

How Spicy Indian Food Is Filled With So Much Goodness

If you're like a lot of us, healthy eating is a frequent topic on your mind. A lot of the easiest to get food out there is also pretty bad for us. However, you don't have to turn away from taste to eat healthily. If you choose with care, Indian food can be an excellent way to improve your overall health. Does that sound surprising? Read on to find out which Indian dishes are the best for your health, and how eating more Indian food could make you feel better.

When you think about spicy Indian food, you're probably picturing takeout curry or the rich dishes you'll find on an Indian buffet. Full of rich butter and cream, a lot of these don't seem like the best choice for health. That's because they're not all there is to food on the Indian subcontinent. The foods you'll find are most popular at Indian restaurants are generally ones that are reserved for special occasions. After all, a restaurant visit should be an occasional treat. There are plenty of Indian dishes that are really good for your health. The strong reliance on spices means that you'll enjoy your food more and probably eat less than if you chose a blander meal, and India's high vegetarian population means that there are many delicious ways to get your vegetables. One thing to pay attention to, however, is dairy fat. Many of the most popular Indian main dishes and desserts contain a lot of cream, clarified butter, or similar substances. This is particularly true of northern Indian dishes. A little bit isn't a problem, but if you eat them daily, your body could suffer. It's easy to prepare your own Indian dishes, and many of them make great packed lunches and leftovers, too. If you're eating in a restaurant, there are a number of choices you can make to get the healthiest meal. Consider some of India's delicious whole grain breads, like roti. They're made from whole wheat flours, but they don't have the heaviness that many people associated with whole grains. There are plenty of great rice dishes, too - many are strongly seasoned and add more flavor. Look for vegetable dishes over meat ones - they'll be better for you, and are very flavorful. There are a few things to remember when eating Indian food if you want to stick with healthy options. One is to eat slowly. This is not a cuisine that's meant to be gulped. Take your time, and start with small portions. Much Indian food is very dense, and you'll be surprised by how quickly you fill up. Consider sharing a single dish with a friend. Avoid cooking or ordering dishes that are heavy on meats, cream, and rich ingredients like cashews, unless it's a special occasion, and avoid rich desserts and deep fried dishes. Remember to be willing to explore, too. There's more to Indian cuisine than just Punjabi cooking. South Indian food and foods from other regions are often much lighter, and offer a range of tastes you may not have encountered yet. Of course, when cooking at home, you can always choose to reduce oil or increase vegetables to make dishes even healthier. While simply eating Indian isn't a sure fire route to health, this fantastic cuisine has a lot to offer, and could be a great way to improve your diet.