



Sourcing your Yogic Aahaar

Grocery shop your way to health and joy



By Swasth Yog Institute

YOGIC AAHAAR resources

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1 Introduction

This document is your quick reference guide for nutrition related resources needed including replacements for common products like Salt and Sugar with healthy options and where to find them in India and US. Where possible and available organic products are recommended as it means they are produced using natural methods and without chemical additives

All the recommendation of brands and products and places where they are available from are based on personal experience from Swasth Yog participants and staff. It is meant as a reference guide for future participants of Swasth Yog courses. It is not meant as an endorsement of any specific brand or store by Swasth Yog.

As it's a resource guide by the participants of Swasth Yog courses for the future Participants of Swasth Yog courses, we invite inputs to expand the information in this document and add other sources and brands that you found useful and would help future participants.

1.1 Common source Reference List

	In person	Online
I N D I A	<p>Chain Stores like</p> <ul style="list-style-type: none"> - Nature's Basket - D-Mart - Big Bazaar - Reliance <p>Local Kirana Stores Local Khadi Gram Udyog Stores</p>	<p>IshaShoppe: https://www.ishalife.com/in/</p> <p>Amazon India: https://www.amazon.in</p> <p>Urban Platter: https://urbanplatter.in</p> <p>Gramiyum: https://www.gramiyum.in</p>
U S A	<p>Chain Box stores like</p> <ul style="list-style-type: none"> - Costco - Kroger - Target <p>Indian stores like</p> <ul style="list-style-type: none"> - India Bazaar, - Patel Brothers - Any local Indian store 	<p>Amazon USA: https://www.amazon.com</p>
Brands	<p>Some of the common brands that carry most of the products discussed below and that are also available in India and US are as follows</p> <ul style="list-style-type: none"> - 24Hour Mantra - Organic Tattva - Conscious Food - Bytewise 	

2 Oil -> Cold pressed Oil

Oil is an important part of cooking across all cuisines especially Indian cuisine. It's both used as a cooking/frying medium as well as small amounts consumed raw with chutney powders or added as a flavor enhancer in salads and vegetables.

2.1 How to Identify



Refined oil



Cold pressed oil

What we eat today	What was eaten by our Great Grand Parents
Refined (Heated to very high temperature)	Cold pressed (Using natural process)
Thin in consistency and flowing fluid	Thick and viscous/sticky
No odour (Difficult to identify main ingredient)	Strong odour (Main ingredient identified by odour)
Light colour	Dark colour
Longer shelf life	Shorter Shelf Life (@ 6 months)
Not Recommended: Any refined Oil, Cold pressed Rice Bran, Sunflower, Canola & Olive Oil	Recommended: Coconut, Mustard, Sesame/Gingelly/Til, Groundnut, & Mustard Oil

2.2 Source Reference List

	In person	Online
I N D I A	<p>Chain Stores like</p> <ul style="list-style-type: none"> - Nature’s Basket - D-Mart - Big Bazaar - Reliance <p>Some options for cold pressed oil are available in these stores. Brands like 24Hour Mantra, Organic Tattva etc are available in store.</p> <p>In Mumbai, Haji Mohammad Bashir Oil Shop is a location option where cold pressed oil is made right in front of your eyes and you can take your own seeds to be pressed into oil.</p> <p>Address: Cross Lane, Opposite Pydhonie Police Station Babu Khote Road, Marine Lines East, Panjarpole, Bhuleshwar, Mumbai – 400003</p> <p>Ph No: 099873-97876</p>	<p>IshaShoppe:</p> <ul style="list-style-type: none"> • https://www.ishalife.com/in/natural-foods/cooking-oil/ • Many options like coconut, peanut and gingelly (til) oil are available <p>Amazon India:</p> <ul style="list-style-type: none"> • https://www.amazon.in/s?k=cold+pressed+oil • Multiple options of oils like coconut, peanut and gingelly(til) and organic brands like 24Hour Mantra, Farm Naturelle, Thanjai, Nature Crest etc <p>Kachighaani:</p> <ul style="list-style-type: none"> • https://kachighaani.com • Many options like coconut, peanut , mustard and sesame (til) oil are available <p>Urban Platter:</p> <ul style="list-style-type: none"> • https://urbanplatter.in/product-family/oil-vinegar/ • Multiple options for Organic Cold Pressed Oil available <p>Gramiyum:</p> <ul style="list-style-type: none"> • https://www.gramiyum.in/product-category/cold-pressed-oil/ • Many options like coconut, peanut , mustard and sesame (til) oil are available
U S A	<p>Costco: for Kirkland brand Unrefined cold pressed coconut Oil</p> <p>Indian stores like India Bazaar, Patel Brothers etc for cold pressed peanut Oil. Brands like Chekka, NautreMills and Swagat cold pressed peanut oils are available in Store</p>	<p>Naturemills:</p> <ul style="list-style-type: none"> • https://www.naturemills.com/collections/cold-pressed-oils • Many options like coconut, peanut and sesame (til) oil are available

