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Basic Rules



You don't have to
EAT LESS.

You just have to
EAT RIGHT.



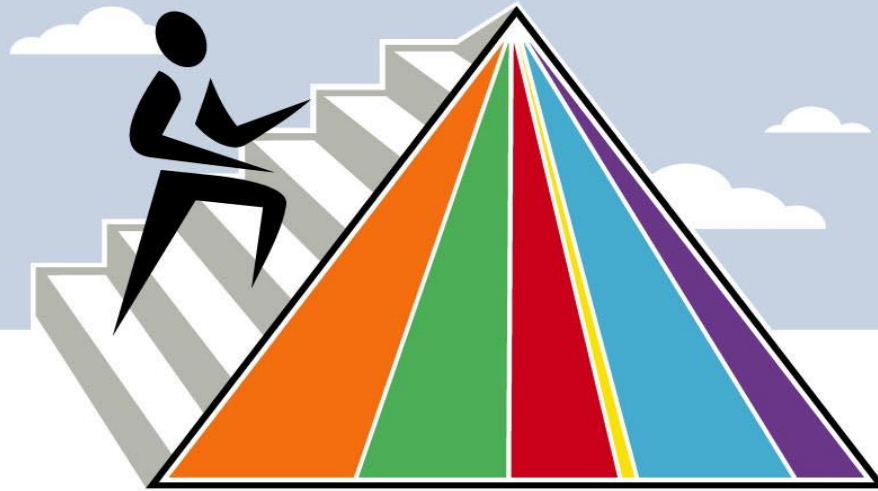
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A BALANCED DIET CONTAINS ALL THE FOOD TYPES IN THE RIGHT AMOUNTS TO STAY HEALTHY.



MY PYRAMID PLAN



GRAINS

Make half your grains whole



VEGETABLES

Vary your veggies



FRUITS

Focus on fruits

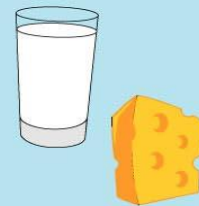


OILS



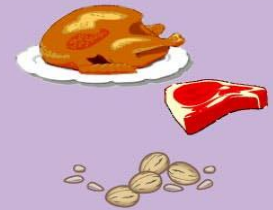
MILK

Get your calcium-rich foods



MEAT & BEANS

Go lean with protein



FOOD GROUPS

FOOD GROUPS TO INCLUDE IN PLATE IN THE RIGHT PROPORTIONS :-

- ❖ CEREAL & GRAIN
- ❖ PULSES & LEGUMES
- ❖ MILK & MILK PRODUCTS
- ❖ VEGETABLES & FRUITS
- ❖ MEAT, FISH & EGG
- ❖ FATS & OIL



Cereal & Pulses

- Wholegrain are the healthiest choices, usually contain more fibre, vitamins and minerals than refined versions.

This group can provides carbohydrate, fibre, B vitamins, iron, calcium and folate.

These includes-

Wheat, rice, oats, barley, millets, pasta, suji, brown rice, dal, rajma, chana, soyabean, dry beans and peas





Fruits & Vegetables



- Different fruit and vegetables contain: vitamin C, vitamin A, folate, fibre, potassium and magnesium & iron.
- High in fiber
- should make up approximately 1/3 of our daily food intake.
- Choose a rainbow of colors, especially dark green and deep orange
- Reduce stroke and cancer risk



Milk & Milk Products



- Good source of calcium; also contains protein, Calcium riboflavin, and vitamins A and D.
- Promotes strong bones and healthy teeth
- Vitamin D in milk helps to maintain proper levels of calcium and phosphorous
- Potassium maintain healthy blood pressure





Meat & Egg



- A moderate amount of these foods is needed in the diet.
- choose low fat or lean meats, bake, broil or grill.
- Try to eat some food from this group every day and aim for at least two portions of fish a week,
- This group provides a range of nutrients including;-
 - protein, vitamin D, vitamin B12,
 - zinc and omega-3 fatty acids.





Fat & Sugar- Eat Little



Essential Fat are important as they:-

- Increasing energy and stamina;
- Improving brain function;
- Speeding up recovery and healing processes.
- Assisting in many body processes.

Sweet, desserts, cakes, pastries, biscuits, chocolate, crisps, fried foods and non-diet fizzy drinks should be considered as treats and only eaten occasionally.

Limit sugar-heavy beverages and fried products
Choose water or fat free milk to drink.

