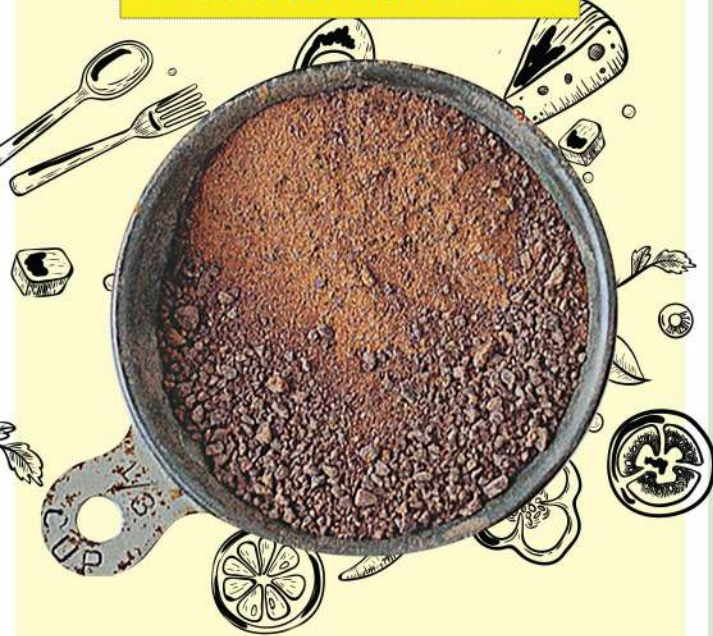
PRE-WORKOUT MEALS



- It is meant to provide all the essential nutrients that will enhance the rate of performance of workouts. When we exercise, our body converts glycogen into glucose which plays a crucial role in muscle contraction. Consuming the right kind of foods in the right quantity shall help reduce muscle-glycogen depletion besides restoring muscle mass.
- As our muscles use glucose from carbohydrates, we must as a rule consume adequate complex carbs that have a low glycaemic index, in addition to consuming adequate quantities of fibre. If done the right way, the fibres being consumed help in maintaining blood sugar levels. It includes a brown-bread sandwich with eggs or paneer or paratha with seeds & sprouts or beans cereals with yogurt or almond milk.
- Balanced portions of carbs & proteins will help enhance anabolic response and therefore increase muscle growth. The timing of meals is an important aspect of maximizing the effect of training.
- Pre-workout meals ought to be consumed at least 1 to 2 hours before a routine workout.

one can divide food intake into three (3) main categories:

DURING-WORKOUT MEALS



- Eating mid-workout can have adverse effects on the performance of the body as it is in the process of expanding energy during the workouts. Digesting food at this stage is not advisable. What is advisable instead is to have a proper pre-workout meal that meets all the body's nutritional & energy needs.
- In the initial stage of the workout, we just need plain water. It's only when one does heavy workouts and trains over longer periods that the body enters the catabolic stage that sees the breaking down of muscles.
- During a workout, the body uses BCAA i.e., branched-chain amino acids that immediately provide essential amino acids & energy. Drinking electrolytes and potassium-sodium solutions will delay the production of lactic acid and improve performance.

