

# foodism

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Busting Your  
Nutritional  
Myths



PCOS  
PCOD

EATING WITH YOUR MIND

**HEALTH SPECIAL EDITION**

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## **FOOD - TWO SIDES OF A COIN**



**BUSTING YOUR  
NUTRITIONAL MYTH**

# On the Cover



...  
help@foodism.xyz | foodism.xyz  
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 <p><b>foodism</b> "if it's food, it's foodism"</p>	<p><b>Managing Director &amp; CEO</b> Vyom Shah</p> <p><b>Design</b> Mansi Sharma</p>
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Dear Foodies,

Excited to present our Healthy Edition! Packed with insights on PCOS management, the importance of eating with your mind, practical tips, nourishing recipes and inspiration for a wholesome

lifestyle. This edition is curated with a focus on balanced nutrition, mindful choices and the pursuit of overall wellness.

We believe in the power of health to enrich our lives, and our team has worked passionately to bring you a guide to inspire. Here's to your well-being!

Stay healthy,

*Vyom Shah*

Vyom Shah  
FOUNDER, FOODISM



*From*

*The*

**FOUNDER'S  
DESK**

PCOS

PCOF has no  
permanent cure but  
it can be managed  
with a nutritious  
diet and a healthy,  
regular exercise  
regimen.

# Are PCOD and PCOS the same?

Polycystic Ovarian Disorder (PCOD) and Polycystic Ovarian Syndrome (PCOS) are often used interchangeably, but they aren't the same. PCOS is more dangerous than PCOD, for starters. PCOD refers to a disease and so can be controlled with regular diets and exercise. PCOS on the other hand is a metabolic disorder that disrupts the working of the body in more ways than one. At the core, both of them are caused due to hormonal imbalances, but the symptoms of PCOD are milder than those of PCOS. Girls and women suffering from PCOS also stand at a risk of other major health issues.

The basic symptoms of both PCOD and PCOS are more or less the same but the root problem differs greatly. If you begin to show symptoms like irregular periods, bloating/weight gain etc. it is highly advisable to get the proper tests done to determine if your symptoms are of PCOD or PCOS.





# How is it diagnosed?



It starts with irregular periods that cause anovulation or lack of ovulation on females, leading to fertility issues. Women suffering from PCOS may also notice increased hair growth, obesity and mood swings etc. To confirm the presence of PCOS, doctors may suggest a sonography, which will show cysts on the ovaries, resembling a string of pearls. Following this, blood work is tested to check the ratio of the FSH and LH levels in the blood. Normally the ratio is 1:1, meaning that the quantities of both Follicle Stimulating Hormone and Luteinizing Hormone in the blood are the same. However in women suffering from PCOS, this ratio is askew and can be 3:1 or 4:1 too!

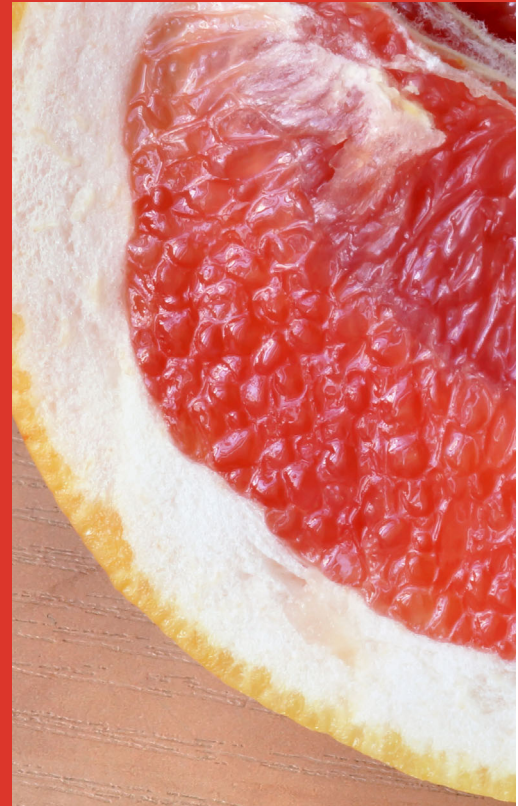
A combination of sonography reports combined with your blood work will indicate the presence of PCOS in your body. It is always a good idea to get your thyroid and insulin levels tested to be on the safer side, once you have been diagnosed with PCOS.

## How Can We Avoid It?

We can't! Not much is known about the cause of PCOS or why it occurs in certain bodies. But it has been ascertained that PCOS could be linked to genetics and lifestyle.

## How Can We Cure It?

PCOS cannot be cured, but it can be controlled to a certain extent. Certain medications and a healthy lifestyle can help alleviate the symptoms of PCOS. Eating right will help your insulin levels stay in control and exercising will help regulate the hormones. One must first stop consuming refined and processed foods as they hamper the hormonal balance. Instant noodles, white flour (maida), sugary drinks, biscuits, cookies, cakes and breads made from refined flour are a strict no-no. Choose wholegrains and wholesome foods over processed junk – go for wholegrain breads, eat lots of vegetables, substitute sugar with natural sugars like fruits and honey, hydrate yourself with water rather than sugary beverages. PCOS is basically a lifestyle disorder. A massive shift in your lifestyle will help cure it.



