



**SUSTAINABLE HYDERABAD**  
Megacities of Tomorrow

# **Have you had your Lunch?** **Food and health guide for Indian** **middle classes**



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**This booklet is dedicated to Vijayalaxmi and Krishnaveni, Hyderabad' best cooks, as well as all interviewed women who with their delightful contributions have helped me shape this very useful and informative food guide.**

## Why this booklet?

After working as research associate at the institute of Cultural Geography, University of Freiburg (Germany), for the “Sustainable Mega City Hyderabad” research project ([www.sustainable-hyderabad.de](http://www.sustainable-hyderabad.de)) for almost two years and munching my way through Hyderabad’s excellent kitchens, I want to give something back to the people. The project, which is financed by the German Ministry of Research and Education (BMBF) provided the opportunity to take up academic research that investigates processes of change in Hyderabad’s food system and food culture within the framework of sustainability. Especially lower middle classes have been observed, because they are major drivers of change and still vulnerable to its effects. However, I believe that research should be linked to ground realities and gathered information that is useful to the people should be shared and exchanged in order to serve as inspiration. I realized the vast knowledge that lower middle class people have regarding healthy recipes (even though the concept of healthy-unhealthy food is not prevalent) and health tips, but are not aware of how sustainable or unsustainable their lifestyles are and what impact consumption decisions might have on the environment and health. Many people, for example, seem to know that diabetes and BP require changes in eating habits, but they do not attribute its high occurrence to lifestyle changes and try to prevent it. Youngsters are fond of eating out (traditional and western food), have little time and limited interest in cooking. Hence, the result is that recipes and the knowledge get lost. This booklet compiles some of those recipes and gives information on knowledge gaps of middle class households, which came to light during research. The attempt has been made to clarify a few common health myths, fill knowledge gaps as well as answer questions I have been

confronted with several times and give practical information on sustainable consumption such as where to buy organic products, when to buy which fruits and vegetables, where to do shopping in order to be sustainable etc. Inspiration is given, what a sustainable lifestyle could imply (regarding food consumption and shopping behavior) and how it could be shaped in the “Hyderabad” context. Sustainable ways of living are still practiced among the lower middle classes, but they need to be highlighted as something positive in order to become more prestigious. As major drivers of change the lower middle classes have a huge potential to make a change and take up certain modifications in their lifestyles that can help to improve their health status as well as protect the environment and mitigate climate change at the same time.



**Group discussion at a Ayesha High school in Old City**

I would like to express my thanks to K.Supriya, Sanker Menon Naveen and Harshini Vinayaka, without whose support my research and this booklet would not have been possible.

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### **Why buy regional and seasonal products?**

There are many reasons why local and seasonal products should be preferred to others: They are fresher and taste better, often they are cheaper and they are better for the environment, you support local farmers and rural communities and increase animal welfare. One major advantage of local products is that it keeps food miles to a minimum (the distance the product has traveled from the farm to your house). The more a product travels the more fossil fuel is burned and the higher is its contribution to CO<sup>2</sup>-emissions resulting in global warming and climate change. Furthermore, many perishable products need to be harvested unripe and are artificially ripened, so that they do not get spoilt till they reach your table. Hence, the nutritional value and taste is much better in local fruits and vegetables, because the value chain is very short they are not stored (lack of cold storage facilities) or

have traveled long distances. Food crops that are grown at the right time are usually more resistant and stronger and need less fertilizer, so resources can be saved and the environmental impact is lower. The best way to buy is directly from farmers (keep asking on the Rythu bazaars, whether people are real farmers) in order to keep local food rupees high and your expenses low.

For more information see:

<http://www.sustainabletable.org/issues/whybuylocal/>

<http://vegbox-recipes.co.uk/veg-boxes/why-buy-seasonal-food.php>



Kothapet fruit wholesale market

## Know your fruit seasons – Timetable

<b>Fruit</b>	<b>Season</b>
Banana	Jan-Dec
Ber	Aug-Feb
Custard apple	Sep-Nov
Fig	Jan-Dec (ask for local produce)
Grapes (black)	Dec-Apr
Grapes (white)	Mar-Jul
Guava	Jan-Dec
Kinu	Dec-Apr
Mango	Apr-Jun/Jul
Sweet lime	Jan-Dec
Muskmelon	Aug-Feb
Orange	Nov-Apr (ask for local produce)
Papaya	Jan-Dec
Pomegranate	Mar-May (Main season)
Sapota	Jan-Dec
Watermelon	Jan-Dec
Pineapple	Jan-Dec (higher food mileage, origin: Kerala)
Apples (Aug-Feb), Strawberries, Nashpati (March/Apr), Jackfruit (Apr-Aug)	Imported from the North, have large food miles
Apple, pear, plum etc. (import. from abroad)	Avoid them due to very high food mileages

Source: Agricultural Market committee, Gaddiananram 2010, own research



## HEALTHY SNACKS

### 1. Mixed fruit salad (Chat)

Make fruits a part of your daily diet and change in accordance to season. Fruits are loaded with nutrients, antioxidants and anticancer ingredients as well as vitamins and minerals. Have them as a snack in between your meals or swap one meal for a fruit meal.

**Preparation time: 5 min**

**Cooking time: 15 min (for potato, use local potato during winter months)**

**Serves 3-4 people**

#### **Ingredients:**

- 1 small papaya, cut in cubes
- 1 medium sized potato, boiled, peeled, cut
- 1 small cucumber, peeled and chopped
- 1 guava, cut in cubes
- 1 banana, cut in rounds
- 1 orange, peeled
- ½ cup pomegranate
- Salt to taste
- Lemon juice to taste
- You can also add:
  - 1 tsp oil
  - ¾ tsp black pepper powder
  - 1 tsp chat masala



**Preparation:** Add all ingredients in a bowl and mix them.

## 2.Ragi Jawa (Finger millet snack)

Finger millet is very nutritious, rich in Vitamin B1 (good for growth), fiber and iron (overcome anemia). It makes the perfect afternoon snack for you or your kids.

