

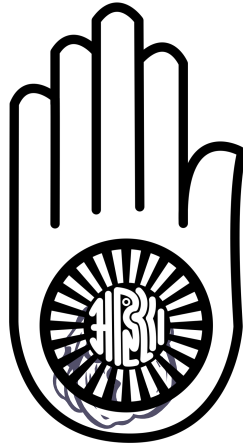
The slide features a central title surrounded by various food-related illustrations. In the top left, there are two tomatoes on a yellow background. At the top center is a bundle of green herbs tied together. To the top right is a whole green lime and a lime slice. On the left side is a halved avocado. On the right side is a whole onion and a cross-section of a tomato. At the bottom left is a green bell pepper. At the bottom center are a lime slice, a small chili pepper, and a whole chili pepper. At the bottom right is a whole bell pepper and a cross-section of a tomato. The background is white with colored circular accents in yellow, green, and orange.

Food and Indian Culture

Slides by Rhythm Srivastava

What is a Sattvic Diet?

- Focus:** Fresh, natural, minimally processed foods.
- Key Foods:** Fresh fruits, vegetables, grains, legumes, raw nuts, seeds, fresh dairy, natural spices.
- Preparation:** Foods are gently cooked or raw to preserve life energy.
- Goal:** Promote physical health, mental clarity, and inner peace (Sattva qualities).
- Philosophy:** Aligns with Ahimsa — non-harm to all beings.





Examples of Sattvic Food





Rajasic

Foods that are **spicy** and **stimulating**.

Ex: nuts, garlic, tomatoes, peppers, onions, fermented or pasteurized foods/drinks, refined sugar, vinegar, caffeinated drinks, etc. These foods give us temporary stimulation, but eating in excess can overstimulate the mind



Tamasic

Foods that are **heavy** and **dull**.

Ex: meat, seafood, eggs, mushrooms, stale/unripe/spoiled foods, processed foods, alcohol, drugs, These foods block the flow of energy and produce harmful toxins, and should be limited.

GAME TIME! Is this Sattvic?



INSTRUCTIONS:



Decide whether the following images are Sattvic. If the food is not Sattvic, then feel free to decide whether it is Rajasic or Tamasic.



Sattvic!



Tamasic!



Rajasic!



Rajasic!

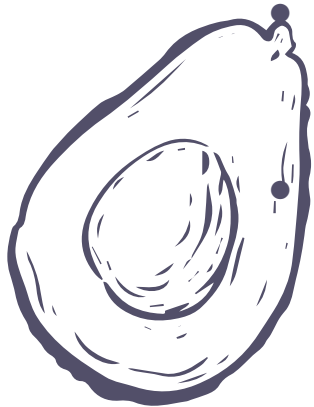


Sattvic!



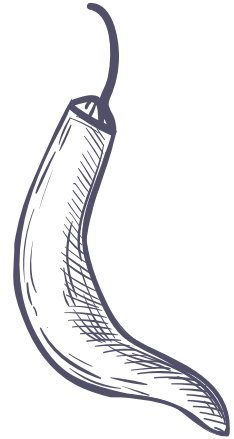
So, How is Sattvic Food Good For You?

- Supports **digestion**, boosts **immunity**, and helps prevent chronic diseases like **cancer**, **heart disease**, and **diabetes**.



High in **antioxidants** and **anti-inflammatory** compounds that aid in **detoxification**, **cellular repair**, and **reducing inflammation**.

Promotes **mental clarity**, **emotional balance**, and steady energy by nourishing the brain and calming the mind.



