

Healthy Future with Smart Food Choices

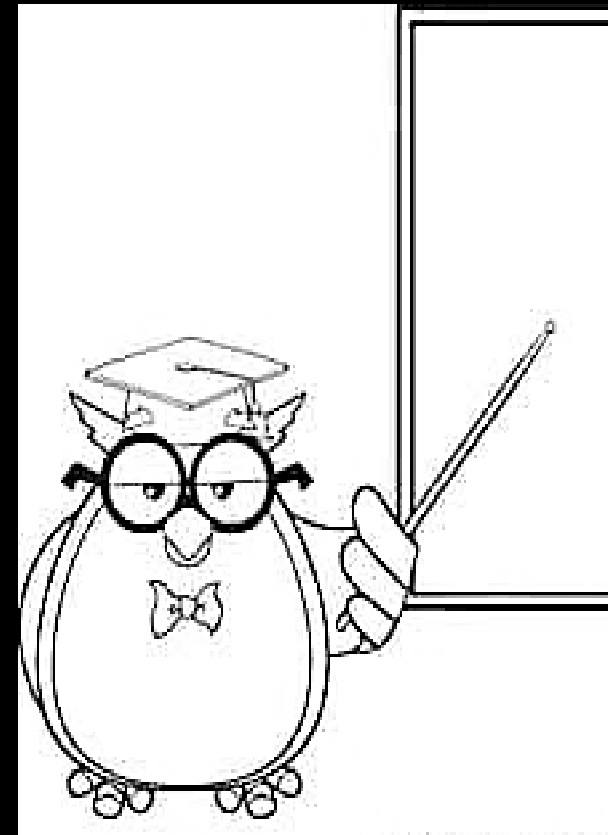


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What to Expect.....

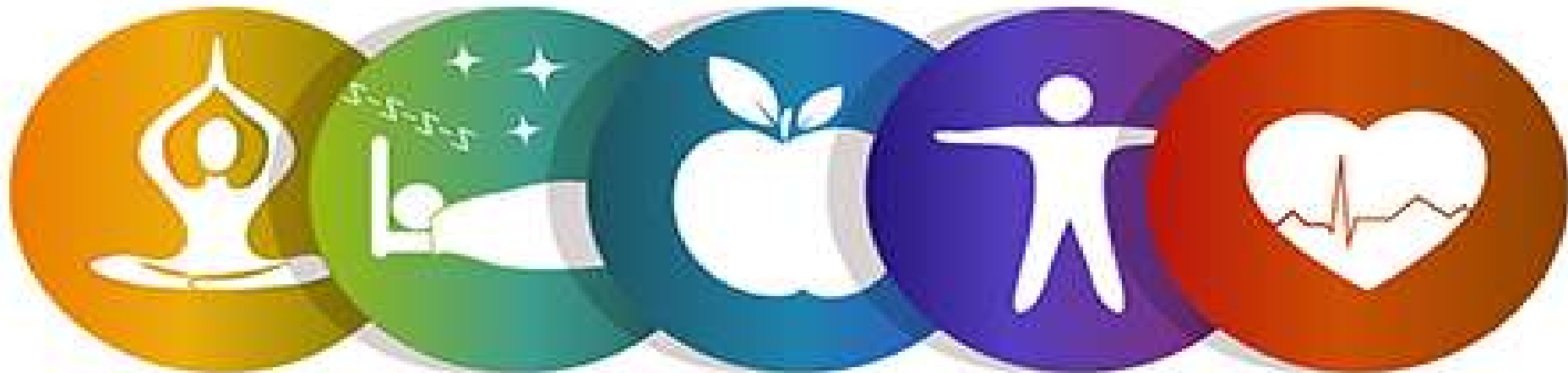
- Good Health – essential elements
- Nutritional Transitions in recent times
- Implications & Health outcomes
- Food Groups - introspect
- Choosing healthier foods
- Other essentials for a better life
- Conclusion
- Queries



