



Indian Superfoods

By Rujuta Diwekar

Juggernaut Books, New Delhi, 2016. Soft cover. Book Condition: New. 21 cms. 200pp. In her forthcoming book, Rujuta talks about how food that is healthy for you is linked to your cultural and genetic history and how we are today essentially repackaging 5000-year old wisdom that has come down to us through the ages. She says that the secret foods for health, vitality and weight loss lie in our own kitchens and backyards. According to Rujuta research today is being guided by what your grandmother always knew. On its own nutrition science is not yet at a stage where its able to predict, as an example, the anti-depressant effects of say kaju or the anti-inflammatory properties of haldi. It needs to be guided and when it doesnt look towards this guidance it ends up looking at food through a narrow window, focusing many times on a single nutrient, to create a superfood.



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