



Newtrition Trends

HALF YEARLY NEWS LETTER OF INDIAN DIETETIC ASSOCIATION, LUDHIANA CHAPTER

ISSUE- 2

FROM EDITOR'S DESK...

Mankind has been constantly struggling with numerous genetic and environmental factors in its journey of evolution. It's success in taming one challenge exposes it to numerous other challenges. One Such challenge is overweight, spreading all over the world irrespective of any regional differences and should be controlled before it turns morbid and causes damage to general as well as economic health. With increasing problem of overweight there has been immense growth in health centres offering weight loss through diet or diet and exercise or through surgical interventions. Irrespective of reasons for which weight loss is sought, there is a need to motivate general public about healthy ways to control weight. Dietitians, therefore, are expected to equip themselves to shoulder the responsibility of guiding others about life style modification. Compilation of inputs from dietitians working in this field is presented in this issue focusing on overweight. We expect it will help you in getting a bird's eye view of general strategies being followed successfully.

Dr. Jaspreet Kaur

(Asst. Professor, GCG, Ludhiana)

WHAT IS A DETOX DIET

Although detox is primarily thought of as a treatment for alcohol or drug dependence, the term is also used to refer to a program of diet, herbs and other methods of removing environmental and dietary toxins from the body. A detox diet is a short-term diet that minimizes the amount of chemicals ingested.

Why do People go on a Detox Diet?

A growing body of research suggests that many of the chemicals we ingest daily through food, water and air can become deposited in fat cells in our bodies. A diet that lacks certain nutrients may also impair our natural ability to detoxify chemicals, leading to illness and has been linked to hormonal imbalance, impaired immune function, nutritional deficiency and an inefficient metabolism.

Steps to Detox

When it comes to body cleansing, detox is about more than just diet. Toxins build up in our blood but also on our skin, in our hair and even on the clothes we wear. So to fully detox your body, you need to tackle the issue on all fronts. These steps can help.

Step 1: Detox your diet: Often we binge on fat and calorie laden processed foods which also contain preservatives and other chemicals like hormones and antibiotics in meats and pesticides in fruits and vegetables. Eliminating processed foods, caffeine and alcohol, among other substances and switching to organic whole foods and grain-fed meat and dairy is an important first step in detoxing your body.

Step 2: Sweat it out: It helps to purge your body of impurities.

Step 3: Revisit your suds: Majority of toiletries and cosmetics are typically full of chemicals and household toxins and these build up over time on skin, hair and nails. Organic products and homemade options can be useful options.

Step 4: Breathe : Deep breathing through meditation is a great

way to detox your body and mind.

Who Shouldn't Try a Detox Diet?

Anyone considering a detox diet should consult their medical doctor first. Pregnant or nursing women or children and people with health conditions such as liver or kidney disease shouldn't go on a detox .

Side Effects : On first few days of starting the detox diet, there can be excessive diarrhea which can lead to dehydration and electrolyte loss. Constipation may occur if people consume excess fiber without increasing their fluid intake. Other side effects can include tiredness, irritability, acne, weight loss and increased or decreased hunger sensation.

Benefits of Detox diet : The most noticeable benefits from detoxification are the physical ones. Detoxification will help in improved skin, provide anti ageing benefits, help with weight loss, change the life style, boost energy levels, rid the body of any excess waste, improve bowel movements, help in building stronger immune system and improve mental fitness.

Super foods for detoxification : Lemon, dark leafy Greens, Beets , Ginger and Garlic, Green Tea, Water and Broccoli are said to be some super foods which can show beneficial effect for detoxifying our body.

Foods to avoid while on Detox : People on detox diets are advised to avoid alcohol, caffeinated beverages, sweets, candies, chocolates and also overeating .

Harleen Kaur

(Weight Loss Consultant)



A symposium on IBD was organised at Hotel Lalit Chandigarh, in collaboration with Crohns Colitis Foundation India.



A workshop on Sports Nutrition was organised at Hotel A. Dr. Geetanjali Bhide, a renowned sports Nutritionist from Mumbai was the resource person.



First Bi-annual newsletter of Ludhiana Chapter being released by the LEC, Ludhiana IDA



A lecture on 'Make food safe to eat' being delivered as a part of Dietetics Day celebration.

NEW SUPER FOOD ON THE RACKS

Amaranth – the wonder grain !

Don't let amaranth's tiny size fool u ! It offers exceptional health benefits and is commonly known as **Rajgira (king seed) and Ramdana (seed sent by God)**

Considering its nutritional properties, it is not difficult to understand why Amaranth is called the "**third millennium grain**"! One of the most striking features of this Peruvian native, categorized as a pseudo cereal, is its exceptionally high protein content and quality. Unlike most conventional grains such as wheat, rice and corn which are low in lysine, amaranth contains a balanced set of essential amino acids, making it an unusually complete protein source among grains.

