Indian Food by Fazlani Exports

Article published on January 2nd 2012 | Food

Indian food is as diverse collection of cuisines of many ethnic and cultural groups in India. Most Indian cuisines are related by similar usage of spices. Often, Indian food cooking is distinguished by the use of a larger variety of vegetables than many other well-known cuisines. Within these recognizable similarities, there is an enormous variety of local styles and it is among the healthiest cuisines in the world

Healthy Indian food and eating those low in fats, sodium, sugar and cholesterol will control your cholesterol and high blood pressure, reduce risk of heart disease, cancer and associated problems like obesity and overweight.

Eating right foods, a daily moderate exercise program, getting proper sleep and learning to relax are all very valuable in maintaining a healthy body and mind..

All the vegetarian recipes on this site are authentic Indian food is low fat and involve no cholesterol. Almost all the recipes use spices such as turmeric, garama masala, cardamom, chili pepper, fenugreek seeds, ginger and garlic, which are known to provide health benefits and making great dishes. Indian food can be a healthy choice with a balanced diet of starch tons of vegetables, dal (lentils), and yogurt. Healthy Indian food really is, and how you can make it even healthier, while eating all your favourite Indian dishes.

While the Indian foods are delectable the process of preparing them can be appallingly easy. These Indian State Recipes are also quite healthy. Preparations like dhokla, lentils and others can be easily classified as health foods. During festivities special preparations are made. These Indian festival foods are immensely delicious. One may often wonder about the secret behind such scrumptious Indian food! Well the mystery lies with the Indian spices. A host of spices are used in different dishes to add flavour to the preparations.

The various ingredients Of Indian Food further spice up the dishes. A lot of fruits, flowers and leaves, besides the Indian spices, are used even in day to day cooking to make them tasty. Nuts, coconuts, tamarind and others are some of the often used ingredients in Indian food preparations.

http://readytoeat.com/indian_food.html

Article Source:
http://www.articleside.com/food-articles/indian-food.htm - Article Side

Fazlani Exports - About Author:
Welcome to the Indian Food.We provide delicious, healthy, high quality Indian food and wide variety of packaged food. We specialize in Indian pickles, Indian Chutneys, Indian Sweets, Indian Pastes and all other varieties of meal.

Article Keywords:
indian food,packaged food in india

You can find more free articles on Article Side. Sign up today and share your knowledge to the community! It is completely FREE!