

Healthy tips on cooking and Eating

- a) ***Do not overcook vegetables and grains*** – Pressure cooking vegetables especially root vegetables like potatoes, and grains such as rice breaks down the complex starch into easily digestible sugars. That raises the glycemic index of these foods.

(For detail on Glycemic Index and high versus low glycemic foods check the section of Practical Nutrition).

- b) ***Do not eat refined grain flours*** – Refined commercial wheat flours such as milled chapatti flour, maida and Semolina (sooji) are high glycemic. The husk and endosperm, which carry healthy fiber and omega 3 oils, get destroyed during the milling and refining process. For optimal health, eat only the coarse stone-ground multigrain flours for cooking.

- c) ***Minimize baked, and fried foods*** - These food are rich in refined sugar, saturated fats, and trans fats

(For details refer to the section of holistic Foods and Balanced Lifestyle)