



INDIA FOOD FORUM 2019

22 FRESH FOOD

26 THE CHALLENGES AND OPPORTUNITIES OF 'PHYGITAL ERA'

30 INSIGHTS FROM PROGRESSIVE SUPERMARKET CHAINS

36 GLORIOUS LAUNCHES

40 EXHIBITORS

42 HONORING THE BEST IN FOOD RETAIL



20 FRESH FOOD

Here are 5 ways to boost your perimeter in the new year.

64 CORPORATE RESPONSIBILITY

Sustainable Visions



HEALTH & WELLNESS

Eat a healthy diet to beat the depression blues

62



Adding appropriate edibles to your diet along with an adequate amount of sleep is of prime importance for maintaining good mental health. But you must understand which foods encourage mental health and which ones send an alarm to your limbic system (emotion center), causing irritation. Consuming the right kind of diet will definitely make you feel more emotionally strong and less susceptible to the impact of stress and mood anxieties.

58 RETAILER

Snacking Gets Sweeter



IN EVERY ISSUE

08 MARKET UPDATE

MDH Masala
Owner Mahashay Dharampal Gulati
Conferred With Padma Bhushan

