

Train the Trainers

Module 1 – Teachers

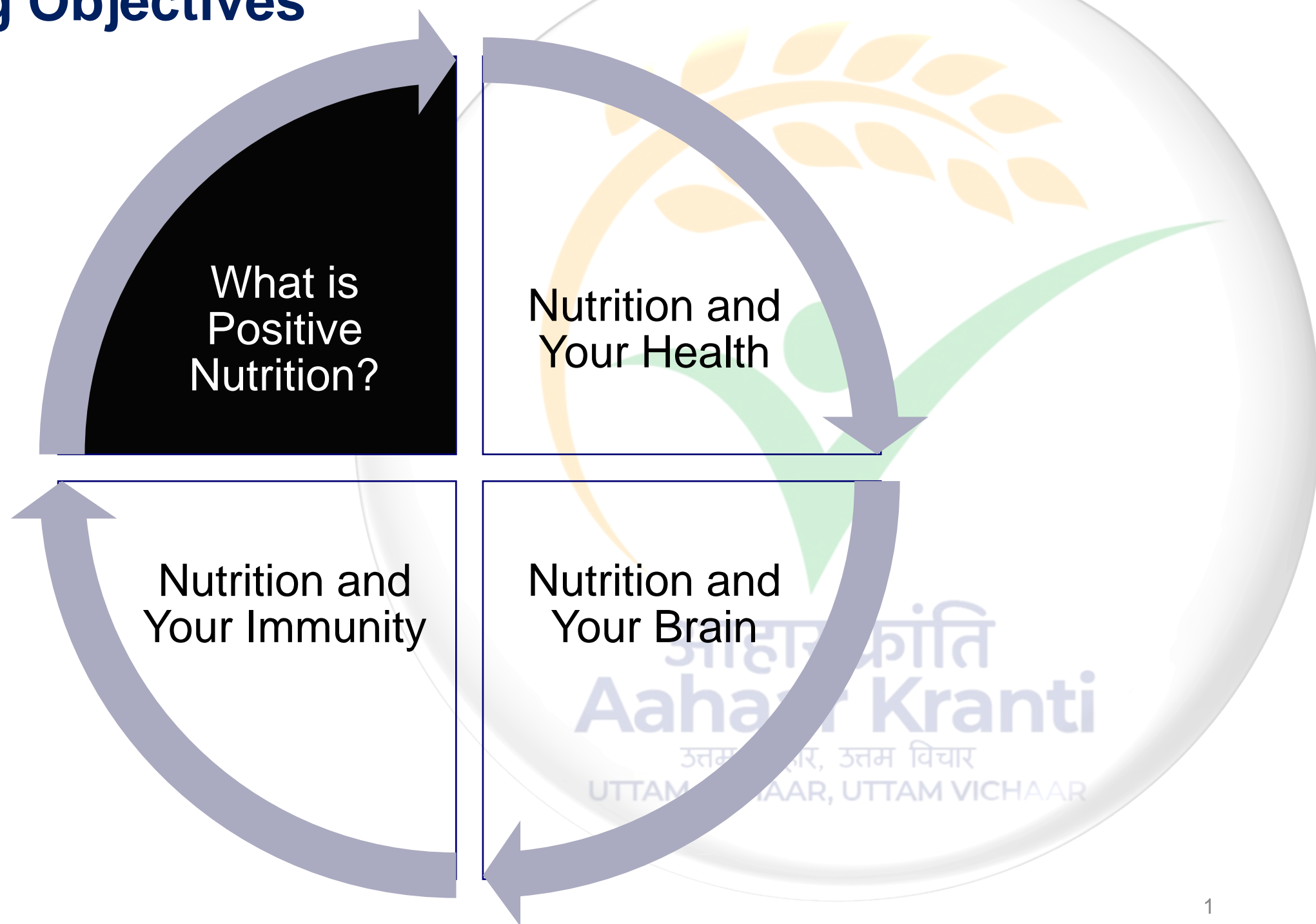


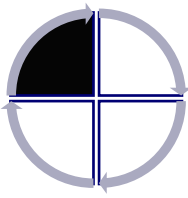
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<https://github.com/gist-git/ak-documents/blob/main/modules/module1/Aahaar%20Kranti%20Module%201%20Teachers.pdf>

Learning Objectives



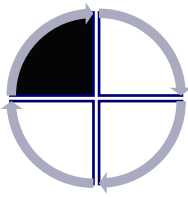


What Is Positive Nutrition?



Positive Nutrition fulfills all nutritional requirements of a body
– Nothing less, nothing more

- Nutrition is the single most important factor that we could control for our health and wellbeing.
- Healthy nutrition is more important than medicines that any doctor could prescribe.
- Nutrition alone could be used to alter or reverse diseases including even chronic ones.



