

The Banana Leaf Meal Needs A Revolution

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Recent life decisions have now made me look carefully at what I consume and I have since realised that my south Indian Banana Leaf Meal is a no go, only because of the way Indian restaurants choose to present their age-old version. It's about time the Singapore Indian restaurant take a leap forward and adapt to the current needs of the population.

I am no food expert but these are 5 small ways that I believe can make a huge difference to the Indian lifestyle.

1. RICE

We need to move beyond the typical white rice/biryani rice option. I have visited this particular restaurant in Campell Lane, Chennai Arya Restaurant. This is a pure vegetarian restaurant and they had white rice, tomato rice, lemon rice, coconut rice, tamarind rice, sambar rice etc.

All restaurants need to offer the brown rice option minimally. For those who are wondering what is wrong with the traditional white rice, White rice has a higher glycemic index, which means its carbs convert more quickly into blood sugar than brown rice. Higher intakes of white rice may result in a higher risk of type 2 diabetes.

Other options will include quinoa or even riced cauliflower.



2. VEGETABLES

3. PREPARATION STYLE FOR MEAT DISHES

Healthier methods: Grilling, Baking, Steaming, roasting.



4. LENTILS / CURRIES

5. DESERTS.

What is a meal without a dessert? Instead of sticking to the same old payasam or Gulab Jamun, there are so many creative alternatives, incorporating ingredients like coconut, yoghurt, fruits, banana chips, nuts, corn etc.

Note To Restaurant Owners:

Well, if you do take it up, we will do our best to get the word out abt your initiative. This is simply the right thing to do. Service of food is more than just profit and its aresponsibility to the people.

All we need is one restaurant owner /caterer to start this food revolution.

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