

Supplementary Table S1: Common Indian preparations with grains that increase nutritive value and lower glycemic index (GI) [1].

Recipe	Method of preparation
Curd Rice	Curd (yogurt) added to cooked rice; tempered with peanuts, curry leaves, mustard seeds and asafoetida in a little oil
Lemon Rice	Lemon juice squeezed onto cooked rice; tempered with peanuts, other nuts, curry leaves, turmeric, mustard seeds and asafoetida in a little oil
Tamarind Rice	Tamarind pulp added to cooked rice; tempered with peanuts, other nuts, pomegranate, curry leaves, turmeric, mustard seeds and asafoetida in a little oil
Tomato Rice	Rice cooked with tomatoes, onions, garlic, curry leaves, and asafoetida
<i>Masale Bhaat/ Podnichi bhaat</i>	Leftover rice cooked with vegetables; tempered with peanuts, curry leaves, turmeric, mustard seeds and asafoetida in a little oil
Vegetable Pulao	Rice cooked with vegetables and spices
Coconut Rice	Grated coconut and roasted nuts added to tempered cooked rice
<i>Pakhala/ pazhaya saadam/ paniwala chawal/ panta bhaat</i>	Cooked rice soaked in plenty of water and fermented overnight; spiced with curd/lemon, salt, mint leaves, crushed ginger; consumed along with the superfluent water
Biryani	Rice slow cooked with vegetables/ meat/ egg/ fish/ cottage cheese, and fragrantly spiced
<i>Poha/ Chuda Upma</i>	Soaked rice flakes cooked with vegetables, sprouts, peanuts, turmeric, and onions; with fresh lemon juice squeezed on top
<i>Dadpe Pohe</i>	Raw poha or flattened rice mixed with chopped onions, tomatoes, grated carrots; moistened with juices from the vegetables; then tempered with mustard seeds, asafoetida, peanuts and curry leaves in a little oil
<i>Chuda Dahi</i>	Soaked rice flakes mixed with curd, cottage cheese, grated coconut, jaggery
Rice Seviyan	Rice vermicelli cooked with vegetables, peanuts; tempered with mustard seeds, and curry leaves in a little oil.
<i>Bhel/ Jhalmuri</i>	Puffed rice with peanuts, onion, tomatoes, chillies, mashed potato, roasted split bengal gram, coriander leaves
<i>Rice Puttu</i>	Rice flour steamed with grated fresh coconut
<i>Appam</i>	Pancakes with rice and coconut batter
<i>Poha chivda</i>	Roasted rice flakes tempered with mustard, curry leaves and peanuts
<i>Panki</i>	Batter of rice flour, curd and spices spread between banana leaves and steamed
<i>Phodnichi poli/ Roti churma/ Seyal mani</i>	Leftover <i>chapatis</i> crushed and tempered with spices, vegetables and peanuts

Semolina <i>upma</i>	Salted thick porridge of wheat semolina with vegetables, split dals and nuts
Broken wheat <i>upma</i>	Salted thick porridge of broken wheat with vegetables, split dals and nuts
<i>Roti nu shak</i>	Leftover chapatis cooked with garlic and buttermilk
Stuffed <i>parathas</i>	Vegetables, cottage cheese or minced meats stuffed in whole wheat flour dough, rolled into <i>chapati</i> like flatbreads, then cooked with oil on a griddle
<i>Thepla</i>	Thin flatbread made from fresh fenugreek leaves and whole-grain flours (mixture of whole wheat and gram flour)
<i>Kathi</i> rolls	Skewered meats, or cottage cheese, or vegetable-sprouts mixture, wrapped in a <i>paratha</i>
Egg roll	Egg wraps (wrap made of whole wheat flour)
<i>Muthiya</i>	Steamed dumplings made using whole wheat flour, chickpea flour, fenugreek leaves, grated bottle gourd, salt, turmeric, chili powder; tempered with seasoning
Millet <i>idli</i>	Steamed millet cakes made with fermented batter of rice and whole pulses in the ratio 3:1; eaten with pulse & vegetable curry (<i>sambhar</i>) and coconut/ roasted dal chutney with spices and ghee
Millet <i>upma</i>	Salted thick porridge of millet with vegetables, split dals and nuts
Millet <i>chapati</i>	Flatbread made from millets
<i>Bajra millet koozh</i>	Pearl millet flour cooked with chopped shallots and buttermilk
<i>Bajre ki khatte raabdi</i>	Pearl millet flour mixed with curd; cooked with spices
<i>Gujarati Methi Na Dhebra</i>	Multigrain millet <i>paratha</i> made from sorghum and pearl millet; flavoured with fenugreek leaves and spices.

