

HEALTH

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& HARMONY

“ Low-fat and fat-free milk contribute toward your daily dairy requirements as do low-fat and non-fat plain yogurt and artificially sweetened low-fat and fat-free yogurt

Eating healthy is undoubtedly the best way to good health. When coupled with the right fitness and the beauty regimen, a good restaurant does wonders for one's health. One such restaurant, which serves up an organic treat for the palate, is Mahamudra - the restaurant at the Isha Life Centre in Mylapore. With taste and health being its watchwords, Mahamudra serves some of the most delicious examples of fine dining while keeping in mind the importance of an organic diet. Its strictly vegetarian menu is adorned with the finest fruits, vegetables and cereals and boasts of multi-course meals put together by a group of passionate chefs. Whether you're looking for a snack or a beverage at the café or a complete meal at the restaurant, Mahamudra has it all. The Isha Life centre in Mylapore, which opened its doors to the public in May, plays host to a number of diners, every day, for breakfast, lunch and dinner. With its focus on fine dining and recipes with a touch of both the ancient and the modern, this restaurant sums up the



PHOTOS: V RAJESH

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essence of a healthy dining experience.

Meena Thennaapan, one of the food resource persons at the Mahamudra, in her own words, "tweaks with regular recipes to make them healthier." Having been with the Isha Foundation for the last 12 years, Meena has spent a good part of her years cooking up some of the healthiest dishes. "Fitness comes from within and without," she explains, "Exercising, eating and staying mentally healthy are the best ways to stay fit - one has to consider all these aspects to maintain good health." However, being closely associated with Mahamudra as a member of the R&D team, Meena does attach a great deal of importance to the relevance of dietary intake in staying healthy. "As part of our commitment to look at alternate sources of carbohydrate in one's diet, we've begun experimenting with millets and whole grains in our dishes."

An exclusive vegetarian menu at Mahamudra begs the question, "Does one really need to turn vegetarian to get healthier?" Meena promptly answers in the negative. "One can stay healthy by following either a vegetarian or a non-

Says Meena Thennaapan of the Isha Life Centre at Mylapore, as she takes us through the nutritional value of our country's cuisine

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vegetarian diet. We, at Isha Life, are looking at ways to prepare a menu that consists of wholesome vegetarian food, since vegetarianism can also offer a balanced diet," she says.

She continues, "Moreover, Indian food contains all the required dietary requirements that are necessary to stay healthy." Furthermore, Meena believes that Chennai is slowly moving towards staying healthy and fit. Working out and eating healthy have become routine to most people and these signs of a city that is conscious of its health and fitness levels are indeed encouraging. "It's quite heartening to see the crowd at our restaurant during both the week and the weekends - it shows that we are a city that wants to stay healthy."