To obtain maximum benefits, it is best combined with nuts, seeds, pulses, legumes and vegetables. Using amaranth in combination with wheat, corn or brown rice results in a complete protein level as high as the value found in fish, red meat, or poultry! This bountiful seed is a good source of soluble fibre, calcium, iron, magnesium, zinc, flavonoids, vitamin A, C and several B vitamins. It contains about four times as much calcium as wheat and twice as much iron and magnesium. Amaranth is gluten-free and easy to digest and compares well in nutrient content with gluten-free vegetarian options such as buckwheat, corn, millet, wild rice, oats and quinoa.

The health benefits attributed to amaranth include decreasing plasma cholesterol levels , stimulating the immune system, reducing blood glucose levels and improving conditions of hypertension and anaemia. In addition, it has been reported to possess anti-allergic and anti-oxidant properties. Being a good source of magnesium, which helps relax blood vessels and prevents constriction and rebound dilation; it helps fight migraines.

Amaranth is consumed both as a vegetable and a grain. The leaves of the plant are frequently used around the world in various dishes and stir-fries. Commonly, the grain is popped before it is consumed which is often made into gruel called sattu or laddoos. Popped amaranth can be enjoyed on its own or served with milk or soymilk and fruit for a healthy breakfast. Also, the popped grain can be mixed with honey/ melted jaggery and even chocolate, to make iron and energy rich snacks. The grain can further be ground into flour and mixed with other types of flours to make everyday staples like chapatti. Amaranth can be easily added up to 10% to boost the nutritional quality of other grains and flours.

Thermal processing of amaranth, particularly in moist environment, prior to its preparation in food and human consumption is a promising way to reduce the adverse effects of amaranth's anti-nutritional and toxic factors.

How to cook Amaranth

Combine seeds with two and a half cups water in a pot and bring to a boil. Reduce heat, cover and simmer for up to 20 minutes, until grains are fluffy and water is absorbed. For a porridge-like consistency, use slightly more water (three cups for one cup of grain) and cook a little longer.

You can also "pop" amaranth like corn; simply preheat a pot or skillet over high heat (must be very hot) and add amaranth seeds one or two tablespoons at a time (adding too many seeds at once can cause them to burn). Continuously stir the seeds with a spoon as they pop and once mostly popped, quickly remove from the pan.

AMARANTH CUTLET

Ingredients:

75 gms Popped Amaranth/Ramdana
200 gms Potatoes (Boiled)
15 gms Peas (steamed / boiled)
15 gms Carrot (steamed / boiled)
50 gms Peanuts (coarsely ground)
1 Green Chilli (finely chopped)
Salt , Black pepper n garam masala to taste
Cooking Oil
1 Small bunch Coriander Leaves (finely chopped)



Directions:

- Mash the potato, carrot and peas and mix together
- Mix well, all the ingredients (except oil) until the dough is ready
- Shape the dough into desired shapes.
- Shallow fry the cutlets on medium heat until they are golden brown. A non stick pan can help reduce the amount of oil used. Serve hot with chutney or sauce

Amaranth (uncooked)

Nutritional value per 100 g

Energy	371 Kcal	Vitamin B9 (Folate)	82 µg
Carbohydrates	65 g	Calcium	159 mg
Dietary Fibre	7 g	Iron	7.6 mg
Fat	7 g	Magnesium	248 mg
Protein	14g	Manganese	3.4 mg
Vitamin B1(Thiamine)	0.1mg	Phosphorus	557 mg
Vitamin B2(Riboflavin)	0.2mg	Potassium	508 mg
Vitamin B3 (Niacin)	0.9 g	Zinc	2.9 mg
Vitamin B5 (Pantothenic Acid)	1.5 mg	Water	11 g
Vitamin B6	0.6 mg		

Ritu Sudhakar RD

(Chief Dietitian, DMC&H, Ludhiana)

TIPS TO STAY MOTIVATED DURING WEIGHT LOSS

People get frustrated very often and get discouraged while shedding extra weight due to many factors. Constant motivation therefore is an integral part of weight loss regimen. There are few tips which are dietitian can pass over to her patient / client:

- **Don't just measure success by kilos:** Measure it by sizes lost, confidence felt, strength gained etc.
- **Don't expect miracles in days:** Enjoy the journey of weight loss!! See it as a game.
- **Go through the closet and sell or donate the clothes that are too big for you:** It will encourage you to keep going and you will get to buy new clothes.
- **Do this for you and only you:** You have to be 100% committed and confident in yourself to succeed.
- **Experiment with healthy recipes:** It will be great fun!
- **Don't deprive yourself:** Occasional treats keep you sane and motivate you to work harder.
- **Take lots of progress pictures frequently:** You will be so glad that you did when you reach your goal weight and can use them to motivate others.
- **Change how you see rewards:** Don't reward yourself with food; Choose things and experiences.