3 Salt -> Sea Salt or Rock Salt

Another very important component though used very sparingly in all cuisines around the world. While needed in very small quantity its impact on health is significant and hence the source, composition and processing that it undergoes is an important aspect to look at to select the right kind of salt

3.1 How to Identify



White iodized salt



Rock salt /Saindha/ jaada

What we eat today	What was eaten by our Great Grand Parents
Flawless white	Slightly coloured (Not due to impurities, but due to natural minerals present in it)
Factory manufactured	From natural resources (Rock or Sea)
Pure Sodium Chloride	Different minerals (E.g. Calcium , Iron, Magnesium, Phosphorous, Potassium))
Additional Iodine	No extra Iodine added
Mini granulated / Powdered that is easily soluble in water	Roughly granulated or small rock like which does not fully dissolve in water
Not Recommended: White/Iodized Salt	Recommended: Rock Salt or Sea Salt / Saindha namak or Jaada namak

3.2 Source Reference List

	In person	Online
I N D I A	<p>Chain Stores like</p> <ul style="list-style-type: none"> - Nature's Basket - D-Mart - Big Bazaar - Reliance <p>Local Kirana Stores also usually have options for rock/Sea salt.</p> <p>Some available options are Rock Salt, himalayan pink salt, Induppu, Jada or Saidha namak</p>	<p>IshaShoppe:</p> <ul style="list-style-type: none"> • https://www.ishalife.com/in/natural-foods/salt-and-spices/rock-salt/ • Induppu / Rock Salt <p>Amazon India:</p> <ul style="list-style-type: none"> • https://www.amazon.in/s?k=organic+rock+salt • https://www.amazon.in/s?k=organic+sea+salt • Multiple brands and options available <p>Urban Platter:</p> <ul style="list-style-type: none"> • https://urbanplatter.in/product-family/salt/ • Multiple options for Pink Rock as well as Sea Salts
U S A	<p>Costco: Himalayan Pink Salt</p> <p>Indian stores like India Bazaar, Patel Brothers etc have pink rock salt/ Himalayan pink salt</p> <p>Sea Salt while available in the US, at first look, it looks more processed and whiter than traditional sea salt</p>	<p>Amazon USA:</p> <ul style="list-style-type: none"> • https://www.amazon.com/s?k=organic+sea+salt • https://www.amazon.com/s?k=organic+rock+salt • Multiple brands and options available

4 Sweetener/Sugar -> Jaggery

Sugar is the most commonly used sweetener for everything from sweetening drinks as well as any desserts/sweets consumed by us, both homemade and commercially produced. Hence a look at what kind of sweetener we use is an important aspect of consuming healthy food

4.1 How to Identify



Sugar



Jaggery

What we eat today	What was eaten by our Great Grand Parents
Pearl White coloured sugar / Yellow/light brown	Dark brown colour
Sulphur-treated	No sulphur treatment
Crystalized Sugar	Solid or Powered jaggery
Not Recommended: White Sugar	Recommended: Brown Jaggery

