

Herbs & Spices: pint-sized powerhouses

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We Are What We Eat: Pay The Farmer Not The Pharmacy

- August 11, 2020
- MEERA & ASHOK VASUDEVAN
- SEASON 1
- EPISODE 27

1. [Herbs & Spices: pint-sized powerhouses](#)

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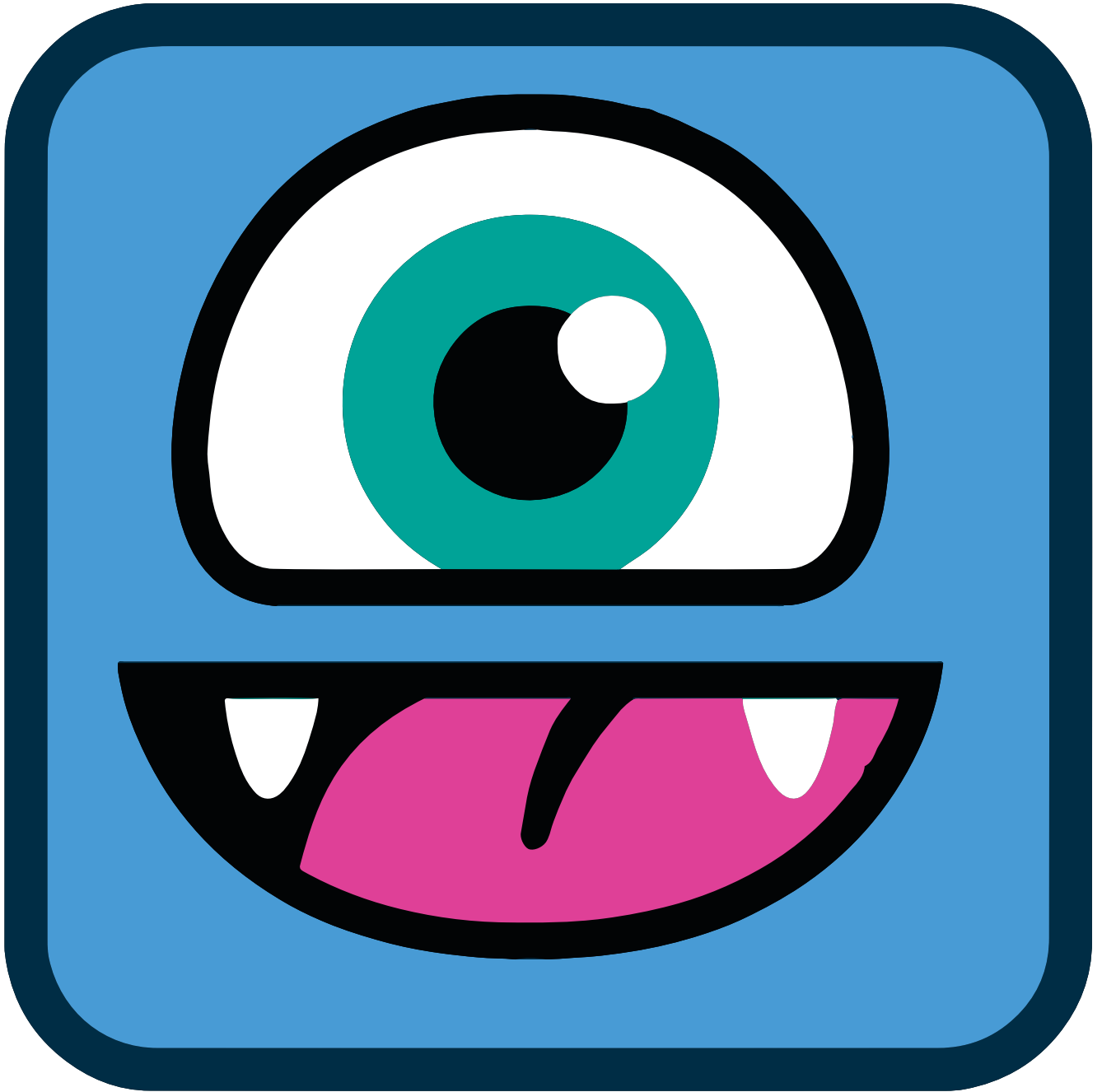