Supplementary Table S2: Some common Indian preparations with pulses with high nutritive value and low glycemic index (GI)

Recipe	Method of preparation
<i>Dal</i>	Pulse curry tempered with spices
<i>Sambhar</i>	Pulse-based vegetable curry cooked with pigeon pea and tamarind
<i>Dahi Kadhi</i>	Savoury vegetable curry made with gram flour and curd gravy
<i>Sindhi Kadhi</i>	Gravy made from chickpea flour, vegetables and tamarind pulp
<i>Pakorás</i>	Deep fried sliced vegetables/ nuts/ <i>paneer</i> / meat/ fish after coating in a thick spiced up gram flour batter
<i>Khaman dhokla</i>	Steamed savoury cakes made from fermented gram flour and curd batter
<i>Khandvi</i>	Steamed savoury rolls made from fermented gram flour and curd batter
<i>Gatte ki sabji</i>	Gram flour roundels added to a curd-based gravy
<i>Papad</i>	Green gram and black gram flour rolled into thin spiced and seasoned discs, dried and stored. Freshly roasted or fried before consuming as an accompaniment with food
<i>Chana jor, moong jor</i>	Spiced, flattened and roasted black gram, chickpea or green gram
<i>Chana chaat, ghoggni and ragda</i>	Boiled dried white peas or gram seasoned with spices; and added onion, tomatoes and raw mango
<i>Dhansak/ dal ghosht</i>	Pulses cooked with vegetables and/ or sometimes meat
<i>Dalma</i>	Pulse cooked with vegetables, raw papaya and spices
<i>Kootu</i>	Pulse and vegetable (bottle gourd, pumpkin, carrot, cabbage) curry
<i>Saag dal</i>	Pulse and green leafy vegetable

Supplementary Table S3: Some common Indian recipes with cereal pulse combinations

Recipe	Method of preparation
<i>Vegetable khichdi</i>	Rice/ millets and pulses cooked together with vegetables
<i>Pongal</i>	Rice/ millets and pulses cooked together with vegetables
<i>Idli</i>	Steamed rice/ millet cakes made with fermented batter of rice and whole pulses in the ratio 3:1; eaten with pulse vegetable curry (<i>sambhar</i>) and coconut/ dal <i>chutney</i> with spices and ghee
<i>Dosa</i>	Crepes made with fermented batter of rice/ millets and whole pulses in the ratio 3:1; eaten with <i>sambhar</i> and coconut/ dal <i>chutney</i> with spices and ghee
<i>Paniyaaram</i>	Ball shaped dumplings made by steaming fermented batter of cereal/ millet flour and ground pulses using a mould
<i>Dhokla</i>	Steamed cakes made with fermented batter of rice/ millets, pulse flour and sour curd. The cakes are tempered with curry leaves and mustard seeds
<i>Dal baati</i>	Pulse curry consumed with roasted whole wheat flour balls
<i>Zunka or pitla bhakar</i>	Chickpea flour or horse gram flour gravy consumed with rice/ millet flour <i>rotis</i>
<i>Handvo</i>	Steamed savoury cake made using rice, pulses and vegetables.
<i>Dal dhokli</i>	Pulse curry cooked with raw whole wheat flour <i>chapati</i> , peanuts and vegetables
<i>Thalipect</i>	Flatbread made from whole-grain flours (rice, millets) and pulses with onions
<i>Puttu kadala</i>	Steamed rice/ millet flour and coconut log consumed with <i>kadala kari</i> (black chickpea curry)
<i>Dal or Sattu paratha</i>	Wheat flour dough is stuffed with sattu/ roasted chickpea flour, onion, grated ginger and green chillies
<i>Dal Rice/ Sambhar rice/ Pulse curry rice (Rajma rice or chole rice)</i>	Cooked pulse curry consumed with steamed rice
<i>Bisi bele bhaath</i>	Rice and pulses cooked with vegetables, mainly carrot, beans and various spices
<i>Dhirde</i>	Pancake made from cereals/ millets and pulses or one grain/legume, onion, tomatoes, turmeric powder, cumin seeds, green chillies, salt, coriander leaves

Supplementary Table S4: Some examples of commonly consumed beverages of India [1-3]

Beverage and preparation method	Nutritional highlights	Special mention
<i>Jal jeera</i> : Roasted cumin powder, ginger, black pepper powder, salt and mint, in water	Stimulates appetite Provides cooling effect Is a good digestive	
<i>Aam Pora</i> : Roasted raw mango pulp, roasted cumin powder, sugar, mint leaves, salt, in water	Good appetizer. Glucose lowering properties	Added sugar must be minimized
<i>Sattu</i> drink: <i>Sattu</i> (roasted chickpea/ barley flour), roasted cumin powder, black salt, lemon in water.	Low GI Rich in protein, fiber, minerals	
Salted <i>Lassi</i> : Curd, roasted cumin powder, mint and coriander leaves, salt, blended in water.	Good probiotic Aids digestion Good thirst quencher	Avoid sweet <i>lassi</i>
<i>Kanji</i> : Black carrots, spiced with ground mustard seeds, red chilli powder, black salt. All ingredients mixed with boiled and cooled water, kept in the sunshine in a glass jar for 2-4 days for fermentation.	Low GI Natural probiotic Rich in antioxidants. Helps correct hyponatremia in the summer	
<i>Nannari</i> : Root extracts of <i>Decalepis hamiltonii</i> blended with lime, in water	Aid in metabolism Rich in antioxidants	
Tender coconut water	Natural electrolyte source Rich in potassium Helps maintain hydration	Consume when BG well controlled
Kashmiri <i>Kahwa</i> : Green tea, cardamom, cinnamon, saffron, almond slivers boiled in water.	Provides warmth in winter. Excellent beverage to soothe the nerves Aids digestive health	Avoid/ minimize added sugar
<i>Torani</i> : Superfluent water from overnight soaked cooked rice (<i>pakhala</i>)	Natural probiotic drink Ensures hydration Provides essential minerals and nutrients	
<i>Rasam</i> : Soup made with dal water, tomato and spices	Good remedy for common cold and viral infections Low GI, low carbohydrates, low calories.	

