

FREE GUIDE • DIET SWAD

Healthy Eating In India, Made EASY

5 small, realistic swaps that survive Indian offices, families, weddings and budgets - no extreme diet required

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Ancient Wisdom, Modern Life

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What's inside

1. Why healthy eating feels impossible in India
2. Swap 1: The chai companion
3. Swap 2: The office drawer
4. Swap 3: The 'ek toh le lo' defence
5. Swap 4: The travel & tiffin backup
6. Swap 5: The label glance
7. Your EASY starter checklist

Why healthy eating feels impossible in India

It's not you. Three genuine problems make India hard mode: (1) **Availability** - what's sold everywhere is ultra-processed, and 'clean' options hide in expensive corners. (2) **Social pressure** - family functions, office birthdays, 'ek toh le lo' aunties. (3) **Information** - labels in tiny English full of jargon. You can't fix India. You CAN install five small swaps that work inside these realities. Here they are.

Swap 1: The chai companion

From: maida biscuits (the default everywhere). **To:** millet/atta-based cookies or a few nuts. Chai stays - only the sidekick upgrades. This one swap alone can remove 10-15 packets of maida-sugar-palm oil from your month, because chai happens twice a day, every day.

Swap 2: The office drawer

From: chips and chocolate from the pantry. **To:** a stocked drawer - roasted cashews, dates, bites. The trick is stocking it BEFORE hunger: at 4:30 pm you eat whatever is within arm's reach. Make the clean thing the near thing.

Swap 3: The 'ek toh le lo' defence

From: eating everything offered, then feeling defeated. **To:** take it, take a small bite, praise it, put it down. Nobody counts your bites - they count your acceptance. Your plan survives, rishtey survive. For hosting at home: serve clean options that look festive (dates stuffed with nuts, cocoa bites) - nobody misses the difference.

Swap 4: The travel & tiffin backup

From: highway chips and station samosas 'because there was nothing else'. **To:** a permanent small pack in your bag - nuts, bites, or cookies. Hunger + zero options = every plan's death. A packed backup removes 'no option' from your life for good.

Swap 5: The label glance

From: trusting the front of the pack. **To:** a 5-second flip: first 3 ingredients + 'of which sugars'. Maida/sugar/palm oil at the top = back on the shelf. This isn't a chore - it's the cheat code that makes swaps 1-4 automatic, because you'll SEE what you were eating.

The mindset that makes it stick

Don't change your diet. Change your DEFAULTS. Same chai, better biscuit. Same drawer, better stock. Same functions, smarter bites. Defaults don't need willpower - that's the whole point.

Your EASY starter checklist

1. This week: upgrade the chai companion.
2. Next shop: stock the office drawer / travel pack.
3. Next function: the bite-praise-put-down move.
4. Every purchase: the 5-second label flip.
5. One month later: notice which swap stuck best - double down on it.

One order, all five swaps

Diet Swad's range covers the chai slot (Millet Cookies), the drawer (Roasted Cashews, Power Bites), travel (Peanut-Sesame Delights), and the sweet tooth (Royal Bites) - every label passes the 5-second flip by design. ₹499 each, FREE shipping India-wide - dietswad.in.

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