

Together they provide all the necessary elements for health. Combination of foods like pulses with grains (khichdi is good), and lemon with vegetables improves quality of food. Lemon, guava and Amla increase iron absorption and help make our blood healthy red. Fermentation and sprouting increase vitamins in the food.

### **Avoid junk foods**

Many people like junk foods like cold-drinks, pastries, chocolates, and overfried food items. These are available in many villages and roadside shops now. Hats and fairs also offer such foods. Children and young people take to such fancies. Are they really good?

No, nutritionally they are not good : these are also unnecessary. They may have harmful preservatives in them. The costs are high in comparison to our usual foods e.g. Sattu made at home. So we have a double loss.

### **What do you think about this?**

- Pregnant women, breast-feeding mothers, growing children and adolescents have special nutritional needs. Do we give them less?
- Cleanliness in food handling and storage is as important.
- Whether a person eats vegetarian or non-vegetarian food, balance in eating all elements is necessary.
- Food fads and taboos can lead to poor health. What are common food fads?
- Gur –chana, palak, Soya, idli-sambar, sattu are healthy foods.

### **A healthy person has healthy weight**

Our body weight is due to our bones, flesh and blood.

A growing child gains weight regularly. Generally a child triples its birth weight at the age of one year. Adult maintains body weight. Weight reduces in old age.

Underweight is because of under-eating. Majority of village women and young girls have low weight. Poor diet leads to poor growth in children. Several children in our society are malnourished.

Over-eating leads to storage of fat in the body. Fat people can get certain illnesses—high BP, heart attacks, diabetes, joint pains etc.