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When we think of herbs and spices the one word that jumps out is versatility. Its colorful, fragrant, medicinal, umami and finds its way in flavored and infused waters and in your balconies as more than just ornamental plants. Dyes, foods, cosmetics, pharmaceuticals, fragrances and toothpastes- you can run from spices, but you can't hide! Join us as we discover some of the spice & herb remedies.

Find out more at <https://umaglobalfoods.com/blog/>

What's the beef with plant protein?

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We Are What We Eat: Pay The Farmer Not The Pharmacy

- August 6, 2020
- MEERA & ASHOK VASUDEVAN
- SEASON 1
- EPISODE 26

1. [What's the beef with plant protein?](#)

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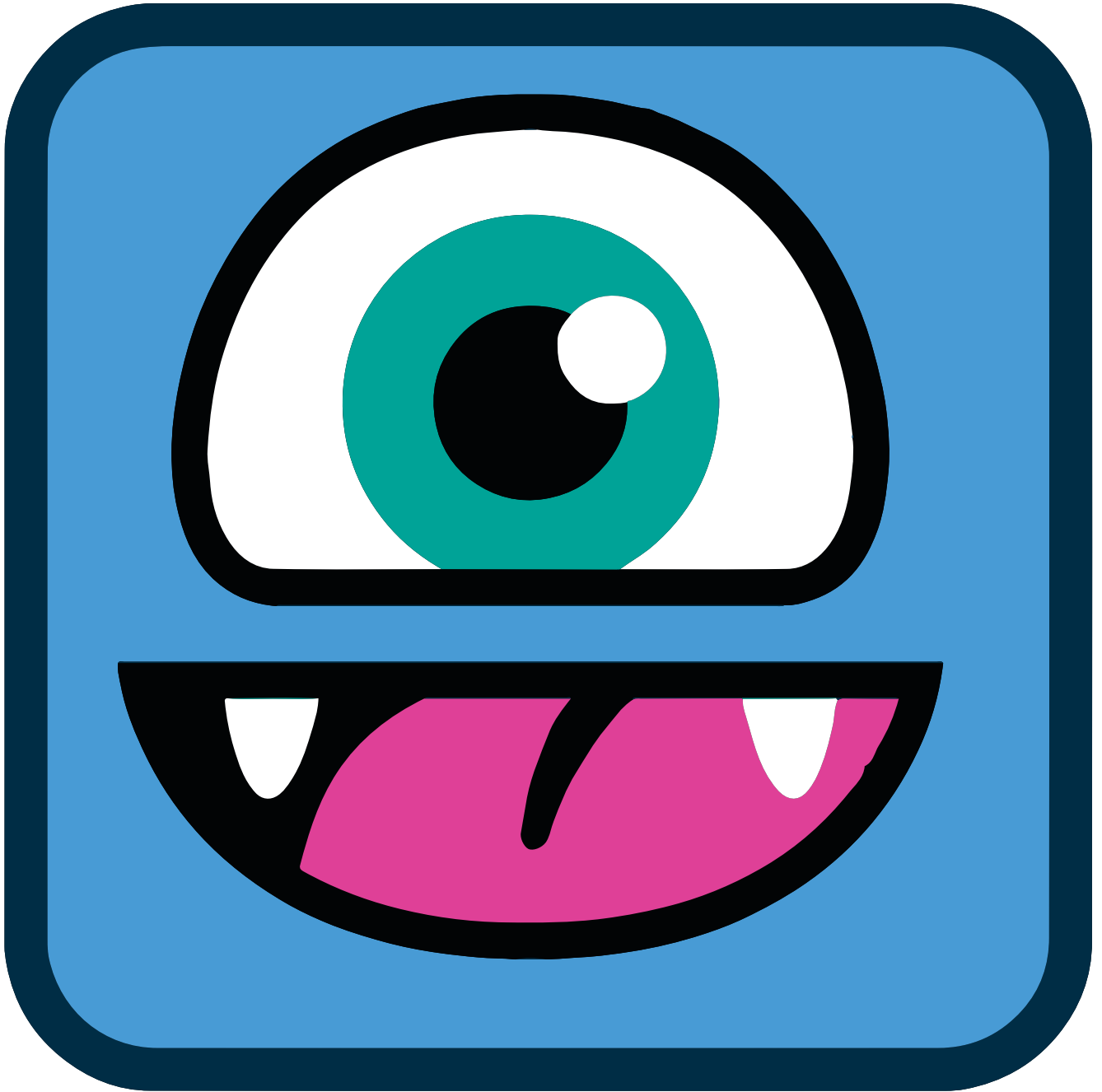