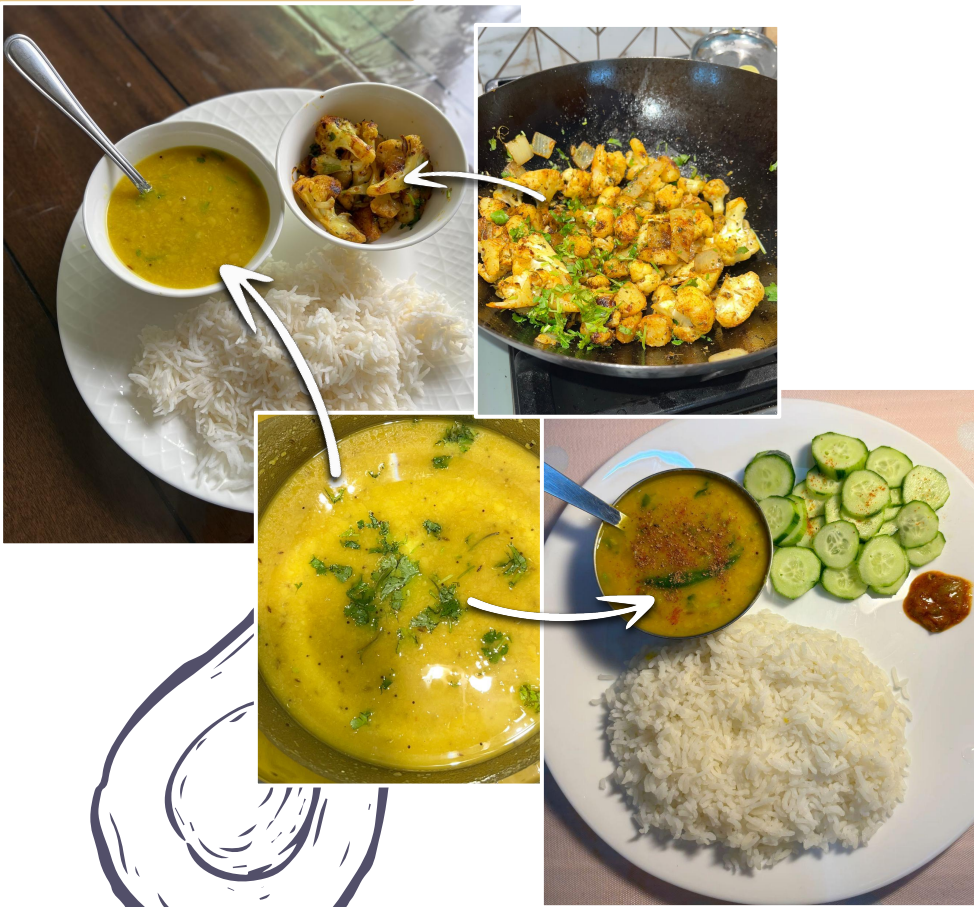
Promotes Digestive Health

- Most Sattvic foods are easy to digest and are high in dietary fiber, maintaining regular bowel movements.
- **Fresh fruits and vegetables, legumes, and whole grains** promote gut motility and alleviate constipation.
- **Lentils**, when properly cooked, are a good source of protein and are rich in fiber, aiding digestion.
- **Cooked cauliflower** is high in fiber and packed with essential vitamins and minerals.
- **White rice** is easily digestible, especially for individuals with digestive issues.



Activity Portions

Lentils are great for those following a Sattvic diet, as it is a high protein source for vegetarians. Here I cooked some lentils in an InstaPot and added spices, a tadka, fresh herbs, and vegetables. For the cauliflower subji, I added many spices like mustard seeds, turmeric, chili powder, and garam masala. I added some finely chopped vegetables as well. For meal 2, I added a side of cucumbers and some raw mango pickle. The rice I used was basmati rice, one of the highest fiber sources in rice types.

