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10 food habits I correct most often



Small things in an Indian kitchen that quietly undo good food. One per page. Fix these first.

Swipe 👉

1

OF 10



Throw away the dal soaking water

Soak the dal, then pour that water out. The part that gives you gas sits in the water.

2

OF 10



Keep the water you boiled sabzi in

The vitamin C has moved into it. Use it in the gravy or the dal. Do not pour it down the sink.

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OF 10



Add salt at the end

Cooking burns off a lot of the iodine.
Salt goes in last, not first.

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4

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Cook tomatoes in oil

The one case where cooked beats raw. Oil helps the body take up what tomatoes have.

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5

OF 10



Rice: cook, cool fast, eat next day

Fridge it quickly and reheat tomorrow. It is gentler on blood sugar than fresh rice.

6

OF 10



Do not cook dahi

Heat kills the good bacteria. The protein and calcium stay, but the real benefit goes.

7

OF 10



Soaking almonds only removes the skin

It does not add nutrition. Soak them if you like the taste, not for health.

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OF 10



Brown bread is only half whole wheat

By law that is enough to call it brown.
Read the packet. Look for 100%
whole wheat.

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9

OF 10



Brown sugar and gur are still sugar

Neither is gentler on the body than white sugar. Less of any of them is the answer.

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10

OF 10



Wait 20 minutes before a second helping

Feeling full arrives late. Most second helpings are eaten before it does.

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Your body, your routine, your goals.
Not a list off the internet.

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Everything in this guide was checked against
published studies.

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