

Abstract:

Super foods are enriched with essential nutrients such as vitamins, minerals etc. Indian super foods are the most talked about and known for their health benefits to reduce fat and toxins in the body. People all over the world include Indian super foods in their diet to maintain their health. People now want to try these super foods. Trend of offering super foods on menu is still need to be percolated in restaurant industry as it is the part of Five Star Category Hotels and few specialty restaurants only at present. Super food concept can be used by restaurants to differentiate in today's competitive market.

Keywords:

Indian Super foods, lifestyle and diet, Hospitality Industry, Market in India for Super foods.