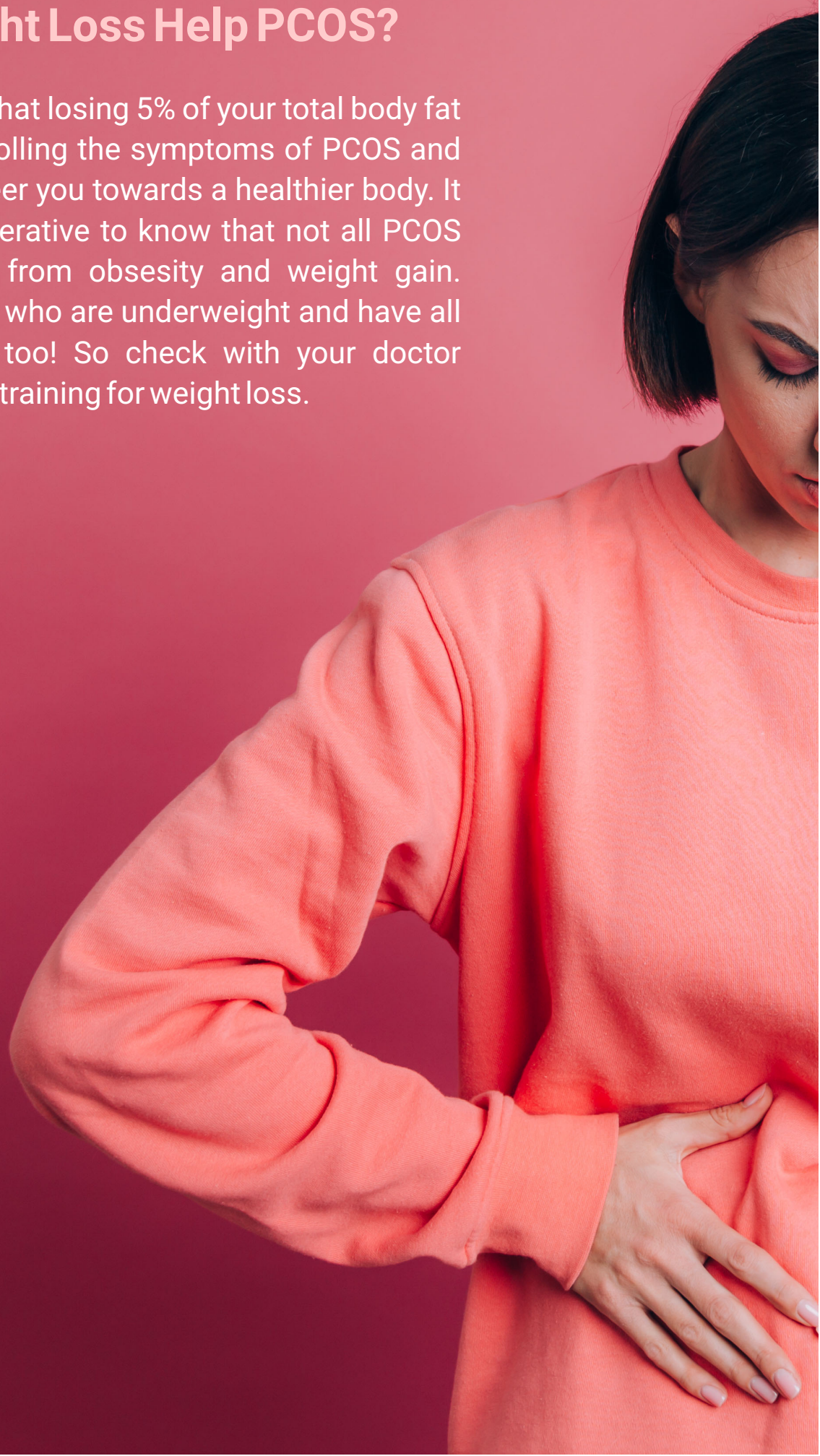


# PCOS Diet Meal Plan

	lunch	snack
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## Does Weight Loss Help PCOS?

Research says that losing 5% of your total body fat will aid in controlling the symptoms of PCOS and immediately steer you towards a healthier body. It is however, imperative to know that not all PCOS patients suffer from obesity and weight gain. There are some who are underweight and have all the symptoms too! So check with your doctor before you start training for weight loss.



# The Symptoms of PCOS

The general symptoms of PCOS are



- Male pattern baldness
- Dark patches on the back of the neck
- Acne
- Hirutism (unwanted hair growth)
- Extreme mood swings
- Sugar cravings
- Weight gain around the abdomen
- Irregular or absent menstrual cycle
- Cramps
- Insulin Resistance
- Infertility

Many women also experience painful and excessive menstrual cycles. PCOS takes a toll on your mental health due to the symptoms it creates. Acne and hair loss can trigger a lot of trauma pertaining to appearance as well.



# What Exercises Are Apt for PCOS Patients?

Research shows that low intensity trainings are very beneficial to patients of PCOS. Slow, steady and intense workouts are better, instead of HIIT workouts and excessive cardio exercises.

Yoga, pilates and weight training are excellent forms. Taking up a form of Indian classical dancing like Bharatnatyam can also prove beneficial. Yoga is one of the best exercises, because here is an asana for every symptom of PCOS – for example, menstrual difficulties can be helped with Dhanurasana while Pranayam takes care of the endocrinal issues that come with PCOS. Invest in a good yoga program and understand how to get the asanas right!