Seven Steps To Your Health, Starting Today!

- 1 Eat a mindful, balanced diet.



- 2 Eat a rainbow of fruits and veg.



- 3 Avoid processed/preserved foods.



- 4 Eat before extreme hunger and cravings.



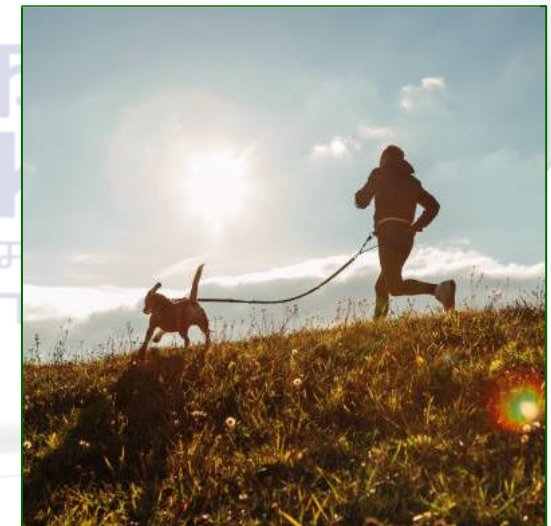
- 5 Drink enough water every day.



- 6 Get enough sleep and reduce stress.



- 7 Exercise regularly and stay active.



A Nutritious Diet Must Include All Food Groups

Macronutrients



CARBOHYDRATES (including Fiber)

Provide energy to the body



FATS

Help development of the Nervous System



PROTEINS

Help growth and build a healthy body

Micronutrients



VITAMINS and MINERALS

Help cell function, growth, immunity & overall development

Spices



SPICES

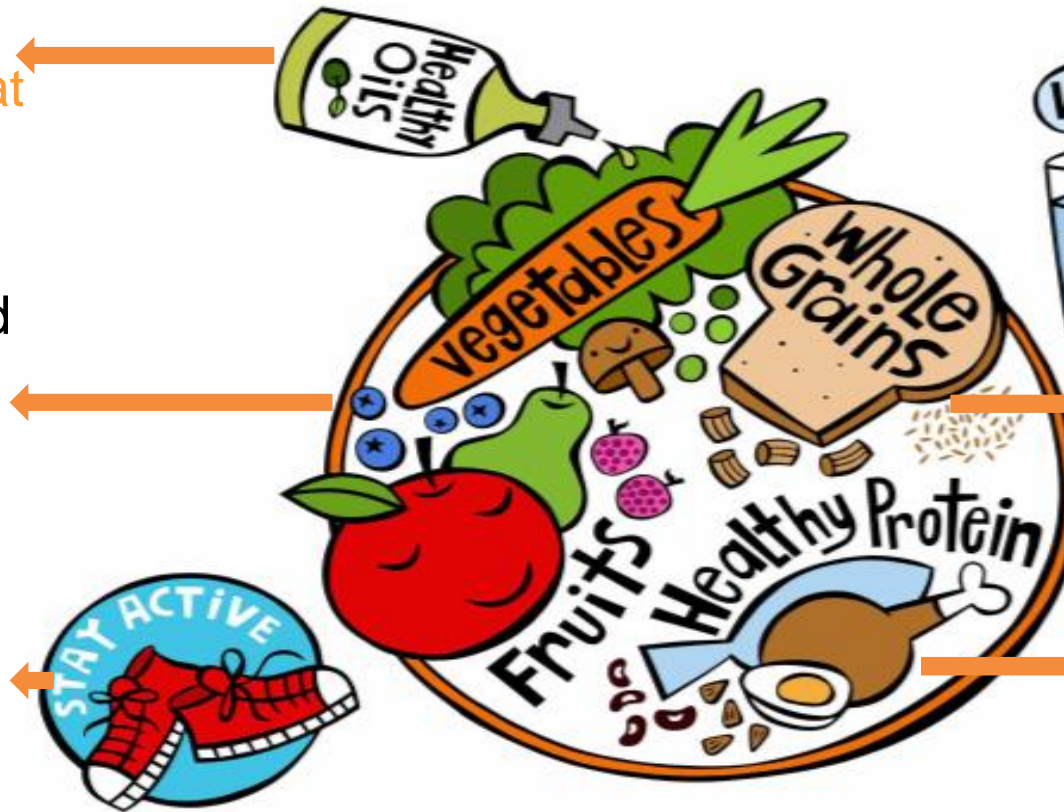
Keep the body and the mind healthy and help boost immunity

Kids' Healthy Eating Plate

Healthy Oils From Plants, Nuts, and Fish. (Too Much Fat Can Be Harmful)

Plenty of Fruits and Vegetables (Limit Potatoes and Fruit Juice)

Staying Active is Equally Important



Drink Plenty of Water

MILK

Whole Grains that are Minimally Processed

Healthy Plant Based Proteins (Limit Meat Consumption)

A healthy plate includes all food groups in proportion.