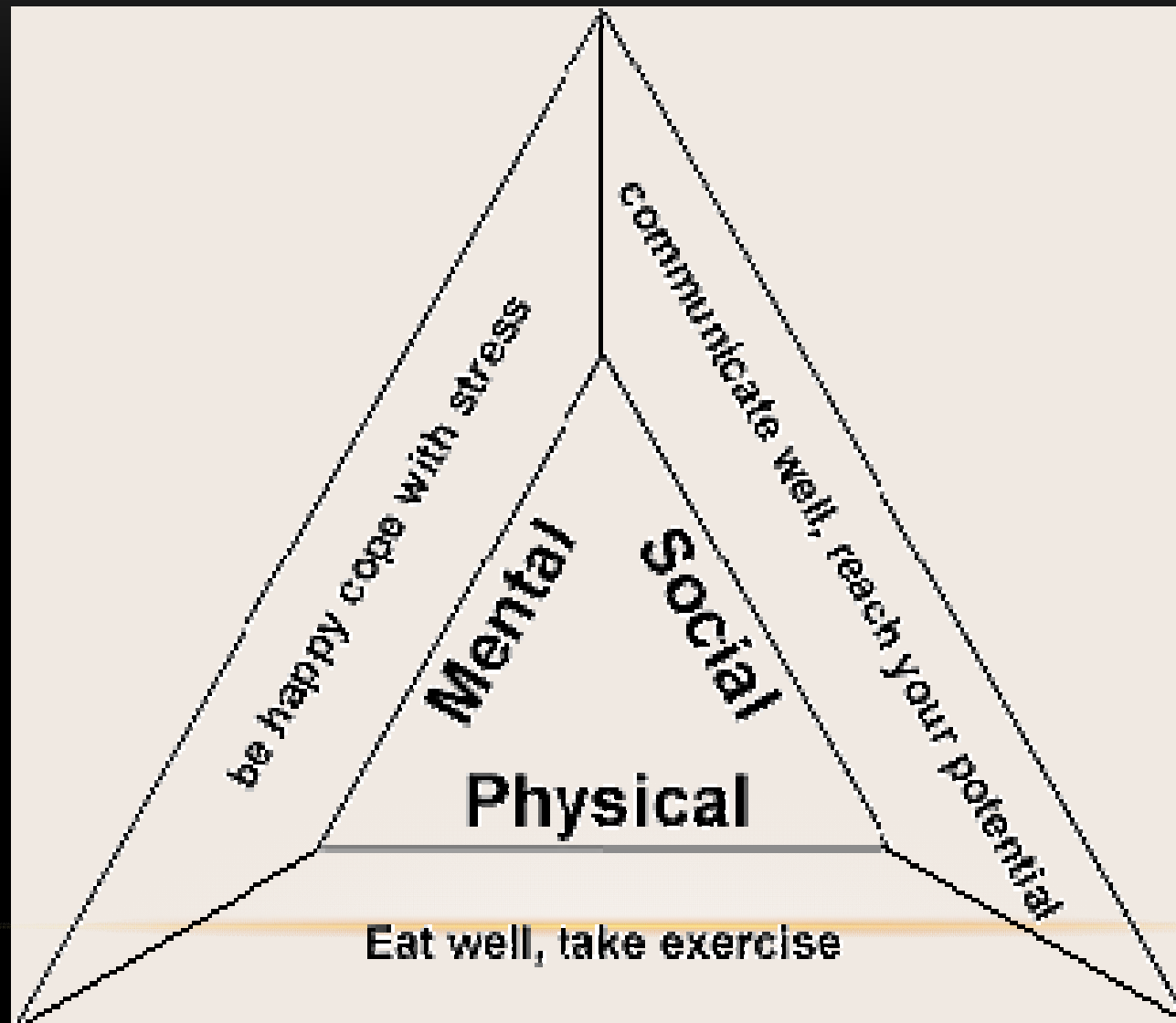
HEALTH

WHO Defines Health as:

“ A state of complete physical, mental, and social well being, and not merely the absence of disease or infirmity.”



