

World Congress on

PROBIOTICS, FUNCTIONAL FOOD AND NUTRACEUTICALS

September 09-10, 2019 | Singapore

Essence of vegetarian cuisine**Gunjan Goela**

Gunjal's Kitchen, India

Early human food cultures were mainly plant based. Major religions like Hinduism and Buddhism have recommended a vegetarian way of life since its beginning. The history of the vegetarian nutrition started from the earlier times in the 6th century BC by Orphic mysteries followers. Also the Greek philosopher Pythagoras is considered as the father of ethical vegetarianism. The Script Pythagorean way of life was followed by a number of important personalities and influenced the concept of Vegetarian nutrition. In the European world vegetarian nutrition started disappearing during the middle Ages and in the period of Renaissance and the Age of Enlightenment many famous personalities started practicing vegetarian way of life since 1847. A vegetarian diet is comprised of non-consumption of any form of meat which is inclusive of cattle, poultry, fish etc. this mode of vegetarian consumption is increasing in the world rapidly. The largest community of vegetarian food practice happens in India; also a large number of people are now thriving for vegetarian diet in countries like UK, USA, Germany and many more western countries. Currently many European nutrition advisors accept that a vegetarian diet is nutritionally sound, balanced and consists of a proper balanced diet Many claim that a meal without meat protein and animal fat we do not fulfil the criteria of a fully-fledged healthy diet but vegetarian diet is a winner for health and our health is supplemented best with nature's abundance of greens and it also helps us overcome the problems associated with macro and micro-nutrients. Vegetarian diet is a boon for our healthy life as it helps in reducing cholesterol level, reducing body weight, lower blood pressure and also helps our body in reducing cardiovascular diseases and chronic diseases like diabetes and cancer.

Biography

Gunjan Goela have been a chef for more than 18 years and had the privilege to cook for our pm Mr. Narendra Modi along with the presidents and dignitaries of various countries, recently in Mumbai for make in india. She had done a major catering for Mr. L N Mittals dinner in London. At present too she is in Antalya catering for 5,000 guests for a grand wedding also Had catered to some of the most important Indian industrialist like Ambanis, Gcoenkas, Modis, and Birlas. She was invited by the Italian govt. to be a speaker on Principals of Ayurveda consecutively for 4 years. Held workshops on demonstrating Indian food in Turin at Slow Food Congress with the audience of 1500 people

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