



Healthy Indian Pickles – Let The Pickle Be The Explorer Of Your Food.

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FOODS HEALTH

Indian food is incomplete without pickles. Pickles are always been favorite for an Indian. Typically, pickling began in India to preserve foods that are seasonal and limited by nature and cultivation. Khichdi, chapatti, and rice are consumed to eat with pickles.

It is considered that pickle has been originated about 5000 years ago. Due to hot summers and lack of water during summers, food production is decreased during the summer. There was a need to maintain excess food during winters. Thus, the process of pickling was made to overcome this problem.

Benefits of eating healthy Indian Pickles

It is good for pregnancy

Pregnant women often crave for something spicy and sour. Lemon and mango pickles are best to stuff their cravings. Also, there are insignificant side effects of consuming pickles over the fetus. The natural ingredients prevent dizziness and the morning sickness that most of the expecting women face.



It helps you to lose weight

The exhaustive spices present in the Indian pickles helps to provoke fat burn. Consuming pickle on a regular basis, you will quickly notice the reducing numbers over your weighing machine. Pickle is a perfect substitute for the excessive gravies and oily stuff. It cuts your calories effortlessly and breaks away the fat molecules. Besides spicing your meals, pickles are also responsible for protecting your body against free radicals. These are rich in antioxidants and helps in the removal of waste matter from your body.

It is beneficial for diabetics

The Alma pickles are an ordinary treat for the ones suffering from diabetes and eye problems. You don't even need to skip the pickle as there is nothing harmful in it. Alma pickle is rich in vitamin C because of which it promotes better hair growth and immunity levels. The natural fermentation of the vegetables does not abstract any nutrients from them. Instead, the traditional methods help to absorb the edible levels of the veggies for a couple of years. Vitamin K present in Pickles helps you to recover the injuries because of blood clotting. A study has proved that the people who consumed pickles regularly had better hemoglobin and immunity levels than the ones who did not consume it.

DIABETES



It is good to stimulate Metabolism

The presence of vinegar and other sour ingredients in the healthy Indian pickles acts as the blessing. If you have the lower metabolism and find it tough to lose weight, then try including pickles in your regular diet.

Fibrous Pickles are made up of veggies and fruits which are already rich in fiber. Moreover, the blend of spices and oil further makes them aperient. Mango pickle comprises a tremendous amount of fiber. It is a perfect remedy for people with misfit digestion.



It protects Liver

The gooseberry pickle is known to have amazing properties that protect the liver functioning. Additionally the improved metabolism and immunity level gives the actual reason for absorbing the pickle regularly. The tasty treat recovers stomach ulcers by removing the fecal matter. It keeps the body clean and energetic.

Foods are incomplete without the healthy Indian pickles slices. The loads of mineral and vitamins they contain make the food into a balanced diet. Pickles have the best of health and ultimate taste. Almost all the picks follow the somewhat same process. No matter whether you want to make mango, onion, garlic, chili, carrot, radish or chicken pickle, all of them follow somewhat same procedure.



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Dr.Aisha who is the Senior Physiotherapist at The PhysioStudio. She got specialized in a variety of fields of sports and fitness and conduct and participate in various events as the Physio Partner, including The World T20 Cricket Tournament for the blind 2017. She has a special interest in orthopedics, Sports, and Fitness exercises. This was not just a reason to choose Physiotherapist as her career but one of her childhood events also molded her into a true believer of Physiotherapist.