**Preparation time: 5 min**

**Cooking time: 10 min**

**Serves 2 people**

### **Ingredients:**

1 cup finger millet flour

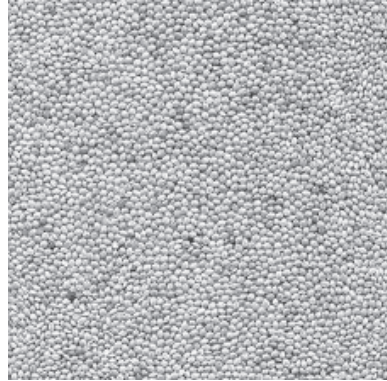
½ cup dried fruits

½ cup curd

1 tbsp jaggery

2 -3 cups water

Salt



**Preparation:** Boil the water and add the finger millet flour, stir the mixture continuously for 5-6 min. Add the curd, jaggery and dried fruits to the mixture and stir. Add a pinch of salt. Serve it hot or cold.

## 3.Boiled chana (split chickpeas)

Chickpeas are an excellent source of molybdenum, folic acid, fiber and manganese as well as other minerals. They are helpful in lowering cholesterol and improve blood sugar levels (good for diabetics).

**Preparation time: 10 min**

**Cooking time: 5-6 min**

**Serves 2-3 people**



**Ingredients:**

- 250 g chana
- Water as required
- Salt to taste
- 1 tsp oil
- 2 green chillies, sliced or dried red chillies
- 1 tsp turmeric powder
- 1 tsp coconut powder
- 4-6 curry leaves
- 1tsp mustard seeds
- Few coriander leaves to garnish

**Preparation:** Take a pressure cooker and add chana, little salt, turmeric powder and water. Cook for two whistles and remove the water. Heat oil in a pan, add mustard seeds till they crackle, then curry leaves, green chillies and boiled chana and fry it for 2-3 minutes. Then take it out and garnish with some coriander leaves and coconut powder.

Serve it hot.

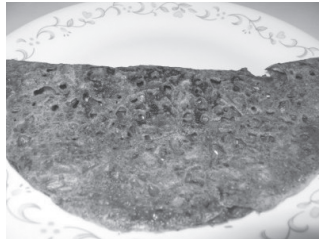
**4.Fingermillet dosa**

Go for this nutritious version of dosa from time to time. It is very tasty, has a long satiating effect and improves your health (high in vitamins and minerals).

**Preparation time: 15 min**

**Cooking time: 20 min**

**Serves 3-4 people**



**Ingredients:**

- 2 cups finger millet flour (Ragi)
- ½ cup rice flour

½ cup buttermilk or curd  
1 tbsp cumin seeds  
1 onion, chopped finely  
Salt to taste  
1 tbsp oil  
Bunch of coriander leaves, chopped

**Preparation:** Mix the flours with thin buttermilk and a little amount of water (make the dough a little thicker than rawa dosa batter). Add onion, salt and coriander leaves. Take a pan, add a little oil and fry the cumin seeds, add to the mix. Sprinkle some water on the griddle and pour the batter. Sprinkle little oil onto the edges, then fry dosa on both sides till slightly brown.

Serve with any chutney or pickle.

### 5.Sesame Laddu

Sesame is a good source of manganese and copper as well as calcium, magnesium, iron, phosphorus, vitamin B1, zing and high in dietary fiber. It has cholesterol-lowering effects and prevents BP.

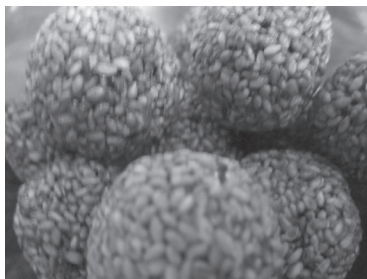
**Preparation time: 1 hours + soaking time**

**Cooking time: 25 min**

**Serves 6-8 people**

**Ingredients:**

¼ kg sesame  
¼ kg jaggery  
2 cups of water  
3-4 tsp of ghee



**Preparation:** Wash sesame and soak it overnight, then remove the water completely and make sure that its dried thoroughly (it can also be spread on a cloth). Fry the sesame golden brown without oil. Cut the jaggery into pieces and add 2 cups of water to make a paste. Add sesame and mix it well. Add ghee to the mixture, then let it cool down till you can form small balls out of the mixture.

In cold storage they last up to 2 weeks.

## 6. Sprout Salad

Salads are simple to make and a very rich source of vitamins, minerals and dietary fiber. There are many vegetables that you can eat raw: Tomatoes, capsicum, beetroot, cabbage, carrot, radish, spinach, radish leaves etc. Add some sprouts also, because they are a superb source of nutrients and highly active antioxidants.

**Preparation time: 10 minutes**

**Cooking time: nil**

**Serves 2 people**

### **Ingredients:**

- 1 cup green gram sprouts
- 1 carrot, chopped
- 1 tomato chopped
- 1 small cucumber, chopped
- 1 small onion finely chopped
- 1 tbsp lemon juice
- 2 tbsp curd
- ½ tsp chili powder
- Salt to taste



**Preparation:** Cut the vegetable and mix them with the sprouts. Add salt, lemon juice, chili powder and curd and mix it well.

## Street food tips

Who can resist a plateful of crispy mirapakai baji on a rainy afternoon or some mouth-watering spicy samosa chaat at the street stall around the corner of your house? Street food is an essential part of Indian food culture. It is not only yummy and freshly prepared food that feeds the whole range of social strata in India, but also an important income source for the unqualified sector. However, many middle class families are concerned about hygiene and sanitary standards. You can definitely go for it only if you take a few necessary precautions:

- ❖ **Check overall appearance of food stall and vendor as well as environment (dirty cloths or glasses harbor germs, temperature abuses encourage adulteration)**
- ❖ **Uncovered food attracts pests, don't consume food, that has been kept out for a long time**
- ❖ **Consume hot foods hot and cold foods cold**
- ❖ **Be careful with ice creams if they look gummy or dried out. Ask whether vendors use boiled water for drinking water and ice cubes**
- ❖ **Ideally the vendor should use clean portable water to wash hands and dishes**
- ❖ **Consume it as fun food, on occasions and in limited quantities, because nutritional value of street foods usually is low (high in saturated fats, trans fats, sugar, sodium etc.)**

For more information see <http://foodsafetyindia.nic.in/juicer.htm>



Street vendors selling chinese fast food , Tilak nagar

### **Family dinners should be a must**

Have a family dinner at least a few times per week (not in front of the TV though, then you do not get to talk and loose control over the amounts you are eating). It is good for family relationships and guarantees that your children get healthy home-made food. If you do not want to break with the tradition and not all are eating at the same time, make sure that you keep aside sufficient amounts of all food items for the family members who eat later (meat, veggies, fruits etc.), so that all get a balanced diet.