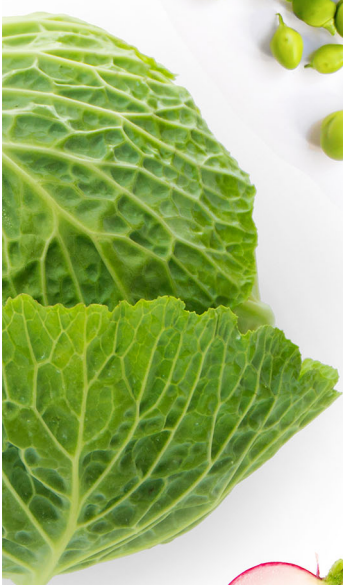


# Ayurvedic and Naturopathic Cures for PCOS

Like all other ailments, there are a lot of tried and tested methods to control PCOS symptoms. Methi, jeera and sesame seeds are known to be a great cure for menstrual difficulties. They are known to have healing properties for absent periods as well as painful cramps and prolonged menstrual cycles. Naturopathic centers across India offer solutions by way of abdominal massages with medicinal oils, mud packs therapies for stomach and head and even hydrotherapy to stimulate the ovaries. Some of the best places to try are Jindal Nature Cure, Bangalore and Nimba Nature Cure Mehsana.

PCOS is essentially a disorder that stems from the wrong, unhealthy kind of lifestyle. While it is okay to enjoy junk food once in a while and indulge the sweet tooth once in a while, PCOS can truly be controlled with healthy food, exercise and stress relief.

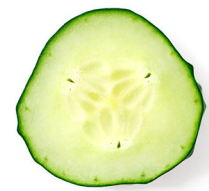




# EATING WITH YOUR MIND



Food is not merely something we consume with our bodies, it is just as much about the mind and our feelings.





*A report suggests that over **60%** of us spend a majority of our mealtimes in front of television, or other screens.*

# The Impact of Diets & Distractions

There is a Zen proverb that fits perfectly with our current dietary conundrum –

**When walking, walk. When eating, eat.**

It really does not get any simpler than that.

Let's get technical for a minute here, and take a look at the phrase Interoceptive Awareness. Loosely defined, this means being aware of bodily sensations. This could be something as simple as being aware of your heart rate, or simply knowing how hot or cold you are, or more on point, how hungry or satisfied you are.

Research goes to show that people with anorexia and bulimia find it harder to identify signals from their body. In fact brain scans of individuals suffering from these diseases have gone to show that they often have trouble perceiving pain, or even counting their heartbeats. The research shows that the brain



areas used for interoception are comparatively different in people with these disorders.

Distracted eating, on the other hand, can stop you from sensing your stomach's message, and may keep you from identifying that you are full. With the proliferation of various media around the world, our meals have become increasingly crowded. If you were to think back to your last five meals, how many would be devoid of a screen? Barely any, right? And that is how it is for a majority of the population these days.

“Your body is constantly telling you what you need. When a girl on her period craves chocolate, it is her body's way of asking for more magnesium, something chocolates are rich in.” Says Tripti Tandon, a Gurgaon based Clinical Nutritionist. “In the same way when someone is suffering from low blood pressure, their body makes them crave a pick me up in the form of a coffee. Our bodies have signals for all that we are feeling, it is only a question of whether or not we are listening to them.”

Meals are no longer just about consuming food but also about consuming content.






# The Role of the Brain When EATING

Rumi once remarked,

‘The satiated man and the hungry man  
do not see the same thing when they  
look upon a loaf of bread.’





“Eating right, and at the right time makes a huge difference. A lot of people have the habit of eating very fast.” Says Tripti. “The faster we eat, lesser the time we are giving to our brain to send us a signal that we are full.” People need to give themselves 20 minutes to finish the meal. Avoid watching the TV when you eat and focus on what you are eating. Listen to your body and focus on the signals it is sending you.”

# Mindful eating



**M**indfulness forms the core of the mindful eating movement. Consider this to be the complete antithesis of the way we currently eat.

Eating has become an act devoid of the mind where we are constantly distracted by one screen or another.

It takes the brain 20 minutes to realize that you are full. Unaware of what we are eating, how fast we are eating, and how we are eating, we often miss our body's message saying that we are full. This means that the slower you eat the better in touch you would be to when you have had enough food.

## Principles of Mindful Eating

One of the most important things that is communicated to anyone looking to practice mindfulness, or mindful eating, is to make themselves devoid of any judgement toward the food that they are consuming. One of the most toxic traits that human beings have when it comes to food, is that we are never shy of judgement.

- This cake will make me more fat.
- Salt will spike my blood pressure.
- Meat will raise my cholesterol.
- Sugar will cause cavities.



We are a bundle of judgements when it comes to the food we eat, and as hard as it might sound to believe it, these judgements affect the way that the food reacts with your body.

Mindful eating tells you that there is no right or wrong way to eat, but only varying degrees of awareness around the experience of eating food. So as

long as you are eating with mindful intent, suspending all judgement about the food, you are on the right track.

The important thing to note is that everyone's eating experiences are unique. Mindful eating requires you to make sure you are choosing food that is not only pleasing but also nourishing. The most important aspect of mindful eating, is in the

process of eating. Make sure that you have no distractions and are completely focused on the food that you are eating.

