

## Restrict salt intake

- High salt intake makes you highly vulnerable to Hypertension (High Blood Pressure), which is a risk factor for Heart disease.
- Daily intake of salt should be less than 5g.
- Minimise the usage of high salt foods like *papad*, pickles, *chutneys*, ketchup, sauce, bakery items, biscuits, cookies, chips, cheese, tinned meats/fish and other processed foods.
- Use only Iodized salt. it helps in the prevention of several iodine deficiency disorders including goitre.

## Fats and oils

- Minimise the use of visible fats like ghee, oils, butter and *vanaspati* (Hydrogenated Vegetable Oils) Such visible fats are calorie-rich and are required in little amounts.
- Restrict your visible fat intake to less than 0.5 kilogram per person per month. Keep changing your edible oils. Don't depend only on one source.
- Excess intake of fats and oils may lead to overweight and obesity.
- Include foods rich in *alpha-linolenic* acid in your diet. Foods like fish, flax seeds, green leafy vegetables are rich sources of alpha linolenic acid. Such foods help prevent heart disease.

## Overweight and obesity

- Take Physical Exercises regularly to remain fit. At least 40 minutes of Outdoor Physical Activity Everyday is highly recommended.
- Both fasting and feasting are deleterious to health. Plan to reduce weight gradually, if required.
- Balanced diet and daily physical exercises help to maintain good health.
- Restrict the intake of sugar rich foods/ fats/oils and alcoholic beverages to maintain ideal body weight.

## Cooking Right: Some tips

- To minimise vitamin loss and to preserve nutrients during cooking, follow these tips:
  - i. Before cooking, do not wash food grains repeatedly.
  - ii. Do not wash vegetables after cutting.
  - iii. Do not soak the cut vegetables in water for long periods.
  - iv. Do not discard the excess water left over after cooking. Use it to make tasty sauce/ broth or use just enough water for cooking.
  - v. Cook food in vessels covered with lids.
  - vi. Prefer pressure/steam cooking to deep frying/roasting.
- Encourage consumption of sprouted/fermented foods.
- Avoid using baking soda for cooking pulses and vegetables
- Do not re-heat the left over oil repeatedly. Re-heating renders it unhealthy.



# TASTY BITES - TIPS ON NUTRITION



The National Institute of Nutrition, a premier nutrition research organisation located in Hyderabad, working under the aegis of the Indian Council of Medical Research has formulated a set of Dietary Guidelines for Indians on the basis of extensive research studies. This leaflet contains some useful information extracted from these guidelines.

Know your food, follow sound dietary practices and adopt healthy lifestyle with firm emphasis on physical, mental and social well being. This is a mantra for leading a good healthy life.



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### **Choose Right**

- Choose a variety of foods in amounts appropriate for age, gender, physiological status and physical activity.
- Use a combination of whole grains, grams and greens. Include jaggery/ sugar and cooking oils to bridge the calorie gap.
- Prefer fresh locally available vegetables and fruits in plenty.
- Include in the diets, foods of animal origin such as milk, eggs and meat particularly for pregnant and lactating women and children.
- Adults should choose low-fat, protein-rich foods such as lean meat, fish, pulses and low-fat milk.
- Develop healthy eating habits and exercise regularly and keep moving as much as you can to avoid sedentary lifestyle.

### **Only Clean and Fresh**

- Always buy foods which are clean and fresh
- Wash vegetables and fruits thoroughly before use. Store food properly. Let not microbes, rodents or insects spoil your food
- Refrigerate perishable food items.
- Keep the cooking/ food storage areas clean and germ-free. Prioritise personal hygiene.
- Clean utensils used for cooking/eating thoroughly.

### **Know your processed foods. Read nutrition labels well**

- Prefer traditional home-made foods.
- Avoid replacing meal with snack foods.
- Limit the consumption of sugary/ salty foods and other unhealthy processed items rich in additives & chemicals.
- Prefer fortified processed foods.
- Always read food labels (given on containers) regarding nutrient content/ shelf life/ additives present.

### **Nutrition for mother and child**

- Pregnancy demands increased intake of quality foods. Eat healthy foods more frequently.
- Prioritise whole grains, sprouted grams and fermented foods.
- Include milk/meat/eggs in daily diet.
- Eat plenty of fresh fruits and vegetables during pregnancy. They are good sources of essential vitamins & minerals.
- After 14 /16 weeks of pregnancy, start taking iron, folate and calcium supplements. Continue taking them even while breastfeeding the baby.
- Consume folate-rich foods like green leafy vegetables, legumes, nuts and liver (organ meat) as these foods help in increasing the birth weight of the baby and in the prevention of congenital abnormalities.

### **Breast milk and supplementary foods**

- Initiate breastfeeding within one hour of birth and feed colostrum (the first milk) to the baby without fail.
- Exclusive Breastfeeding for first six months is a healthy practice.
- In addition to breastfeeding, start feeding semi-solid, nutrient-dense foods after six months of birth.
- Mothers need to eat more, both during pregnancy and lactation, to meet the increased demand for nutrients, especially calories.

### **Rainbow on the plate**

- Eat about 450 g of fruits & vegetables every day. Include green leafy vegetables and other seasonal fruits and vegetables liberally.
- Regular intake of fresh fruits and vegetables (treasure trove of nutrients) help in the prevention of cancers.
- Grow nutritious vegetables and fruits in your kitchen garden to ensure steady supply of these wonder foods.
- Encourage children to eat more fruits and vegetables every day as snacks and desserts. Well cooked green leafy vegetables and soft cooked fruits can also form a part of the infant's diet.