## **7. Healthy Upma**

Adding some fresh vegetables and sprouts to this traditional snack item enhances its taste and contributes to the daily required dose of important vitamins and minerals.

**Preparation time: 20 min**

**Cooking time: 20 min**

**Serves 4 people**

### **Ingredients:**

250 g rawa

1 carrot,  
1 tomato, cut  
1 cup of beans or sprouts  
½ tbsp oil  
2 green chilies, sliced  
1 big onion, finely chopped  
1 tsp mustard seeds  
5 -7 curry leaves  
4 cups of water  
Salt to taste

**Preparation:** Heat oil in a pan, add onion, green chilies and curry leaves. Once the onion is slightly brown, add tomato and after another 2-3 minutes add the other vegetables. Let them fry for a few minutes, then add the water. Once it starts simmering, add the upma rawa slowly and stir to avoid any lumps. Cook it on low flame till ingredients are soft. Add salt to taste and serve hot.

### **Healthy food for small budgets**

**A small budget does not rule out a healthy diet.**

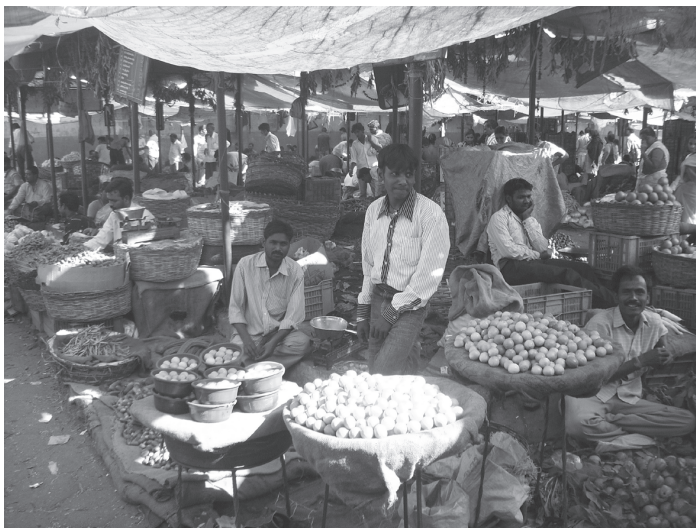
**Try to follow a few tips:**

- ❖ **Make sure you take pulses (dals) daily or as often as possible, it is an important source of protein**
- ❖ **Combine different leafy greens and have them a few times per week**
- ❖ **Buy seasonal fruits and vegetables, they are nutritious and not as costly**
- ❖ **Make simple snacks with (millet) flours and jaggery instead of buying biscuits, chips and chocolates (satiating effect longer and better for your children's health)**
- ❖ **If prices are high try to maintain the frequency of eating items, reduce quantities (increase liquid in dals etc.)**



## Regional and Seasonal vegetables in Hyderabad

The period between November and March is the main season to get almost all common vegetables from the surrounding areas (ask for local products). In order to reduce food mileage you can increase the consumption of varieties such as bottle gourd, snake gourd, bitter gourd, red pumpkin and all green leafy vegetables during summer, because they can be found from surrounding areas through the whole year. Most other vegetables (tomatoes, capsicum, eggplant, carrot, etc.) come from Karnataka, Maharashtra and other states during summer and therefore have



Vegetable vendors, Falaknuma Rythu Bazaar

a high food mileage. It is important to ask the vendors about the origin of their products, because even during winter you find those vegetables in the market (some vendors even sell “Hyderabadi” and “Bangalore” tomatoes). Most locally produced vegetables are also a little cheaper than the ones coming from distant places.

Better avoid potatoes in summer as they are imported from the north and have a high food mileage. But you need not worry in the winter as they are available throughout the months Nov-Feb.

**Source:** Agricultural Market Committee Bowenpally 2010, own research 2009/10

### **Take a walk to the market**

Supporting the small-scale family-run businesses – street food vendors, market vendors and kiranas – can be a crucial contribution to the community and environment. It is a very important source of income to a large number of low-qualified people. The produce is fresh, due to lack of storage facilities and short value chains. The vendors in the open markets, small scale kirana shops, butchers and street vendors usually purchase from the same sources as the commercial supermarkets. That means the tomato you get in the supermarket is likely to come from the same plant as the one in the market which might be of lesser grading though. However, ecological footprints (measuring environmental impacts, especially regarding CO<sub>2</sub>- emissions) of supermarkets are much higher; therefore you can pacify your social and environmental conscience by buying in the market or from small vendors without sacrificing your health. If you buy in many small shops many people will benefit, if you buy in one big shop only few will (see also Dittrich 2008).

**Health myth No. 1:  
City vegetables less healthy than village vegetables**

**“City vegetables” do not exist, except you grow them on your balcony. All vegetables are coming from peri-urban or rural areas and for the customers it is impossible to distinguish, where they have been grown. Contamination with chemical residues or exhaust gases from the roadside are not visible and can only be avoided by buying organic produce or setting up a garden in your backyard.**



## YUMMY VEGETABLES

### 1. Simple Green Peas pulao

This recipe is best made in winter, when fresh peas are available in the market.

**Preparation time: 30 min**

**Cooking time: 20 min**

**Serves 2 people**

#### **Ingredients :**

1 cup long grained brown rice

1 cup peas

1 finely chopped onion

1 tbsp ginger-garlic paste

1 tsp garam masala

1 tbsp oil

Lime juice and salt to taste

Few coriander leaves to garnish



**Preparation :** Boil the brown rice and put it aside. Take a pan, heat oil and add the onions, peas and ginger garlic paste and fry them for a few minutes till the peas are soft. Then add the boiled rice, salt, garam masala powder and the lime juice.

Serve with curd. Other vegetables can be added in accordance to season and taste.

### 2. Fenugreek leaves with tomato

Light vegetable dishes are rare in Indian cuisine. This is a very simple and mouth-watering example. Fenugreek leaves give you a

dose of iron (overcome anemia), calcium, beta carotene and vitamin C.