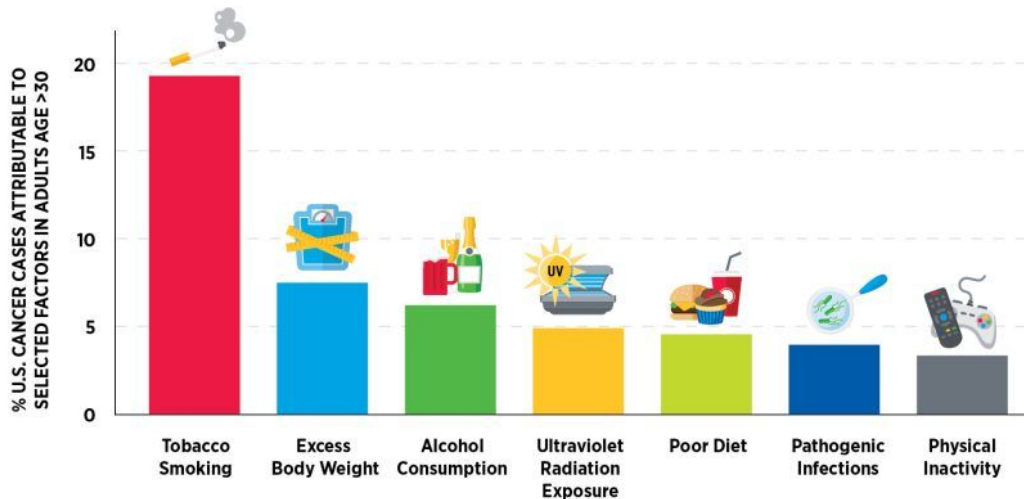


Detoxification, Cellular Repair, and Cancer Prevention

- **Polyphenols** are natural substances found in many healthy plant foods like **berries**, **spinach**, and **broccoli**.
- They fight harmful molecules called **free radicals**, protecting cells from damage that can lead to **cancer**.
- Polyphenols help the liver **detoxify** the body, keeping it healthy and strong.
- They support the repair of damaged cells and **slow** down the growth of cancer cells.
- Some polyphenols can **prevent** DNA damage, which helps stop cancer before it starts.
- These powerful nutrients also **reduce inflammation**, further lowering cancer risk.
- Eating **Sattvic foods** rich in polyphenols strengthens the body's defense against diseases.
- A diet full of **fruits** and **vegetables** supports lifelong health.

FIGURE 2

Increasing Cancer Risk



Research has identified numerous factors that increase an individual's risk for developing cancer. By modifying behavior, individuals can eliminate or reduce many of these risks and thereby reduce their risk of developing

or dying from cancer. Developing and implementing additional public education and policy initiatives could help further reduce the burden of cancers related to preventable cancer risk factors.

THE ANTI-CANCER DIET

4 ways that eating healthy can reduce your risk of cancer

IT HELPS TO...

Eat sufficient fruit and veg. Avoid foods high in sugar and salt

Maintain a healthy weight. Obesity raises your risk of cancer

Eat plenty of unrefined wholegrains

Have more frequent bowel movements, which reduces your risk of colorectal cancer

Eat less processed foods and red meat

Reduce your risk of bowel cancer

Drink less alcohol

Reduce your risk of breast, stomach, pancreatic, and other cancers

Mediclinic offers world-class, multidisciplinary oncology care, including nutritional advice

Visit [mediclinic.co.za](https://www.mediclinic.co.za) to find a dietitian near you

Chana Salad



In this salad, I added **chickpeas**, which are full of fiber, protein and nutrients. I also added **cucumber**, **onions**, **cilantro** (helps remove heavy metals from the body), **tomatoes** (contains lycopene, which helps protect cells from damage), and then added some **lemon juice** (help cleanse the liver and flush toxins)

In this salad, I added **strawberries** (prevents cancer due to high levels of polyphenols and ellagic acid), **kiwis** (aids in cellular repair and very high in vitamin C, great for tissue and cell repair), **green apples** (detoxifies as pectin fiber supports gut cleansing and toxin removal), and **peaches** (detoxifies as high water and fiber help flush out toxins effectively).

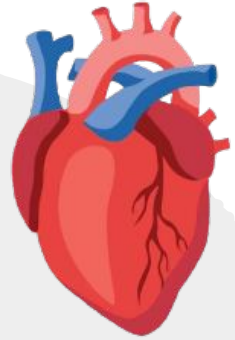
Fruit Salad



Activity Portions

Boosts Immunity and Prevents Chronic Diseases

- The **Sattvic diet**, rich in plant-based foods, boosts the immune system by providing essential vitamins like **vitamin C** (from citrus and berries), **vitamin A** (from leafy greens and carrots), and **vitamin E** (from nuts and seeds) that help fight infections.
- **Herbs** like **turmeric**, **ginger**, and **garlic** enhance immunity with their anti-inflammatory and antimicrobial properties.
- This diet helps prevent chronic diseases like heart disease, diabetes, and hypertension by promoting heart health, regulating blood sugar, and reducing inflammation.
- The Sattvic diet's focus on **whole grains**, **healthy fats**, and **fiber** contributes to overall well-being and longevity.



