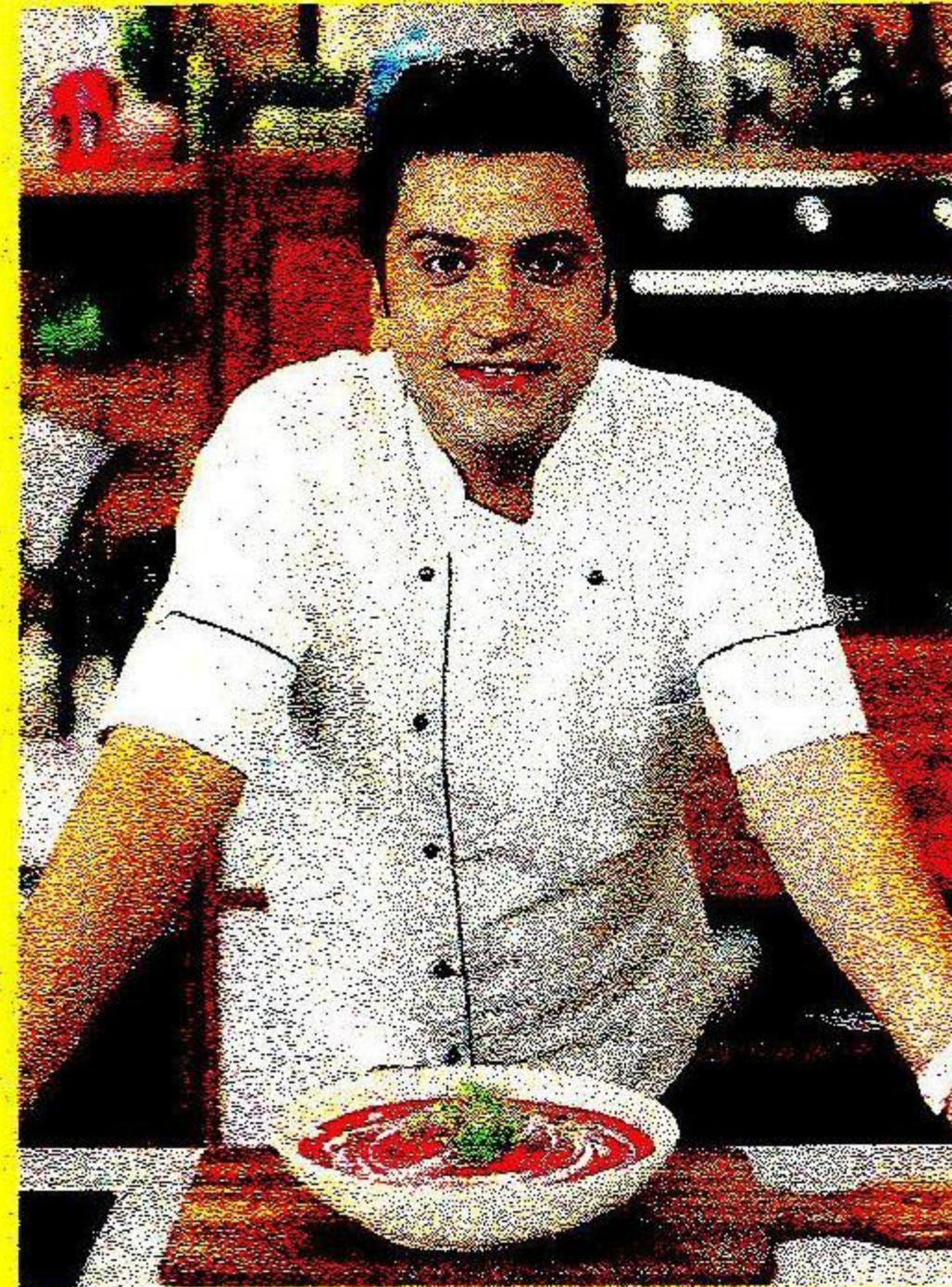


**EAT YOUR WAY TO A FITTER LIFE WITH CELEBRITY CHEF KUNAL KAPUR**

**W**e all want to be fitter and sip on our morning moringa tea while dwelling on what dressing to use for our quinoa salad for lunch. However, realistically speaking, such lives are as far away as is our mission to fitness in our on-the-go lives. No need to fret though as on the heels of the launch of Saffola's Fittify Gourmet range of products, celebrity chef **Kunal Kapur** decodes superfoods for t2 and what we could incorporate in our diets. Excerpts:

**As a chef, what is your take on superfoods?**

India has always been a superpower when it comes to superfoods. As the name suggests, superfoods are basically nutrient-rich foods which grow naturally. They are rich in micronutrients and every part of them can be used to serve different



**Celebrity chef Kunal Kapur has joined hands with Saffola to curate a nutrient-rich line of products for a holistic solution to health and fitness woes**

purposes. Superfoods are a strong source of proteins, fats, vitamins, among other nutrients and can cure many health ailments. Moringa is one of the best superfoods and is loaded with antioxidants and high in vitamins A, B, C and E.

**How can they be married into Indian food at home?**

We all know that superfoods have always been in the kitchen of every Indian household. They are nutritionally dense foods and contribute significantly to a healthy lifestyle. In fact, when you mix and match these superfoods, you get some delicious super combos, such as quinoa, which provides amino acids and is high in potassium and helps control blood pressure. It can be sprinkled on your salads and fruit plates. Even amaranth, an ancient grain, is a great source of nutrition and can be had with boiled milk as part of one's healthy breakfast. Our grandmothers' most favourite turmeric is added daily in our

meals and if someone was ill, the first thing concocted for us to drink is a form of *kadha* or *haldi doodh*. The health-conscious people love using it in curries and vegetables. We should include these easily-accessible superfoods in our diet for their overall nutritional value and enhanced taste as well.

**Tell us about the new range of Saffola products...**

Saffola Fittify Gourmet is the first ever range of healthy gourmet products that are taking health to a whole new level. We have carefully curated the range of products keeping health and taste in mind through an assortment of flavours with natural ingredients and superfoods like moringa, green tea, millet, quinoa, amaranth, buckwheat and turmeric, without any added preservatives. With the aim of adding more nutrition to your food and more flavour to your life, these products will seamlessly integrate into your daily routine and provide healthy eating options.

**What is the one thing that India has been going wrong with superfoods?**

Awareness of the benefits of superfoods is a big challenge. Quinoa is a source of proteins, iron and nine amino acids, turmeric has anti-bacterial and anti-inflammatory properties, buckwheat is a fountain of fibre, magnesium, phosphorous, vitamin B2 and B3, amaranth is a source of protein and rich in iron. While the usage of it has been a part and parcel of our lives — such as moringa in sambar or even teas owing to it being a rich source of protein, iron, calcium and vitamin C — the prominence and penetration of such superfoods are a big opportunity. Further, Indians have a very active lifestyle and incorporating these superfoods in their daily lives in easy-to-consume formats is something that has been missing. This is what inspired me to work with a panel of nutritionists to curate the Saffola Fittify Gourmet range.

**Anannya Sarkar**