Rupali Mahajan

(Weight Loss Consultant)

MEET OUR PIONEERS

Dr. (Mrs) S. K. Mann



Dr. (Mrs) Sukhwant Kaur Mann (born on 15th April, 1944) former Professor of Food and Nutrition cum Dean, College of Home Science, Punjab Agricultural University, Ludhiana, has an impressive and inspirational educational and professional journey. She acquired her masters degree in Biochemistry (Hons.) in year 1967 and Ph. D in Foods and Nutrition from Punjab Agricultural University in 1981. She has a vast experience of 36 years in the field of administration, teaching, research and extension work during her service.

She has 29 years of experience of teaching undergraduate and postgraduate students. She has been a major guide of 28 Masters and Ph.D students and has handled 8 teaching /research projects. She has 72 Research publications, 90 extension publications, 44 radio talks, 7 chapters in books and 10 Manuals / Bulletins to her credit. 64 papers of hers were presented /accepted for presentation. She is currently an online Referee for Food and Nutrition Bulletin, Ecology of Food and Nutrition Journal and Journal of Food Science and Technology. She is a role model and a source of inspiration for all of us.

Dr. Bansi Lal Kwatra



Born on 4th November 1940, Prof. Bansi Lal Kwatra acquired his graduation degree (B.Sc. Agriculture) followed by Masters degree in Biochemistry. He pursued his PhD in the same field. He started his career as a Research assistant in Biochemistry and was later appointed as an Assistant Professor in the College of Home Science, PAU, Ludhiana. He eventually progressed as an Associate Professor and retired as a Professor in November 2000. He acted as a Major advisor of 31 Masters and 7 PhD students of foods and nutrition during his service. He has more than 70 research papers on different aspects of nutrition published in national and international journals. He is an epitome of knowledge; inspiring younger generations.

SOME HEALTHY EATING HABITS THAT COULD HELP YOU TO LOSE WEIGHT

A common mistake that people make is to believe that starving will help in losing weight. The fall in this regime is that the person's metabolic efficiency drops and the body "switches to conservation mode" and starts conserving calories.

You can eat all you want : You can actually eat all you want to but you need to have the power to digest it. You can keep your system active through a disciplined lifestyle, regular exercise and optimistic attitude

Now is the best time to start : You have to change what and when you eat. 5 Steps towards adopting a healthier lifestyle are :

- 1. Wake up closer to sunrise :** Wake up little before sunrise so that you can witness the peace that every dawn brings. Getting up earlier gives us much needed time to work out and exercise.
- 2. Eat within 10 minutes of waking up :** If eating first meal within 10 minutes of waking up sounds like a big deal, eat within the first 30 minutes of waking up but please do not eat in bed. Get up, walk around a bit, and then go for your food.
- 3. Within an hour of first meal, eat a nice, home cooked breakfast :** A hot breakfast is the perfect second meal as it is freshly prepared and full of nutrients. Eating early improves metabolic rate, arrests ageing, and reduces hunger pangs in the day.

4. Eat every 2 hours after second meal : If you have long working hours and you cannot possibly carry stuff to eat frequently, do not worry, keep some light and nutritious food in your office drawer that can be easily stacked.

5. Eat your dinner within 2 hours of sunset : If the sun has set at 6 pm, eat dinner latest by 8 pm.

The only way to lose weight is to limit your calories and become physically active. Eat smaller amounts of food, but eat regularly.

Feeling thirsty? With all the choices available in the market, we end up consuming lots of fizzy drinks, which in turn kills our appetite.

Fizzy drinks of any brand cause excessive bloating, palpitations, inability to concentrate and can lead to reverse hypoglycemia. Here are a few suggestions:

1. Always keep water on your bedside and on your work station.
2. Choose packaged or fresh coconut water, Fresh lemon water (lime drink), fruit juices or herbal drinks.
3. If you need to have coffee or tea, restrict the amount you drink in a day to not more than 2-3 cups.

Nidhi Dang

(Dietician, Mediways Hospital)

Our Achiever !!

We congratulate
AMANDEEP NIZZER
for having cleared her Registered
Dietician Exam this year !!