POST-WORKOUT MEALS

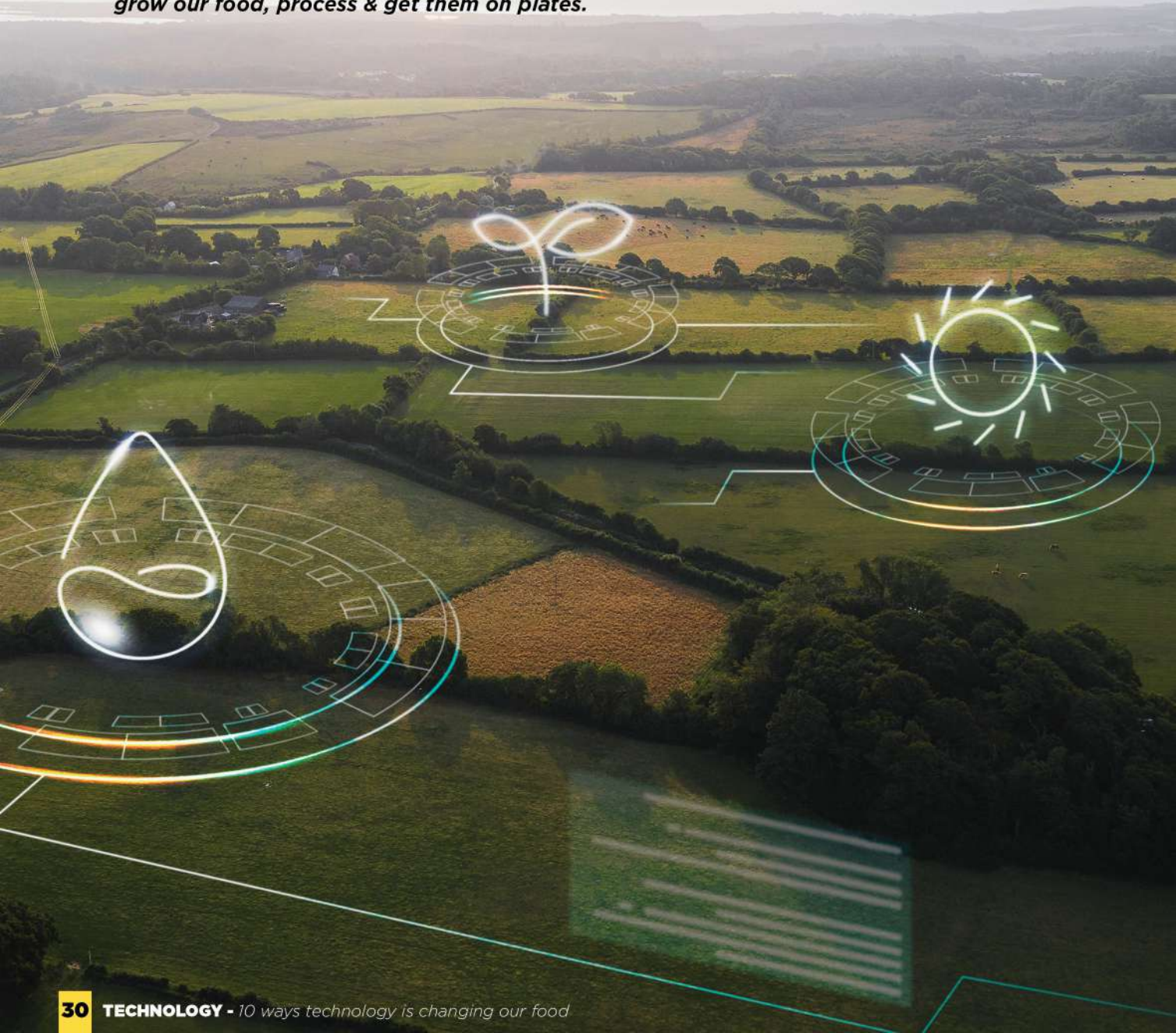


- Refueling is one of the most important steps in building muscles & aiding in the recovery that comes from exertion. Not eating the right foods post-training has multiple ill effects. It affects our next performance, leading to soreness & pain. That said, the most important reason to eat something after the workouts are to elicit an insulin response. Insulin, you may be aware, is an anabolic hormone. Spiking it halts muscle burning, something that is very needed if one is to build muscle mass.
- Post-workout, we should consume carbohydrates to replenish glycogen storage. An approx. of 0.5 to 0.7 grams per kg of body weight if consumed within 30 minutes of the training brings the best results of glycogen synthesis.
- Our post-workout meals should have adequate quantities of protein with high biological value, preferably with good quantities of whey and albumin for better absorption. Some examples includes: Whey with water, Lentil with Brown rice, Yoghurt with fruits & Egg white with sweet potatoes.

These are examples of hourly fuelling of performance. It is essentially the act of eating combinations of macro-nutrients & micro-nutrients during specific time windows with the specific intent of maximizing performance, delaying fatigue & supporting recovery.

HOW TECHNOLOGY IS CHANGING OUR FOOD

It's impossible to live without food, & nowadays it seems, it's becoming increasingly difficult to live without technology. With the importance we place on food, it's no surprise technology has taken an interest in the industry & changed the way we grow our food, process & get them on plates.





