



FOOD

AN INSIGHTFUL EXPLORATION

Nutrition | Technology
Health | Safety | Future

VINOD HURIA

**FOOD: An
Insightful
Exploration
(Nutrition |
Technology | Health |
Safety | Future)**

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Recognize Your Food Before You Eat

The book **“FOOD: An Insight Exploration”**, authored by Professor Vinod Huria, came to my attention while I was immersed in an anthology of Upanishads from the four Vedas. My curiosity was aroused as I recognized that food has been intrinsic to human existence since the dawn of life. Hunger and thirst are fundamental aspects of life, with food and water serving as life's essential sustenance. Given the profound knowledge contained in the Vedas and Upanishads regarding the origins of life, it follows that they also hold insights about food.

The book weaves ancient wisdom from the Vedas and Upanishads into a contemporary discussion about food's multifaceted role in human life. The Upanishads illuminate the deeper significance of 'food,' which encompasses not just physical nourishment but also metaphysical sustenance. For instance, the Brhadaranyaka Upanishad identifies seven kinds of 'foods' - eatables, milk, sacrifice, symbolic offerings, mind, speech, and life breath - highlighting that while the first four nourish our bodies, the last three are essential for our spiritual existence.

The Taittiriya Upanishad emphasizes the sanctity of food, urging respect and care in its consumption and preparation. It illustrates that food sustains the body and fuels vital energy (Prana), implying their interdependence. Furthermore, food is intrinsically linked to the five elements of nature - air, water, fire, earth, and space - underscoring its holistic significance.

Huria's book extends this perspective into the modern context, addressing traditional knowledge from Ayurveda and contemporary nutritional science. It examines the evolution of food production from hunter-gatherer societies to modern innovation, including advances in 3D printing, genetic engineering, and food economics. The packaging of food now intentions not only for preservation but also for consumer attraction, with concepts like edible packaging enhancing convenience.

The book is particularly insightful regarding food safety, outlining the critical role of governments and organizations in establishing and enforcing standards to prevent contamination. Huria stresses that food should nourish, not endanger, and discusses the responsibilities of food safety organizations in safeguarding public health. He calls for stringent checks against unlawful practices like adulteration, which can pose severe health risks.

Prof. Huria also advocates for increased investment in food and nutritional research, emphasizing the need for ongoing surveillance to adapt safety guidelines to modern challenges. For consumers, the book provides practical advice on selecting appropriate foods based on body type and lifestyle. It also talks about modern diets, which often lead to unhealthy cravings, particularly among youth, due to the hormonal imbalance of ghrelin and leptin, while the consumption of junk foods generates excess serotonin and dopamine.

Written in a clear and smooth-flowing language that is vivid, lucid, and free of jargon, it makes reading accessible. The book features a chapterwise glossary for technical terms and an index for easy navigation. Its synoptic and anecdotal approach makes complex topics comprehensible, making it a valuable resource for the common people, learners, educators, and researchers alike.

Overall, this book serves as an essential reference for understanding the connection between ancient wisdom and modern practices in nutrition, food safety, and health, while encouraging respect and mindfulness about the food we consume. Huria artfully bridges the gap between the spiritual, nutritional, and practical aspects of food, reminding us of its vital role in sustaining all dimensions of life.

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