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Impact of Gandhian Ideals on Socio - Economic,
Cultural and Literary Aspects | Nov-29-30,2019



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GANDHIAN DIET -A HEALTH MANTRA FOR MODERN WORLD

S. ANURADHA

Abstract: Nutrition is a science related to nutrients in food and various stages in the life of an organism. A nutrient is a substance required for the overall growth and sustainability of an organism. Gandhi advocated "millet revolution", vegetarianism, low salt diet, low sugar diet and fasting. Every thing has its own biochemical importance. Understanding the importance of animal sources he propounded the inclusion of milk and sterile eggs. Gandhi's way of fasting is contemporary and has many health benefits. Gandhian diet has not only nutritional value but also has social, cultural, ethical and traditional values.

Keywords: Ethical Value, Fasting, Millet Revolution, Nutrition, Nutrients, Vegetarianism.

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