

## Indian Home-cooked meals and their Benefits:

Are you exercising every day just to be healthy but still facing health issues? Are your diets not suiting your medical conditions and feel like a task? Healthy eating is also known as clean eating is often misunderstood to be some kind of a crash diet. Clean eating focuses on consuming whole foods that are minimally processed and as close to their natural form as possible.

Adopting a clean eating plan can be a simple and effective way to lose weight and boost your overall health.

Additionally, eating clean means relying less on processed, store-bought items and preparing more meals at home, which could save you money. Healthy eating means cutting out on foods that you consume as a part of your cravings. It is removing your wants and sticking to your needs. Many nutritionists suggest that if one shifts to healthier food habits they might never need to follow any kind of diet again. Maintaining a healthy diet keeps the immune system balanced and ready to fight against infection and viruses. It is a lifestyle change:

Some habits that you can develop to shift to a healthier lifestyle are:

- Cut down on raw sugar in any form.
- Switch to light snacking options made of wheat/millet/grains.
- Consume more vegetables and fruits
- Replace desserts with fruits or dry fruits
- Have raw vegetables in place of snacks
- Replace tea/coffee with a water-based alternative
- Use sweetening alternatives like dates, jaggery powder or maple syrup
- Make sure to have foods with only natural colorants
- Have more grains and millets
- Consume more than 4 liters of water every day
- Switch to having Home-cooked meals.

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Protein is the building block of immune cells. A diet lacking in protein can seriously hamper your immune function. Most adults need at least 50 grams of quality protein per day, or a palm-sized portion per meal if that's easier to visualize. Make an eating pattern out of incorporating quality protein for each meal, like eggs for breakfast, chickpea and chapati for lunch, and chicken salad for dinner.

As a rule of thumb, the more colorful foods are, the healthier they are – unless you're eating a bag of Skittles. Deep rich colors indicate micronutrients and antioxidants, which your body needs for protection and recovery from illness. Studies have shown that antioxidants improve immune responses, so throw some purple cabbage, red bell pepper, and green beans in your grocery cart, will ya?! And when you get home, cook them up with lots of herbs or yellow turmeric for an extra flavor boost

There are specific components of an Indian diet that have a range of health benefits.

Chickpeas, for example, which is often used in vegetarian curries, are a great source of fiber, zinc, folate, and protein, which makes them a healthy factor in a vegetarian Indian diet. Spinach and tomatoes, which are widely used in Indian cuisine, are also known superfoods, containing high levels of antioxidants, vitamins, and minerals.

Likewise, many Indian sauces and accompaniments are vegetable-based, such as Sag aloo (spinach) and Gobhi Aloo (cauliflower with potatoes) making them a healthy choice as the majority do not use cream or cheese.

The minty yogurt dip raita, made from natural yogurt, cucumber, and mint, is a source of calcium and is a low-fat alternative to sauces such as mayonnaise. Natural yogurt is also often used to form curry sauces instead of cream or coconut milk.

Garlic features greatly in Indian cooking, which is said to be good for the heart, as do chilies, which are good for the immune system and metabolism.

Indian dishes often use vegetable, sesame, and peanut oil rather than butter, which keeps them lower in saturated fat.

Finally, as Indian dishes have such an impacting taste often just a small portion can satisfy taste buds, helping you to consume fewer calories. An Indian diet's variety and vibrancy keep it interesting, which is a healthy component to any cuisine as the variety can prevent boredom and overeating.

While adapting to such habits it may get difficult at the start but with time, consistency, and patient you will start seeing positive body changes which will boost one's confidence. Your body will start feeling lighter and healthier. These habits are also great to clear your mental space. Follow them and let us know how they have helped you. For Home-cooked fresh meals, MothersFood is an online homemade food delivery service in Hyderabad and Delhi NCR.