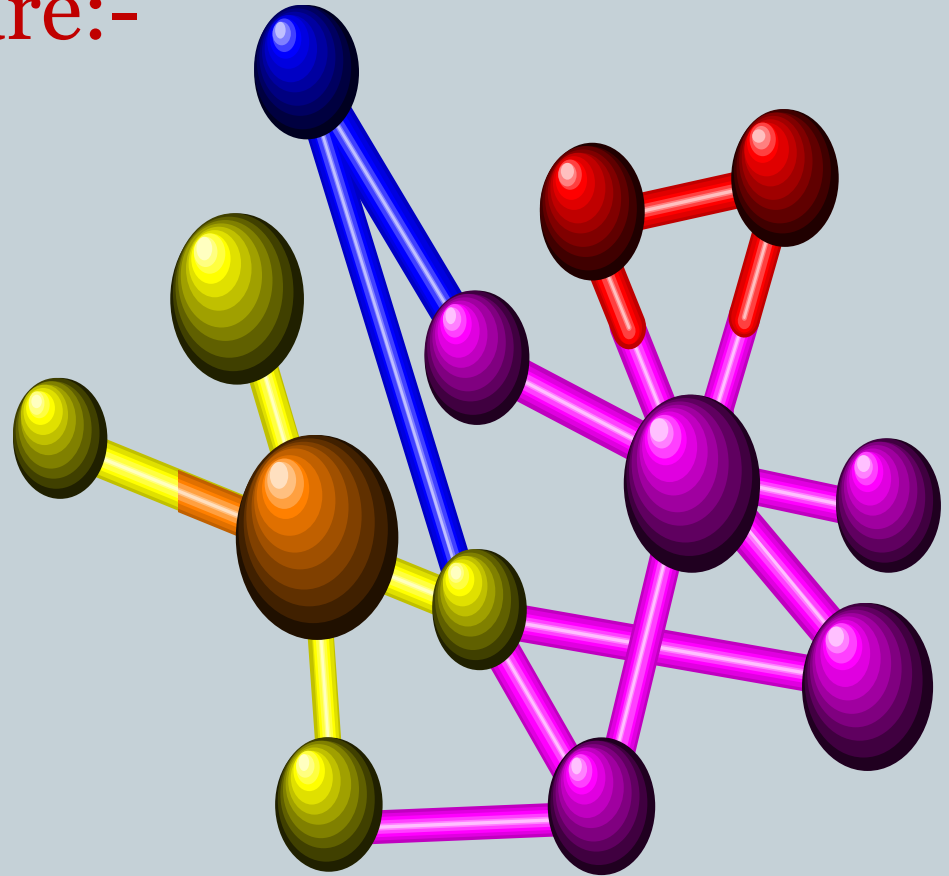


We need to eat a variety of foods because one food does not have all the nutrients



Essential nutrients are:-

- Carbohydrate
- Protein
- Fat
- Vitamin
- Mineral
- Water



Carbohydrates



Carbohydrates are primary source of **ENERGY**.

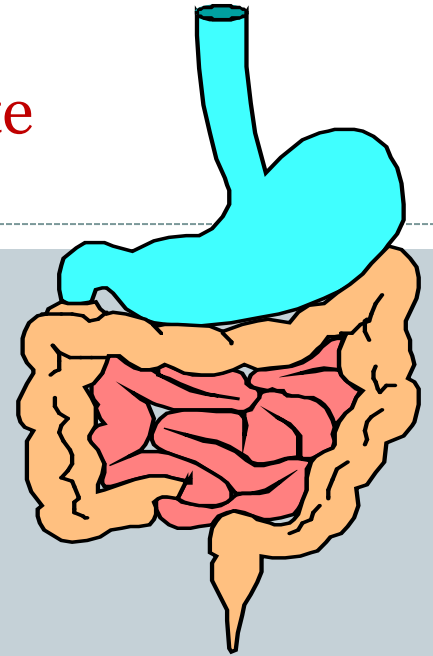
Carbohydrates have 2 categories: **Simple & complex**

Simple carbs from sugar.

Complex carbs from starchy foods like grains, rice, and vegetables.



FIBRE-Complex Carbohydrate



- Fiber is the plant material that doesn't break down when we digest food.
- Some complex carbohydrates contain fiber.
- Food Sources:
 - Oatmeal, fruits, vegetables, whole grains and legumes.
- Function in the Body:
 - Aids in digestion.
 - Reduce the risk of heart disease, diabetes and obesity and certain types of cancer.
 - Promote bowel regularity.

