

# Yuva Shakti Abhiyan 2019

National Movement for Women Empowerment

Organisezed by  
Shakti, Mahila Vigyan Bharti,  
Raipur, C.G.

# Food and Nutrition

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# Health is wealth

- WHO *"Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity"*

- Physical
- Mental
- Social
- Emotional
- spiritual



# **You should know about:**

- **What is Safe Food?**
- **What is Nutritious Food?**
- **What is the role of Safe and Nutritious Food on Health?**

# Safe Food/Nutritious Food

## Safe food

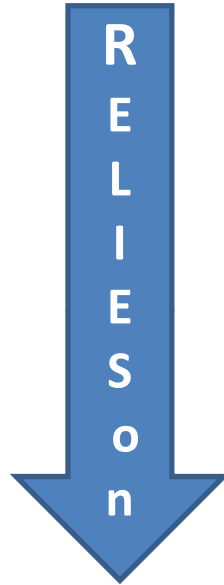
Safety of Food is a basic requirement of food quality and refers to all those hazards which make food injurious to health. It depends on following factors:

- ☐ Microorganisms present everywhere around us
- ☐ Personal hygiene
- ☐ Factors responsible for spread of disease

## Nutritious food

- The way our body makes use of these nutrients is directly proportional to our health and well being.
- Nutrition is the science of food and its relation to health.

# Food Safety ???



Microorganisms—present everywhere around us

- Personal hygiene
- Hygienic Handling of Food & Hygiene of our surrounding
- Factors responsible for spread of disease

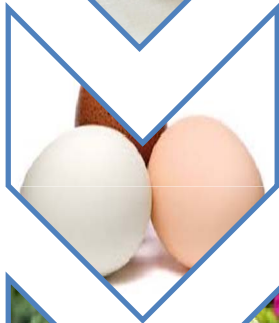
# NUTRITIOUS FOOD

- **Nutrition**
- **Nutrients and their types**
- **Recommended Dietary Allowance (RDA)**
- **Energy**

# Types of food groups



- **Go Foods - carbohydrates and fats**



- **Grow Foods - proteins**



- **Glow Foods - vitamins and minerals**



# THE GO FOODS: Carbohydrates



Carbohydrates are the body's main source of energy.

## Food Sources:

- ❑ Whole grain chapatis, bhakris, rice
- ❑ Breads, pasta and all cereal products
- ❑ Roots, tubers and other vegetables, and legumes

## Function in the Body:

- ❑ An excellent source of fuel (energy) for the body.

# Also known as Energy Giving Foods



## ✓ Carbohydrates–

- ✓ Cereals, whole grains
- ✓ Rice, Wheat,
- ✓ Jowar, Bajra(pearl millet),
- ✓ quinoa, Ragi,
- ✓ Sugars-honey, jaggery,
- ✓ Butter, ghee and oils



• Whole grains are sources of starch, rich in protein, fibre, B vitamins, vitamin E and minerals.

• Phytochemicals(phenolic acids, polyphenols, phytosterols, allylisothiocyanates)

