

Our Family's Guide to Better Health: Understanding and Caring for Our South Asian Bodies

Dear Families,

This guide is for all of us - parents who want to stay healthy for their children, young adults beginning to care about their health, and children who want to understand why their parents and grandparents make certain food choices. We'll explain how our South Asian bodies work a bit differently and what we can do to keep ourselves healthy.

Why Our Bodies Are Special

Our South Asian bodies are like finely tuned instruments - they're incredibly efficient at storing energy, which [helped our ancestors survive through tough times](#). But in today's world of plenty, this special ability means we need to be a bit more careful about what and how we eat.

How We Can Tell If Our Plan Is Working

What You Can Feel

Every day, notice if: - You have good energy through the morning - Your stomach feels comfortable after meals - You sleep well at night - Your body feels light and comfortable when you wake up

What Your Doctor Can Measure

During check-ups, your doctor will look for: - Better blood sugar numbers (they should be below 90 when you haven't eaten) - Lower inflammation in your body (shown in something called hs-CRP) - Good insulin levels (this helps control your blood sugar)

Our Daily Food Plan

Morning Magic

Start your day right: 1. Begin with protein - sprouted mung or dal (about two spoonfuls before cooking) 2. Add a small piece of fresh ginger 3. Choose bajra roti instead of wheat when possible 4. Include fresh turmeric with a tiny bit of black pepper

Throughout the Day

Follow this simple order when eating: 1. Start with the protein part of your meal 2. Then eat your vegetables (especially cooling ones like dudhi and turia) 3. Have your roti or rice last 4. Wait 3-4 hours between meals

Why This Works

Think of your body like a garden. Just as a garden needs the right amount of water at the right time, our bodies need the right foods in the right order. When we eat protein first, it's like laying down a good foundation. The vegetables and spices we add are like giving our garden the perfect nutrients it needs to thrive.

Making It Work For Your Family

For Parents

- Keep fresh ginger and turmeric in your kitchen
- Plan meals around proteins first
- Make shopping lists that prioritize our recommended vegetables
- Cook meals that everyone can enjoy together

For Children and Young Adults

- Understand why these foods help your body
- Learn which combinations make you feel best
- Share what you learn with your friends
- Ask questions when you're curious about why we eat certain ways

For Everyone

- Notice how different foods make you feel
- Keep track of your energy levels
- Share your experiences with your family
- Talk to your doctor about changes you notice

Working With Your Doctor

When you visit your doctor: - Share this eating plan with them - Ask them to check your important numbers every few months - Talk about how you're feeling - Discuss any changes you notice

Remember

Our traditional food wisdom isn't just about old rules - it's about understanding what our bodies need to stay healthy. When we combine this knowledge with modern medical understanding, we create something

powerful: a way of eating that helps our unique South Asian bodies thrive in today's world.

This isn't about strict rules or perfect habits. It's about making small, steady changes that add up to better health for our whole family. Every small step counts, and it's never too early or too late to start caring for our health in this way.