**Preparation time: 20 min**

**Cooking time: 15 min**

**Serves 2 people**

**Ingredients:**

2 bundles fenugreek leaves

1 onion

2 tomatoes

2 tsp ginger garlic paste

1 tsp red chili powder

1 tsp coriander powder

1tsp turmeric powder

1 tbs oil

Salt to taste



**Preparation:** Heat oil in a pan, add onions and turmeric powder and fry for a few minutes. Then add fenugreek leaves and let it cook for 5 minutes. Add tomatoes, ginger garlic paste, red chili powder, salt and a little water. Cook it for a few more minutes at low flame till vegetables are thoroughly but still firm to the bite.

Eat with brown rice or accompany veg/non-veg curries

### **3.Raw mango rice**

Have it during season. Raw mangos are rich in Vitamin C, Vitamin B1 (good for nerves and growth) and B2 (production of red blood cells).

**Preparation time: 30 min**

**Cooking time: 20 min**

**Serves 4 people**

**Ingredients:**

- 2 cup of (brown) rice
- 4 cups of water
- 2 medium sized grated raw mango
- 2 tsp mustard seeds
- 2 tsp cumin
- 2 tsp turmeric powder
- 6 red chilies
- 4 green chilies
- 10 curry leaves
- 2 tsp split Bengal gram (chana dal)
- 2 tbsp raw peanuts
- 2 tbsp oil
- Salt to taste



**Preparation:** Cook rice separately. Keep it aside. Heat oil in a pan, add chopped green chilies, mustard seeds, cumin, red chilies, Bengal gram, raw peanuts and salt, then stir it. Add grated raw mango and turmeric powder. Mix it. Then add curry leaves and the rice. Serve it hot!

#### **4. Bitter gourd fry**

Bitter gourd is low in calories, but dense with precious nutrients. It's a good source for vitamins B1, B2, B3, C, magnesium, folic acid, zinc, phosphorus, manganese, rich in iron and high in dietary fiber. It beats other vegetables in its content of calcium, beta-carotene and potassium. Local produce is available 12 months a year, hence, go for it!

**Preparation time: 30-45 min**

**Cooking time: 15-20 min**

**Serves 3 -4 people**

**Ingredients**

½ kg bitter gourd, cut in round slices

1 tbsp tamarind pulp

1tsp red chili powder

½ tsp turmeric powder

½ tsp coriander powder

1 cup of buttermilk (soaking)

½ tsp cumin seeds

2 tbsp oil, salt to taste



**Preparation:** Cut the gourd into pieces and soak it in buttermilk for 30 minutes, add a little salt. Squeeze the bitter gourd slices to remove the water, then heat oil in a pan and add cumin seeds, bitter gourd, turmeric, salt and fry it on low flame till it becomes soft and slightly brown. Then add a little salt, red chili powder, coriander powder, tamarind pulp and fry it for 3-4 more minutes.

Serve with brown rice or wholemeal chapati.

**All is chemicals**

Many housewives confuse the terms hybrid, Bt (genetically modified), chemical residues as well as food additives and call everything “chemicals”. But all four things describe very different phenomena. **Hybrid crops** are crops that are produced by cross-pollinating two inbred plants. Most plants have male and female parts and therefore reproduce themselves. By taking pollen from one plant and pollinating another plant hybrids are created. The seeds of this plant can be classified as hybrid seeds and produce “hybrid” crops again. Their yield is usually higher than if left as an

inbred plant. Some plants only exist as “hybrids” as e.g. corn. This kind of plant breeding has a long tradition and has been condemned in the first place due to high dependencies of farmers, who need to purchase seeds and can not breed them themselves.

**Genetically modified crops :** They are (known in India through negative results of trials with Bt cotton and initiatives against Bt eggplant), in contrast, are created by the insertion of DNA molecules into the plant to acquire desired characteristics. However, hybrid crops can be genetically modified, but do not need to be. Most concerns about GM-crops are linked to long-term health and agricultural effects that can not be ruled out due to limited experience and the short time span (FAO 2001).

**Pesticides :** Pesticides (chemical residues) are substances, be it chemical, biological agents, disinfectants etc. that prevent, destroy or mitigate pests (e.g. weeds, insects, birds, microbes etc.). Residues of those substances can be found in fruits, vegetables, staples, dairy and meat products (food crops fed to the animals), which are consumed by humans and they might have acute or delayed health effects as well as negative ecological impacts on the environment. Scrubbing and peeling does not remove them; better buy naturally grown products (Rajiv 2009, see also WHO 2009).

**Food additives :** Some people also call food additives “chemicals”. Food additives are substances that are added to the food to enhance its appearance and taste or preserve it. Traditional process are for example pickling or salting, commonly used in India. Nowadays a lot of new artificial and natural additives have been introduced and are used in food industries. Making flavors sharper (acids), applying colors to food, preserve food from spoilage (preservatives) or preventing oil and water to mix (emulsifiers)



are all functions served by food additives. However, their health risks and benefits are controversially discussed and some substances are linked to cancer, digestive problems, heart diseases and food allergies. (WHO 2009). They can be detected by E numbers marked on the list of ingredients on any packaged food that you buy!

## **5. Green leafy vegetables mix**

Green leafy vegetables are healthy due to high contents of protein, dietary fiber, vitamins and minerals. Local production is available through the whole year. Good replacement for vegetables with high food mileages in summer.

**Preparation time: 30 minutes**

**Cooking time: 20 min**

**Serves 3-4 people**

### **Ingredients:**

- 2 bundles spinach
- 2 bundles koyikura
- 1 bundle Dill
- 1 bundle fenugreek leaves
- 1 big onion, finely chopped
- 1 tbsp ginger garlic paste
- 1 tsp mustard seeds
- 1 tsp cumin seeds
- 6-7 curry leaves
- 3 green chilies, slit lengthwise
- 1 tsp coriander powder
- 2 tbsp oil
- Salt to taste



**Preparation:** Wash the leaves and remove the water. Heat oil in a pan and add onions. Fry them for 1-2 minutes, then add chilies, mustard seeds and cumin seeds and let it cook till they splutter. Add curry leaves and ginger garlic paste and fry for another minute. Then add the leafy vegetables and let them fry on low flame. Then add salt and coriander powder and fry it for another minute. Serve with brown rice and dal/non-veg dishes.

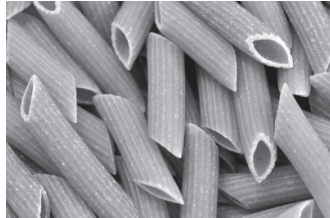
## 6. Healthy vegetable noodles

It hardly takes more time to cook noodles and chop a few vegetables than buying ready-made packages, but it is so much healthier and tastier for yourself and your children.