HERE ARE SOME OF THE WAYS

TECHNOLOGY IS CHANGING THE FOOD INDUSTRY & PRODUCTION



- **Satellite farming** often called Precision agriculture refers to the use of GPS tracking systems & satellite imagery to monitor crop yields, soil levels, & weather patterns to increase efficiency on the farm. The technology was adopted in the early 1990s and started with crop yield monitors. Now, there are tools such as weather analysis software & soil testing kits to monitor nitrogen & phosphorus levels. This technology helps farmers to know which areas are more suitable for which crops.
- **Genetic modifications** a.k.a GMOs are necessary in reducing cases of food insecurity. Genetic engineering improves the food's nutrition & makes them resistant to pests. It involves implementing genes from an organism to another. The activity seeks to improve crop resistance. Plants become resistant to harsh conditions such as drought, diseases, and pests. However, there are several law-binding modifications. The manufacturers have to ensure that the modified food is safe for consumption.
- **Technology** has also improved and helped organizations in tracking **perishable foods** in real time. With modern technology, it's possible to have an inventory. This ensures the handling & delivery of these foods do not temper their shelf life.
- **Agriculture drones** have far-reaching transformational effects on food production. Drones help in crop-spraying, which has been a burdensome task for farmers. Besides, the harsh chemicals can also affect farmers. There are several drone technologies promoting precision crop spraying.
- The world wastes about one-third of its produced food every year. This is equivalent to a ton of food that could be used as a fertilizer. Technology seeks ways to **reduce food wastage** by increasing the optimization of logistics & operations. Producers don't have to discard the 'imperfect' produce & can also access the markets to sell their surplus foods. For example, they can use substandard fruits to make other foods such as jams.
- **3D Printing** is an idea that is revolutionizing food production & innovation. It's popular because of prioritizing creativity & sustainability. In simple terms, the technology utilizes additive manufacturing. The 3D printers deposit material layers to create a product. The printers use powdery materials, nozzles, & lasers. This food technology promotes a balance of nutrients in food. 3D is saving energy & food sustainability is achievable. While we remain health-conscious about the food we eat, 3D will make food insecurity a thing of the past.



It's no surprise that Food & Technology go hand in hand, and with the ever-expanding avenues of potential within the tech industry, all aspects of food manufacturing & serving are ripe to be explored.

WHAT DO NUTRITIONISTS EAT WHEN THEY TRAVEL?

LET'S FIND OUT!





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I am sure other nutritionists agree with me when I say, we love to keep our travel menu easy and simple. Especially when on vacation when good food = good mood. But yes, there are tips and tricks I follow when I travel and I am letting a few secrets out today.

EAT LOCAL

You might have a plan that is given to you by your nutritionist. This might not work really well when you travel. So, the best is to eat local in the place you travel to. Especially, indulge in the variety of fruits and vegetables that are available only there. Don't come back from the US and ask for avocados is what I mean!

SENSIBLE SNACKING

While travelling, I make it a point to carry a few easy snacks along with me. These might be available in the place I am going to. But, I am comfortable carrying them from home. I carry a few neatly packed zip locks of dry fruits and nuts, roasted peanuts and air-fried or baked apple chips. These come very handy in flights and while we are in a different city, not knowing what to buy or where to buy easy snacks. This also comes in very handy for parents with toddlers and young children.

KING SIZE BREAKFASTS

This is a major tip to follow when you are travelling and want to stay healthy. Have a big breakfast. Most hotels offer a good spread of healthy foods, fruits and veggies. So have a big portion of proteins as they keep you fuller for longer, along with fruits.

So, even if you have to skip lunch with a packed travel itinerary, you are not that hungry + you have your small packs of snacks handy!

HYDRATION

Hydration is key when you travel. Flight travels are a major reason for dehydration and hence headaches occur post-flight. So, keep sipping on water. If you find it hard to source clean water, find other sources of hydration like coconut water, fresh fruit juices, etc.,

While going hiking, I keep my climbing bag handy that comes with an in-built bottle and a sipper. So it is easy.

WORKOUT

Don't worry; I am not going to ask you to hit the gym when you travel. All I do when I travel is walk to as many places as I can. Avoid taxis and explore the city/town by walking. It is a great experience to know the local culture as well as a good workout!

It is okay to go out of your menu planning and exercise routine when it comes to your vacation. Follow these small tips that will help you not gain those extra 'travel pounds'! I hope these tips and tricks come in handy for all those who are travelling!

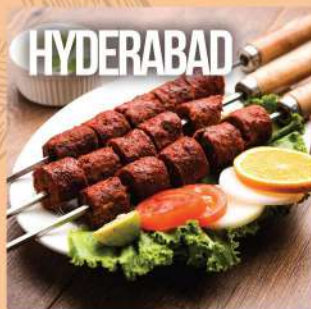
PLACES TO VISIT FOR THEIR KNOWN FOOD DELICACIES

How do you justify your reason for travelling to distant corners of the country? Is it simply to quench your wanderlust or the gluttony of salivating tongue? Well! If you're a food lover, then there is more of a reason to do so. For the Foodistas, we don't mind to go slurp & burp while gulping the best food anywhere in the World. We pen down the best getaways in India for Food Lovers.