# Types of Carbohydrates

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graph TD; A[Types of Carbohydrates] --> B[Sugars or Simple Carbohydrates]; A --> C[Starches or Complex Carbohydrates]; B --> D[Fruits & vegetables, milk & dairy products, honey, jam, jaggery, sweets and Chocolates]; C --> E[Whole grain chapatis, unpolished rice, bread, pasta and all cereal products roots, tubers and other vegetables and legumes];
```

## Sugars or Simple Carbohydrates

**Fruits & vegetables, milk & dairy products, honey, jam, jaggery, sweets and Chocolates**

## Starches or Complex Carbohydrates

**Whole grain chapatis, unpolished rice, bread, pasta and all cereal products roots, tubers and other vegetables and legumes**

# THE GO FOODS: 2. Fats

- Fats are the richest source of energy.
- It gives 9 kcal/g
- But too much of these foods will make you fat!



## Food Sources:

- Butter, ghee, vegetable oils, salad dressings, nuts
- Oil seeds, dairy products made with whole milk or cream
- Meats

# THE GROW FOODS: PROTEINS

- Protein is essential for growth and repair and keeping cells healthy.
- **1 gram** of protein provides **4 kcal**.

## **Complete Proteins:**

- Contain all 9 essential amino acids.
- They are found in animal food sources.
- Milk, Egg, Poultry, fish etc are of high quality as they provide all the essential amino acids in right proportions.

## **Incomplete Proteins:**

- Lack one or more of the essential amino acids.
- They are found in plant food sources.
- Cereals lack some amino acids while pulses are lacking in others.
- The best way to provide the body complete proteins in a vegetarian diet is to eat cereals and pulses together so that they supplement each other.

# The grow Foods



- **All types of dals**
  - (moong, Masur, Urad, tur, rajmah, soyabean, chana, beans, peanuts etc.)
- **Nuts**
  - almonds, walnuts, cashew nut, peanut
- **Milk and milk products**
  - (paneer or cottage cheese, cheese, curd etc)
- **meat, fish, poultry and eggs.**

**Breads, cereals and vegetables also contain small amounts of incomplete protein**



# THE GLOW FOODS

## Vitamins

Vitamins are needed by our body in small amounts. Remember your VITAMINS as A, B, C, D, E, K .  