4.2 Source Reference List

	In person	Online
I N D I A	<p>Chain Stores like</p> <ul style="list-style-type: none"> - Nature’s Basket - D-Mart - Big Bazaar - Reliance <p>Multiple brand like 24Hour Mantra, Organic Tattva, Conscious foods are available</p> <p>Local Kirana Stores also usually have options for Jaggery and jaggery powder.</p>	<p>IshaShoppe:</p> <ul style="list-style-type: none"> • https://www.ishalife.com/in/natural-foods/natural-sweeteners/jaggery/ • Powdered Jaggery <p>Amazon India:</p> <ul style="list-style-type: none"> • https://www.amazon.in/s?k=organic+jaggery • Search for organic powdered jaggery. Multiple brands and options are available like Slurrrp, NutriPlato, B&B Organics, to name a few <p>Urban Platter:</p> <ul style="list-style-type: none"> • https://urbanplatter.in/product-family/sugar-alternative/ • https://urbanplatter.in/?post_type=product&s=Jaggery • multiple options for Powdered Jaggery <p>Gramiyum:</p> <ul style="list-style-type: none"> • https://www.gramiyum.in/product-category/cane-sugar-jaggery/ • Many options for alternate sweeteners – palm sugar and jaggery are available
U S A	<p>Indian stores like India Bazaar, Patel Brothers etc carry many brands of jaggery powder.</p>	<p>Amazon USA:</p> <ul style="list-style-type: none"> • https://www.amazon.com/s?k=organic+jaggery • Multiple brands and options are available like SVATV, 24Hour Mantra, Dulcie to name a few

5 Rice -> Brown / Red Rice

Rice is an important and most common grain consumed all over the world across various cuisines. Easy to digest and a good source of nutrition, types of rice are many and hence attention to the different types rice and their health benefits is a very important consideration

5.1 How to Identify



White Rice



Brown/Red Rice

What we eat today	What was eaten by our Great Grand Parents
Polished Rice	Unpolished raw or par boiled rice
White or off white/cream in colour	Ranges from light brown/red to darker
Milled rice that has its husk, bran and germ removed and later polished	Whole rice where only husk is removed. Bran and germ is retained
Cooks easily	Takes time to cook and requires soaking
Not Recommended: white sona masoori or basmati rice	Recommended: brown sona masoori or basmati rice, red rice, kerala matta rice, parboiled rice, black rice

5.1 Source Reference List

	In person	Online
I N D I A	<p>Chain Stores like</p> <ul style="list-style-type: none"> - Nature's Basket - D-Mart - Big Bazaar - Reliance <p>Multiple brand like 24Hour Mantra, Organic Tattva, Conscious foods are available</p> <p>Local Kirana Stores also usually have options for brown rice and kerala red rice.</p>	<p>Amazon India:</p> <ul style="list-style-type: none"> • https://www.amazon.in/s?k=Organic+Brown+or+red+Rice • Multiple options are available like sonamasoori brown, kerala red rice (parboiled), brown rice from brands like B&B Organics, 24Hour Mantra to name a few available <p>Gramiyum:</p> <ul style="list-style-type: none"> • https://www.gramiyum.in/product-category/organic-rice/ • Options for red and brown rice are available
U S A	<p>Box stores like Costco, Kroger, Target carry many organic brown and red rice varieties</p> <p>Indian stores like India Bazaar, Patel Brothers etc carry many options and brands of sona massori & basmati brown rice and kerala red matta parboiled rice</p>	<p>Amazon USA:</p> <ul style="list-style-type: none"> • https://www.amazon.com/s?k=organic+brown+rice • Some Brown rice options are available. • Red rice while available not as many options at present esp of the Indian red rice variety. • Stores are a batter option than online for rice at present

6 Wheat Flour

Wheat flour is the most commonly used flour across the world and across different cuisines. Items ranging from breads, cakes, croissants, buns and rotis are made and consumed every day using bleached, unbleached varieties of wheat flour. While unbleached wheat is to be avoided at all times, even in the unbleached variety of wheat there are various differences in the type of wheat and wheat flour to be consumed

6.1 How to Identify



Durum Wheat



Whole Grain Wheat

What we eat today	What was eaten by our Great Grand Parents
Artificially developed variety of wheat	Natural variety of wheat
Hardest species of wheat mainly grown in the Middle East	Softer and more natural species of wheat grown the world over
Has higher gluten content	Lesser gluten content as compared to Durum
Dough is soft and ideal for making pasta and rava	Dough is harder and ideal for bread/ roti etc
Not Recommended: Durum wheat flour	Recommended: Whole grain wheat and wheat flour

