



We have all heard of Yoga and the benefits of Yoga on our health. But have you heard of a '**Yogic Diet**' and are you aware of it's benefits on our health?



# What is Yogic Diet?

Food that promotes peace alters one's mental state, allowing them to receive higher spiritual light and gives fullness of life, can be termed as 'Yogic Diet.' The yogic diet emphasizes natural and un-processed food consumption which promotes physical, mental and spiritual health and well-being.

Conscious eating is an essential tool in yoga practice. A healthy yogic diet is essential not only for the physiology of the body but also for the significant positive effect on mental health.



# What are the benefits of Yogic Diet?

- Boosts metabolism
- Improves digestion
- Reduces the risk of degenerative disease
- Promotes healthier gut microbiomes (friendly gut bacteria)
- Encourages regular bowel movements
- Lower chances of disease such as hypertension, diabetes, cancer and other chronic diseases

# What is the rationale behind following a Yogic Diet?



Ayurveda says that proper Yogic diet is the best medicine and it can cure diseases without the intake of any other medicines.

## What are the main principles of Yogic Diet?

3 main principles of Yogic Diet are: **Ahimsa, Sattva, and Saucha**

- **Ahimsa** means non- violence. Yogic Diet eliminates the consumption of meats.
- **Sattva** is a state of equanimity. A Yogic practitioner should consume sattvik foods including fresh fruits, vegetables, whole grains and beans, healing spices that will promote a calm heart and a clear mind.
- **Saucha** is the principle of cleanliness and purity. In the context of the Yogic Diet, it means avoiding foods that are contaminated, stale, or unclean. It also means being mindful of the preparation and storage of food, and avoiding practices that can compromise its quality or purity.



# What are the examples of food items as per the 3 categories of Yogic Diet?

<b>Sattavik foods</b>	<b>Rajasik foods</b>	<b>Tamasic foods</b>
Whole grains	Eggs	Red meat, Fish, Chicken, Pork
Beans	Onions, Tomatoes Garlic and Potatoes	Mushrooms and Onions
Legumes	Fermented foods and Yoghurt	Food with Preservatives and Artificial Sweeteners
Nuts and Oilseeds	Caffeinated Beverages	Stale, Over ripe and spoiled foods
Cow's Milk	Refined sugars	Unripe fruits
Ghee	Junk and fast foods	Fried and burned foods
Fresh fruits and Vegetables	Tobacco and other stimulants	Refined grains

# What are the common tips to follow a Yogic Diet?

- Increase the water and other Fluid intake to maintain the hydration status
- Plan a healthy plate which includes all essential macro and micronutrients
- Food should be eaten mindfully and consciously at a set time every day and at regular intervals
- Avoid reheated and refrigerated foods
- Eating in the right quantity helps in easy digestion
- It is also suggested not to drink anything during your meal, however small sips of warm water are permissible
- Eat fruit on an empty stomach only
- Eat fruits on an empty stomach, preferably 1 hour before meals or 2 hours after meals (all except citrus fruits)
- Manage your stress and always think positive

# Can we have Tasty Food while following a Yogic Diet?



Yes indeed!

With a little creativity, you can plan a delicious Yogic Meal chart for all days of the week. Not only will you relish the tasty meals, but you will also enjoy better Physical, Mental & Emotional Health by following a Yogic Diet.

We are sharing a few ideas for a Yogic Sattvik Meal. Do try them out and share your experience with us.

# Sattvik Meal Plan

## BREAKFAST

### Option 1- Bajra and Jowar Khichu

- **Benefits:**
- Gluten free and good source of proteins
- High in magnesium and iron
- Lowers cholesterol and blood pressure
- Alkaline in nature and combats acidity



### • Option 2- Ragi and Vegetable Uttappam with Mint- Coriander Chutney

- It is abundant in dietary fiber and Niacin help to enhance
- HDL-Cholesterol and lower LDL-Cholesterol
- Good for weight management and helps to cool the body
- Relieves constipation





# Sattvik Meal Plan

## MID MORNING

### Option 1- Roasted Makhana Chiwda

#### Benefits:

- Rich in antioxidants and improves digestive health
- Rich in Calcium, making it good for bones



### Option 2- Orange

#### • Benefits:

- It is light and fresh, helps to bring calmness in our mind
- High fiber and high in Vitamin C to improve our immunity



# Sattvik Meal Plan

## LUNCH

### Option 1- Cauliflower and Chickpea Pulao with Bottle Gourd Raita

#### Benefits:

- Good source of Fiber, Anti-oxidants
- Rich in Magnesium and Potassium which have the potential to boost heart health
- Low carbohydrate alternative



### Option 2- Tofu and Veggie-stir Fry with Parboiled Rice

#### Benefits:

- Naturally, gluten-free and low in calories, low cholesterol and is excellent source of Iron and Potassium
- Low in saturated fat and may aid in weight management



# Sattvik Meal Plan

## EVENING SNACK

### Option 1- Mixed Sprouts Adai

#### Benefits:

- Easy to digest and palatable
- Sprouting increases vitamin and mineral content
- Also boost immunity and reduce inflammation
- Good source of anti-oxidants



### Option 2- Spinach Banana Flax Seeds Smoothie

#### Benefits:

- Low in calories and nutrient dense as well as easy to digest
- It is rich in prana so promotes positive thoughts, happiness and satisfaction
- High in antioxidants and is cooling and refreshing





# Sattvik Meal Plan

## DINNER

### Option 1- Moong Beans and Rice with Vegetables (Add Ghee, Ginger and Turmeric)

#### Benefits:

- Spices boost energy and promote vitality
- Rich in fiber and is easily digestible



### • Option 2- Moong Dal Khichdi with Ghee

#### • Benefits:

- Good source of fiber, folate and also low in cholesterol
- Ghee is rich in conjugated linoleic acid known to be protective against diabetes and carcinogens





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