

NEW AGE

SIXTH EDITION

# FOODS

## FACTS AND PRINCIPLES



**N SHAKUNTALA MANAY**  
**M SHADAKSHARASWAMY**



**NEW AGE INTERNATIONAL PUBLISHERS**

# **FOODS**

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**SIXTH EDITION**

**N SHAKUNTALA MANAY**

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# FOODS

## FACTS AND PRINCIPLES

The book deals with foods from the point of view of cultural practices in India. Each food is discussed from the point of its production, processing and utilization in India's context. Foods of special importance in the Indian diet like pulses, spices and nuts are considered at length. The book gives a comprehensive account of foods and their products with regard to pulses, milk and Indian confectionery. Various laws issued by the government to control food quality are highlighted.

Food is more than nutrients. In addition to nourishing our body and promoting good health, foods have an effect on our mind, emotion and spiritual life. There is, of late, a great awareness of the relationship between food and spiritual life.

This edition has been revised to explain the symbiotic relationship between body, mind, emotion and spiritual health. Health as a constant growth of spirit is a progressive unfoldment, a growth which is teleotic (or Teleosis) and the limitation of the present concept backed up with scientific study in connection with the same, has been cited, thus bridging the gap between pure science and spiritual life.

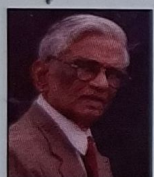


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Her papers on wholesome well being in spiritual dimensions as an experimental studies on human subjects have appeared in Journals of Psychology, NAMAHA (New Approaches in Medicine and Health) and are quoted in Current Science. She has taught postgraduate students of VYOMA (Vivekananda Yoga Mahavidhyapeetham). Currently she is a member of the Ethical Committee of ITC.

Her research on "Nutrition and Health of Children and Mother" received Altrusa International Foundation Grant, Chicago, USA. India became one of the prestigious recipients of this grant. The cited research papers on Health and Culture have invoked interest among her students. They sought her advice in planning webinars particularly during pandemic period. Some have created regular websites for giving periodical sessions.



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The Government of Karnataka honoured him with Rajyotsava Award in 1993 and Raja Ramanna Award in 2007 recognising his contribution as teacher, researcher and administrator. He has published scientific papers in International Journals and guided Ph.D. students.

He was the active founder member of "The Karnataka Association of Advancement of Science" (KAAS). He received honorary Doctor of Science degree from Bangalore University and Thumkur University.

He served as the President of Sri. Jagadhguru Renukacharya Education Society from 1984-2012. Though he was a Bio Chemist, he believed firmly in Soul's existence as per verse from Bhagavad-Gita "Eternal, Imperishable and never born, never dies, never ceases to exist".

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