Another important factor that one must keep in mind when practicing mindful eating, is being aware of one's non-hungry cues. Apart from the usual physical hunger, we also face emotional hunger, stress eating and multitude of other situations. Food, in a lot of cases, becomes our way out. Staying aware of these non-hunger based cues can ensure that you are not stuffing yourself.

# Intuitive eating



Intuitive eating, much like mindful eating, helps you become more aware about your body's hunger cues.

The polar opposite of a traditional diet, intuitive eating does not bind you with guidelines about what you should and should not eat. In fact, it is the complete opposite of conventional diets.

The term 'intuitive eating' was coined in 1995 as a title of the book written by Evelyn Tribole and Elyse Resch. Instead of purporting diets, this phenomenon focused on lifestyle changes and getting in touch with one's body to better understand our relationship with food.

## Principles of Intuitive Eating

Tribole and Resch have laid down some very simple principles for those who are looking to follow the path of intuitive eating.

- **Reject the Diet Mentality**

There is no one diet that will resolve your issues for you, intuitive eating is the quintessential anti-diet.

- **Honour your Hunger**

Identify hunger at the outset, do not let it get out of hand. If you are famished you will end up overeating.

- **Make Peace with Food**

Do away with all your notions of what you should or shouldn't eat. These perceptions are exactly what change the way that your body reacts with food.

- **Discover Satisfaction**

Pleasure and satisfaction are the basic tenets of our lives. If we are to be doing away with the pleasure aspect of food, we would be missing out one of the

biggest pleasures of our life.

- **Challenge the Food Police**

Say no to all the guilt-laden thoughts surrounded with eating something you enjoy. The thought that certain food will work and some won't is just your psychological food-police.

- **Honour Your Feelings**

Emotional eating is not going to make you feel better, and even if it does it is only going to be momentary.

Intuitive eating asks you to deal with feelings without resorting to food-based appeasement.



- **Respect Your Body**

Do not criticize your body! Try and appreciate who you are without resorting to hurtful judgements about yourself.

- **Exercise**

Just because you are going to be eating what you want doesn't mean you don't have to exercise. Indulging in light exercise is a must in order to have a healthier mind and body.





- **Honour Your Health**

The food you eat should not only taste good but also be healthy for you.



In conclusion, your mind plays a huge role in what you eat, how you eat and when you eat it. If we continue to think that food is the answer to our emotional upheavals, we will continue to compromise on our mental and physical health.





# RECIPES



# MASALA KHICHDI

*If you are in the mood for something healthy but tasty and spicy, this is the perfect dish for you. It is quick to make too!*

## INGREDIENTS

- Rice** ½ cup
- Moong dal** ¼ cup
- Toor dal** ¼ cup
- Ghee** 1 tbsp
- Bay leaf** 1
- Cloves** 3 to 4 piece
- Peppercorns** 3 to 4 piece
- Cumin seeds** 1 tsp
- Green chillies** 1 to 2 piece
- Ginger garlic paste** 1 tbsp
- Onion** ½ cup, finely chopped
- Green peas** ½ cup
- Carrots** ½ cup, finely chopped
- Potato** ¼ cup
- Salt** to taste
- Turmeric** ½ tsp
- Red chilli powder** 1 tsp
- Coriander cumin seeds powder** 1 tsp
- Garam masala** ½ tsp





## METHOD

1. Wash and soak the rice and dal for 30 min.
2. Heat ghee in a pressure cooker and add the whole spices and sauté until fragrant.
3. Add the green chillies, ginger, garlic paste and sauté for 2 min.
4. Add the chopped vegetables, spices and coat them well with the spice powders.
5. Add the washed dal and rice and gently combine everything in the cooker.
6. Add cups of water, mix well and bring to a boil.
7. Cover and pressure cook for 4 whistles on a medium flame.
8. Serve the masala khichdi hot with curd and pickle.

*Cleanse all that heavy bingeing with a delicious spinach khichdi made better with sweet kernels of corn.*



# PALAK CORN KHICHDI

## INGREDIENTS

<b>Rice</b> ½ cup	<b>Onion</b> ½ cup, finely chopped
<b>Moong dal</b> ½ cup	<b>Tomato</b> ¼ cup
<b>Ghee</b> 1 tbsp	<b>Salt</b> to taste
<b>Bay leaf</b> 1	<b>Turmeric</b> ½ tsp
<b>Cloves</b> 3 to 4 piece	<b>Spinach purée</b> ½ cup
<b>Peppercorns</b> 3 to 4 piece	<b>Sweet corn kernels</b> ½ cup, boiled
<b>Cumin seeds</b> 1 tsp	
<b>Dried red chillies</b> 2 piece	
<b>Ginger garlic paste</b> 1 tbsp	

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## METHOD

1. Wash and soak the rice and dal for 30 min.
2. Pressure cook for 3 whistles, with turmeric, salt and 3 cups of water. Turn off the heat and let it cool for 10 min.
3. Heat ghee in a pressure cooker and add the whole spices and sauté until fragrant.
4. Add the red chillies, ginger, garlic paste and sauté for 2 min.
5. Add the tomatoes, corn and saute for 3-4 minutes.
6. Now add spinach puree and cook for 3 min.
7. Add the boiled khichdi and gently mix until combined.
8. Add water and adjust the consistency of the khichdi as per your liking.
9. Simmer and boil for 5 minutes or till khichdi absorbs spinach flavour.
10. Finally, serve spinach khichdi hot topped with more ghee if required.