Protein



- Building blocks for the body for growth and repair.
- Our skin, hair, blood, muscles and vital organs are made of proteins.
- Protein sources: Plant (incomplete) & Animal (complete)
- Plant sources: Beans, Soy, Lentils
- Animals sources: Beef, Pork, Fish, Eggs, Cheese, Poultry



Fats & Oils



- Insulate our body
- Cushion our organs from shock
- Transport vitamins A,D,E,K vitamins
- Give taste and flavor to food
- Types of fat include: saturated, unsaturated, trans-fat and cholesterol.
- Omega's are good fats
- Cholesterol-fat-like substance is found in body cells. When high, it clogs arteries.

SA, MUFA, PUFA



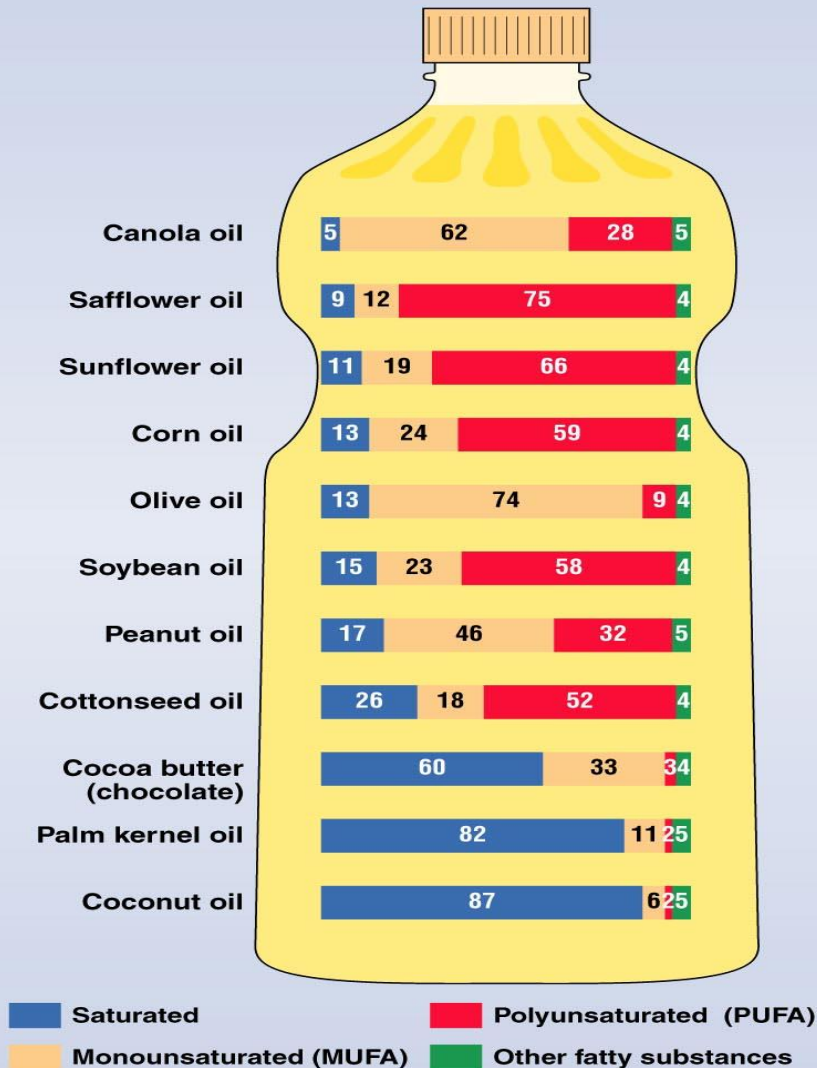
Saturated mainly from animal sources, solid at room temperature

Unsaturated generally come from plants and usually liquid at room temperature

Unsaturated fatty acid associated with a lower level of blood cholesterol and reduces the risk of heart disease.

trans fatty acids- in margarines, baked goods and restaurant deep-fried foods.

