Eat Smart

FOR DISEASE REVERSAL

In December, 2013, Rose Alapatt, a 35-year-old IT professional in Pune was diagnosed with diabetes. “I didn’t want to be on medication for my entire life,” she says. Her cholesterol and blood sugar levels are now healthy.

Think About It

“You’re cutting out saturated fat from your diet the moment you quit dairy,” says Shonali Sabherwal, a Mumbai-based macrobiotic nutritionist. “Heredity is a 20 per cent risk factor; the rest is diet. So you can reverse these conditions with food,” she adds.

How To... Alapatt now avoids all red meat, chicken, most dairy, processed and fast foods. She still eats honey and cake once in a while and fish once a week—she begins her day with a green smoothie, experiments with raw foods, wholegrains and local grains for calcium and iron in her meals.

FOR SUSTAINABILITY

“The impulse to veganism came from a spiritual retreat I attended in Rishikesh in 2012,” says Kanika Kohli, former management consultant and now founder of Vegalyfe.com, an online retail platform for vegan products.

Think About It

A 2013 report by the United Nations Food and Agriculture Organization states that greenhouse gas (GHG) emissions associated with livestock rearing and transport, add up to 14.5 per cent of all human-caused GHG releases. Think CO₂, nitrous oxide and methane.

How To... “Go back to basics—three generations ago our ancestors were closer to nature and we weren’t thinking about greenhouse debt, carbon miles and Vitamin B₁₂, D and K deficiencies. We just don’t have that kind of immunity anymore,” says Kohli. Her vegan mantra: be more mindful of what you’re consuming to preserve our earth for a better tomorrow.

FOR ANIMAL RIGHTS

“It’s a fallacy that cows ‘give’ us their milk. The more I read about industrial animal rearing and animal testing, the more I wanted out,” says Bengaluru-based vegan chef Sumitha Subbaraju. “I had to remind myself that my taste buds are not more important than a living being’s life.”

Think About It

Milk-giving cows are repeatedly made pregnant so that they remain in lactation mode. Animals reared for meat—pigs, chicken, fish—in industrial feedlots are pumped with growth hormones and additive-laden foods, to accelerate muscle growth.

How To... Subbaraju devoted the first couple of months to research and experimenting—both for taste and nutrition. She began reading up on nutritional deficiencies, “because when you cut out milk, your family becomes extremely concerned.” When travelling, she carries packets of soya milk and makes sure there is a good mix of sesame seeds, ragi, almonds, green and local grains for calcium and iron in her meals.

FOR ANIMAL DELs all animal products. That’s what veganism is—saying no to honey, cheese, gelatine, chocolate and ice cream. Goodbye to those occasional butter-cookie treats that your boss brings in. In fact, an immersive vegan lifestyle involves eliminating leather, silk, shell, coral and wool. Women across India have successfully made the switch. We talk to experts and practicing vegans and suss out reasons to go their way...

FOR FIGHTING ALLERGIES

After a particularly intense wheezing attack in 2013, 34-year-old Bengaluru-based Anubha Kothari underwent an allergy test.

Think About It

Now gluten-free and vegan, her sneezing and coughing incidents have come down dramatically. “I can breathe freely now and all my minor aches and pains have disappeared,” says Kothari.

How To... Do your research:

Go Green When You’re on the Vegan Bandwagon

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The Neo Vegetarian

It’s a movement that’s gaining momentum, going beyond its fad value: veganism is being embraced for its fad value: veganism momentum, going beyond

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