LUCKNOW

Lucknow has distinguished itself as a pioneer in Awadhi cuisine. It's a paradise for non-vegetarians that offer scrumptious Galauti Kabab & Nahari Kulcha. You can also try Kabab Paratha, Biryani or Tandoori chicken.



HYDERABAD

The City of Nizams, Hyderabad is internationally-famed for its biryani, which is found everywhere from roadside dhabas to luxury restaurants. Try out the famous Seekh kababs & Haleem. Also, visit Karachi Bakery to get yourself

some delectable biscuits.



DELHI

Delhi is famous for many things, but its food scene is high up on the list. Often referred to as the 'Food Capital of India', it is home to India's best & eclectic street food, so you might as well dig in. Don't forget to try Chole Bhature, Butter chicken, Kachoris, Daulat ki chaat etc. Do visit Paratha wali gali for some of the best parathas you will ever try.



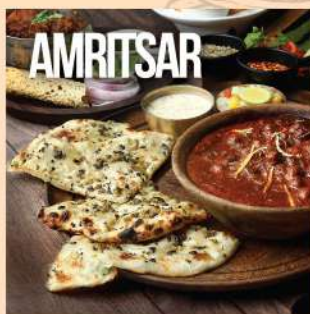
MUMBAI

From the food capital, let's travel to the **Financial Capital - Mumbai**. There are options to suit every pocket. Visit Juhu beach for Chaat, Pav bhaji, Ice Gola, Missal pav, Dabeli, & the world-famous Vada Pav. You may also try kebabs at Bademiya & enjoy desserts at Bachelors in Marine drive.



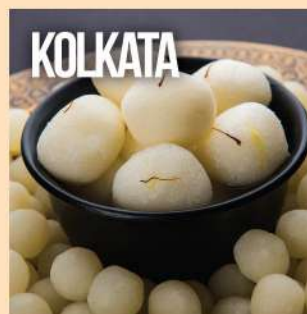
GANGTOK

The enigmatic beauty of Gangtok is enough to baffle you to spend at least one holiday in the city. It offers varieties like Noodle soup with meat or vegetables & Phagshapa (Port fat stewed with vegetables). The dumplings are just yum. Do you like to drink? Then you must try, Tongba, the Sikkimese variety of beverage.



Paneer bhurji.

Love to gulp heavy, buttery & spicy varieties of Cuisines, then head to Amritsar. You must try Amritsari Kulcha with Lassi. But, if you are one among those who don't eat to live but love to eat then do not miss to try Amritsari fish or Special

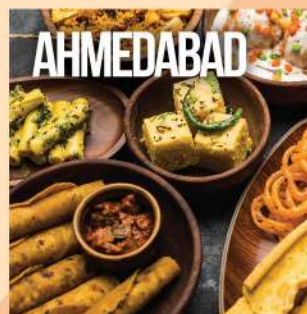


delectable street food, such as spicy jhal muri and puchkas, are famed across the country.

The City of Joy, Kolkata is culturally & gastronomically rich. It offers a plethora of fish-based staples, although the one that stands head and shoulders above the rest are sweetmeats, Rasgulla & Sandesh. Also, its



Pink city a.k.a Jaipur offers spicy & crisp Dal Bhati churma. We also suggest grabbing a bite of Mawa Kachuri, Keema Baati, Mirchi vadas & Lal Maas, Want to try some lip-smacking desserts? Try Ghewar.



The historic city of Ahmedabad's claim to fame is its especially mouth-watering Gujarati snacks, such as khaman dhokla, khakhra, khandvi, farsan, ganthiya, dalvada undhiyu and thepla.



A potpourri of flavours, The Goan cuisine brings an immaculate blend of pork, beef, cashew, jaggery & endless varieties of sea food. Do not miss accompanying your food with the famous *Feni*, a local alcoholic drink with a strong aroma.



Food is a serious venture in God's own country; Kochi stands out for luring tourists for its cuisine. From seafood-based dishes to traditional thali served on a banana leaf, to snacks, like stew, puttu and idiyappam, you'll find it all.



flower sap.

A melting pot of cultural identities, Mangalore presents exclusive varieties of dishes. One of the best gourmet getaways in India, it offers delicious Konkani varieties of food such as a. Try *Khali*, country liquor prepared from coconut



Western cuisines. If you're craving organic food, head to Auroville Ashram.

This list would have been incomplete without the mention of the **French Capital of India**, Pondicherry. Its food scene is a potpourri of flavours that takes notes from South Indian, French, Continental, European & other

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