

Six Healthiest Staple Foods in Indian Cuisine

What is known as Indian cuisine to the world is one of the most diverse cuisines on the planet. As one travels across the length and the breadth of the country, the cuisines vary from state to state.

Until recently, people in most countries were of the opinion that Indian cuisine is nothing but an eclectic mix of spices and fat. However, with the new millennium and globalization, the wonders of the Indian cuisine are being realized by the world. Not only is it a delight on the senses but is full of numerous health benefits. Despite their differences, most Indian cuisines follow the ancient principles of Ayurveda.

Here are the six healthiest staple foods in the Indian Cuisine:

1. Curry: Surprising as it may sound, curry is one of the healthiest foods around. It is made from a variety of spices that have their own benefits. For example, the chilies used in the preparation not only aid in enhancing blood circulation but also catalyze the production of endorphins, which help you to feel better and fight depression. They also help in curing cold and flu as they help in clearing up the nasal passages. Turmeric, which is an important constituent of most curries helps in preventing diseases like Alzheimer's and cancer besides preventing and curing inflammation. The well known garam masala is a mix of spices like cinnamon, black pepper, cardamom, coriander and cumin which aid in fighting cholesterol and diabetes.

2. Yogurt: Yogurt is a part of almost every meal in India. It has friendly bacteria that can help in enhancing the immunity, prevent ulcers and other stomach problems. It also can alleviate conditions like arthritis. In fact, due to its cooling properties and the ability to prevent heat stroke, diluted version of yogurt with spices like cumin and mint, which is known as buttermilk is hot favorite across the country during the summer season.

3. Daal: Daal is a staple food in North India. Lentils, which are known to have a high amount of protein, are the main ingredients in this dish. Since most Indians are vegetarians, daal is one of the most common sources of protein. It helps in preventing constipation and anemia as it contains high amount of fiber and iron.

4. Kichidi: In Ayurveda, kichidi is recommended as a cure for constipation, diarrhea or any other kind of stomach problem. It's a mix of chilies, garam masala and turmeric along with vegetables, rice and lentils and one of the easiest dishes to prepare. It is also a complete meal.

5. Paneer: In India, cottage cheese is generally prepared at home when lemon juice is added to boiling milk. Paneer is rich in calcium, protein and carbohydrates. It is used with a variety of vegetables like peas, spinach, and capsicum to create a number of preparations. Paneer has high iron content and also helps in preventing cancer.

6. Ghee: The world may be going on a fat less diet but according to Ayurveda, ghee or the fat derived from cow's milk is important to prevent aging and even help in the absorption of fat-soluble vitamins. It does not have lactose or salt and has important fatty acids.