

Indian Superfoods

By Rujuta Diwekar

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Statistics prove that less than 20 per cent people are successful in keeping the weight off after they have lost it. Not just numbers but your experience will tell you that it s easy to knock the weight off but tough to keep it off . It seems to find a way back to your body, climbs into places where fat never existed and this time stays like it means to stay forever. Nothing, however crash, latest or expensive seems to knock it off . Into this mix comes the superfood a food item that promises a miracle and often comes from somewhere exotic. Acacia seeds, goji berries, kale the world seems to discover a superfood every week. There s so much talk about them in the press that the word itself seems to have no meaning. What s a superfood then really, do they even exist. This books address's those questions and more.

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Editorial Review

Review
Rujuta has again hit the bull's eye with her latest book. In simple words she illuminates us to important facts of everyday food items like Ghee, Rice, Jackfruit, Coconut etc. After reading I am actually glad and thankful that the foods mentioned are so nutrient rich and all are locally available. I highly recommend this to all people who want to be healthy. --By Sudhir on 19 June 2016

We all need this back on our kitchen shelf! A must buy! From the awesomeness of Ghee to eating the poor mans jackfruit. Such sound advise. --By A. Wal on 14 June 2016

Rutuja's books are always helpful and educating one over food and habits. This one is def a BIG YES BUY for everyone. Foods we need to eat daily and the amount of knowledge imparted over foods like Ghee, Kokum, Banana, Cashew, Coconut, Rice and more will make you read more of it and totally worth a buy. Thanks Rujuta for breaking our daily traditional notions. Loved it. --By S J on 13 June 2016

About the Author
Rujuta Diwekar is one of India's top nutritionists and the author of three bestselling books, including Don't Lose Your Mind, Lose Your Weight, the country's highest-selling diet book.

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