THE HEALTH TRIANGLE



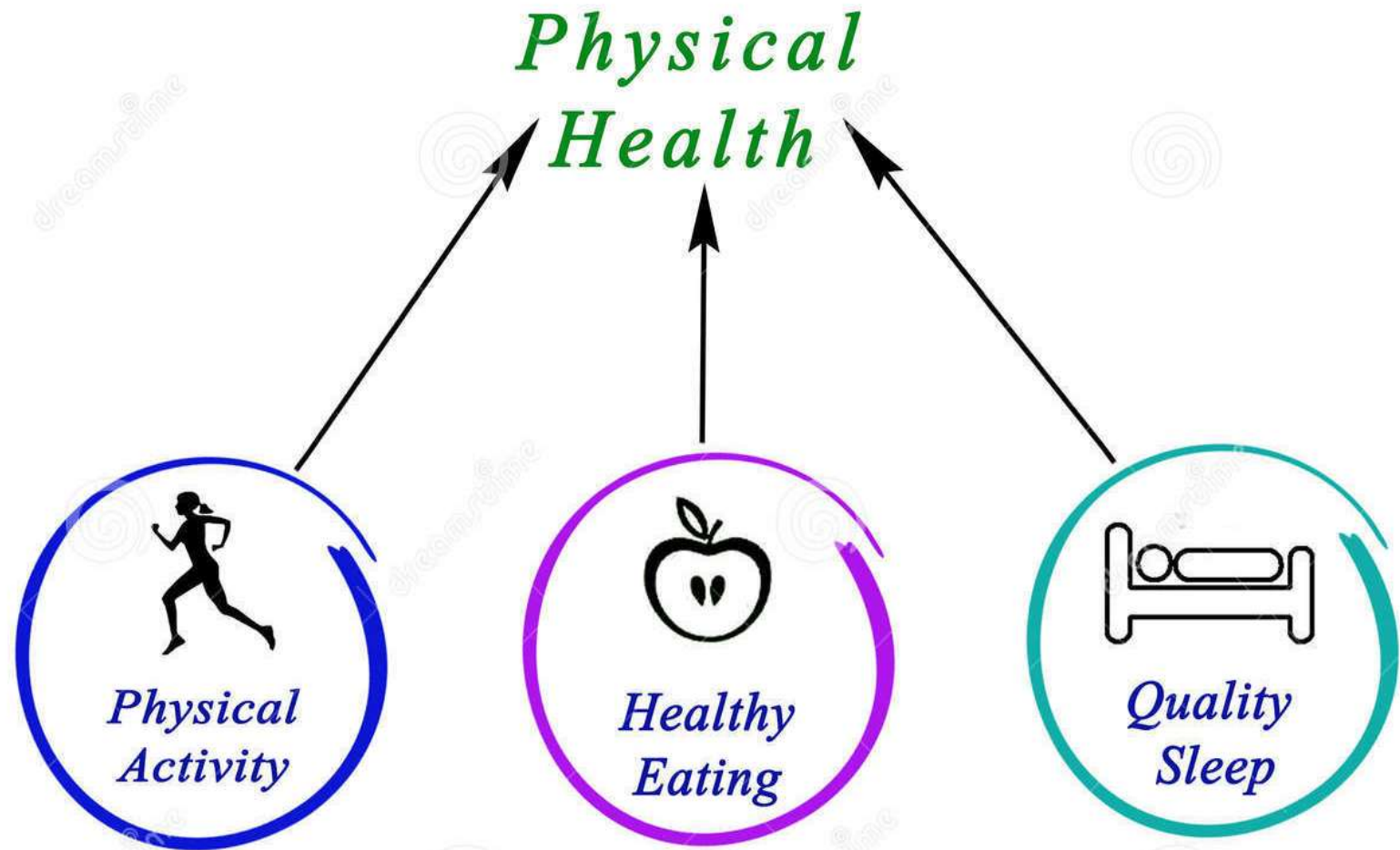
Wellness

A multi – dimensional state of wellbeing that encompasses a holistic approach towards life