Thali

(1)Cauliflower Subji with Peas: Boosts immunity with vitamin C and helps prevent heart disease and diabetes with fiber.

(2)Roti: Supports immune health with B vitamins and lowers the risk of heart disease with whole grain fiber.

(3)Spinach Saag: Strengthens the immune system with iron and vitamins, and protects against heart disease and cancer.

(4)Vegetable Khichdi: Builds immunity with nutrients from lentils and vegetables, and prevents chronic illness by reducing inflammation.

(5)Coconut Chutney: Fights germs with healthy fats and lowers bad cholesterol to protect the heart.

(6)Thick Toor Dal: Helps the body fight illness with protein and iron, and keeps the heart and blood sugar healthy.



Activity Portions



Supports Mental Clarity and Emotional Well-being

- The Sattvic diet supports mental clarity and emotional balance by calming the mind and reducing negative emotions like stress and anxiety.
- It includes foods like **fresh fruits**, **leafy greens**, **almonds**, and **herbal teas**, which nourish the brain and improve **focus** and **memory**.
- Sattvic foods are rich in **vitamins**, especially **B vitamins** and **magnesium**, which help **balance hormones** and **improve sleep**.
- This balanced approach provides steady energy, unlike **processed** foods that can cause **mood swings** and crashes.
- Following a Sattvic diet often leads to better concentration, a clearer mind, and a deeper sense of **inner calm**.



ZzZ




Meal 1: Apples, Roti, and Cauliflower Subji

Apples: Provide natural sugars and antioxidants that help improve focus and support brain health.

Roti (whole wheat): Contains B vitamins and magnesium that support mood stability and reduce stress.

Cauliflower Subji: High in fiber and antioxidants, helping reduce inflammation and support clear thinking.

 This meal helps calm the mind, supports steady energy, and improves concentration.

Meal 2: Roti, Cashew Paneer Subji, and Apples

Roti: Offers steady carbs and B vitamins, helping to maintain energy and reduce mood swings.

Cashew Paneer Subji: Cashews and paneer provide healthy fats, magnesium, and protein that support brain function and hormone balance.

Apples: Support emotional well-being with fiber and antioxidants that stabilize blood sugar and mood.

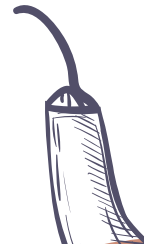
 This meal supports emotional balance, mental focus, and a sense of calm through steady, nourishing energy.



Conclusion

Thank you for listening to my presentation on Food in Indian Culture. Working on this project helped me learn more about my own diet as a vegetarian. Exploring the Sattvic qualities of food in Ayurveda deepened my understanding of my culture, and I hope it did the same for you. I'm grateful to Chinmaya Mission Amarnath for giving me this opportunity to share my research. CMA has also helped me appreciate how much our traditions and values shape our understanding of food and many other parts of life.

THANK
YOU

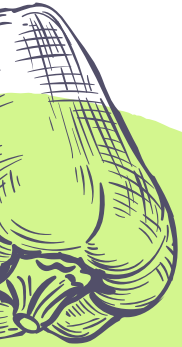




The food that we take in and the thoughts and actions that spring forth from us have a **distinct relationship**. In the computer world, there is a well-known saying –

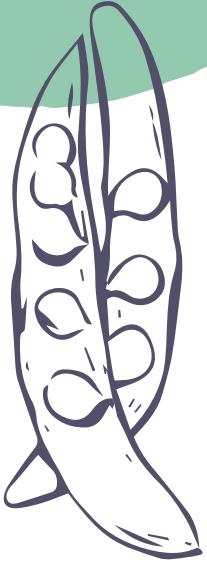
‘Garbage in, garbage out’.

This seems to be **true** of our bodies as well.



Q & A Time!

Feel free to ask any questions.



Resources:

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2. Gerson, Scott. The Ayurvedic Guide to Diet. Chapter 8: "The Sattvic Diet", 2002, pp. 109. ISBN 978-0-910261-29-6.
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