6.2 Source Reference List

	In person	Online
I N D I A	<p>Chain Stores like</p> <ul style="list-style-type: none"> - Nature's Basket - D-Mart - Big Bazaar - Reliance <p>Multiple brand like Aashirwad, Sujata, Pillsbury, 24Hour Mantra are available</p> <p>Local Kirana Stores also usually have many of the same options</p>	<p>Amazon India:</p> <ul style="list-style-type: none"> • https://www.amazon.in/s?k=wheat+flour • Multiple brands are available like Aashirwaad, 24hour Mantra etc
U S A	<p>Box stores like Costco, Kroger, Target carry wheat flour. Watch out for Durum wheat flour vs whole grain wheat flour. King Arthur and Bob's Red Mill are popular trusted brands</p> <p>Indian stores like India Bazaar, Patel Brothers etc carry many options and brands of whole grain wheat flour are available like Aashirwaad, Sujata, Pillsbury etc</p>	<p>Amazon USA:</p> <ul style="list-style-type: none"> • https://www.amazon.com/s?k=Whole+wheat+flour • Many brands are available like King Arthur, Bob's Red mill which are trusted and well known brands • Ensure that the right type of wheat flour is identified as all these brands have different options available

7 Alternate Grains (Non Wheat/Rice)

Old Grains / Millets are an important source of nutrition in all cuisines especially Indian cuisine. Rice and Wheat are the most common grains consumed. Alternate grains are a good source of fiber and nutrition as well and are recommended to be consumed

7.1 Source Reference List

	In person	Online
INDIA	<p>Chain Stores like</p> <ul style="list-style-type: none"> - Nature’s Basket - D-Mart - Big Bazaar - Reliance <p>Multiple brand like 24Hour Mantra, Organic Tattva, Conscious foods are available</p> <p>Local Kirana Stores might also carry options esp for Jowar, Bajra and Raagi.</p>	<p>IshaShoppe:</p> <ul style="list-style-type: none"> • https://www.ishalife.com/in/natural-foods/food-grains/ • In this section of the Isha shoppe many options for grains like Bajra(pearl millet), Ragi(finger millet), varaghu(Kodo millet), kudhiraivali(barnyard millet), thinai(foxtail millet) and preparations are available like dosa mixes, porridge, flour etc <p>Amazon India:</p> <ul style="list-style-type: none"> • https://www.amazon.in/s?k=organic+millet • Many options for grains like Bajra(pearl millet), Ragi(finger millet), varaghu(Kodo millet), kudhiraivali(barnyard millet), thinai(foxtail millet) and brands like Manna, 24Hour Mantra, <p>Gramiyum:</p> <ul style="list-style-type: none"> • https://www.gramiyum.in/product-category/millets/ • Multiple options of grains and millets in grain, flour and alternate forms are available
USA	<p>In the USA, old grains like oats and quinoa are also widely known and consumed as alternate grains. They are pseudo-cereals, basically non grass plants whose seeds are used as cereals. They are mainly native to Middle East/ Europe (Oats) and South America(quinoa).</p> <p>In Oats there are multiple types and old-fashioned rolled oats are considered the healthiest followed by steel cut oats</p> <p>Quinoa also has different types and while white, red and black are all comparable in nutrition, the quinta quinoa is considered nutritionally superior though not as easily available</p>	

Costco/ Kroger/Target: Old fashioned rolled oats and quinoa/red/black/white quinoa

Indian stores like India Bazaar, Patel Brothers etc carry many types and brands of millets. To name a few:

- Brands – 24 Mantra, Bytewise
- Types of Millets – Bajra, Jowar, Raagi

Amazon USA:

- <https://www.amazon.com>
- Search for Raagi, Jowar, Bajra and many options esp in flour form are available
- Search for old fashioned rolled oats. Quaker is the most common and trusted brand available
- Search for quinoa and various options are available

Costco.com/ Kroger.com / Target.com

- Oats and Quinoa are available in these online store versions as well

8 Others -> Poha/ Rava

Poha and Rava are the most commonly used grain based items in Indian cooking. From breakfast to snacks they are used in multiple forms. Here are some guides to help choose the right form and type of these products