They keep our eyes, skin, hair and teeth healthy and shining bright.

## Minerals

Our body needs minerals in small amounts for different functions.

# Types of vitamins

## Fat – Soluble Vitamins

Sources of Vitamin A:

- Vitamin A is pre formed in liver and whole milk
- Can also be produced from beta – carotene provided by dark green leafy vegetables
- Carrots and orange colored fruits such as papaya

## Water –Soluble Vitamins

Sources of Vitamin C:

- Citrus fruits and berries.
- Citrus fruits like sweet lime, orange, grapefruit, tangerine, lemon, kinu, carambola.
- Types of berries :Amla, ber, Karonda, mulberries, blackcurrants, Strawberries, jamun, raspberries , blueberries, cranberries



# Minerals



Calcium & Phosphorus	Food Source	Functions in the Body
The body contains more calcium than any other mineral. It is essential for a number of important functions such as the maintenance of bones and teeth, blood clotting and normal muscle function	Dairy Products: milk, cheese, ice cream, green leafy vegetables, ragi, small fish eaten with bones	Helps build and maintain healthy bones and teeth Helps heart, nerves, and muscles work properly

# ABC of Health

A- aiming for fitness



B- building healthy life style



• C- choosing sensibly



# A healthy diet



- **Variety**
  - Food from all food groups



- **Moderation**
  - Serving size
  - Satisfy need

food choices

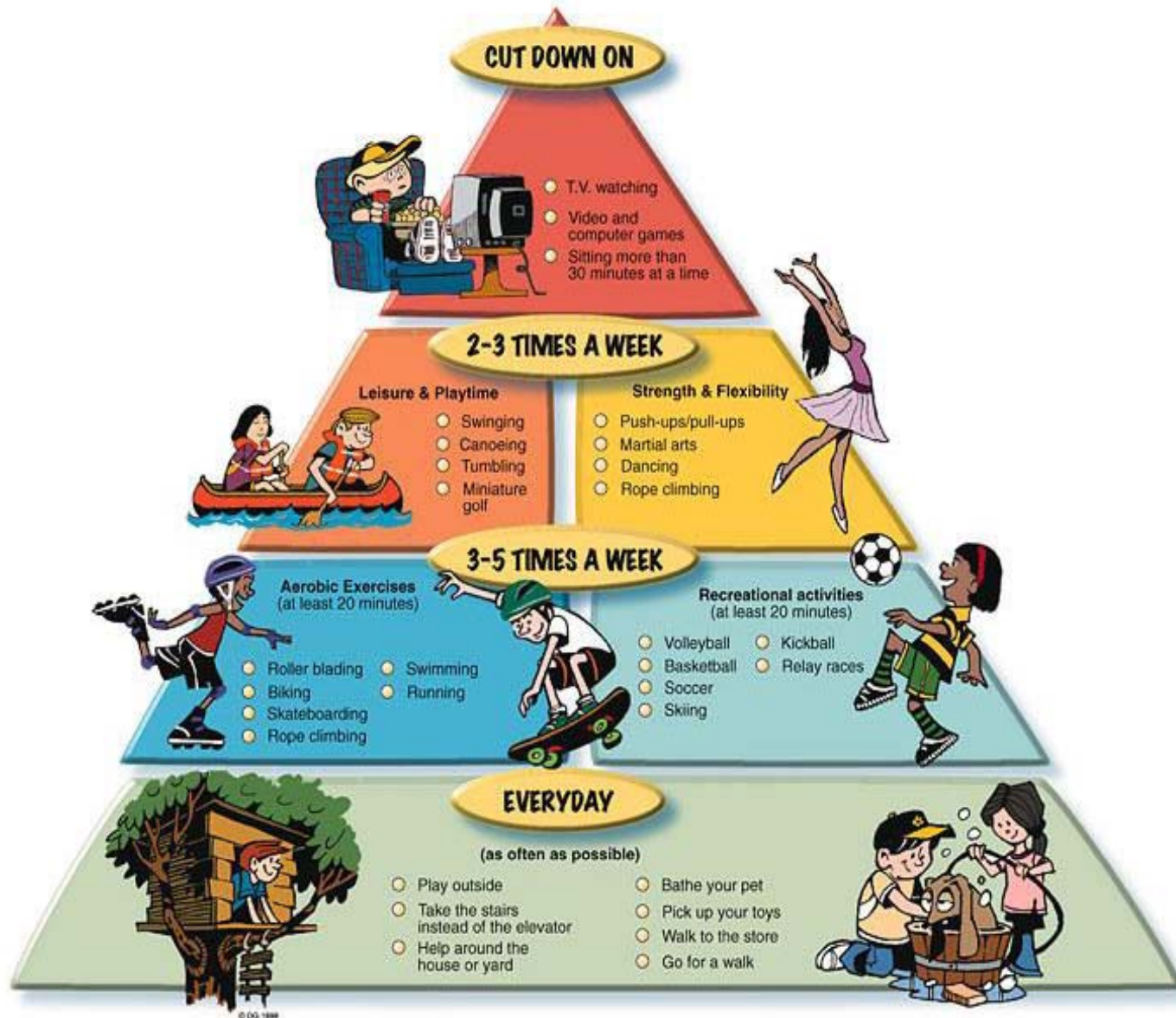
- Each food group
- Healthy and nutritious
- Provides essential nutrients.

# Healthy foods



- Less calorie dense
- Promote good health
- They mostly consist of unrefined and non-glycaemic-carbohydrates.
- less salty, sugary, fatty but have **good quality proteins, good fats and/or fiber.**
- They protect organ health, muscle and bone health and are conducive to an active lifestyle.
- They strengthen the ability to protect our body from illness and disease.

# Be active and fit ,with exercise





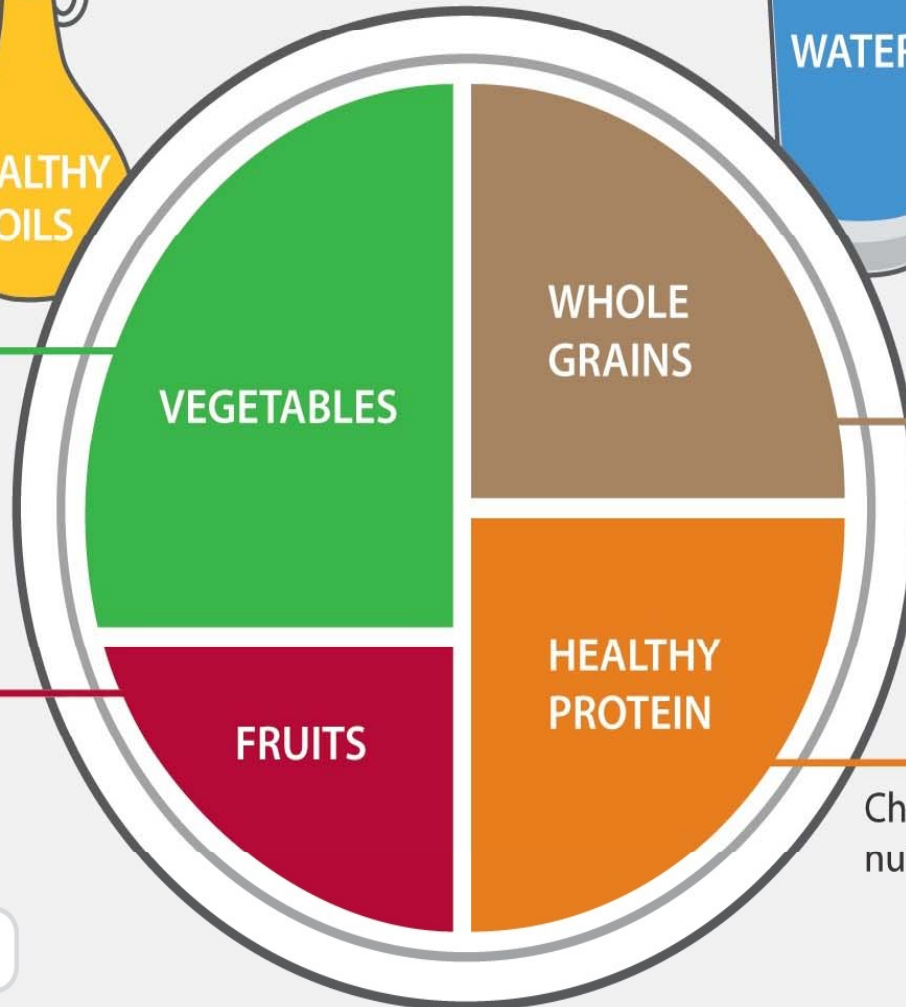
# HEALTHY EATING PLATE



Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.



Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.