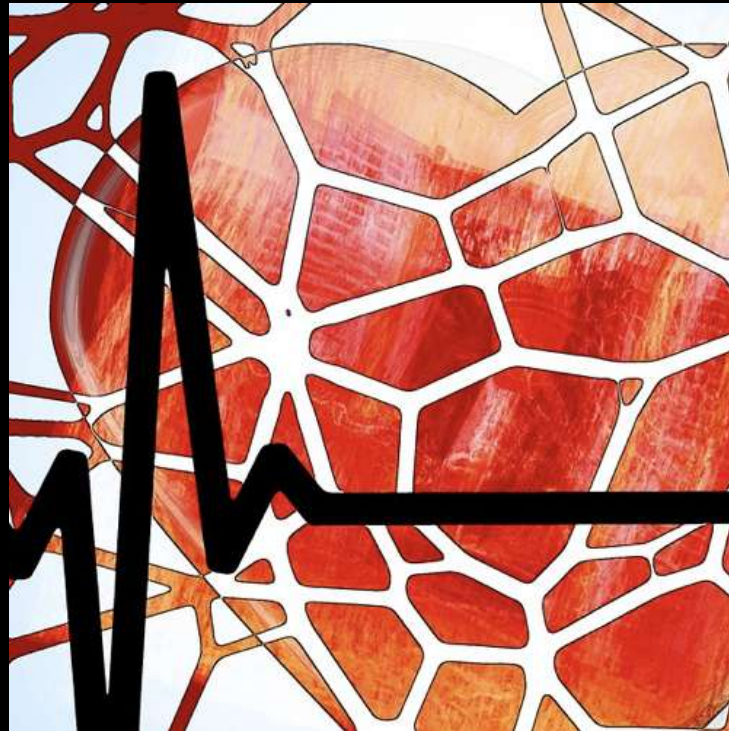
PHYSICAL HEALTH

Physical health deals with the body's ability to function



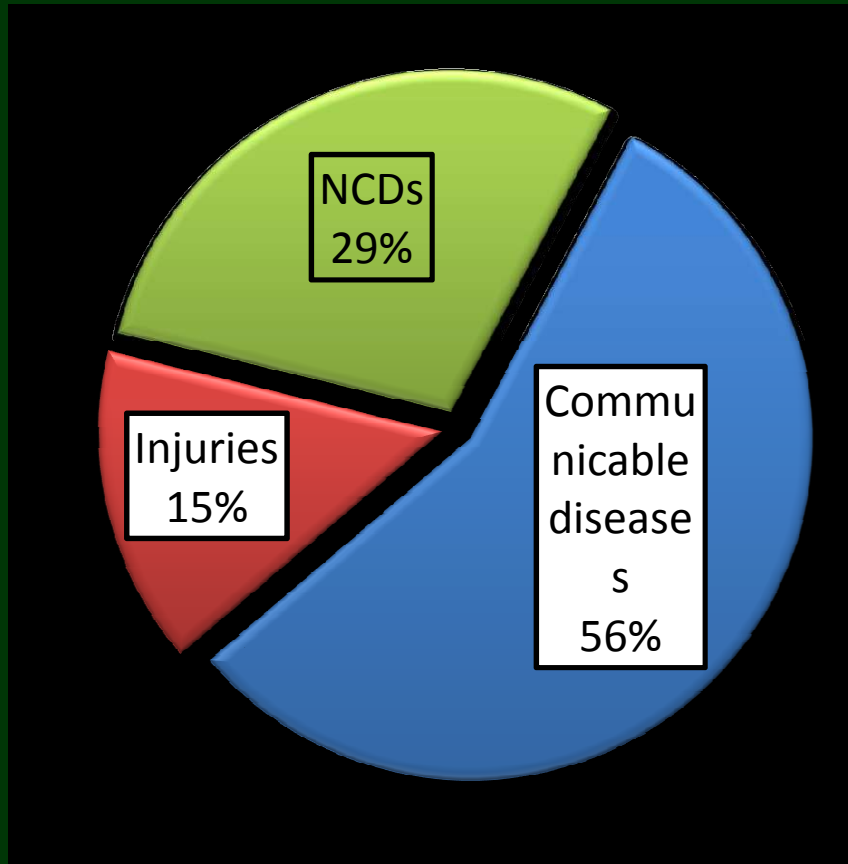
Nutritional Transitions in recent times

India is facing an *Epidemic* of
Diet-Related non-communicable diseases (DR- NCDs)
There is also widely prevalent under-nutrition

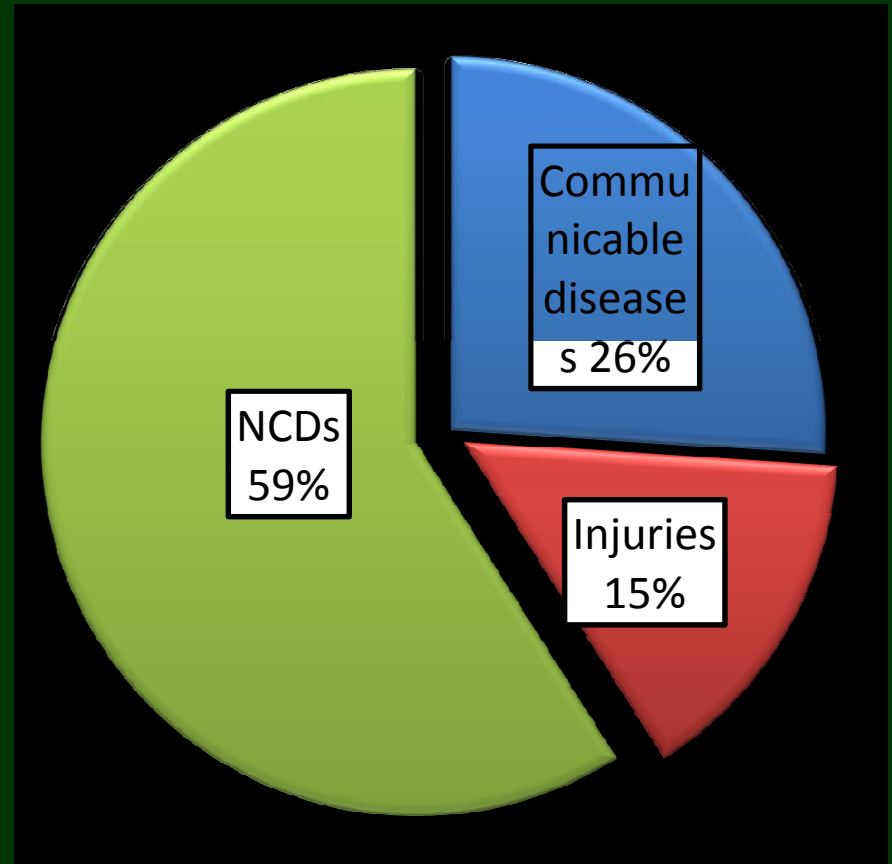


India's Transition to NCDs

Disease burden estimates 1990



Disease burden estimate 2020



Source: Nutrition Transition of India, 1947-2007, Ministry of Women and Child welfare