8.1 How to Identify-



White Rava | White Poha



Daliya | Red Poha

What we eat today	What was eaten by our Great Grand Parents
White Rice Poha:	Red Rice Poha:
Made from Milled rice that has its husk, bran and germ removed	Made from whole rice where only husk is removed. Bran and germ is retained
Milling process loses a lot of nutritious content	Healthier as is not fully milled and nutritious content is retained
Fine White Rava:	Daliya/Cracked Wheat:
Made from Durham wheat	Made from whole wheat
High gluten and lower nutrition content	Lower gluten and higher nutrition content
Not Recommended: White Poha, White Rava, Bombay Rava	Recommended: Red Poha, Daliya, Cracked Wheat, Bulgar, Lapsi, fada

8.2 Source Reference List

	In person	Online
I N D I A	<p>Chain Stores like</p> <ul style="list-style-type: none"> - Nature's Basket - D-Mart - Big Bazaar - Reliance <p>Multiple brand like 24Hour Mantra, Organic Tattva, Conscious foods are available</p> <p>Local Kirana Stores also usually have availability of daliya/cracked wheat and red poha</p>	<p>Amazon India:</p> <ul style="list-style-type: none"> • https://www.amazon.in/s?k=red+poha • Multiple types of Poha (Thin/Thick) and brands are available like 24Hour Mantra, Nature Land, True Farm etc • https://www.amazon.in/s?k=cracked+wheat+daliya • Multiple brands of daliya/ cracked wheat are available like 24Hour Mantra, Nature Land, Satvyk etc <p>Gramiyum:</p> <ul style="list-style-type: none"> • https://www.gramiyum.in/product-category/millet/ • Red poha and poha from different millets and grains are available
U S A	<p>Box stores like Costco, Kroger, Target carry bulgar and wheat germ</p> <p>Indian stores like India Bazaar, Patel Brothers etc carry many options and brands of cracked wheat, daliya and fada as well as red poha</p>	<p>Amazon USA:</p> <ul style="list-style-type: none"> • https://www.amazon.com/s?k=cracked+wheat+dalia • Not many red poha options available online • But many options and brands available for cracked wheat/ daliya/ bulgar like 24 Mantra, Rei's bulgar etc

9 Others -> Honey

Used in sweets, with fruits and just a spoonful on its own, honey is consumed across the globe and included in multiple cuisines

9.1 How to Identify-



Refined honey



Wild / Raw Honey

What we eat today	What was eaten by our Great Grand Parents
Light yellow coloured	Dark coloured
Heated to high temperature (slow poison, according to Ayurved) and processed to add additional sweetner	Raw- Taken right from Honeycomb
Thinner consistency	Thick Consistency
Does not crystalize and remains flowy	Natural honey crystalizes when exposed to air or over time
Tastes very sweet	Not too sweet to taste
Not Recommended: Any brand of honey not marked organic and raw or wild,. Avoid anything in the label that indicates additives	Recommended: local organic raw or wild honey. Does not have any additives

9.2 Source Reference List

	In person	Online
I N D I A	<p>Chain Stores like</p> <ul style="list-style-type: none"> - Nature's Basket - D-Mart - Big Bazaar - Reliance <p>Could carry some organic raw honey options</p> <p>Local handicrafts or gramin(verifying store name) stores might also carry local organic raw honey</p>	<p>Amazon India:</p> <ul style="list-style-type: none"> • https://www.amazon.in/s?k=raw+local+honey • Multiple options and brands available of Organic raw honey. • Keynote, wNature, Organic India etc are some options <p>Generally recommended to consume local honey as compared to non-local honey. Hence look at local store options rather than online</p>
U S A	<p>Box stores like Costco, Kroger, Target, Whole Foods, Sprouts etc carry local organic raw honey</p> <p>Generally recommended to consume local honey as compared to non-local honey. Hence look at local store options rather than online</p>	<p>Amazon USA:</p> <ul style="list-style-type: none"> • https://www.amazon.com/s?k=organic+raw+honey • Multiple options and brands available of Organic raw honey.

10 Appendix

10.1 List of Other resources

No	Country	Site/Resource
1	India	https://www.arogyamstore.com
2	India	https://www.rajkamaloilmill.com
3	India	https://satvyk.com
4	India	https://www.shrisakthioil.com/product-category/cold-pressed-oils/