

about the hazards of eating junk

Experts in Health and Nutrition have been warning people about the hazards of eating junk / fast foods. But in spite of that people tend to eat fast foods because of lack of time to prepare healthy foods. Unhealthy eating habits are causing severe health issues and studies have linked eating fast foods to most of the major diseases known to man.

Junk or fast foods are literally waste and dead foods without any beneficial nutrients. They are loaded with unhealthy ingredients like unhealthy fats and excess salt which leads to hypertension, blood pressure and other health problems. The refined sugars and refined carbs in most junk foods cause diabetes and obesity in the long run.

These junk foods contain other harmful substances also like artificial colors, flavoring agents, preservatives and hidden ingredients which lead to digestive disorders and certain types of cancers.

Children and teenagers are getting addicted to junk foods these days and they are prone to childhood obesity. These junk foods make the young generation fat, sick and unproductive.

To create awareness about the hazards of junk/fast foods and to

inspire people to choose healthy wholesome foods, Sivananda Yoga Vedanta Center, Chennai organized a special workshop called "Healthy Fast Foods workshop" on Saturday March 15th, 2014. The workshop was facilitated by Dr R Saravanan, Health advisor, SHARAN (Sanctuary for Health and Reconnection to Animals and Nature) which is a non-profit organization working to spread holistic health awareness and ecologically sustainable compassionate lifestyles. Being the pioneer organization in offering nutritional disease-reversal programs and retreats, SHARAN has a dream of making India a diabetes-free nation.

During this workshop, Dr R Saravanan explained in detail about the hazards of unhealthy eating habits. He also explained about the benefits of consuming wholesome, organic, plant-based foods and the benefits of eating natural fast foods such as colorful fruits, vegetables, nuts and plant based milk products. During the practical part of the workshop, he demonstrated some easy and simple healthy fast-food recipes as an alternative to the usual junk foods. Also Mrs. Preethi Shankaran and Mrs. Aishwarya Prakash from the SHARAN team made a healthy cake without baking or heating and

it was very well appreciated by all the participants.

All the recipes demonstrated during the workshop contained only natural, organic, plant-based ingredients. Participants received the message enthusiastically. They were offered a zesty lemon-mint drink at the beginning of the workshop. At the end of the workshop, wholesome, organic, gluten-free vegan cookies and naturally flavored, organic, vanilla soy milk were offered to the participants, which they relished.

Here are some of the recipes taught during the demo.

Red Rice Flakes Muesli

Red Rice Aval - 1 small cup
Raisins, dates, and nuts for garnishing
Soy milk or Almond milk - 150 ml
Mix all the ingredients.

Veggie Salad

Tomato (Chopped) - 1, Cucumber (grated) - 1, Carrot (grated) - 1
Sprouts (optional) - 2 tsp, Sunflower seeds or Flax seeds (optional) - 1 tsp
Chopped coriander and pudina (mint) leaves.

Add chat masala to the chopped veggies and sprouts. Mix well. Sprinkle a little lime juice.

Garnish with sunflower seeds and coriander, mint leaves.

Fruit Salad:

Banana slices - 1 small cup, Chikku slices - 1 small cup
Orange - 1 No.

Pomegranate - 1/2 cup,
Dates syrup - 1 teaspoon
or chopped dates - 4 Nos.
Mix all the ingredients.

Vanilla Banana Milk Shake (Dairy Free)

150 ml water
Soy milk powder - 2 spoons
Organic Vanilla bean extract - 1/2 teaspoon
Dates - 3 Nos.
Banana - 1 No.
Almonds and dry-fruits for garnishing
Ice cubes (optional)
Blend these ingredients in the blender. Garnish with almonds and dry fruits.
Variation - Almond milk or coconut milk can be used instead of soy milk.

Watermelon Smoothie

Blend 1 cup watermelon slices in the blender along with 1 tsp dates syrup.
Add ice cubes if needed.

Green Smoothie

Bananas - 2 Nos.
Greens - 10-20 leaves
Water - 100 ml
Flax Seeds (optional) - 1 tsp
Blend all these ingredients in a blender.

For more healthy recipes, please visit
www.sharan-india.org