Nutrition transition over 30 years

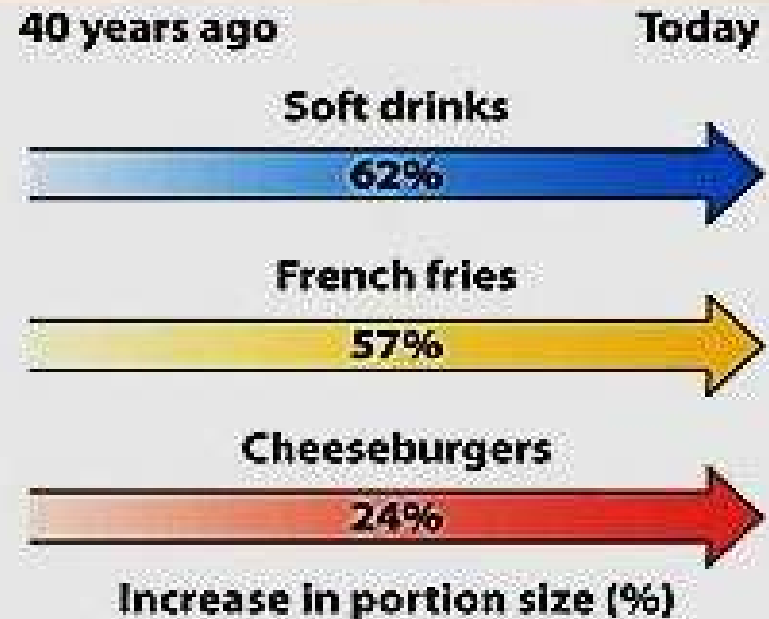
- ❖ 7% decrease in energy derived from carbohydrates
- ❖ 6% increase in energy derived from fats
- ❖ Decreased intake of coarse cereals, pulses, fruits and vegetables
- ❖ Increasing intake of meat products and salt

Nutrition transition in India: secular trends in dietary intake and their relationship to diet-related non-communicable diseases

Misra et al, J Diabetes. 2011 Dec;3(4):278-92

Nutritional Transition with Urban Lifestyle

- Portion Distortion
 - Combo offers, unlimited refills
- Appetite vs. Hunger
- Decreased Energy Expenditure:
 - Modern Technology
 - Change in recreational activities



Why is it becoming a problem?

- New outlets opening every week – within easy reach
- Bigger portions at lower price – movie combos, Meal combos
- Home delivery options – Zomato, Swiggy, Uber eats....
- Culture of celebration with junk foods among youth
- Stylish to spurge and be seen in trendy cafe`s, bistros, etc.
- Greater affordability due to rising incomes



Implications & Health outcome

Along with declining levels of physical activity due to rapid urbanization have resulted in escalating levels of the following Non Communicable Diseases (NCDs) in Indians:

- Obesity
- Atherogenic dyslipidemia
- Subclinical inflammation
- Metabolic syndrome
- Type 2 Diabetes Mellitus
- Coronary heart disease.

Gut Bacteria & Health

Digestive tract is home to trillions of microorganisms — bacteria, yeasts, fungi, and viruses, collectively known as the **Microbiome**

The Microbiome helps the body

- Digest food
- Regulate metabolism
- Control the immune system



Research has shown that eating a high-fat, high-sugar diet eliminates certain essential bacteria from the gut, impairing balance and causing the immune system to malfunction

What is the real problem with our diet?

<https://time.com/5562994/diet-disease-mortality/>

The Basic Food Group



GO



GLOW



GROW

CARBOHYDRATES

- Instant Energy Source
- Needed to maintain good health



WHAT HAPPENS WHEN YOU CUT OUT CARBS FROM YOUR DIET....

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www.glasbergen.com



**"I'm on a low-carb diet.
Whenever I feel low, I eat carbs!"**

Good Carbs

Complex

Harder to Digest

Burns calories being digested

Keep you feeling fuller longer

Natural 'Sugar'

Doesn't spike blood sugar levels

Used for energy

Low Glycemic

Help you lose fat

Yes

Bad Carbs

Simple

Digest immediately

Don't burn many calories being digested

Makes you hungry - sooner

Makes you crash

Caused sugar cravings (it's addictive!)