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It's today self-evident but scientists are still piling evidence upon meta-studies and more research upon research on the dangers of processed meats and it's link to cancer. It's a bit reminiscent of the tobacco industry in the 60s and 70s. There have been congressional hearings & WHO proclamations to try and steer the world towards a healthier diet and environmentally friendly plant-based foods. Only 8% of the world population is vegetarian but these numbers are skyrocketing, and veganism too is on the rise. The myth of meat as the sole source of protein has long been busted and the goodness of plant-based diet has been forever known to mankind.

Find out more at <https://umaglobalfoods.com/blog/>

Dairy, plant-based milks and almond cows

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We Are What We Eat: Pay The Farmer Not The Pharmacy

- August 3, 2020
- MEERA & ASHOK VASUDEVAN

- SEASON 1
- EPISODE 25

1. [Dairy, plant-based milks and almond cows](#)

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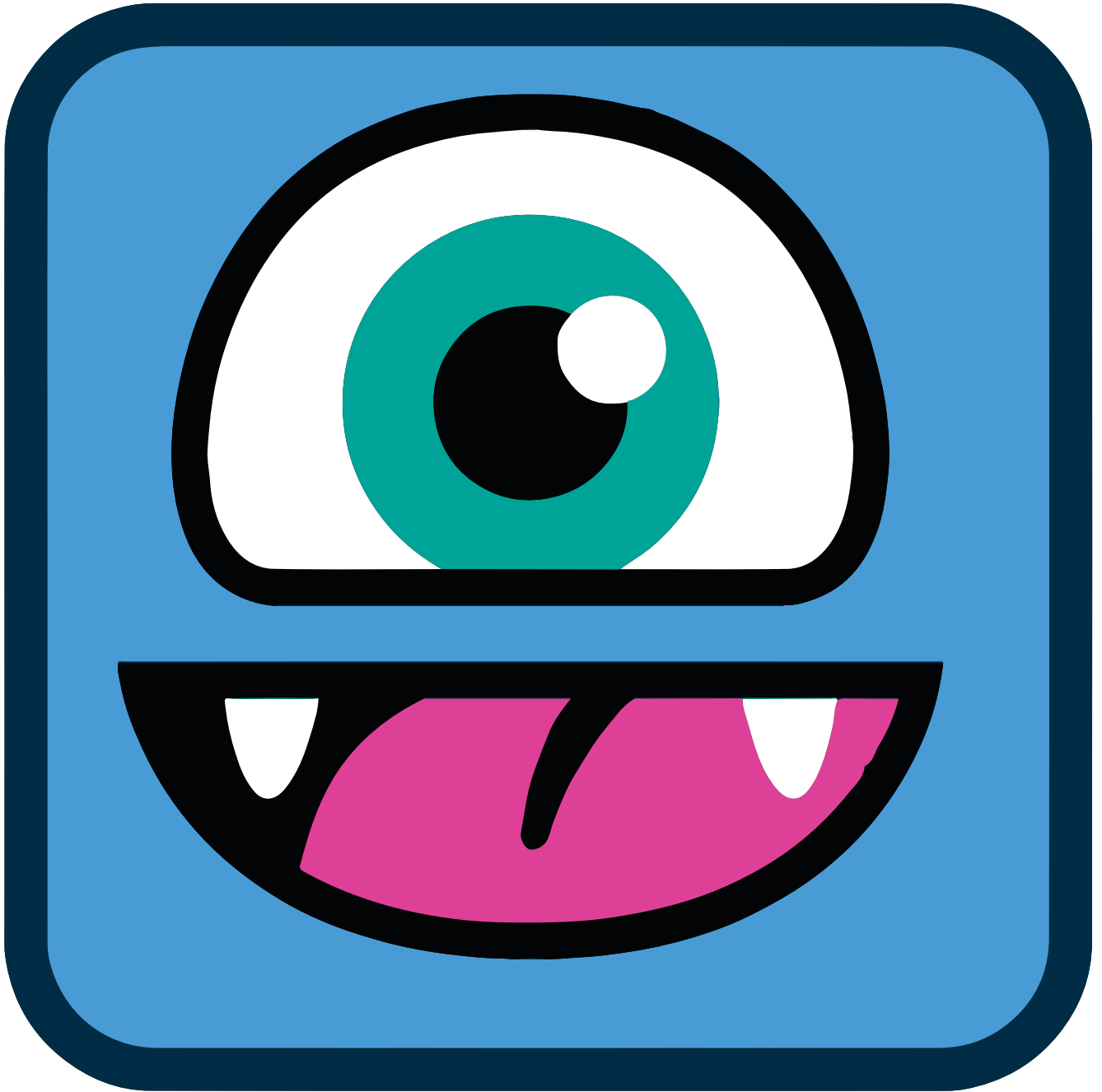


