

FACTS ON INDIAN FOOD



The Indian food is liked throughout the world because of its taste, texture and the benefit it offers. The traditional Indian food offers many benefits as it contains vegetables and whole grains, but only if cooked in healthy oil like olive or canola or vegetable oil and in a healthy manner.

Many Indians are vegetarians and they eat vegetables, fruits, whole grains, milk and plant-based proteins. These foods contain essential micro-nutrients and vitamins that produce antioxidants which are good for heart, blood pressure and diabetes.

But Indians, in general, consume less amount of vegetables. "Indians, therefore, face heart attacks five years earlier than people in the West," according to Dr Deepak Natarajan of Apollo hospital, Delhi.