Processed + Added sugars

Spikes blood sugar fast

Converts into fat easily

Can cause other 'good' nutrients to be stored as fat

High Glycemic

Helps you store fat

No

SOURCES OF COMPLEX AND SIMPLE CARBS

Sweet Potato
Carrots
Whole Grain
Bread
Whole Grain
Pasta
Brown Rice
Quinoa
Oats
Beans
Fruit
Vegetables
Natural Sugar

Potato Chips
French Fries
White rice
White Bread
Most Granola
Bars
Sugary Cereal
Cake, Cookies,
Candy
Soda
High Fructose
Corn Syrup
Added Sugar

COMPLEX CARBS

- Whole wheat, beans
- Buckwheat
- Oats
- Quinoa
- Millets – Pearl millet, Kodu, little millet, foxtail millet, Sorghum (Jowar), Ragi, etc.



PROTEIN – OUR BUILDING BLOCKS

The Importance Of Protein

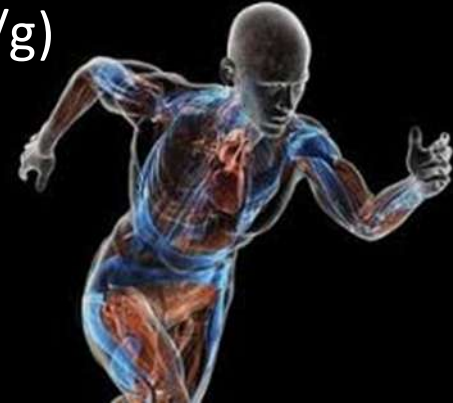
- Build, Maintain and Repair All your Body's Cells..!
- Supports Healthy Bones, Muscles & Skin Growth..!
- Supports Healthy Eyes & Vision..!
- Supports A Strong Immune System..!



WHY DO WE NEED FATS

Functional

- Lipids are concentrated sources of energy (9 kcal/g)
- Storage form of energy
- Structural components of biomembranes
- Building blocks of glycolipids and phospholipids
- Helps in absorption of fat soluble vitamins



Sensorial

- Satiety value
- Palatability - taste enhancer
- Texture - Crunch, creaminess, mouth feel
- Aids Preservation



SOURCES IN DIET

Dietary fat

Visible

Fats used at the table or during cooking (vegetable oils, ghee, butter, vanaspati)



Invisible

Fats present as an integral component of various foods (cereals, pulses, dairy, meat)



TYPES OF FATTY ACIDS

(according to the number of double bonds)



Saturated
(no double bond)



Monounsaturated
(1 double bond)



Polyunsaturated
(>1 double bond)

Essential Fatty Acids:

Human body is capable of producing all the fatty acids it needs, except for two:

- Linoleic acid (LA) - an omega-6 fatty acid,
- Alpha-linolenic acid (ALA) - an omega-3 fatty acid.

IMPORTANCE OF OMEGA 3 AND OMEGA 6 FATTY ACIDS

- **Linoleic acid (ω -6)** decreases plasma cholesterol levels
- **α - Linolenic Acid (ω -3)** increases insulin sensitivity, increase peripheral glucose utilization and decreases adiposity. It is also beneficial for prevention of inflammation and accumulation of fatty material in blood vessels (atherosclerosis) and clotting of blood (thrombosis).

Ideal Ratio of

$\omega - 6 : \omega - 3$

5 – 10 : 1





GOOD FATS

VS.

BAD FATS



GOOD FATS

- Oils rich in mono and poly unsaturated fats – mustard oil, sesame seed oil, groundnut oil, olive oil, coconut oil, Ghee, fish oil and nuts & oilseeds
- These boost the body's metabolism and provide energy and protection

BAD FATS

- Fats rich in saturated or trans fats are considered unhealthy in large quantities - most animal fats like butter, lard, tallow.
- Trans fats in processed foods and bakery items
- These pose a risk for atherosclerosis that results in narrowing of the blood vessels leading to heart diseases.