**Preparation time: 15 min**

**Cooking time 20 min**

**Serves 4 people**



**Ingredients:**

- 2 cup of wholemeal or any noodles/pasta (e.g. macaroni)
- 1 medium sized onion chopped
- 2-3 green chilies, vertically sliced
- ¼ cup of chopped carrot
- ½ tsp mustard seeds
- 12 curry leaves
- 1 tbsp oil
- Salt to taste

**Preparation:** Boil water, then add noodles and wait till they are soft. Take them out and keep them aside. Heat oil in a pan, add mustard seeds and fry them till they crackle. Add onions, green chilies and curry leaves. Cook till the onion is slightly brown. Add carrot and cook for 1 minute on high flame. Add cooked noodles and salt. Mix well and serve it hot.

In accordance to season vegetables can be added: capsicum, beans, tomato, eggplant, ladyfingers etc.

## 7. Spinach dal

Spinach is a good source of vitamins A, C and E, which serve as anti-oxidants. It also contains vitamin K (formation of immune bodies) and folic acid (protection of arteries), calcium and magnesium (bone-building nutrients). Furthermore it is rich in dietary fiber.

**Preparation time: 15 min**

**Cooking time: 12-15 min**

**Serves 3-4 people**

### **Ingredients:**

- 1 cup arhar dal (toovar)
- 2 cups chopped spinach
- 2 tomatoes, sliced
- 1 big onion
- 1 tbsp tamarind pulp
- 1 tsp turmeric powder
- 2-3 green chilies, sliced
- ½ tsp mustard seeds
- 1 tbsp oil
- Salt to taste



**Preparation:** Put dal, spinach, green chilies, turmeric powder and tomatoes and ½ tsp of oil in a pressure cooker and cook it for 2 whistles. Heat the rest of the oil in a pan and add mustard seeds. Wait till they splutter, then add curry leaves and the tamarind pulp. Stir it till it starts boiling. Then add the dal mixture and cook it for 5-7 minutes uncovered. Add salt and serve it.

Serve with brown rice.

## 8.Capsicum curry

Have this nice mouth-watering curry in winter, because locally grown capsicum is mostly available from Nov-March.

**Preparation time: 35 min**

**Cooking time: 20 min**

**Serves 4-5 people**

### **Ingredients:**

- 300 g green capsicum, chopped
- 1 tsp roasted sesame
- 1 tsp dried coconut powder (roasted)
- 1 tsp roasted peanuts
- 1 tsp tamarind pulp
- 1tbsp ginger garlic paste
- 1 tsp garam masala
- ¼ tsp fenugreek powder
- 1 tsp cumin powder
- 1tsp coriander powder
- 1 big onion, cut and fried
- 1 tbsp oil
- Salt to taste

**Preparation:** Grind sesame, then add coconut powder and peanuts and grind them. Add fried onion, tamarind, ginger garlic paste, and the spices and make a smooth paste. Then heat oil in a pan, add capsicum and fry it for 5 minutes. Then add the paste and cook it for another 5-7 minutes. Add as much water as needed and some salt to taste.

Serve with brown rice.

## NUTRITIOUS BREADS

### 1.Radish roti

Add some vegetables to your bread for a change (radish or any kind of leafy greens will do). Radish is rich in vitamin C and you can even use the leaves (high content of vitamin C and calcium) to pep up your rotis (cut them and put them into the dough or use them for soups, salads or stir-fries).

**Preparation time: 30 min**

**Cooking time: 25 min**

**Serves 2-3 people**

#### **Ingredients:**

- 1 grated Radish
- 4 green chilies
- 3 cups wholemeal wheat flour
- Water as needed
- ¼ tsp coriander powder
- 3 tsp split bengal gram (chana dal) powder
- Salt, lime juice to taste
- Oil to fry



**Preparation:** Grate radish and chop the green chilies into small pieces. Add flour, radish, green chilies, coriander, chana dal powder, lime juice and salt in a mixing bowl and add water as needed. Mix it well and make a smooth dough. Keep outside for 15 min. Take a small amount, roll it out and make one roti. Heat pan and add 1tsp of oil, fry it on both sides (a sponge can also be used to apply the oil).

Best served with curd or chutney.

## Save some money on quality grains

### Storage and maintenance

You can save some money and time by buying grains and pulses in bulk amounts at the right point of time. Spread them out on a basket, sheet, plastic or other clean surface and solar dry them for 2-3 days. Then place them in plastic or better lightweight metal storage bins, so that they are protected from mold, insects and moisture. Now, you are safe in case the next price hike comes! The best time to buy them is right after harvest season.

**Rice:** Nov-Dec and March

**All Dals:** March

**Moong & Blackgram dal:** August

**Millet:** May



Sundrying of dal and Peanuts in balcony



Light-metal bins for safe storage

**Health myths No. 2: Chapatti are healthier than rice**  
Many people nowadays go on diet by eating chapatti instead of rice. Therefore, people assume that they are healthier than the common South Indian staple food. However, the reason behind this is that nutrition counselors usually suggest chapatti instead of rice, because they are easier to count and, therefore, it is easier to restrict yourself. Regarding nutrition it does not make a major difference, especially if you go for brown rice (Nutrifit 2010)



NPM-Vegetables sold at HACA-Bhavan

### **Why and where to buy organic?**

Many middle class households are highly concerned about chemical residues in food items. Some urbanites even seem to think that growing vegetables and fruits without pesticides is impossible and most people are unaware, that there are certain locations in Hyderabad, where you can purchase organic or Non-pesticide-management (NPM) products. Organically grown staples, vegetables and fruits are grown without using harmful pesticides. Only certain biological substances are allowed (Eyhorn 2004). In Europe and US also organic meat and dairy products are available. Those animals are not treated with hormones and antibiotics, get mainly natural fodder (roughage) and animal welfare is regarded highly (they have sufficient space to roam). Hence, you can do something for your family's health (and that of the farmers) and at the same time protect the environment, because organic production is much more sustainable from an ecological perspective (see Foodwatch 2008). Regarding nutritional value organic food

usually does not perform better than conventionally grown products. (Kluger 2010). So, the question is where in Hyderabad can you buy organic products? You do not only find some items in supermarkets (Spar, Spencers, Q-Mart, Metro etc.), but there are also some local shops (Tarnaka, HACA-Bhavan, RTC X-Roads and one “organic mobile”, that is touring around Hyderabad (see locations below). Those ones are all local initiatives of direct-marketing to support farmers and therefore not costlier than the open markets. On organic products sold in supermarkets usually the label called “India organic” can be found. This certification guarantees organic practices. In contrast, the local initiatives are based on trust. However, direct contact to the farmers enables you to get detailed information on your food items (see Osswald and Dittrich 2010).

