

FREE GUIDE • DIET SWAD

Ghee Ka Poora Sach

*5 myths about ghee, what is actually known, and the simple everyday ways to use it -
without the fear and without overdoing it*

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Ancient Wisdom, Modern Life

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Ghee did not change. The advice did.

For generations ghee was simply food. Then it became the villain. Now it is a 'superfood'. Ghee never changed - the advice did, twice.

Here is the middle position, which happens to be the honest one: **ghee is a good fat, in small amounts.** It is not a health tonic and it is not poison. Both of those extremes sell better than the truth does.

The 5 myths

The myth	What is actually true
"Ghee makes you fat"	Weight comes from how you eat overall, not from one ingredient. A teaspoon or two a day is a normal amount of fat. Eating spoonfuls because the internet called it a superfood is the actual problem.
"Refined oil is safer than ghee"	Ghee is very stable at Indian cooking temperatures, which is exactly why it has been used for tadka and frying for centuries. Several refined oils cope less well with hard, repeated heating.
"Ghee is bad for the heart"	That blanket fear came from older, broad-brush advice about saturated fat. Current thinking is far more nuanced and looks at the whole diet. If you have a heart condition or high cholesterol, this is a conversation for your doctor - not for a reel.
"No ghee if you are lactose intolerant"	Ghee is clarified, so the milk solids are removed while it is made. Many people who react to milk tolerate ghee comfortably. If dairy affects you badly, test carefully or ask your doctor first.
"Ghee is just fat, no nutrients"	It carries the fat-soluble vitamins A, D, E and K, plus butyrate. Genuinely useful - but at the amounts you actually eat, treat that as a bonus, never as a reason to eat more.

What ghee is, in one paragraph

Butter is heated gently until the water evaporates and the milk solids separate and settle. Those solids are strained out, and what is left is pure golden fat. That is ghee, and that is the entire process - nothing is added. It is also why good ghee keeps for months without a single preservative.

Jargon buster: 'Clarified'

It only means the water and milk solids have been taken out. That is what makes ghee shelf-stable and gives it a high smoke point. Nothing mystical about it.

How to actually use it

- **A teaspoon on hot roti or rice.** The classic, and genuinely the best use - fat helps you absorb the vitamins in the vegetables eaten alongside.
- **For tadka and shallow frying.** It handles Indian cooking heat well and tastes better than most neutral oils.
- **In place of a spoon of refined oil - not in addition to it.** This is the part people skip.
- **A sensible everyday amount** is roughly 1-3 teaspoons across the day for most adults. Ghee is calorie-dense; that is not a scare, it is just arithmetic.

Buying tip

Real ghee is grainy or granular when it sets, smells nutty, and lists exactly one ingredient. A perfectly smooth, waxy tub with a faint plastic smell is worth a second look at the label.

The honest summary

"Ghee is not a health supplement. It is a good fat that Indian kitchens already knew how to use."

Do not start eating spoons of ghee because it trended. Do stop being afraid of the teaspoon on your roti. That is genuinely the whole answer.

Why there is real ghee in Power Bites

Power Bites use real ghee - not a hydrogenated substitute, not palm oil. It is there for flavour and to bind the bite the way a home kitchen would. Sweetened only by Arabian dates (53.8%), no refined sugars, no artificial sweeteners. Rs.499, FREE shipping - dietswad.in.

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