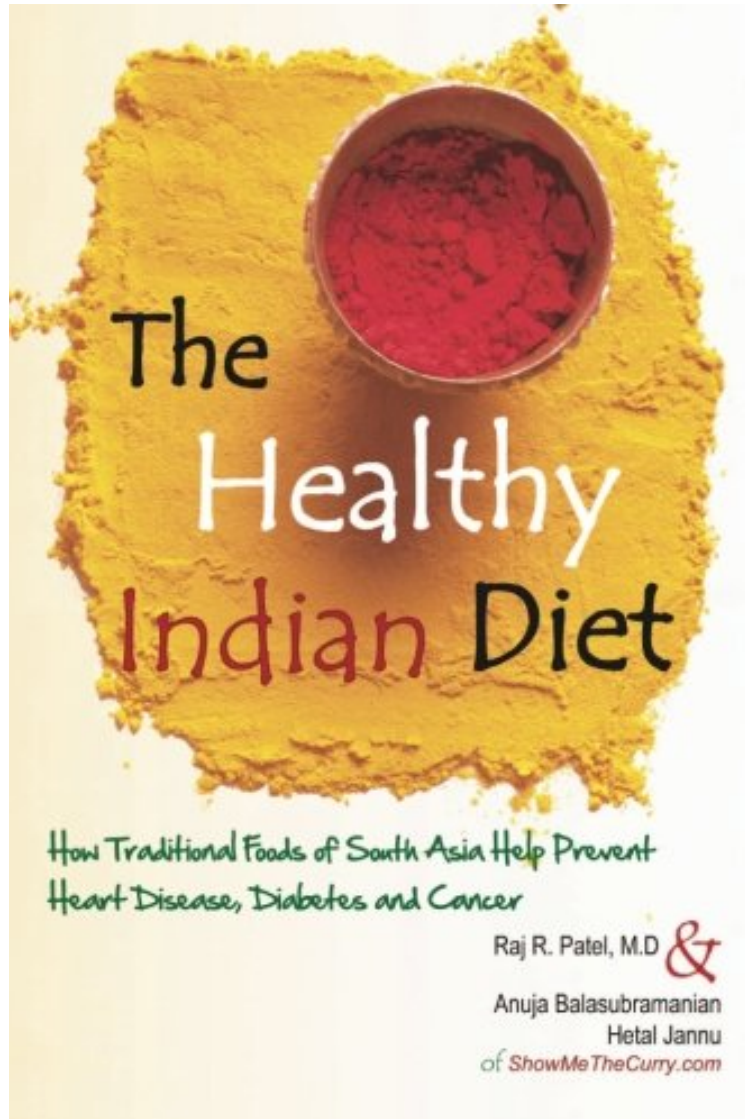


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## The Healthy Indian Diet

*Raj R. Patel, Anuja Balasubramanian, Hetal Jannu*  
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**Raj R. Patel, Anuja Balasubramanian, Hetal Jannu : The Healthy Indian Diet** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Healthy Indian Diet:

2 of 2 people found the following review helpful. Tasty recipes, interesting health informationBy TiaThis book provides a good synthesis of all the available epidemiological and clinical data on diet and health. The takeaways probably won't surprise you. The bottom line? Eating a diet heavy in fruits and veggies, and low in starches and sugars is healthy. However, the book offered a more detailed, physiological explanation for why certain foods promote health or inflammation/diabetes than I've seen in other mainstream books. That's important because epidemiological data is

notoriously tricky to evaluate, and showing that there are some clear physiological and chemical reasons for the trends seen in large trials is enlightening. While the scientific background is accessible and interesting, the book's unique contribution is its thesis that the staples of traditional Indian diets are healthy. At the back, the book provides a few dozen recipes for some of the classic Indian dishes. What's impressive is that all parts of India are represented; I was especially happy to see a recipe from Bengal, which hardly ever makes it into mainstream recipe books. The healthier twist on some of the less nutritious favorites is also really useful--I can't say I'm ever going to give up dosa, even if its glycemic load is high--but I am definitely willing to cook healthier dosa without compromising taste.

0 of 0 people found the following review helpful. We are vegetarian and been looking for sources that which oil and which food are good for us

By Customer I have found this book very educational. We are vegetarian and been looking for sources that which oil and which food are good for us. My question is that there are a lot of debate about non-GMO, GMO, and organic food? I haven't read anywhere talking about this topic unless I have missed. If we are eating GMO food and following this healthy diet then we are not getting all nutrients? They are filled with all diseases. What are your opinions about cold pressed non-GMO Canola oil? I have read many comments in Whole Food website and they are against this oil. Please help.

1 of 1 people found the following review helpful. Well written

By Victor Braganza Bought this on kindle. Very well written, has good references. I liked the section on chronic diseases where the author gives a detailed analysis of food impact on diseases. The recipes are not that great. Buy this book for understanding how to approach the Indian diet not for recipes.

**How Indian Food Can Be Good for You...** The latest research reveals why traditional diets are good for you, especially those of South Asia, and what's wrong with food today, much of which is refined and mass produced. While modern diets have been planting the seeds of obesity, diabetes, heart disease, and many cancers in America and around the world, the Healthy Indian Diet can help prevent them from ever taking root. Like the Mediterranean Diet, the Healthy Indian Diet is a way of eating based on natural foods and traditional techniques of preparation. This book aims to be a useful guide of what you can eat to optimize your well-being. In these pages, you'll learn: How refined grains and other easily-digestible carbs in modern diets are linked to chronic disease Why wellness experts like Dr. Oz, Dr. Ornish (who showed how to reverse coronary heart disease without medication), and Dr. Servan-Schreiber (of "Anticancer" fame) praise elements of Indian food, especially spices like turmeric How whole-grain breads, certain fruits and vegetables, fermented dairy, and other elements of the Healthy Indian Diet can help you reduce your risk of chronic inflammation, keep your insulin levels in check, and control your weight In addition to learning about the Healthy Indian Diet, you'll find 31 mouth-watering recipes ranging from dahi (yogurt) and chana masala (a garbanzo bean curry) to oats-and-brown rice dosa (a savory crepe) and coriander chutney. In the end, you'll have a better understanding of what's meant by the saying "food is medicine" and how we have control over our health based on what we eat.

"Can a healthy Indian diet help prevent heart disease, diabetes and cancer? The answer is yes, [says] a medical doctor passionate about the power of diet to ward off and even reverse the negative and all-too-common effects of the modern diet... An enthused, accessible argument... complete with recipes."-Kirkus Books