## INGREDIENTS

- |                                 |   |
|---------------------------------|---|
| <b>Whole wheat flour</b> 2 cups | <b>Spinach</b> 3 cups                   |
| <b>Spinach purée</b> ½ cup      | <b>Salt</b> to taste                    |
| <b>Cumin</b> 1 tsp              | <b>Black pepper</b> to taste            |
| <b>Butter</b> 2 tbsp            | <b>Chilli flakes</b> 1 tsp              |
| <b>Refined flour</b> 2 tbsp     | <b>Oregano</b> 1 tsp                    |
| <b>Milk</b> 1 cup               | <b>Sweet corn kernels</b> 1 cup, boiled |
| <b>Cheese</b> ½ cup             | <b>Ghee</b> 2 tbsp                      |



*Finding it hard to get your little one (and other family members) to eat spinach? This super easy, super tasty recipe will ensure they gobble up spinach and even ask for more!*

# SPINACH CORN WRAP

## METHOD

1. In a big bowl, add the whole-wheat flour with salt, crushed cumin and some ghee and mix until the flour holds together when pressed.
2. Add the spinach puree and mix well until it comes together to form a dough. If it gets very sticky, add some flour to it. If it is dry, add a few tablespoons of hot water to bind it all together.
3. Leave the prepared dough aside for 20 minutes and start working on the stuffing. Make sure your spinach is thoroughly washed.
4. In a pan, heat the butter and add the refined flour. Stir until it cooks and gives

a nutty aroma. Add the milk and stir vigorously to combine. Ensure that there are no lumps.

5. Add the cheese, salt, pepper, chilli flakes, oregano and let it thicken to a spreading consistency. Take off the flame and quickly add the chopped spinach. Close the lid to allow the spinach to cook in the residual steam. Give it a quick mix and set aside uncovered.
6. Take the dough and roll out thin rotis. Cook them on a griddle with a little ghee and stuff them with corn and spinach mixture. Roll and serve hot with ketchup or chutney.



*A spicy, tangy dish that goes well with rice and chapatis both! This dish is an impressive take on the humble baingan and will have your family and friends asking for seconds.*

## INGREDIENTS

**Eggplants**, small 5-6  
**Ghee** 2 tbsp  
**Oil** 2 tbsp  
**Coriander seeds** 1 tbsp  
**Tamarind** 2 piece  
**Ginger garlic paste** 2 tbsp  
**Onion** 1 cup, finely chopped  
**Desiccated coconut** 2 tbsp

**Sesame seeds** 2 tbsp  
**Salt** to taste  
**Turmeric** 1 tsp  
**Red chilli powder** 2 tsp  
**Cumin seeds** 2 tbsp  
**Garam masala** ½ tsp  
**Coriander** ¼ cup



# HYDERABADI BAGARA BAINGAN

## METHOD

1. Wash and slit the eggplant and soak them in salt water for 15 minutes.
2. Soak the tamarind piece in hot water and set aside.
3. Squeeze and remove the pulp. Keep aside.
4. Heat the oil and ghee and fry the slit eggplants on medium flame until cooked. Remove with a slotted spoon and drain the excess oil on a paper towel.
5. In the same oil, fry the onions until brown.
6. In another pan, dry roast the cumin, coriander, sesame seeds with the coconut until toasted and fragrant.
7. Cool and grind this mix to a fine powder. This is your fresh masala.
8. Once the onions are browned, add the ginger garlic paste, turmeric and chilli powder to it. Mix well.
9. Add the freshly ground masala and stir continuously. Cook until the masala begins to release oil from the sides.
10. Add the tamarind pulp to the mix with about 2 cups of water.
11. Add the fried eggplants into this and cook uncovered, for 5-6 minutes.
12. Check the seasoning. Add salt, as needed.
13. Cook further for 12-15 minutes until you reach the desired consistency.
14. Serve hot garnished with fresh coriander.

*Bursting with the goodness of ripened cherry tomatoes, crisp cucumber, briny olives and creamy avocado, this refreshing salad is a celebration of wholesome ingredients.*

# MEDITERRANEAN GARDEN

## INGREDIENTS

### For the dressing

**Lemon juice** 3 tbsp  
**Olive oil** 1 tbsp  
**Jalapeno**, deseeded 1 piece  
**Tahini** 2 tbsp  
**Maple syrup** 2 tsp  
**Cumin seeds powder** ½ tsp  
**Garlic cloves** 1 piece  
**Salt** ¼ tsp  
**Chilli flakes** ½ tsp

### Other ingredients

**Bunch of kale**, destemmed  
**Pine nuts** 2 tbsp  
**Black olives** ¼ cup  
**Avocado**, sliced 1 piece  
**Cherry tomatoes** ½ cup  
**Cucumber** ½ cup  
**Brown rice, cooked** ½ cup

## METHOD

1. Combine all the ingredients of the dressing and mix well.
2. Add all the ingredients to a bowl and drizzle with dressing. Toss well.
3. Serve immediately.