• Choose lean meat, fish, poultry, nonfat dairy products & Read food labels

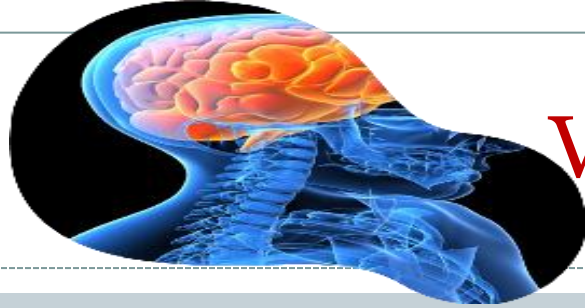


Vitamin



There are two groups of vitamins:-

- **fat-soluble vitamins**, which can be stored in the body, e.g. vitamins A, D, E and K
- **water-soluble vitamins**, which cannot be stored in the body and therefore required daily, e.g. B vitamins and vitamin C.



Vitamin B complex



- Different B vitamins has specific function in the body.
- These include:- Thiamin, Riboflavin, Niacin, pyridoxine, cyanocobalmine, folic acid.
- Vitamin B complex required to release energy from carbohydrate, protein and fat.
- Involved in normal function of the skin, mucous membranes and nervous system
- **Sources are-**
 - Milk Eggs. Rice.
 - Fortified breakfast cereals.
 - Liver. Legumes. Mushrooms.
 - Green vegetables.

Vitamin B-sources



Vitamin C



- Needed to make collagen, required for the structure and function of skin, cartilage and bones.
- It is an important nutrient for healing cuts and wounds
- **Sources are-** Citrus food- amla, lemon, orange, grapes, berries, apple

Water-Soluble Vitamins

Nutrient	Functions	Sources
B-Complex	Helps wounds heal Helps fight infection Helps nervous tissue function healthy Plays important role in breakdown of proteins fats and carbohydrates	Oranges, grapefruits, tangerines, cantaloupe, broccoli, citrus fruits, tomatoes and raw cabbage
Vitamin C (ascorbic acid)	Keeps nervous system healthy Releases energy from food Helps promote healthy gums and tissues	Pork, whole grain breads and cereals

Fat-Soluble Vitamins

Nutrient	Functions	Sources
Vitamin A	Keeps skin and mucus membranes healthy Prevents night blindness Promotes growth	Butter, dark green and yellow fruits and vegetables, egg yolk, liver, whole and fortified milk
Vitamin D	Builds strong bones and teeth	Egg yolk; fortified butter, margarine, and milk; the sun
Vitamin E	Acts as an antioxidant to protect cell membranes	Eggs, liver, salad oils, whole grain cereals
Vitamin K	Helps blood clot	Cauliflower, egg yolk, organ meats

Vitamin A

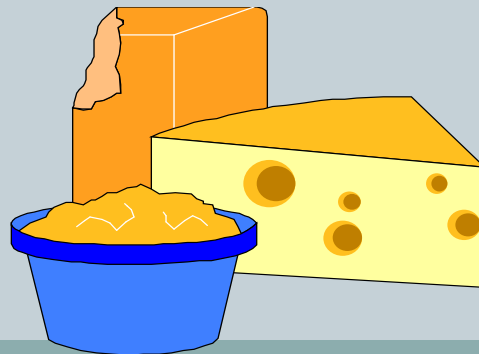
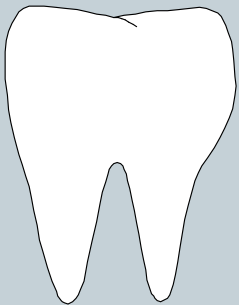


- **Food Sources:**

- Dark green, leafy vegetables, deep yellow and orange fruits and vegetables, liver, milk, cheese, and eggs.

- **Function in the Body:**

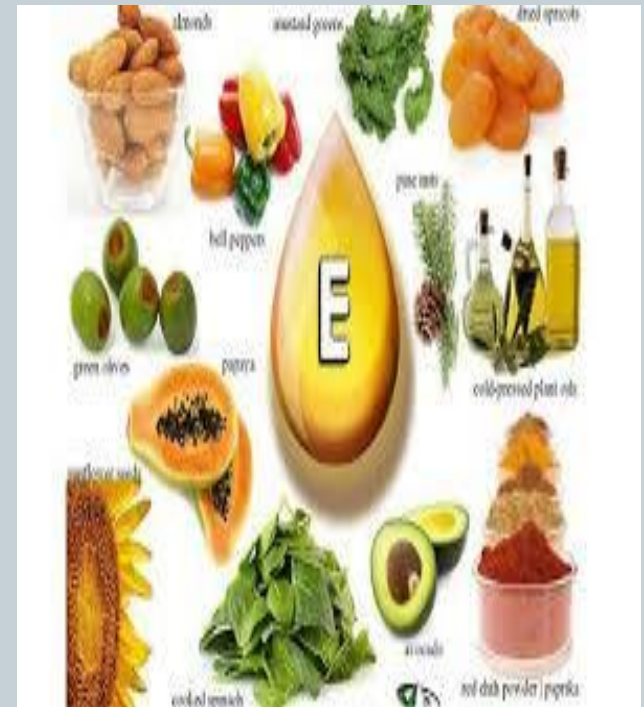
- Helps keep skin and hair healthy.
- Aids in night vision.
- Plays a role in developing strong bones and teeth.



