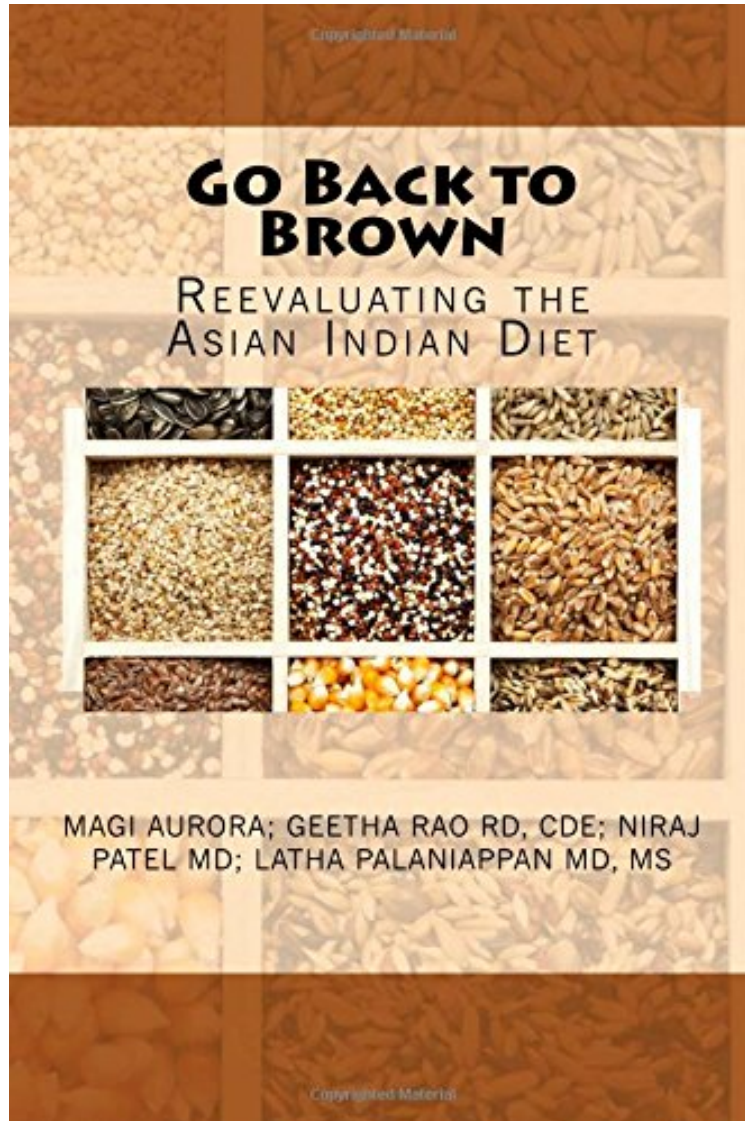


[Free] Go Back to Brown: Reevaluating the Asian Indian Diet

Go Back to Brown: Reevaluating the Asian Indian Diet

Magi Aurora

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Why are Asian Indians around the world are fighting what seems like a losing battle against diabetes and heart disease? How does Indian food actually compare to our beliefs about its healthiness? How are we eating differently now compared to when our grandparents and their parents grew up? What are the influences of the countries we

currently live on our health and what we eat? "Back to Brown" explores these questions and aims to provide you with a foundation to understand why we need to reassess our diet, one of the most important factors contributing to our disease risk. Learn how refined carbs promote disease and what grains you should be using in your daily cooking. Learn how to make simple, healthier choices every day with the food you eat, whether you cook at home or eat out. You will also find fresh new whole grain based vegetarian recipes to make healthy Indian meals!