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**Prevention**

food!

FAST IDEAS

## How to Toss Up Healthy Noodles

**“I toss it up with olive oil”** Atta noodles lightly stir-fried in olive oil, mixed with carrots, cabbages, green beans, capsicum, zucchini, red and yellow bell peppers, a pinch of sugar, salt, laced with reduced-sodium soya sauce.—**Moiina Ramchandani, food consultant**



**“I like the smoky flavour of curry leaves”** Bring in wholewheat vermicelli, team it with chopped green chillies, roasted peanuts, onions, mustard, salt, curry leaves, and sauté in olive oil.—**Swadesh Mehta, home-maker**

**“I boil it in water and milk”** Sauté in olive oil, add ginger and garlic, pitch in cabbage, beans, broccoli, carrots and mushrooms. Season with home-made sauce.—**Veena Katiyal, food consultant**

**“I prefer green chilli sauce”** whole atta noodles decked with cauliflower, cabbage, green onions, carrot, and green chilli sauce for a dash of Vitamin C.—**Kamala Krishnaswamy, council member of the International Union of Nutritional Sciences**

**“I pack in whole-wheat spaghetti”** Add a lot of green veggies, put some chicken or paneer, peanuts, salt and home-made tomato sauce.—**Ritika Samaddar, chief dietician, Max Healthcare, Saket, New Delhi**