Vitamin- E



- Acts as an antioxidant to protect cell membranes
- Sources are-
Eggs,
liver,
salad oils
whole grain cereals



Minerals

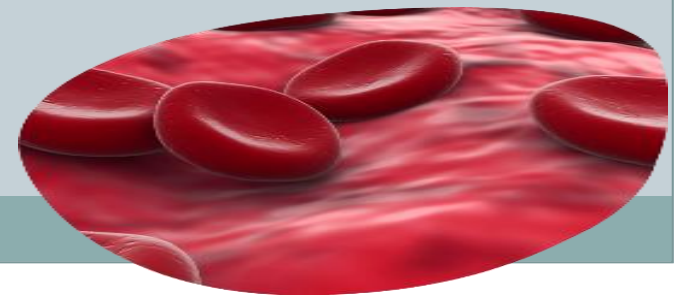
Nutrient	Functions	Sources
Calcium	Builds bones and teeth Helps muscles and nerves work	Milk, yogurt, cheese, salmon, dark veggies
Iron	Combines with protein to make hemoglobin. Helps cells use oxygen	Liver, spinach, raisins and molasses
Potassium	Helps nerves and muscles Balances body water	Potatoes, bananas, prune juice and tomato products
Sodium	Helps nerves and muscle function	Salt, soy sauce, processed foods and country ham
Iodine	Promotes normal functioning of the thyroid gland	Iodized salt and salt water fish



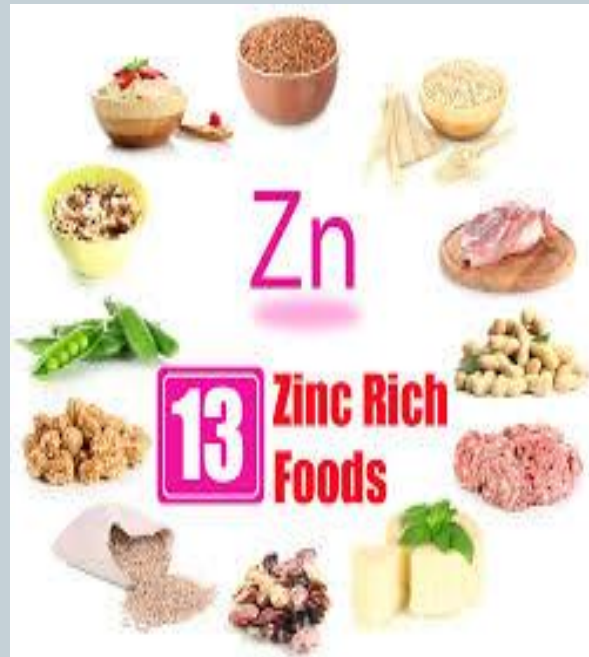
Mineral

Ca
Fe K Mg
Na

- Minerals are inorganic substances required by the body in small amounts for a variety of different functions.
- Calcium maintain bones and teeth, blood clotting and normal muscle function.
- Deficiency of calcium & phosphorus leads to osteoporosis.
- **Trace minerals** are Iron, zinc, manganese, copper, iodine needed in small amounts
- **Iron** is essential for the formation of haemoglobin in red blood cells, deficiency leads to anemia.