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We all grew up on milk and know its calcium, vitamin, mineral rich & contains the sugar, Lactose. But today almost 2/3rd of the human population have difficulty digesting lactose. That's one of the triggers for Veganism which is, deep rooted, spreading and indubitably healthier for the planet and the people. Plant based dairy can often substitute the goodness in milk while skipping lactose. Soy, Almond & Cashew are good sources of dairy and a treasure trove of nutrients.

Find out more at <https://umaglobalfoods.com/blog/>

Vegetables – our vitamin C bodyguards

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We Are What We Eat: Pay The Farmer Not The Pharmacy

- July 23, 2020
- MEERA & ASHOK VASUDEVAN
- SEASON 1
- EPISODE 23

1. [Vegetables - our vitamin C bodyguards](#)

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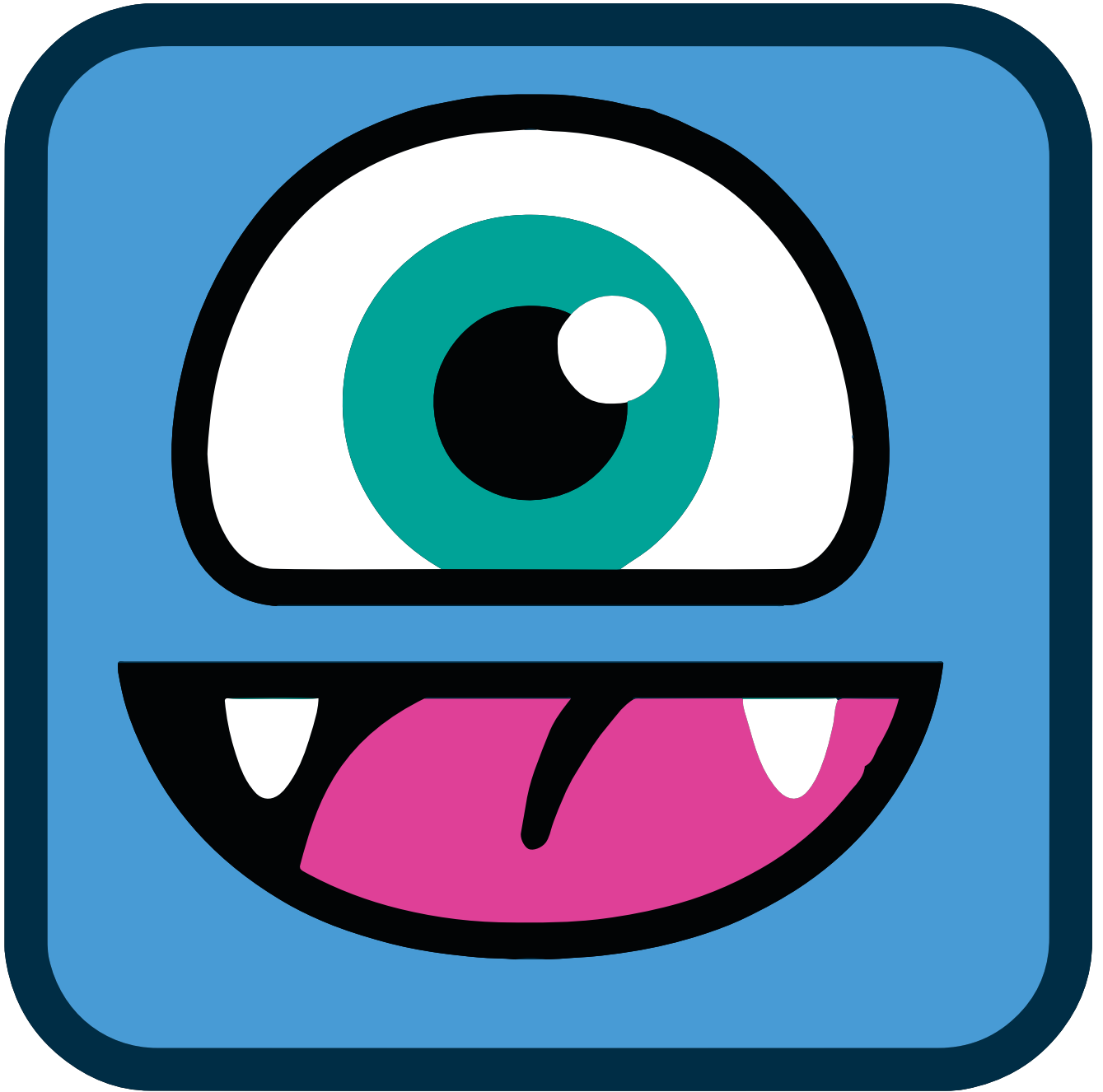


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When we think of Vitamin C, let's imagine vegetables, not supplements. It (Ascorbic acid) is arguably the most familiar of all vitamins. Just a tiny amount daily, this antioxidant, apart from building immunity & fighting infections also helps form bone cartilage, blood vessels & muscles. Green peppers, potato, broccoli, brussels sprouts, cauliflower and lemon are all Vitamin C rich vegetables. Vitamin C also helps absorb & store iron. The next time you have iron rich fruits & vegetables, squeeze some lime.

Find out more at <https://umaglobalfoods.com/blog/>

Herbs & Spices – Blend them up for flavor & wellness

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We Are What We Eat: Pay The Farmer Not The Pharmacy

- July 20, 2020
- MEERA & ASHOK VASUDEVAN
- SEASON 1
- EPISODE 22

1. [Herbs & Spices - Blend them up for flavor & wellness](#)

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We each have our favorite herb (Thyme, basil, cilantro) & spice (Turmeric, Pepper, or clove) that we like to somehow blend into our foods. But the trick is to use many of them together. They are synergistic in their effects. For instance, a little pepper with Turmeric better releases the magical curcumin. Dozens of spice nutrients are released into our bodies in the presence of other herbs and spices. So, go ahead & create your own spice blend.

Find out more at <https://umaglobalfoods.com/blog/>