The more veggies – and the greater the variety – the better. Potatoes and French fries don't count.


Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

Eat plenty of fruits of all colors.

Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.

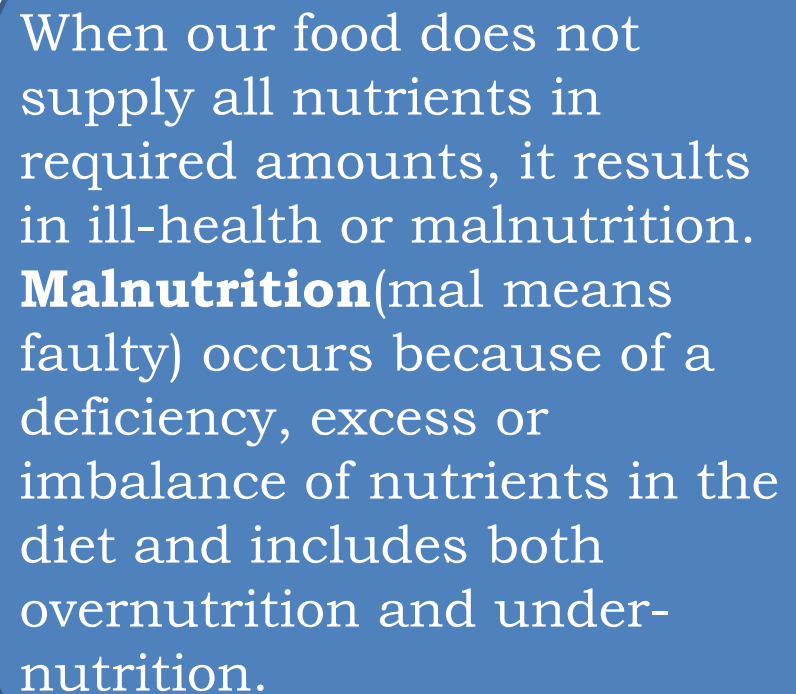


**STAY ACTIVE!**

A red thought bubble with a scalloped edge and a small tail pointing downwards and to the left.

**Good nutrition and health are closely interlinked. Clean, wholesome and nutritious food promotes health, keeps disease away and results in a good nutritional status.**

## **Remember**

A blue hexagon with a thin dark blue border.

When our food does not supply all nutrients in required amounts, it results in ill-health or malnutrition. **Malnutrition**(mal means faulty) occurs because of a deficiency, excess or imbalance of nutrients in the diet and includes both overnutrition and under-nutrition.

# Build a healthy body

Maintain your weight



Be physically active



Eat rainbow of foods



Eat raw fruits and vegetables





# TIPS FOR HEALTHY EATING

- Consume Whole grains
- Consume Whole Grains, beans, pulses
- Consume Poultry and fish
- Consume plant-based oils(MUFAand omega 3 fats).
- Consume Naturally coloured fruits and vegetables



# Continue...



- Consume Nuts and seeds like walnut, almond, pistachio, sunflower seeds, pumpkin seeds, flaxseeds, watermelon seed etc
- Consume Toned milk.
- Consume in natural form-salads
- Drink plenty of water
- Cover food and water
- Wash Hands before eating and handling food
- Limit-salt, sugar and oil



# How To Enhance Nutrients In The Diet While Cooking At Home

- Germinating (sprouting) cereals and pulses
- Fermentation
- Choosing fortified food(rice, wheat , oil ,milk)
- Wash grains, vegies, fruits thoroughly
- Avoid discarding of water used in soaking
- Use minimum water
- Avoid over cooking
- Cooking with covered lid
- Choose right cooking method(pressure cook)



# *Take home message.....*



*Low salt*

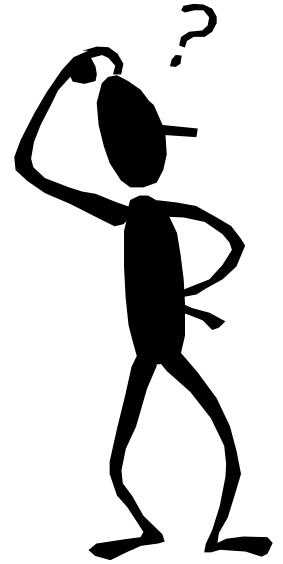
*Low fat*



*High fibre*



- *High protein*



Thank  
you!

Thank You Berry Much,  
We're grateful to you!

