**HEALTHY INDIAN DIET**

Indian cuisine is known for its vibrant spices, fresh herbs, and wide variety of rich flavours. Though diets and preferences vary throughout India, most people follow a primarily plant-based diet. Around 80% of the Indian population practices Hinduism, a religion that promotes a vegetarian or lacto-vegetarian diet.

The traditional Indian diet emphasizes a high intake of plant foods like vegetables, lentils, and fruits, as well as a low consumption of meat.

However, obesity is a rising issue in the Indian population. With the growing availability of processed foods, India has seen a surge in obesity and obesity-related chronic diseases like heart disease and diabetes.

**WHY EAT A PLANT-BASED INDIAN DIET?**

Plant-based diets have been associated with many health benefits, including a lower risk of heart disease, diabetes, and certain cancers such as breast and colon cancer.

Additionally, the Indian diet has been linked to a reduced risk of Alzheimer’s disease. Researchers believe this is due to the low consumption of meat and emphasis on vegetables and fruits. Following a healthy plant-based Indian diet may not only help decrease the risk of chronic disease, but it can also encourage weight loss.

**THE BOTTOM LINE**

Following a lacto-vegetarian Indian diet is a great way to lose weight. It will help you cut back on sugary foods and beverages, eat more vegetables, and increase your protein intake.

Add regular exercise to your regimen to boost your health and weight loss even more.