Supplementary Table S5: Some examples of festive foods of India [1,4,5]

Food Items	Nutritional Highlights	Proposed Modification
<i>Mahaprasad</i> : Green gram, black chickpeas & unpolished rice soaked overnight; mixed with fresh coconut, salt, sugar & fresh seasonal fruits	Good source of resistant starch & medium chain fatty acids	Carbohydrate content and GI can be lowered by exclusion of sugar
<i>Bevubella</i> or <i>Ugadi Pachadi</i> : Mixture of neem flowers, grated raw mango, tamarind, pepper powder, jaggery, salt	Neem contains several chemical compounds like epoxyazadiradine (lowers BG), flavonoids, tannins, galic acid etc. which provide antioxidant effects	Amount of jaggery can be reduced to lower GI and carb content.
<i>Khichuri</i> and <i>Labda</i> : Porridges made with unpolished rice, yellow lentils, cumin, salt, and different types of vegetables.	Complete, wholesome, nutritious meal Rich in fiber, good quality protein, micronutrients, polyphenolic compounds, and antioxidants. GI kept low by added lentils and vegetables	
<i>Jil Pitha</i> : Chicken curry mixed with rice flour into a paste, spread uniformly on sal leaves, carefully sealed with neem twigs, and steamed in a mud vessel. The leaves are removed before serving.	Protein rich Nutrients preserved by steam cooking.	
<i>Shirni</i> : Milk, sugar, whole wheat flour, banana blended well; served with added nuts.	Quickly, easily made. Added nuts provide healthy fats.	Sugar can be excluded; Low fat milk helps reduce calorie count
<i>Dodhikorma</i> : Popped rice (<i>khoi</i>), flattened rice (<i>poha</i>), sweetened curd (<i>mishti doi</i>), curd, sugar drops (<i>batasha</i>), sweets (<i>sandesh/ rasogolla</i>), sugar, ripe banana, shredded coconut, cashew nuts, raisins, dates, seasonal fruit mixed together, made into big <i>ladoos</i>	Complete, wholesome, nutritious recipe Rich in good quality protein, carbohydrates and fats.	Sugar can be excluded Proportion of sweets, raisins, sweet curd, and ripe banana can be reduced to lower carb content and GI
<i>Nombu Kanji</i> : Porridge made from broken rice/rice grits, yellow lentil, vegetables, mutton/ chicken (optional), fenugreek seeds, grated coconut/ coconut milk, onion, tomato, spices and green chillies	Complete, wholesome meal Packed with macro- and micronutrients Low GI Improve gut health	Can be modified by adding seasonal vegetables, and drumstick leaves which enhance nutritional value

<i>Gustaba</i> : Minced mutton mixed with aniseed & ginger powder, salt, rolled into balls and steamed. The steamed balls are cooked in a gravy of curd, garlic, cinnamon, cardamom, onion and <i>ghee</i>	Good source of protein & minerals. In cold climate, helps keep the body warm	Nutritional value can be enhanced with addition of vegetables.
--	---	--

1. Nambiar, V. *Indian Food Anthropology and The Eat Right Movement*. , 1st ed.; Selective & Scientific Books: 2021.
2. Evans, S.F.; Meister, M.; Mahmood, M.; Eldoumi, H.; Peterson, S.; Perkins-Veazie, P.; Clarke, S.L.; Payton, M.; Smith, B.J.; Lucas, E.A. Mango supplementation improves blood glucose in obese individuals. *Nutr Metab Insights* **2014**, *7*, NMI. S17028.
3. Sarkar, P.; DH, L.K.; Dhumal, C.; Panigrahi, S.S.; Choudhary, R. Traditional and ayurvedic foods of Indian origin. *Journal of Ethnic Foods* **2015**, *2*, 97-109.
4. Islas, J.F.; Acosta, E.; G-Buentello, Z.; Delgado-Gallegos, J.L.; Moreno-Treviño, M.G.; Escalante, B.; Moreno-Cuevas, J.E. An overview of Neem (*Azadirachta indica*) and its potential impact on health. *Journal of Functional Foods* **2020**, *74*, 104171, doi:<https://doi.org/10.1016/j.jff.2020.104171>.
5. Ganesan, K.; Xu, B. Polyphenol-Rich Lentils and Their Health Promoting Effects. *International journal of molecular sciences* **2017**, *18*, doi:10.3390/ijms18112390.