

THE SCIENCE AND ART OF EATING RIGHT



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Whole Foods India, Celiac Society Of India

EXISTING SCIENCE

- Calories
- Carbohydrates
- Proteins
- Fats
- Fibre
- Antioxidants
- Water



THE ART OF EATING RIGHT

- **Variety:** Eat a variety of foods to get all the vitamins and minerals you need
- **Moderation:** Follow the principle of moderation. Too much or too little of everything is bad. Control your portions & take smaller plates.
- **Balance:** the food you eat with physical activity
- **Practice mindful eating,** write a food log to understand yourself & eat in context.
- **Eat less, eat better.**

VARIETY

MODERATION

BALANCE

CONTEXT

THANK YOU!



QUESTIONS?



BOOKS BY MS. ISHI KHOSLA

Want to learn to lose weight in a controlled, easy and scientifically sound way and keep it off? Then it's time to junk the latest trends and go back to the basics with *The Diet Doctor*.

Ishi Khosla, who has worked with the Escorts Heart Institute and Research Centre as well as food majors advising them on nutrition, now tells you what and how much to eat to lose the weight you want—just as a nutritionist would.

- Learn why the Indian body type might have more trouble losing weight and how you need to tailor your diet
- Plan your eating with the help of detailed meal plans for breakfast, lunch, dinner and snacks
- Choose the exact quantity for your weight using the food group charts
- Get inspired by the creative recipes

The Diet Doctor isn't just the smartest diet book in the market—one that will answer all your questions and provide up-to-date scientific information—but the only one that is absolutely foolproof.



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the diet doctor

ishi khosla



from
delhi's top
nutritionist

ishi khosla
the diet
doctor

1 2 3 4 5 6 7 8

the scientifically
proven way to
lose weight



BOOK LAUNCHED IN APRIL 2013

**RENOWNED
CLINICAL NUTRITIONIST
ISHI KHOSLA DEMYSTIFIES
CELIAC DISEASE**



ISHI KHOSLA was recently listed as being among the twenty-five most powerful women in the country in her domain of expertise by the *India Today* Group. Her latest book, *Is Wheat Killing You?*, will help not only the millions of people with gluten/wheat intolerance, also known as celiac disease, but all those who prefer to avoid wheat. With the alarming rise in the incidence of celiac disease, this book is a boon as it provides information on the disease and how to manage it without having to give up any favourite foods. Most people with celiac disease who follow a gluten-free diet have a complete and rapid recovery.

This complete guide to gluten-free living is based on scientifically established principles of healthy eating and includes essential facts about a balanced diet that are of interest to all. The book features nearly 200 quick, easy-to-follow, practical and delicious recipes—pan-Indian, Oriental and Continental. Additionally, *Is Wheat Killing You?* integrates gluten-free cooking with mainstream cooking so those who cannot eat gluten can lead normal social lives. Ishi Khosla explains how grains can affect your health and profiles those at risk for gluten sensitivity.

read more



Health

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IS WHEAT KILLING YOU?



ISHI KHOSLA



More than
300
RECIPES

Is WHEAT KILLING YOU?

THE ESSENTIAL
COOKBOOK & GUIDE
TO A WHEAT-FREE LIFE

ISHI
KHOSLA



BOOK LAUNCHED IN MAY 2011



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