UPCOMING EVENTS

1. 8th Apollo International Clinical Nutrition Update 13-14 August 2016 at Colombo, Sri Lanka. (www.clinicalnutritionupdate.in)
2. CIMS Hospital Management Conference 23-24th July 2016 at Mumbai. (www.hmcindia.in)
3. 49th Annual National Conference of the Indian Dietetic Association 23-25th Sept 2016 at Mumbai. (www.idaindia.com)
4. 48th Annual National Conference of Nutrition society of India dates yet to be announced. (www.nutritionsocietyindia.org)

HOW STRESS BECOMES PHYSICAL

Modern day stress may be more psychological than physiological. Many of us face chronic stress as a way of life which means we have consistently elevated level of cortisol. As a result the body thinks it continuously needs extra fuel and typically stores the fat around abdomen. Belly fat acts as an active tissue as an endocrine organ that responds to stress by actually welcoming more fat to be deposited, which is why many with anxiety have weight management issues. Stress and anxiety are commonly associated with weight gain and during times of anxiety the body releases heavy amount of cortisol which is a hormone that causes weight gain.

Anxiety also further causes inactivity as people lose interest in many of their activities which can also lead to weight gain. So it's an ongoing cycle until we take steps to correct it. Take steps to lose weight and make sure you do it safely. If you are losing weight without a healthy diet or exercise, then you are putting your body through a great deal of stress.

Remember that even losing what seems like a small amount of weight and maintaining this for life can significantly reduce risk of weight / obesity related complications. Tailor your needs/behavior to address your individual concern regarding life style modification.

Few tips :


- Think about planning a healthy diet as a number of small manageable steps rather than one big drastic change.
- Instead of being over concerned with counting calories , think of your diet in terms of colour/variety and freshness.
- Focus on how you feel after eating, will help u focus on healthy new habits and tastes.
- Think of water and exercise as food groups in diet.
- We all need balance of nutrients to sustain a healthy body i.e. healthy eating is to develop a diet to be maintained for life not for weeks /months.
- Try not to think of certain foods as off limits instead remember – moderation is the key.
- Take your time to eat. Stop eating before you feel full.
- Fill yourself up with whole grains fruits/veggies/nuts etc to pack your body with balance of macro and micro nutrients including fibre and anti-oxidants and don't forget to cut down little on sugar and salt.

P.S. Remember, healthy eating leads to healthy hormonal functioning. So the better you eat, the better your anxiety will be.

Following are some foods that can help to overcome anxiety and bring a calm state : Fresh fruits, Tryptophan rich food, Magnesium rich food, Nuts and Chamomile tea.

Dr. Gurleen Kaur

(Weight Management Consultant)

Please like  :

INDIAN DIETETIC ASSOCIATION LUDHIANA CHAPTER

Contributions are invited for the next issue of the newsletter which will focus on understanding Diabetes and on Role of Nutrition Intervention in the management of Diabetes.

DISCLAIMER

The data, opinion and statements published here in are the sole responsibility of authors concerned.

CALORIE CUTTING MOCKTAILS

(Suggested serving - a glass before mealtime)

Mostly people do not get enough time to eat fresh fruits & raw vegetables but we can certainly find little time to drink a single serving of nutritionally rich glass of Juice. These juices and drinks are an important addition to our busy lifestyle.

CARROT TONIC

Ingredients : Carrots 1kg, Mint 40gm, Ginger 12gm, Lemon 12ml, Pineapple 50gm, Beet Root 80gm

Method :

- Grind all the vegetables and fruits. Extract the juice and sieve it through muslin cloth.
- Add salt & sugar according to taste and Lemon extract before serving.

Health benefits: Carrot juice is like a tonic and increases immunity; Pineapple contains anti-inflammatory enzyme Bromelain.

JAMUN SQUASH

Ingredients : Jamun pulp 1kg, Salt 10gm, Water 500ml, Citric acid 2gm

Method :

- Boil pulp and water and filter it through muslin cloth
- Add salt, citric acid and mix thoroughly. Heat till it starts boiling.
- Fill into sterilized glass bottles and seal.

Health benefits:

- Jamun fruit is a good source of vitamin C and E. It also contains ellagic acid that protects against cancer and chronic diseases.
- It can be used to prevent diabetes. 150ml of Juice and 5drops of lemon if mixed, is good in quenching thirst of diabetic patients.
- It also helps in improving metabolism and has fat burning abilities.

YOGURT SHAKE

Ingredients : Fresh Yogurt (Dahi) 100gm, Salt 2gm, White pepper 2gm, Water 50ml, Tomato 1, Kheera (cucumber) 50gm, Mint leaves 15-16

Method :

- Chop all the above vegetables and grind
- Finally blend in the yogurt and other remaining ingredients

Health benefits : Yogurt is rich in calcium. Several studies show that high calcium intake decreases the body fat.

Dt. Sumeet Sidhu,

(GTB Hospital, Ludhiana)

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