1. **What diet is recommended for diabetic patient?**

* If you have diabetes, you should focus on eating lean protein, high-fiber, less processed carbs, fruits, and vegetables, low-fat dairy, and healthy vegetable-based fats such as avocado, nuts, canola oil, or olive oil. You should also manage your carbohydrate intake.

1. **Which kind of food contains more protien??**

* Black beans
* Lima beans
* Corn
* Chicken
* Fish
* Potatoes
* Brocolli
* Eggs

1. **Which food gives vitamin C??**

- citrus fruit, such as oranges and orange juice.

- peppers.

- strawberries.

- blackcurrants.

- broccoli.

- brussels sprouts.

- potatoes.

1. **How much protein does eggs have ??**

* 8gm of protein per egg

1. **Which food contains more fat ??**

* Commercially-baked pastries, cookies, doughnuts, muffins, cakes, pizza dough.
* Packaged snack foods (crackers, microwave popcorn, chips)
* Stick margarine, vegetable shortening.
* Fried foods (French fries, fried chicken, chicken nuggets, breaded fish)

1. **Apple is rich in what vitamin ??**

* Apples contain a high amount of **vitamin C**. This is a powerful natural antioxidant that can help boost your body's resistance to both infectious agents and damage caused by free radicals.

1. **What is daily intake of protein ??**

* The DRI (Dietary Reference Intake) is 0.36 grams of protein per pound (0.8 grams per kg) of body weight. This amounts to: 56 grams per day for the average sedentary man. 46 grams per day for the average sedentary woman.

1. **How much calories does an average person needs?**

* Calorie needs for adult women range from 1,600 to 2,400 per day. For men, the estimates range from 2,000 to 3,000 per day. Aim for the low end of the range if you are mostly sedentary (little to no activity).

1. **Which food is best in maintaining mental health ???**

* To boost your mental health, focus on eating plenty of fruits and vegetables along with foods rich in omega-3 fatty acids, such as salmon. Dark green leafy vegetables in particular are brain protective. Nuts, seeds and legumes, such as beans and lentils, are also excellent brain foods.

1. **Which food contains fiber???**

* Wholegrain breakfast cereals, wholewheat pasta, wholegrain bread and oats, barley and rye.
* Fruit such as berries, pears, melon and oranges.
* Vegetables such as broccoli, carrots and sweetcorn.
* Peas, beans and pulses.
* Nuts and seeds.
* Potatoes with skin.

1. **How much litre water does an body need per day ?**

* The U.S. National Academies of Sciences, Engineering, and Medicine determined that an adequate daily fluid intake is: About 15.5 cups (3.7 liters) of fluids a day for men. About 11.5 cups (2.7 liters) of fluids a day for women

1. **Tips to lose weight?**

* Drink Water, Especially Before Meals.
* Eat Eggs For Breakfast.
* Drink Coffee (Preferably Black)
* Drink Green Tea.
* Try Intermittent Fasting.
* Take a Glucomannan Supplement.
* Cut Back on Added Sugar.
* Eat Less Refined Carbs.

1. **What food should be taken to maintain glowing skin?**

* Fatty fish. Fatty fish, such as salmon, mackerel, and herring, are excellent foods for healthy skin.
* Avocados. Avocados are high in healthy fats.
* Walnuts.
* Sunflower seeds.
* Sweet potatoes.
* Red or yellow bell peppers.
* Broccoli.
* Tomatoes.

1. **What does rice contain of?**

* Rice is a source of protein and contains various vitamins, such as thiamin and niacin, and minerals, such as zinc and phosphorus.

1. **What should I eat to be healthy?**

* Using Harvard's Healthy Eating Plate as a guide, we recommend eating mostly vegetables, fruit, and whole grains, healthy fats, and healthy proteins. We suggest drinking water instead of sugary beverages, and we also address common dietary concerns such as salt and sodium, vitamins, and alcohol.

1. **Which breakfast is best for weight loss?**

* Eggs. Rich in protein and a wealth of important vitamins and minerals, such as selenium and riboflavin, eggs are a true powerhouse of nutrition
* Wheat Germ.
* Bananas.
* Yogurt.
* Smoothies.
* Berries.
* Grapefruits.
* Coffee.

1. **How to gain weight?**

* Don't drink water before meals. This can fill your stomach and make it harder to get in enough calories.
* Eat more often.
* Drink milk.
* Try weight gainer shakes.
* Use bigger plates.
* Add cream to your coffee.
* Take creatine.
* Get quality sleep.

1. **What types of food should I avoid so that cholestrol Level does not increase in my body?**

* fatty beef.
* lamb.
* pork.
* poultry with skin.
* lard and shortening.
* dairy products made from whole or reduced-fat milk.
* saturated vegetable oils, such as coconut oil, palm oil, and palm kernel oil.