Mineral- sources



MAGNESIUM RICH FOODS			
SESAME SEEDS			SUNFLOWER SEEDS
SPEARMINT			DILL
WATERMELON SEEDS			BASIL
PINE NUTS			BROCCOLI
ALMONDS			OKRA
PUMPKIN SEEDS			FLAX SEEDS
BRAZIL NUTS			SPINACH
CACAO			CHIVES



WATER



- The major component of blood
- 50-60% of body is water
- Necessary for
 - Electrolyte and pH balance
 - Transporting cells and O₂
- Recommended amount – 8 glasses/day (64 ounces)



Reading Food Label



Sample label for macaroni and cheese

Start here

Limit these nutrients

Get enough of these nutrients

Quick guide to % DV:
 • 5% or less is low
 • 20% or more is high

Nutrition Facts			
Serving Size 1 cup (228g)			
Servings Per Container 2			
Amount Per Serving			
Calories 250	Calories from Fat 110		
% Daily Value*			
Total Fat 12g	18%		
Saturated Fat 3g	15%		
Trans Fat 1.5g			
Cholesterol 30mg	10%		
Sodium 470 mg	20%		
Total Carbohydrate 31g	10%		
Dietary Fiber 0g	0%		
Sugars 5g			
Protein 5g			
Vitamin A	4%		
Vitamin C	2%		
Calcium	20%		
Iron	4%		
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g



Junk food.



- Junk Food examples: Chips, chocolate, soft drinks, pizza, hot dog, burger, cake, cookies, chips, French fries.....
- Too convenient
- Too tasty
- Available everywhere
- Heavily promoted
- High in salt, sugar, fat or calories and low nutrient content
- Offer little to no nutrition.



What's the issue with junk food?



Junk Food vs Healthy Food

From 2000s

Junk Food	Healthy Food
Obesity	Healthy BMI
Diabetes	Energy
Heart problem	Brain Fitness
Sluggishness	Good Memory
High Cholesterol	Positive Mood
Addiction	Overall Health
Illness	Happy Life
Depression	

Eat fresh. Stay healthy.



Eat this and feel good for a second



Eat this and feel good all day

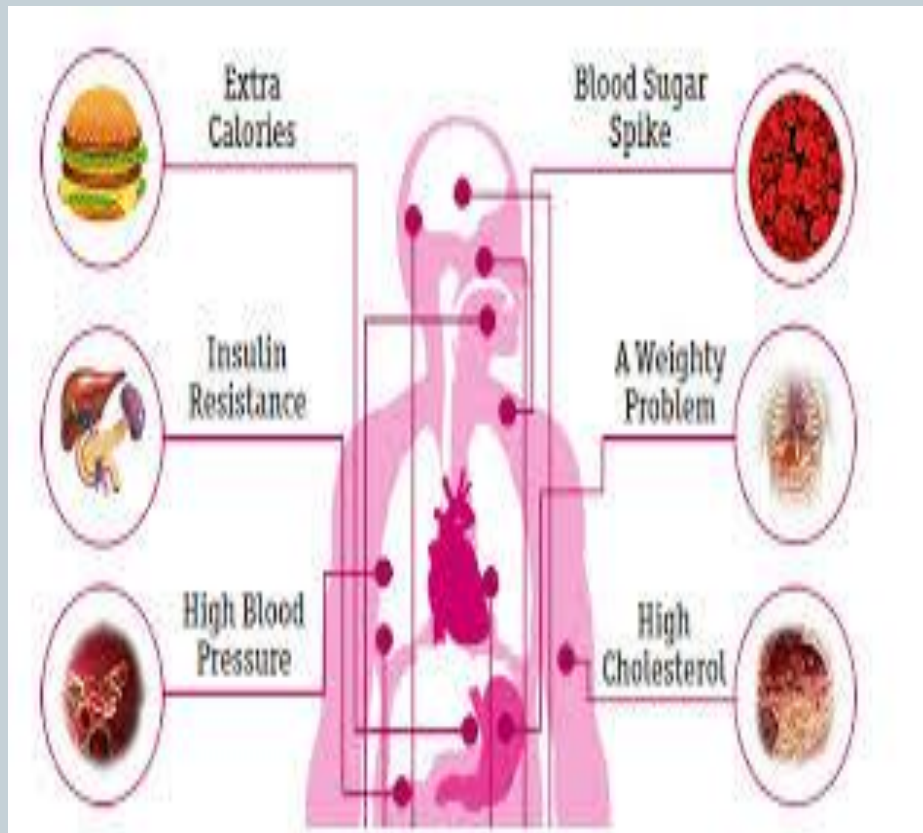


1000 kJ



1000 kJ

Harmful Effects



obesity, tooth decay, heart disease, lack of concentration, fatigue, liver disease, vitamin deficiency

Focus!



- Focus on the 5 essential food groups for good health.
- Replace healthier foods in the diet
- Opt for water as your beverage of choice



Have Evergreen Heart!

