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## *Guideline 5:*

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### **Your Guide to Fats & Salt Balance**

#### **Smart Fats for a Healthy Heart**

##### ◊ **Understanding Fat Types**

- Choose oils like mustard, groundnut, sesame, and sunflower in rotation to balance omega-3 and omega-6 intake.
- Include almonds, walnuts, flaxseeds, and chia seeds for essential fatty acids and antioxidants.
- Avoid vanaspati, margarine, and deep-fried snacks high in trans fats.
- Use minimal oil—prefer sautéing over deep frying.

##### ◊ **Practical Tips for Fat Management**

- Rotate oils weekly to diversify nutrient intake.
- Use measuring spoons to control oil quantity.
- Highlight “good fats” with visual toggles in your layout.

Foods	Limiting essential amino acids	Compliment with other foods to obtain the limiting AA
Grains (cereals, millets)	Lysine, Threonine, Tryptophan	Pulses, chickpea & beans which are rich in lysine, threonine and tryptophan
Pulses	Methionine	Cereals, millets, nuts and seeds which are rich in methionine
Nuts/seeds	Lysine	Pulses, chickpea, beans (kidney beans, cowpeas)

Limiting Amino acids in plant food

#### **Salt—Less is More**

##### ◊ **Hidden Salt in Everyday Foods**

- Keep salt intake under 5g/day (about 1 tsp), including hidden salt in processed foods.
- Watch out for pickles, papads, sauces, chips, and ready-to-eat meals.

- Learn to spot “sodium,” “monosodium glutamate,” and “baking soda” on labels.

#### ❖ Flavor Without Salt

- Use lemon juice, tamarind, herbs, and spices to enhance taste.
- Add salt at the end of cooking to use less.
- Create a “Salt Swap” game to teach alternatives interactively.



## Cooking with Care

#### ❖ Low-Fat, Low-Salt Cooking Techniques

- Steam, grill, bake, or sauté instead of frying.
- Add salt at the end of cooking to preserve flavor and reduce quantity.
- Use garlic, ginger, curry leaves, and vinegar for depth without sodium.

#### ❖ Home-Cooked Advantage

- Homemade meals allow better control over fat and salt.
- Encourage weekly planning to reduce reliance on takeout.
- Flip cards to show “before and after” cooking swaps.

## Why It Matters

#### ❖ Health Risks of Excess Salt and Fat

- Excess salt and unhealthy fats raise blood pressure and cholesterol.
- Fats are vital for brain development and hormone regulation.
- Childhood habits shape lifelong health—limit junk food exposure early.

#### ❖ Long-Term Benefits of Dietary Balance

- Reduces risk of stroke, obesity, diabetes, and metabolic syndrome.

- Supports cognitive function and emotional well-being.
- Use animated visuals to show health improvements over time.

## Daily Checklist & Tracker

### ◊ Quick Reference Table

Action	Goal	Tip
<i>Salt intake</i>	<5g/day	Use measuring spoons
<i>Healthy fats</i>	2 servings/day	Rotate oils weekly
<i>Cooking method</i>	Low-fat	Grill or steam 3x/week
<i>Label reading</i>	1 item/day	Spot hidden sodium
<i>Snack control</i>	1/week	Replace with fruit or nuts

### ◊ Interactive Tracking Ideas

- Link to a downloadable tracker or progress badge system.
- Add a checklist popup that updates with user input.
- Embed this section as a collapsible card for mobile users.