1. **Which sources are rich in Vitamin D?**

* Spend time in sunlight. Vitamin D is often referred to as “the sunshine vitamin” because the sun is one of the best sources of this nutrient. ...
* Consume fatty fish and seafood. ...
* Eat more mushrooms. ...
* Include egg yolks in your diet. ...
* Eat fortified foods. ...
* Take a supplement. ...
* Try a UV lamp.

1. **What are the benefits of eating broccoli?**

* Broccoli is a good source of fibre and protein, and contains iron, potassium, calcium, selenium and magnesium as well as the vitamins A, C, E, K and a good array of B vitamins including folic acid.

1. **What do you mean by a balanced diet?**

* A balanced diet is a diet that contains differing kinds of foods in certain quantities and proportions so that the requirement for calories, proteins, minerals, vitamins and alternative nutrients is adequate and a small provision is reserved for additional nutrients to endure the short length of leanness.

1. **How many steps one needs to walk daily?**

* The average man walks 3,000 to 4,000 steps a day, or roughly 1.5 to 2 miles. It's a good idea to find out how many steps a day you walk now, as your own baseline. Then you can work up toward the goal of 10,000 steps by aiming to add 1,000 extra steps a day every two weeks.

1. **What amount of proteins,Carbohydrates should one have daily?**

* The Dietary Guidelines for Americans recommend that an adult's total daily calories come from the following: 45–65 percent carbohydrates. 10–30 percent protein. 20–35 percent fat.

1. **Suggest me recipes for different types of salad.**

**Panzanella Recipe**

**Panzanella Recipe**: Panzenella is a Tuscan bread salad, ideal for summer which does not follow a particular recipe. The two ingredients that do not change are tomatoes and bread. This salad is great with a chilled glass of Prosecco and lots of sunshine.

**Ingredients Of Panzanella**

* 1 Kg fresh juicy tomatoes, large
* 1 medium cucumber
* 100 gms small mild olives
* 1 medium onion, sliced
* 100 gms sun dried tomatoes and their oil
* Handful of oregano, chopped
* Handful of parsley, chopped
* 2 garlic cloves, finely chopped
* 2 tbsp good balsamic vinegar
* A pinch of sugar
* Salt and pepper
* 1 loaf Italian cibatta or French baguette (torn into pieces)

**How to Make Panzanella**

* 1.Chop the tomatoes and cucumber roughly into 1 cm cubes, and place in a large bowl.
* 2.Stir in all the remaining ingredients except the bread, and taste for seasoning.
* 3.Add some lemon juice if you want a more tart salad.
* 4.Put the salad in the fridge and leave, covered, overnight until you are ready to eat. The flavor will melt into something magical.
* 5.Immediately before serving, tear the bread into small pieces and stir into the salad.

**WATERMELON SALAD**

The perfect summer salad of melon, olives and feta cheese with toasted pumpkin seeds.

**Ingredients Of Watermelon, Olive And Feta Salad**

* 250 Gram Watermelon planks
* 1 tsp Light soy sauce
* 1 stalk Spring onions
* 6-7 Black olives
* 50 Gram Feta cheese
* To taste Black salt
* 1 tsp Parsley, chopped
* 3-4 Cherry tomatoes
* 2 tsp Pumpkin seeds
* 1/2 tsp Chaat masala
* 2 tsp Olive oil
* 1/3 tsp Oregano leaves
* A pinch of Lemon zest
* 1 tsp Lemon juice
* 1 tsp Sugar

**How to Make Watermelon, Olive and Feta Salad**

* 1.Peel and cut water melon into rectangular planks or chunks if you like. Season with soy sauce and black salt.
* 2.Slice the spring onions thin. Chop the olives. Crumble the feta cheese.
* 3.Cut the cherry tomatoes into half.
* 4.Toast the pumpkin seeds, sprinkle the chaat masala with sugar.
* 5.Prepare a dressing by whisk together the olive oil, oregano, lemon juice and zest, in a mixing bowl, olives, the spring onions, cherry tomatoes, feta, with the dressing. Season to taste.
* 6.Place the plank of watermelon on the plate and mount the salad high on the plank. Sprinkle the pumpkin seeds and drizzle the rest of the dressing.

## Should I Go Gluten-Free?

* Only if you have celiac disease, when gluten (a protein in grains) damages your small intestine.

## Is a Daily Glass of Wine Healthy?

* Not for everyone. Small amounts of alcohol may stave off heart disease, and lower the odds of stroke and diabetes, too. But heavy drinking ups your chances for liver and heart damage, plus breast, colon, and other cancers. If you don’t drink, don’t start. If you do, limit yourself to one drink a day if you’re a woman, or two if you’re a man.