### **Local shops that sell organic or NPM produce in Hyderabad**

#### **Centre for Sustainable Agriculture (CSA) and Sahaja Aharam**

12-13-445, Street No. 1, Tarnaka,  
Secunderabad - 500 017, Andhra  
Pradesh, India  
Phone: +91 40 2701 7735 or +91 40  
2701 4302

**Internet:** <http://www.csa-india.org>

**Products :** grains , pulses, vegetables

#### **Chetna Organic**

House No. 3-4-876, Flat No.  
102 & 103, Damayanthi  
Enclave, Bus Depot Lane,  
Barkatpura, Hyderabad  
500027, Andhra Pradesh,  
India

**Email:** [info@chetnaorganic.org.in](mailto:info@chetnaorganic.org.in)

**Internet:** <http://www.chetnaorganic.org.in>

#### **Deccan Development Society**

Organic Mobile

Phone: +91 40 2776 4577 or  
+91 40 2776 4744

**Internet:** <http://www.ddsindia.com>

**Days and Places of organic  
mobile:**

**Tuesday:** Kukatpally,  
Malaysian Township,  
Balkampet, Gachibowli,  
Rajendranagar

**Wednesday:** Nampally,  
Tarnaka, Ramanthapur,  
Vidyanagar

**Products:** Staples, especially  
millets and pulses



**Hyderabad Agricultural  
Cooperative Association Ltd.  
(HACA)**

5-10-193, 2nd Floor, HACA Bhavan,  
Hyderabad - 500 004, Andhra  
Pradesh, India

Phone: +91 40 23235029 or 23230302

Internet: <http://www.aponline.gov.in/>

[aportal/departments](http://www.aponline.gov.in/aportal/departments)

[departments.asp?](http://www.aponline.gov.in/departments.asp?)

[dep=01&org=6&category=Introduction](http://www.aponline.gov.in/dep=01&org=6&category=Introduction)

Products: A huge variety of fresh  
vegetables (Mon-Fri)

**Vijaya Enterprises**

Shop No. 7, Sangam  
Complex, Inside 1-1-80,

RTC 'X' Roads, Hyderabad -  
500 020, Andhra Pradesh,  
India

Phone: +91 40 6457 9991

Products: Grains, pulses,  
peanuts, dates, honey and  
sweets, sometimes: wheat,  
millets, jaggery, vegetables  
and leafy vegetables.

**Sresta Bioproducts Ltd.**

Sresta House, Plot No. 7, LIC Colony, Sikh Village, Secunderabad -  
500 009, Andhra Pradesh, India

Phone: +91 40 2789 3028

Internet: <http://www.sresta.com>

Products: complete range of grains and pulses, spices, tea, jams,  
bread, biscuits and snacks



Promoting biodiversity by displaying varieties, brinjal festival 2009

### **Health myths No. 3:**

#### **Ice cream causes cold/ Citrus fruits aggravate it**

This idea still can be traced back to ayurvedic medicine that distinguishes between “cold” and “hot” foods (on the basis of energy levels) and suggest that one should not have any food items that are having a cooling effect, when having a cold. The ice cream is not the reason for your cold. If you follow ayurveda and have a cold, get some hot lemon with honey in order to provide your body with vitamin C and counterbalance the “cooling” effect of lime with honey.



#### **2.Sorghum roti (jowar)**

Sorghum is rich in potassium and phosphorus as well as calcium (good for bones and teeth). It is low in calories and gluten-free and therefore, makes the perfect bread to accompany your curries.

**Preparation time: 10 min**

**Cooking time: 30 min**

**Serves 2 people**

**Ingredients:**

2 cup Sorghum flour  
1 cup warm water  
Salt



**Preparation:** Mix the flour with warm water, adding little salt. Make a smooth dough. Take a small portion and pat it with your hands or roll it out with the help of a little flour. Bake it on a griddle (hot tava) on both sides.

Serve with chutney, curry or as tea snack.

### **3.Mixed flour chapati**

Millets are locally grown and adapted well to the environment. They are highly nutritious, non- glutinous and not an acid forming food. Therefore, they are known as the least allergenic and most digestible grains.

**Preparation time: 20 min to 30 min**

**Cooking time: 20 min**

**Serves 3 people**

**Ingredients:**

½ cup finger millet (ragi) flour  
½ cup pearl millet (bajra) flour  
½ cup sorghum (jowar) flour  
½ tsp cumin seeds  
2 green chilies, finely chopped  
salt to taste  
oil to fry

**Preparation:** Mix the flour with water (2:1) and make a stiff dough, add all the ingredients. Leave it for 20-30 min. Roll it out and make small balls out of it. Use half a tsp oil and fry each chapati on both sides on a hot tava (griddle) till brown spots appear on both sides.

Served with any curry or chutney.

### **Indian food is healthy!**

Traditional local Indian diet with its large varieties of vegetable dishes, rich protein sources (meat, egg, pulses or beans), traditional breads and rice as well as oils, ghee, nuts, spices and the obligatory curd or other savories made of dairy to conclude a meal is balanced and healthy if you stick to certain rules:

1. Stay away from processed and ready-made products as well as junk food. Their nutritional value is questionable and due to food additives (see article “all is chemicals”), high calories (fat and sugar) and refined white flours and trans fats they are rather harmful to your health. Instead of burgers, packed fruit juices, white bread, biscuits, chocolates or chips go for healthy and nutritious snacks like fruits/fruit salad, sorghum roti, fingermillet laddoos etc. Breakfast cereals often contain large amounts of sugar (go for sorghum-porridge instead), packaged noodles and sauces contain added flavors and preservatives (e.g. go for healthy vegetable noodles - p....26 and prepare a quick sauce yourself).
2. Don't get misled by advertisements. Packages showing pictures of fresh vegetables and food products that make health claims are usually marketing tricks to make you feel good.
3. Keep the intake of non-veg to Sunday or a few times a week and rotate your non-veg items (egg, poultry, fish and

