



TRY

Alternative Healthy Ingredients

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SMALL TALK:

- I am using all the below mentioned ingredients as healthy alternatives to the normal ingredients that I use in my daily life.
- This does not require you any effort to switch to these healthy ingredients, just need to be a little conscious while buying or choosing these type of food ingredients. That's it.
- Some or most of the below substitute ingredients I mentioned you may know but it is important to take action to use them.
- These are the very small steps that lead you toward a healthier life.

Get ready!!



Ingredient	Substitute Ingredient
Sugar	Jaggery Dhaga Mishri
Table Salt Common Salt	Pink Salt (Type of Rock Salt) Fine blacksalt (Sprinkle)
Refined Oils	Cold pressed oils Wood-pressed oils (bull driven) [Mustard oil Sesame oil Groundnut oil Sunflower oil Coconut oil etc]
Packet Chips	Millet chips
Snacks	Roasted Makhana Roasted Cashews Raisins Roasted Chickpeas with skin Roasted Green Peas
White rice poha/ Atukulu / flakes	Red rice poha/ Atukulu / flakes
White vermicelli/ Semya	Millet vermicelli/ Semya Red rice vermicelli/ Semya
Upma Rava / Suji / Semolina	Millet Upma Rava / Suji / Semolina Red Wheat Rava/ Erra Nooka / Godhuma Rava
Murmura	Red rice Murmura Millet Murmura

Ingredient	Substitute Ingredient
Pasta	Masoor dal / Red Lentil Pasta Red Rice Pasta Millet Pasta
Noodles Maggi	Millet Noodles Red rice Noodles
Instant Pongal Mix	Millet Instant Pongal mix
Sabudana	Small size Sabudana
Ghee	Pure A2 Gir Cow bilona Ghee
Refined Flour/ Atta	Multigrain Flour/ Atta
Packet juices	Fresh Fruit Juices
Papad	Red rice Papad (Navara Rice Papad)
Biscuits / cookies	Ragi biscuits / cookies Millet biscuits / cookies
Candy Chocolates	Organic Sweet Amla Candy Organic Chatpat Amla Candy
Turmeric Powder Red Mirchi Powder Garam Masala Powder Rasam Powder Sambar Powder	No Pesticides, No Chemicals Organic or complete Natural (Buy at organic food products website)

BENEFITS, TIPS, INFORMATION:

- Dhaga Mishri, Jaggery – daily consumption in little quantity reduces body heat. For children instead of lollipops, they can eat bites of mishri or jaggery.

Note: Dhaga Mishri may contain thread sometimes as process contains thread, remove it and consume.

- Refined oils – Nowadays there are many stores which prepares these pressed oils in front of you. These stores may be near but you might haven't noticed them just like me. So, just find out or have a look around you.
- Daily one spoon consumption of cow ghee increases strength of bones. Make sure you drink warm or hot water after ghee consumption to ease the flow into stomach.
- Small size sabudana – Reduces body heat. Can prepare easy sweet sabudana java and can also use as one of the breakfast recipes. Mentioned small size as it will cook fast than big size sabudana.
- Fine Black salt – mixing or sprinkling black salt enhances the flavour of food. When salt quantity became less in your food items, you can add this fine powdered black salt as it would easily mix. Personally, my favourite.
- Millet chips – these have some varieties like murkulu, karalu (thin and thick), chips etc and different shapes and sizes.

FINAL SAY:

For some of the mentioned ingredients, you can find them at organic stores or shops offline or online which is a single time small thing for you to find out.

These ingredients may cost a little bit high than normal but not at the cost of good health of you and your family members. So, try this and when you made conscious decision to buy healthy ingredients, you can **share experience** about these small little steps you took, I would like to hear.

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You may feel some of these healthy ingredients and items may not be tasty. But you can make them tastier.

I can't eat Makhana directly without adding anything to it. But I made them tasty by adding some other healthy ingredients. You will find this "**Roasted Tasty Makhana Snack Recipe**" along with some other "**Healthy tasty sweet recipes**" in my other e-books.

Join my WhatsApp community and Telegram channel to get updates and exclusive content.

Links:

<https://chat.whatsapp.com/L2Q03W3IDB1BnNalGcYAnL>

https://t.me/DSV_Creations

Disclaimer:

This eBook is for sharing information only and is not medical advice. Please talk to a doctor before changing your diet or trying new ingredients, especially if you have health issues or allergies.

I am not a doctor, and this is based on my own research and experience. Use the information as you see fit.