*Dragon fruit Chia seed pudding is a simple yet beautiful dessert that is sugar free and full of fiber! With dragon fruits so easily available in the market this season, this recipe is a must try!*



**DRAGON FRUIT CHIA SEED PUDDING**

# DRAGON FRUIT CHIA SEED PUDDING

## INGREDIENTS

**Chia seeds** 40g  
**Dragon Fruit** ½ piece  
**Milk** 1 cup  
**Yoghurt** ½ cup  
**Banana** 1 piece  
**Pomegranate seeds** 2 tbsp  
**Granola** 2 tbsp

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## METHOD

1. Soak chia seeds in milk for 2 hours with mashed banana
2. Once fully soaked, you will get a slimy consistency. Divide this into three bowls of equal quantity
3. Add dragon fruit in each bowl to create the ombre colour. You can also add yoghurt as a base.
4. Top with pomegranate seeds and granola. Serve immediately.



*Indulge in a breakfast masterpiece with this quick and easy recipe, where each bite is a harmony of texture and flavours.*



# ROASTED STRAWBERRIES PANCAKE

## INGREDIENTS

**Strawberries**, quartered 500g

**Sugar** ½ cup + 5 tsp

**Salt** ½ tsp

**Refined flour** 1 cup

**Baking powder** 1 tsp

**Baking soda** 1 tsp

**Buttermilk** 1½ cup

**Egg, beaten** 1

**Butter, melted** 4 tbsp

**Whipped cream** ¼ cup

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## METHOD

**1.** On a foil-lined baking sheet, toss berries and sugar; cook at 425° F until bubbly, for 10-12 minutes.

**2.** In a bowl, whisk flour, baking powder, and soda, the remaining 5 tsp sugar and salt.

**3.** Stir in buttermilk, egg, and 3 tbsp butter.

**4.** Brush a non-stick pan with remaining butter; heat over medium-low.

**5.** Ladle batter onto the pan.

**6.** Cook, turning once, until golden, 2 to 3 minutes per side.

**7.** Top with strawberries and whipped cream.

**8.** Serve immediately.

*Earthy roasted beets with tangy, creamy feta promises a feast for your tastebuds. Do try the recipe while beetroots are in season!*





# BEET AND FETA PASTA

## INGREDIENTS

### For the sauce

**Beetroot**, boiled and drained  
600gm  
**Olive oil** 100 ml  
**Salt** 1 tsp  
**Garlic** 4 cloves, finely chopped  
**Red chilli** 1 piece  
**Oregano** 1 tsp

### For the pasta

**Pasta** 500g  
**Feta cheese** 200g  
**Fresh dill**, finely chopped 20g  
**Lemon juice** 1 tbsp  
**Olive oil** 1 tsp  
**Parsley** 2 tbsp

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## METHOD

1. Cook the pasta following the instructions on the packet.
2. Meanwhile, put the beetroot into a blender and add the olive oil, oregano, salt, garlic, and chilli. Blend to a smooth paste.
3. Crumble the feta cheese into a bowl, add the chopped dill, then drizzle over the lemon juice and mix.
4. Once the pasta is cooked to your liking, drain and put back into the pan. Pour in all that beautiful beetroot sauce and mix through. Tip out onto a serving dish and sprinkle over all the feta and dill mixture.
5. Drizzle with a little extra olive oil for good measure before serving. Garnish with parsley and serve.

*Let's give a twist to the traditional Gobi and make it exciting to eat. This recipe is a fun and delicious way to eat cauliflower without having to eat it in the usual way.*



# GOBI MANCHURIAN

## INGREDIENTS

**Cauliflower** 1 head  
**Flour** 3 tbsp  
**Cornstarch** 2 tbsp  
**Ginger garlic paste** 1 tsp  
**Salt** to taste  
**Pepper powder** ½ tsp  
**Water** ¼ cup  
**Oil** for frying

### For the sauce

**Oil** 1 tbsp  
**Ginger, grated** 1 tsp  
**Garlic, grated** 1 tsp  
**Green chilli** 1 piece  
**Celery, chopped** 2 tbsp  
**Onion, chopped** ½ cup  
**Green capsicum,**  
 chopped ½ cup  
**Bellpepper, chopped** ½  
 cup  
**Soya sauce** 1 tbsp  
**Tomato ketchup** 1 tbsp  
**Vinegar** 1 tsp  
**Red sauce** 1 tbsp  
**Sugar** 1 tsp  
**Pepper** ½ tsp  
**Salt** to taste  
**Spring onion, chopped** 2  
 tbsp

## METHOD

1. In a pan, add oil, garlic, ginger, green chilli, celery and mix well.
2. Later add capsicum, bellpepper and onions and cook well.
3. Pour in ketchup, soya sauce, vinegar, hot sauce, sugar, pepper powder and salt. Cook well and turn off the heat.
4. Now in hot boiling water, add in the chopped flower florets. Cook for 5 minutes. Strain it, rinse it & pat dry on a towel.
5. To a bowl, add in the flour, cornstarch, ginger garlic paste, salt & pepper. Make a smooth paste.
6. Now heat oil in a pan. Take the floret, dip it in the prepared paste & fry it in hot oil.
7. Now add in all fried florets in the prepared hot sauce.
8. Cook for 2 minutes. Serve hot garnished with spring onion.

*The inclusivity of savoury waffles in the world of waffles enables you to eat them not only for breakfast but for lunch or dinner. Try this recipe to savour the tweaked taste of waffles.*



# SAVOURY WAFFLES

## INGREDIENTS

**Refined flour** 1 cup

**Rice flour** 2 tbsp

**Garlic powder** 1 tsp

**Baking powder** ½ tsp

**Vinegar** ½ tsp

**Water** ½ cup

**Milk** ¼ cup

**Olive oil** 1 tbsp

**Salt** 1 tsp

**Chilli flakes** 1 tsp

**Italian herbs** 1 tsp

**Cheddar cheese** ½ cup

**Butter** 2 tsp

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## METHOD

1. In a bowl, combine flours, baking powder, salt, chilli flakes, garlic powder and herbs.

2. Add water, oil & milk. Mix well.

3. Fold in the shredded


cheese.