- other meat) to get a balanced diet.
4. Reduce the usage of oil and prepare at least one recipe per meal that does not need any or only 1 tbsp of oil as jowar rotis, boiled (green leafy) vegetable dishes, salads etc. - Rotate your oils and use the ones having a good balance of mono- and poly-unsaturated fats such as mustard, groundnut, sesame or canola oil for cooking and groundnut/sesame oil for frying - go for stir-fried or dry-roast over fried and grilled over curried preparation.
  5. Prepare leafy vegetable dishes at least two times a week, simple vegetable combinations are low in calories, nutritious and healthy
  6. Ensure a frequent intake of peas and beans as a low fat source of protein, you can also prepare quick sprout salads (p....8) to accompany your meal
  7. Eat fresh seasonal fruits every day, after the meal or as snack in between
  8. Reduce intake of heavily sweetened food items. Do not make it a habit to feed your child high calorie snacks every day. Go for light and nutritious snacks
  9. Try brown rice and wholemeal flours (especially millet flours). You might need to get used to them, but they taste good and are highly nutritious as they are not refined and stripped off their nutrients
  10. Drink sufficient (pure) water, daily 2-3 l per adult (no soft drinks/juice packages)

### **Exercising**

Many Hyderabadis beyond 30 complain about knee and back pain and come up with lots of reasons ranging from rough roads to eating potatoes. But the major problem is that people do not exercise on a frequent basis. Take a walk to the market or shop, walk two or three bus stops instead of waiting for the bus or taking an auto

and integrate exercising into your daily schedule. If you live on the 4<sup>th</sup> floor take the stairs or do half an hour of Yoga or walking every morning. It helps you to maintain physical fitness, strengthen muscles and the cardiovascular system (preventing heart disease, cardiovascular disease, diabetes and obesity). Half an hour per day will make a difference and your body will be grateful.

For further information see <http://www.nutrifitindia.com/>



Family having lunch at Mc Donald's, City Center Mall

## CHUTNEY CULTURE

### 1. Tamarind chutney

Tamarind is a rich source of potassium, magnesium, fiber and vitamins (especially Vitamin C). It is said to be lowering blood cholesterol and promoting a healthy heart.

**Preparation time: 10 min**

**Cooking time: 5 min**

**Serves 4 people**

#### **Ingredients:**

- 250 g raw tamarind
- ¼ tsp turmeric powder
- 1 tsp red chili powder
- Salt to taste
- 1 tsp oil
- Pinch of asafoetida



**Preparation:** Chop the tamarind in small pieces, grind them in grinder/mixi (add some water if needed), make a paste by adding turmeric and chili powder. Heat oil in a pan, add the paste, some salt and a pinch of asafoetida (inguva) and fry it for a few minutes.

Best served with brown rice or mixed flour chapatti (see p .32)

### 2. Ridgegourd chutney

Ridgegourd is a source of dietary fiber, vitamin C, riboflavin, zinc, thiamin, iron, magnesium, and manganese. It is one of the few vegetables that are available throughout the whole year and therefore good to consume in summer to keep food mileage low.

**Preparation time: 10 min**

**Cooking time: 8 min**

**Serves 5-6 people**

**Ingredients:**

One big ridge gourd (ca. 500g)

5-7 green chilies

3-4 tbsp oil

1 tsp tamarind pulp

¼ tsp turmeric powder

Salt to taste

Coriander leaves to garnish



**Preparation:** Cut the ridge gourd into small pieces, cut the green chilies. Heat oil in a pan and add chilies and ridgegourd. Fry it till most of the water has evaporated and then add the tamarind pulp. Grind the fried ingredients with a grinder/mixi and add turmeric, salt and coriander.

Serve with brown rice or wholemeal chapatti.

### **3.Mint coconut chutney**

Mint contains many vitamins and minerals and is a powerful antioxidant. Coconut is rich in dietary fiber and combines well with the fresh taste of mint leaves.

**Preparation time: 15 min**

**Cooking time: 5 min**

**Serves 5-6 people**

**Ingredients:**

1 cup fresh grated coconut







For further information see:

<http://www.greenpeace.org/usa/en/multimedia/goodies/green-guide/green-lifestyle/go-vegetarian/>

**Become a sovereign consumer!**

Consumer awareness and knowledge on consumer rights is still relatively low among Indian middle classes. Besides unfair trade practices among the small-scale vendors, new deceptive marketing strategies and exploitative trade practices among traders and manufacturers are not uncommon. To safeguard your interests you need some know-how and become an active participant in issues concerning your health. Ask vendors and restaurant staff for maintenance, ingredients and cooking processes if you have any doubts. Compare prices in different shops/stalls to get good deals and read or let somebody read to you nutritional information, list of ingredients and other relevant information displayed on the packaged food. Generally, be aware of:

- **Food additives in packaged food (look out for E numbers)**
- **Underweighting**
- **Adulteration**
- **Poor quality of goods/spoil/damaged food items**
- **Prices higher than maximum retail price on cover**
- **Misleading declarations or selling practices**
- **Misleading advertisements, especially aiming at kids**
- **Low nutritional values of processed food items**
- **Expiry date passed**

## **Help!**

In case you need advise or help with any problem or consumer issues or you want to file a complaint contact one of the following places:

### **Department of resource management and consumer sciences – Consumer Care Centre**

College of Home Science

A.N.G.R.A.U., Hyderabad – 500004

Contact: Dr. Mahalakshmi V. Reddy

Phone: 040-23244058

### **Consumer Information Centre**

Civil Supplies Corporation

Civil Supplies Bhavan

Somajiguda, Hyderabad – 500082

Toll-free consumer helpline:

18004252977 or 18004250082



Consumer awareness program, Hyderabad 2009

## DELICIOUS NON-VEG

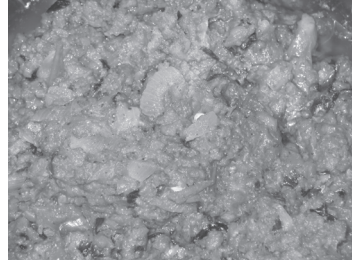
### 1.Fenugreek leave Keema Curry

Fenugreek leaves are a good source of iron (overcome anemia), calcium, beta carotene and Vitamin C. Furthermore, it helps in controlling diabetes and makes a good ingredient to enhance the flavor of your meat or vegetable dishes.

