

# GLOBAL PANTRY

## FOODS OF INDIA

Many foods of India are known for their fusion of simple staple ingredients like rice, wheat and lentils with bold, diverse spices such as turmeric, cumin, cardamom, coriander, fennel, ginger, mustard seeds and chili. A significant portion of Indian food is vegetarian, with foods like dal (lentils), beans, chickpeas and vegetables providing high-quality fiber, protein and vitamins and minerals. The natural spices infused in cooking and abundant in curries, provide strong health benefits such as reducing inflammation (turmeric), supporting digestion (ginger), and supporting heart health (cumin, cardamom, cinnamon, garlic). Traditional cooking methods include fermentation (yogurt, buttermilk or dosa) which further supports gut health, weight management and immunity.

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### FENNEL, CARDAMOM, CUMIN

Spices used in traditional foods of India have antioxidant and anti-inflammatory properties. Cumin and cardamom may support lower blood sugar and blood pressure. Fennel contains vitamin C to support a healthy immune system. All three spices support digestive health and metabolism.



### TURMERIC

Turmeric is rich in antioxidants and phytonutrients that may help prevent cancer and heart disease. Curcumin, the active compound in turmeric, is beneficial for liver, heart, brain and joint health. The spice is traditionally used to reduce pain, promote recovery and support brain function.



### BEANS & LEGUMES

Dal (lentils), chickpeas and beans are a great source for plant-based protein and are packed with fiber. Eating a diet rich in beans and legumes can improve digestion and help to regulate blood sugar levels.



### GINGER

Ginger is a powerful root that aids in digestion, relieves nausea and has anti-inflammatory effects that promote recovery and ease muscle and joint pain. Regular consumption may support heart health, improve blood circulation and regulate blood sugar levels.



### YOGURT

Yogurt is high in protein, as well as an excellent source of calcium. Yogurt is also rich in probiotics – the live and active cultures that promote gut health and support digestion.