## Are Short Workouts Worth It?

## Yes. Longer is better, but you can get by with quick bouts of activity when that’s all you have time for. The CDC suggests 150 minutes of moderate-intensity aerobic activity each week (like walking or biking at a medium-fast pace), plus two sessions of muscle-strengthening exercise

## Is Tap Water Safe to Drink?

## Yes. The U.S. has some of the safest drinking water in the world. Unless your water comes from a small community system or private well, the Environmental Protection Agency (EPA) checks it closely for bacteria and harmful chemicals like lead.

## Is Microwaved Food Unsafe?

Reheat those leftovers. Microwaves don’t make food “radioactive.” All your microwave does is make the water molecules in food move, which creates friction that heats it up. Microwaves do create a small magnetic field but a lot of work goes into making sure there’s not enough to cause problems. Just don’t use one with a damaged door.

1. **Do Cell Phones Cause Brain Cancer?**

* It’s unlikely. Most research -- including a study of more than 420,000 people over 20 years -- says there’s no connection between brain tumors and cell phone use.  A more recent study, though, found a link between a specific type of brain tumor called a glioma and heavy cell phone use. If you’re worried, wear a headset, use the speaker, and limit your phone time.

1. **How long am I contagious when I have the flu or a cold?**  
   - As long as you have symptoms. Your ability to spread these viruses remains until the last sniffle, says Bill Schaffner, MD, a physician and infectious disease expert at Vanderbilt Medical Center in Nashville. And you're contagious 24 hours before you first show symptoms.
2. **When should I see a doctor about a backache or backpain?**

* see a physician immediately if the back pain keeps you from sleeping; you also have numbness in your leg, foot, groin, or rectal area; you also have fever, chills, nausea, vomiting, stomachache, weakness, or sweating; you've also lost control of urination or bowel movements; you've been in a car crash or other accident; you have a history of cancer. Otherwise, try over-the-counter pain relievers, alternating heating pads with ice packs, and a day or two of rest followed by gentle exercise for two to three weeks before making an appointment.

1. **Best Chicken Recipe?**

## Ingredients

* **For Marination:**
* 500 gms chicken
* 2 tsp ginger garlic Paste
* 3 tsp curd
* 1 tsp lemon Juice
* 1 tsp vinegar
* 1 tsp coriander powder
* 1 tsp cumin powder
* 1 tsp red chilli powder
* 1 tsp salt
* 2 tsp onion, chopped
* **For Gravy:**
* 2 tsp butter
* 1 tsp red chilli powder
* 1 tsp coriander powder
* 1 tsp cumin powder, chopped
* 1 tsp ginger
* 1/2 cup water
* 1 tsp salt
* 1 Green chilli
* 6 Tomatoes
* 1/2 tsp sugar
* 3 tsp butter
* 3 tsp cream
* **For marination:**
* 1.Take chicken in big bowl.
* 2.Add ginger-garlic paste, curd, lemon juice, vinegar, coriander powder, cumin powder, red chilli powder, salt and chopped onion to the chicken.
* 3.Mix all the ingredients thoroughly.
* 4.Keep aside for marination for 2 hours.
* **For gravy:**
* 1.Take butter in a hot pan, add red chilli powder to it.
* 2.Saute them in a pan.
* 3.Add coriander powder, cumin powder and chopped ginger to it.
* 4.Saute them well.
* 5.Add water to the pan and mix well.
* 6.Add salt, green chilli, tomato and sugar. Mix well.
* 7.Take butter in another hot pan and spread it all along the sides of the pan.
* 8.Add the marinated chicken into the pan.
* 9.Saute the chicken with the butter.
* 10.Cover the pan to let the chicken cook.
* 11.Remove the lid and check if the chicken has turned golden brown and the butter has subsided.
* 12.Add the cooked tomato gravy to the chicken and mix well.
* 13.Cover the pan again and let it cook for a while.
* 14.Now remove the lid and add cream to the gravy.
* 15.Mix them well.
* 16.Serve hot, topped with butter, coriander leaves and green chillies.

**34) Do I need vitamin supplements?**

* Most people do not need to take vitamin supplements and can get all the vitamins and minerals they need by eating [a healthy, balanced diet](https://www.nhs.uk/live-well/eat-well/).
* Vitamins and minerals, such as [iron](https://www.nhs.uk/conditions/vitamins-and-minerals/iron/), [calcium](https://www.nhs.uk/conditions/vitamins-and-minerals/calcium/) and [vitamin C](https://www.nhs.uk/conditions/vitamins-and-minerals/vitamin-c/), are essential nutrients that your body needs in small amounts to work properly.

# Why do heart attacks always cause chest pain?

# Heart attacks do not always cause chest pain. This is a dangerous misconception. While chest pain often does accompany a heart attack, sometimes it does not and the symptoms are less severe.