**Preparation time: 30 min**

**Cooking time: 20 min**

**Serves: 2-3**



#### **Ingredients:**

- 250 g finely chopped keema (mutton)
- 1 finely chopped onion
- 2 tomatoes cut in cubes
- 1 tbsp ginger garlic paste
- 1 -2 bundles fenugreek leaves
- 1 tsp turmeric powder
- ½ tsp coriander powder
- 1 tbsp red chili powder
- 2 tbsp oil
- whole
- Few coriander leaves for garnishing

**Preparation:** Clean the meat. Heat oil in the pressure cooker and add the chopped onion till they are translucent. Then add fenugreek leaves, tomatoes, keema, ginger garlic paste, garam masala powder, turmeric powder, red chili powder and salt. Add a little water, then close it and cook for 2-3 whistles. Garnish with coriander leaves.

Best served with brown rice or wholemeal breads (roti, naan)

## 2.Egg fried rice with vegetables

A simple healthy rice recipe, that does not cook vegetables to rags and needs little oil.

**Preparation time: 1 hr**

**Cooking time: 15-20 min**

**Serves 2 people**



### **Ingredients:**

- 2 cups of brown rice
- 3 eggs
- ¼ cup chopped boiled carrot
- ¼ cup chopped boiled french beans
- ½ cup boiled cabbage
- 1 chopped onion
- 3-4 green chilies
- 1 ½ tbsp oil
- 1 tsp red chili powder
- ½ tsp garam masala
- ½ tsp turmeric powder
- 1 tbsp of ginger garlic paste
- Salt to taste
- Chopped coriander leaves for garnishing

**Preparation:** Cook rice and keep it aside. Then beat the eggs in a bowl, keep aside. Take a pan and fry the onions till they are slightly brown. Add ginger-garlic paste and green chilies and fry for a few minutes. Then add turmeric and red chili powder and wait for another 1-2 minutes. Add the beaten egg and stir continuously for 4-5 minutes. Then add the boiled vegetables and wait for a few minutes, before you add garam masala and salt.

Then add the rice and mix it well. Let it cook for another 3 minutes. Garnish with coriander leaves and serve it hot.

### 3.Prawn fry

You can find relatively fresh seafood in Hyderabad, but of course it comes at higher environmental costs than other meat due to higher food mileage and energy-intensive storing. However, prawns are an excellent low-calorie source of protein and selenium. Furthermore it is a good source of Vitamin D, B12, iron, phosphorus, omega-3 fatty acids, niacin, copper, zinc and magnesium.

**Preparation time: 15 min**

**Cooking time: 20-25 min**

**Serves 3-4 people**

#### **Ingredients:**

- ½ kg prawns
- 1 cup tomato puree
- ½ tbsp turmeric powder
- 1 onion finely chopped
- 1 tbsp ginger garlic paste
- 1 tsp red chili paste
- 1½ tbsp oil
- Few coriander leaves
- Salt to taste



**Preparation:** Wash the prawns. Heat the oil and add the onions. Fry them till they are slightly brown. Then add the prawns, ginger garlic paste and turmeric. Fry them for 5-6 minutes. Then add red chili paste, salt and a little water and wait till prawns are almost thoroughly cooked. Then add tomato puree and cook it for another 3-4 minutes. Add coriander leaves to garnish.

Serve hot with brown rice/wholemeal chapati and a green leafy vegetable dish.

#### **4.Liver with Dill leaves**

Dill is a good source of calcium (strong bones), iron (overcome anemia) and dietary fiber as well as manganese and magnesium. Liver is an abundant source of energy-related nutrients such as Vitamin A, arachidonic acid, DHA (both essential fatty acids) and B-vitamins.

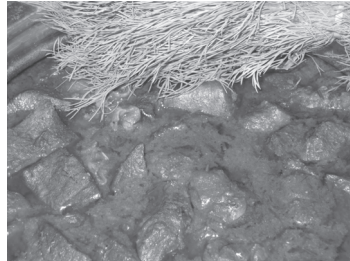
**Preparation time: 20 mins**

**Cooking time: 15 min**

**2 people**

**Ingredients:**

- 250 g liver (mutton)
- 4-6 bundles of dill
- 1 chopped onion
- 1 tsp ginger garlic paste
- 1 tsp red chili powder
- 1 tsp coconut powder or paste
- 1 tsp turmeric powder
- 1 tsp garam masala
- 2 tbs oil
- Salt to taste



**Preparation:** Clean the meat and cut it into small pieces. Heat oil in a pressure cooker, add garam masala, onions, liver and fry it for 5 minutes. Then add red chili powder, salt turmeric powder and the chopped dill leaves and close the lid. Pressure cook it for 5 minutes. Then add coconut powder and serve it.

Serve hot with brown rice or wholemeal chapati and salad.

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Wading through chilis at Malakpet grain and seed market

## **Project Description:**

### **Climate and energy in a complex transition process towards sustainable Hyderabad**

The focus of this project, financed by the German Federal Ministry of Education and Research, is the South Indian emerging megacity of “Greater Hyderabad”, which is expected to reach 10.5 Million inhabitants by 2015. Driven by consumption and lifestyle changes per capita greenhouse gas emissions are constantly increasing in Hyderabad. The use of traditional biomass for fuel (e.g. firewood) is high in peri-urban areas; at the same time, modernization and urbanization processes have led to growth of commercial energy and indirect energy uses, e.g. of energy embodied in products and services, indicating Hyderabad’s shift towards a modern consumer society. Severe floods in 2002, strong heat waves in 2003 and altogether three drought years between 2000 and 2007 in Hyderabad and its surrounding region have caused serious damage to human life, property and economic advancement. Therefore, the assessment of the role of climate change in the everyday life of people in Hyderabad has become a central issue. The project aims at achieving the following innovations for Hyderabad and its region:

1. To develop a Sustainable Development Framework (SDF), which focuses on mitigation and adaptation strategies for climate change and energy provision as well as efficiency concepts;
2. Based on that to design a strategy for a Perspective Action Plan (PAP), focusing on the resolution of these problems, including related core issues concerning nutrition and environment;
3. To implement selected pilot projects at the community level and organize learning processes for their adoption by setting up appropriate institutions and governance structures

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