HEALTHY SOURCES OF FATS & OILS

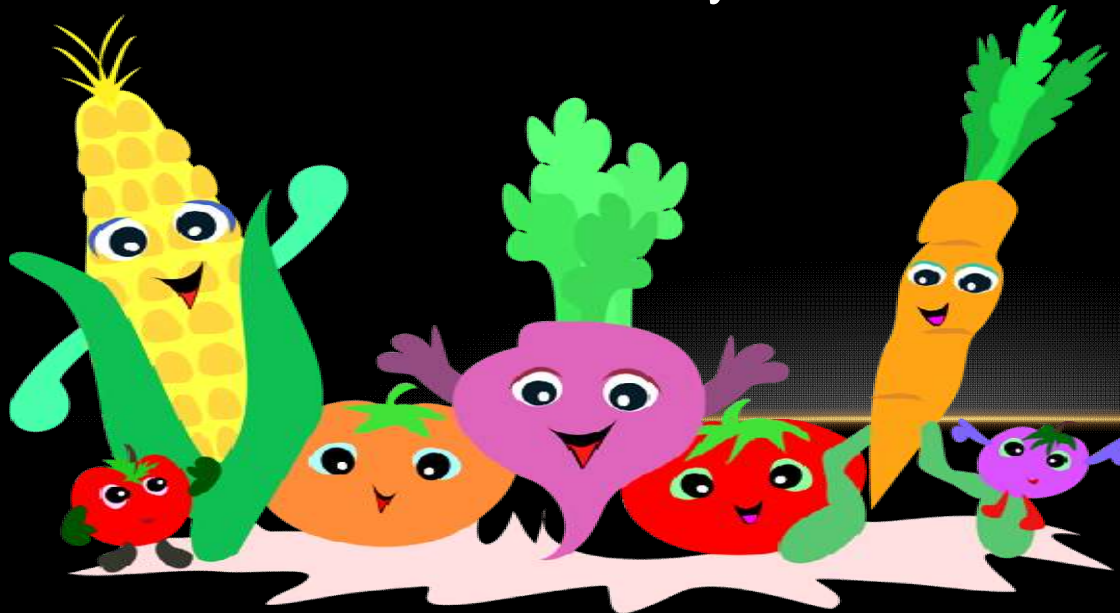


COCONUT OIL – AN AGE OLD HEALTHY TRADITION

- Coconut oil has been used in our traditional cooking since historical times and is presently consumed by over a billion people
- Besides being a healthy cooking medium, it has been a valuable component of cosmetic products, even used for medicinal purposes in Ayurveda.
- Due to its Lauric acid and capric acid content it is an instant source of energy and has shown to increase HDL levels on regular usage
- Some recent propaganda by poorly researched people tried to put down coconut oil as an unhealthy fat
- This was vehemently opposed by the Asian Pacific Coconut Community (APCC) that has evidence based research to back their claims that coconut oil is one of the healthiest cooking oils