4. Heat the waffle maker and grease it using butter.

5. Pour a ladle full of batter. Let it cook till golden brown.

6. Serve hot.

**F** *two  
sides  
of  
a  
coin* **D**

Food can be  
poison  and it can  
be medicine  
depending on how  
you consume it.









**T**here is no one set definition of what food is considered 'good'. There is good food for every mood, illness and problem. While some prefer to keep fit with a balanced Indian diet, some others trust in the science of counting macros and consuming more protein and some others give up

foods like wheat or refined sugar to stay fit. So, when it comes to food – one size truly does not fit all!

While food has many facets, it is also safe to say that it is a boon and a bane both. Eating way too much junk food, consuming a large amount of refined flours and fried snacks may feel

good and be comforting, but they do more damage to your body than you can imagine. At the same time, women suffering from PMS find solace in foods like dark chocolates that keep the hormones happy – it is actually recommended because it helps! or centuries, food has been our medicine in India. Ayurveda uses various ingredients, most of which are available in our kitchen, to cure small and big illnesses. Ginger for bloating, cumin or okra for constipation, curd-rice for an upset stomach,


turmeric and ginger water for a cold and sore throat – we've all been privy to these homegrown methods. Sadly though, despite India being such a rich treasure chest of natural remedies and healthy foods, we ape the West. Our ancestors have been using turmeric to ward off multiple ailments – from bruises to sore throat and much more, but it was only when some scientist in the USA confirmed that the curcumin found in turmeric root is beneficial to us. What we witnessed next was sadder – golden lattes and 'turmeric infused bliss balls' flooded Indian markets. The same can be said for Brahmi – a herb that has been clinically proven to make huge contributions



in the treatment of neuro-endocrine tumors or Milk Thistle Seeds for that matter, which have been proven to show increasing improvement in the treatment of many cancers. This teaches us how it is time we take pride in our own food heritage and accept India for the land of miraculous herbs and concoctions it is.

Speaking of food as medicine, foods also have a placebo effect sometimes. Feeling better by eating chocolates during PMS is great example of how foods sometimes work as a placebo medicine. The chocolate, in a way, does nothing much for



A close-up photograph of a white ceramic bowl filled with yellow rice, garnished with a slice of purple onion and green herbs. The bowl sits on a white plate. In the foreground, a lime wedge is cut and garnished with green herbs. The background is dark and out of focus, showing a spoon and other kitchen items.

that pain. But it makes you feel good and that acts as a placebo. This is also why someone, who suffers from clinical depression, may eat more than usual. Food becomes their placebo and makes them feel better.

Another great thing about food is that it also works as a motivator, as an incentive. I have devoted my life to researching cancer and I have seen patients work harder to get better, just so they can eat their favorite foods. They breeze through the tough parts of the treatment because in their head, when this is all over, they will finally get to eat what they like. Food is one of the things they look forward to, when things get better.


This, in no way, means that we should only eat healthy or we should only eat what comforts us. It helps to be more balance when consuming foods, whether healthy or junk.

# Busting Your NUTRITIONAL Myths

*We are surrounded by a surfeit of information on food, the challenge however, is to identify the myths from the reality.*

**T**he internet might have been a revolution in the way we consume and share information. The downside, however, is that not all the information available on the internet is true.





Scrolling through your social media feed, you come across a random post that states that chocolate causes acne. The next time you are about to bite into a delicious bar of dark chocolate, you remember that post and your hand halts before it reaches your mouth. All you can think about is the zit you may or may not get, taking away all the joy from that dark chocolate.



# Myth 1



# *Sugar is a*

Sugar is often seen as the villain in all things food. This aversion to sugar has also sparked off a whole range of substitutes like coconut sugar, stevia, agave, etc. However, that is not exactly true. An American

Journal of Clinical Nutrition conducted a study that followed more than 3,50,000 people for over a decade. They found that sugar consumption had no direct link to increased risk for death.

In an interview with Brut India, Rujuta Diwekar, a leading nutritionist states, "Sugar isn't poison, but its overindulgence surely is. Sugar doesn't cause a problem when you are adding it to your ladoos, barfi and halwa. You can eat jaggery, which comes from sugarcane and eat it with ghee and bajra roti which is a winter speciality."


# *slow poison*

*Being slim means*

*Myth 2*

*you're healthy*





We are constantly being fed images of photoshopped bodies on social media, and the world in general seems to be in love with the whole idea of being skinny. The thing is that no two individuals have the same body type or metabolism. Having a common benchmark for the way that we perceive the shape of our bodies can only lead to severe feelings of insecurity.

For instance, an overweight individual who is active, may be healthier than an inactive skinny person. Research has shown that even thin individuals can get type-2 diabetes. The thing to remember is that being skinny on the outside does not mean that you are skinny on the inside. In the same way, people who are obese may be healthier if they are careful about what they eat and exercise regularly.


