CONCEPT OF DIABETES FOOD AND DOCTOR’S FOOD FOR MINIMIZING DISEASE AND MALNUTRITION

 By Bibhu Santosh,PhD,OUAT,Bhubaneswar

Pulses and Millets are only the Energy foods for both human and animal .Millets may provide the nutrition to diabetes patients. We should take balance food by taking Pulses, Millets, Cereal crops, vegetable crops, and Horticultural edible crops. If we together consume this food then it may give all supplements to our body and help us from diseases. For Doctor’s Tonic all hygienic and nutritive food likes Fruits, Vegetables, Non-veg items and Raw edible foods. So recycle, reuse and replicate the food by preserving and conserving the food for the future. Prepare the food with proper recipe. For eradicating Hunger and malnutrition Diabetes food is the best Way and Rural food Hub and Urban Food hub.

So this concept may be the best for India and world.

Regards

Bibhu Santosh,Independent People’s Scientist,India