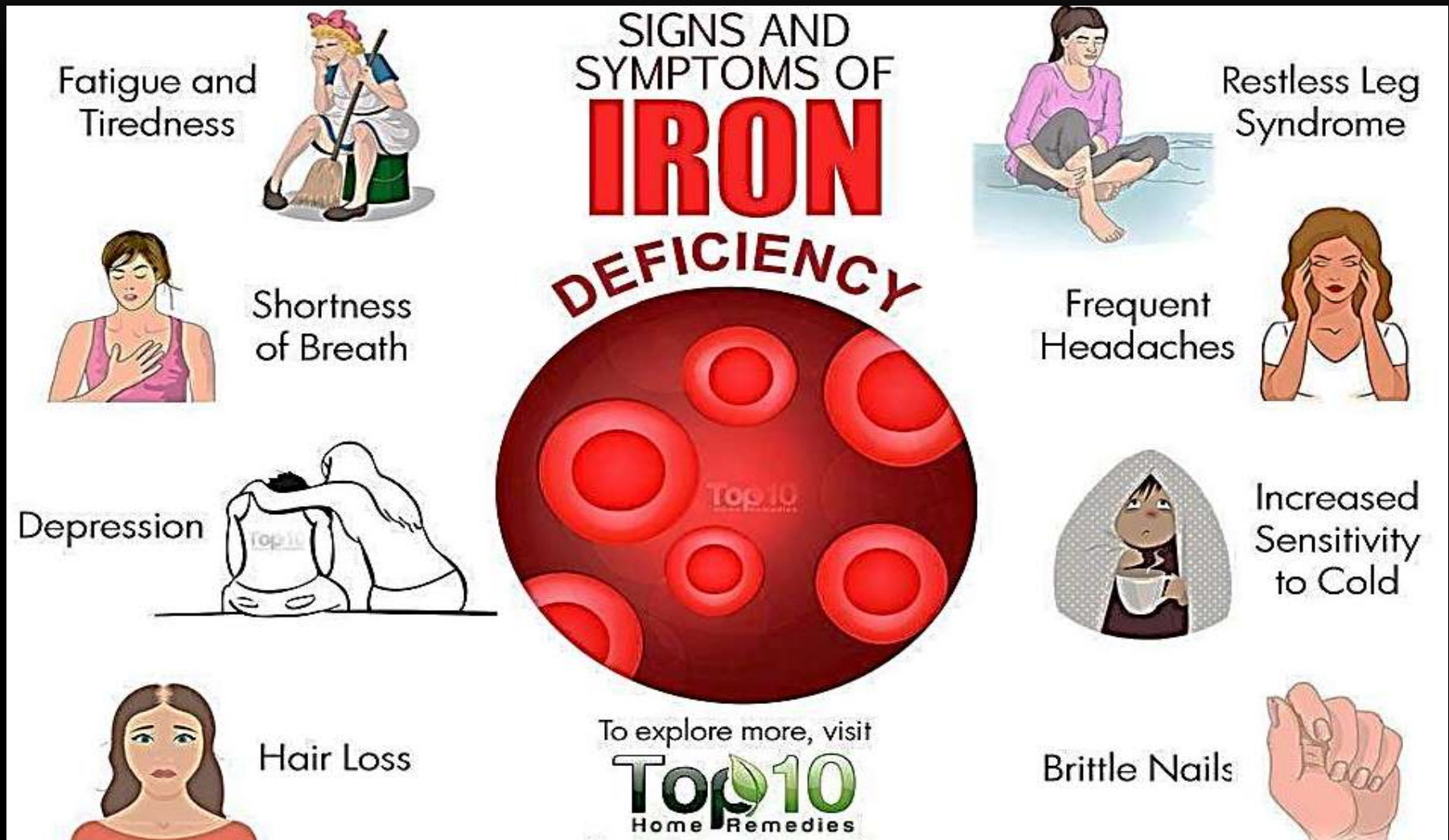
VITAMINS & MINERALS

- Major source of Vitamins & Minerals
- Help to maintain the body's immunity and fight infections
- Healthy bones & teeth – Calcium, Vit D & Phosphorus
- Eyes, skin & hair - Vitamin A
- Vitamin B – Skin, nerves, metabolism
- Vitamin C – Immunity, antioxidant & healthy gums



IRON

- Major mineral for Blood haemoglobin
- Anaemia is rampant, especially in women of child bearing age



IRON

Green leafy vegs, meat products - liver, jaggery, nuts & oil seeds, Rajma, dates and raisins, etc

Combine it with adequate proteins, Vitamin C rich foods and Vit B₁₂



WHAT DO WE CHOOSE TO SNACK ON?



Making Healthier Choices

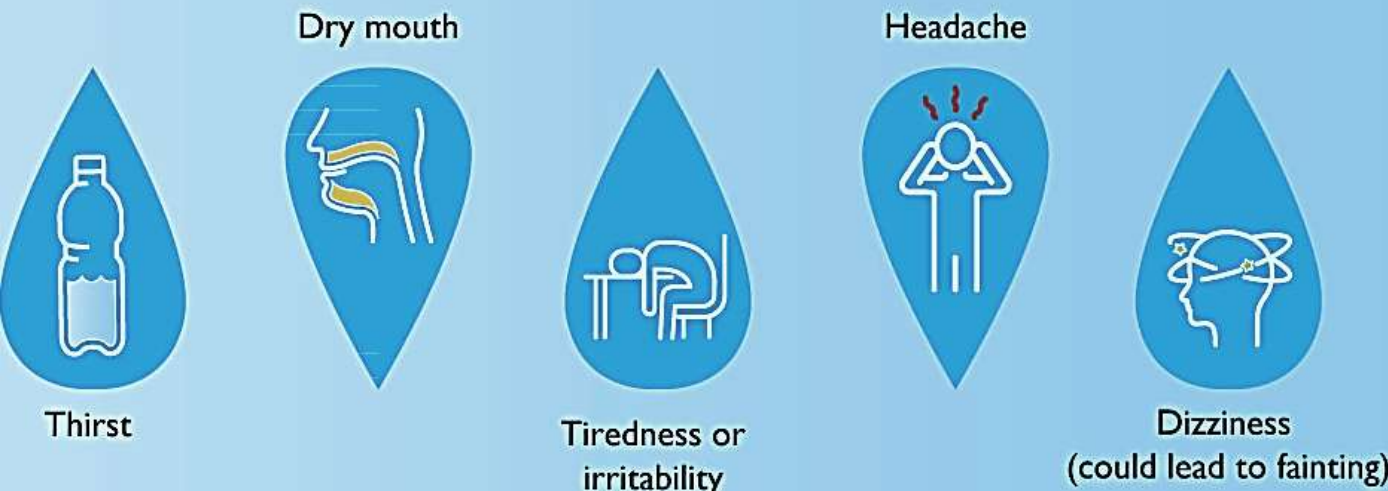


Other essentials for a better life

- Staying hydrated
- Regular Exercise
- Adequate sound sleep
- Managing stress effectively
- Being socially active



These are some tell-tale signs of dehydration:



Poor Sleep Patterns

Most common Night time Routine.....



Next day at College/ Office.....





- **Stay well hydrated**
- **Eat Fat, salt and sugar in moderation**
- **Choose your food & snacks consciously**
- **Replace bad fat with healthy fat**
- **Replace simple carbs with complex carbs**
- **Get adequate good quality sleep**
- **Invest in good health NOW
for a Healthy Life in the FUTURE**

Take that first step..... Towards a Healthier Future



ANY QUESTIONS??





**EAT GOOD
FOOD
AND
THANK YOU
FOR LISTENING!**