# *Ghee is fattening*

Ghee is rich in omega 3 fats (DHA) and omega 6 (CLA). While many people believe that ghee is fattening, and considering the fact that it is 99% fat, there is a grain of truth to it. However, having a blanket ban on ghee is absolutely not advisable.

Unlike the popular belief that ghee is fattening, it has various health benefits. It allows you to digest your food better, aides the assimilation of fat-soluble vitamins like vitamin A, E, D and K. In fact, there are many out there who swear by ghee as a weight loss helper, although, just a spoonful is what they recommend. And that too, if you are not having ghee in any other form.



Myth 3



Rujuta Diwekar advises, “Ghee will ensure that we are not overeating and it will allow having better access to your satiety signals.”



# Myth 4

# Rice is

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Rice is largely perceived as a culinary villain and its western counterpart, quinoa, is commonly considered a superhero. Contrary to popular belief, rice can be eaten if you want to lose weight or even if you are diabetic and is the easiest grain to digest.

In an interview with *The Foodie*, Pooja Makhija, a nutritionist and a clinical dietician, said, “You can consume rice after removing the starch and always limit the quantity you consume.” Rice eases the absorption of amino acids and works as a prebiotic, which is the food for the healthy bacteria that reside in your body.

*not nice*

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# *Myth 5*



# Carbohydrates

Fad diets like Atkins diet, and the South Beach diet take the forefront in denouncing carbs. Contrary to popular perception carbohydrates are a major source of fuel and nutrition for the human body. The importance here is to identify the ideal portion size for carbohydrates instead of eliminating them completely.

Eating whole-grains and whole fruits are a

great way to include healthy carbs in your meals. While carbs may not provide energy directly in some cases, they do end up feeding the healthy gut bacteria in our bodies. However, on the other hand, refined carbs in excess can hurt our bodies as well. So when you hear someone denounce carbs the next time make sure that they are talking about refined carbs and not the whole carbs.

*are bad for you*

# Myth 6



A fad diet, much like a fashion trend, is popular for a time. Fad diets trick us into believing that temporary changes in our diets would provide us with the attainment of our health and weight loss goals.

## *Fad diets*

Fad diets are only effective to make you learn that they do not work and without making sustainable lifestyle changes, you will gain the weight you have lost. A lot of these diets work to eliminate the most important nutrients you may require. Diets like Atkins and Keto, have found many proponents lately, but what they fail to tell you that for every success story, there are a handful of horror stories to these diets as well.

*are effective*



*Myth 7*

# *Exotic fruits*

We are obsessed with food which is unpronounceable, expensive and doesn't grow around us.

Director of the National Institute of Nutrition, Dr. R Hemalatha, in an interview with The New Indian Express, says, "Don't go for exorbitantly priced vegetables. Just locally available veggies with a small serving of rice will do good."

Our local fruits, like bananas, custard apple, and jackfruit, often pale in comparison to the promotional outbursts of exotic produce like avocado and kiwi. And with Instagram

influencers taking on these fruits and veggies as their personal brand, our local grown varieties often get left by the wayside.

However, eating local fruits and vegetables has a host of benefits. For starters, local varieties are ideal for local weather conditions and can benefit your body in a number of ways. Unlike popular perception, local fruits are not full of sugar just because they have a native name. All fruits have the same natural sugar called fructose and do not harm our bodies.

*are good for you*



# *Myth 8*

# *Steer away from coffee*

Most of the myths can be boiled down to identifying whether it is the excess of that food product that hurts you or the item itself. Same is the case for caffeine. You may have heard caffeine is bad for your health, but when consumed in moderation it does no harm to our bodies. Experts suggest that it is best to

have some food if you are going to be drinking coffee. Dr. Janaki Badugu advises, “Before having coffee have a handful of mixed nuts like almonds, cashew, walnut and groundnuts.”

Research suggests that coffee can reduce the risk of type 2 diabetes, Parkinson's disease, and gallstones. It is important that you moderate your intake of coffee, especially since caffeine is an addictive substance, however, if moderated it can have a number of benefits for you.

# *Drinking Honey and lemon with warm water*

*Myth 9*



*is effective  
in weight loss*



Drinking honey and lemon with warm water in the morning has been hyped



for several years. It's time that this myth is busted for good. Nutritionist and dietician, Jasleen Kaur states, "Honey is entirely fructose and if you drink honey and lemon together for an extended period, it can also deplete calcium from your body." She further suggests, "You can have lukewarm water with cloves or amla juice."

The popular claim that honey and lemon water melts fat, is patently untrue. The best way to reduce weight is simply through watching what you eat and exercising regularly. Lemon and honey water don't help in weight loss, but this combination makes you feel full and reduces cravings.

# *Vitamin C*

*Myth 10*

*boosts  
immunity*

In the current scenario, we have compulsively included vitamin C intake in our diets. From lemons to oranges, we have eaten every citrus fruit available in an attempt to boost our immunity.

“Vitamin C has proven to heal us during an illness but not necessarily prevent it.” Says nutritionist Rashi Chowdhary in an interview with Friday magazine. One orange has 50mg of vitamin C and to get 1g of vitamin C from oranges we will have to eat 20 oranges a day.

Vitamin C became popular as an immunity booster after Nobel laureate Linus Pauling exalted its benefits in his books. However, these claims have not withstood the scrutiny by science. While vitamin C is crucial to the human body, the jury is still out whether it is a sure-shot immunity booster.

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