Traditional Indian Thalīs

- Indian culinary traditions are balanced, with nutritionally rich Thalīs in all regions/states.
- Locally grown and seasonal flora and fauna, cooked in local recipes add to nutritional wholesomeness.





Eat A Rainbow

- Each color depicts a different micronutrient with a different benefit.
- No color is inferior or superior, however it's important to **Balance all the Colors.**
- A rainbow minimizes the risk of chronic diseases.
- Seasonally grown and local fruits and vegetables are especially beneficial.

BLUE & PURPLE

blackberries
blueberries
black currants
dates
eggplants
grapes
plums
prunes
purple figs
raisins

RED & PINK

beets
cherries
cranberries
pink grapefruit
pomegranates
radicchio
red radishes
red apples
red grapes
red peppers
red potatoes
rhubarbs
strawberries
tomatoes
watermelons



The best way to get all of the vitamins, minerals and nutrients you need is to eat a variety of colorful fruits and veggies. Add color to your plate each day with the five main color groups.

GREEN

artichokes
asparagus
avocados
bok choy
broccoli
Brussels sprouts
celery
collard greens
cucumbers
green beans
green cabbage
green grapes
green onions
green peppers
kale
kiwis
leeks
limes
mustard greens
okra
pears
peas
romaine lettuce
snow peas
spinach
sugar snap peas
watercress
zucchini

ORANGE & YELLOW

acorn squash
butternut squash
apricots
cantaloupes
carrots
corn
grapefruit
lemons
mangoes
nectarines
oranges
orange peppers
papayas
peaches
pineapples
pumpkins
summer squash
sweet potatoes
tangerines
yams
yellow apples
yellow peppers
yellow squash

WHITE

bananas
cauliflower
garlic
Jerusalem
artichokes
mushrooms
onions
potatoes
parsnips
shallots

Source: [Amer J of Phytomedicine & Clinical Therapeutics](#),
[Amer Soc for Nutrition](#), [Harvard SPH](#), [U of Mauritius](#)



Each Color Is For Different Micronutrient(s)



RED Vitamin A & C, manganese, antioxidants (quercetin, lycopene)

- Reduces risk of cancer and heart disease.
- Increases immunity and reduces inflammation.
- Helps eye, skin, and hair health.



GREEN Vitamin K & B, folate, potassium, antioxidants (chlorophyll, carotenoids, lutein)

- Promotes eye, lung, liver health and healthy cell.
- Reduces risk of cancer.
- Increases blood clotting. Lowers blood pressure.



YELLOW/ ORANGE Vitamin C, A, & B6, potassium, folate, antioxidants (b-carotene, lutein, a-carotene)

- Reduces risk of cancer and heart disease.
- Promotes eye/skin/hair health.
- Increases immunity and decrease inflammation



PURPLE Different B-vitamins, antioxidants (anthocyanins, resveratrol, flavonoids)

- Reduces risk of cancer and heart disease.
- Protects cells from damage and prevents aging.
- Improves memory.



WHITE/ BROWN Vitamins C & K, folate, potassium, antioxidants (allicin, quercetin, anthoxanthins)

- Lowers cholesterol.
- Promotes eye, skin and bone health.
- Reduces risk of cancer and heart disease.
- Protects cells from damage. Increases immunity.

Spices Add A Lot Of Benefits To Positive Nutrition

Spices have complex combinations with synergistic effects

Keep blood sugar levels in check

Boost heart health

Provide Pain relief

Fight inflammation and reduces cellular damage

Contain bioactive compounds that help digestion

Reduce foodborne illnesses

Prevent asthma, allergies, and other respiratory issues

Contain immunity-boosting antioxidants

Avoid Processed, Packaged And Fast Foods



Freshly Prepared/ Natural Foods

- Foods with little or no pre-processing, including fruits and vegetables.
- They are nutrient-dense, rich in vitamins, minerals, fibers and healthy fats.
- No unnecessary sugar or salt.
- Washing, cutting, freezing, or cooking can be helpful and healthy.



Processed/ Packaged/ Fast Foods

- Highly processed foods far from their natural state, including junk/ fast food.
- They are calorie-dense, nutrient-poor, low in vitamins, minerals, and fiber.
- Contain added sugar, salt, unhealthy fats such as trans-fat, and other preservatives, often artificial.

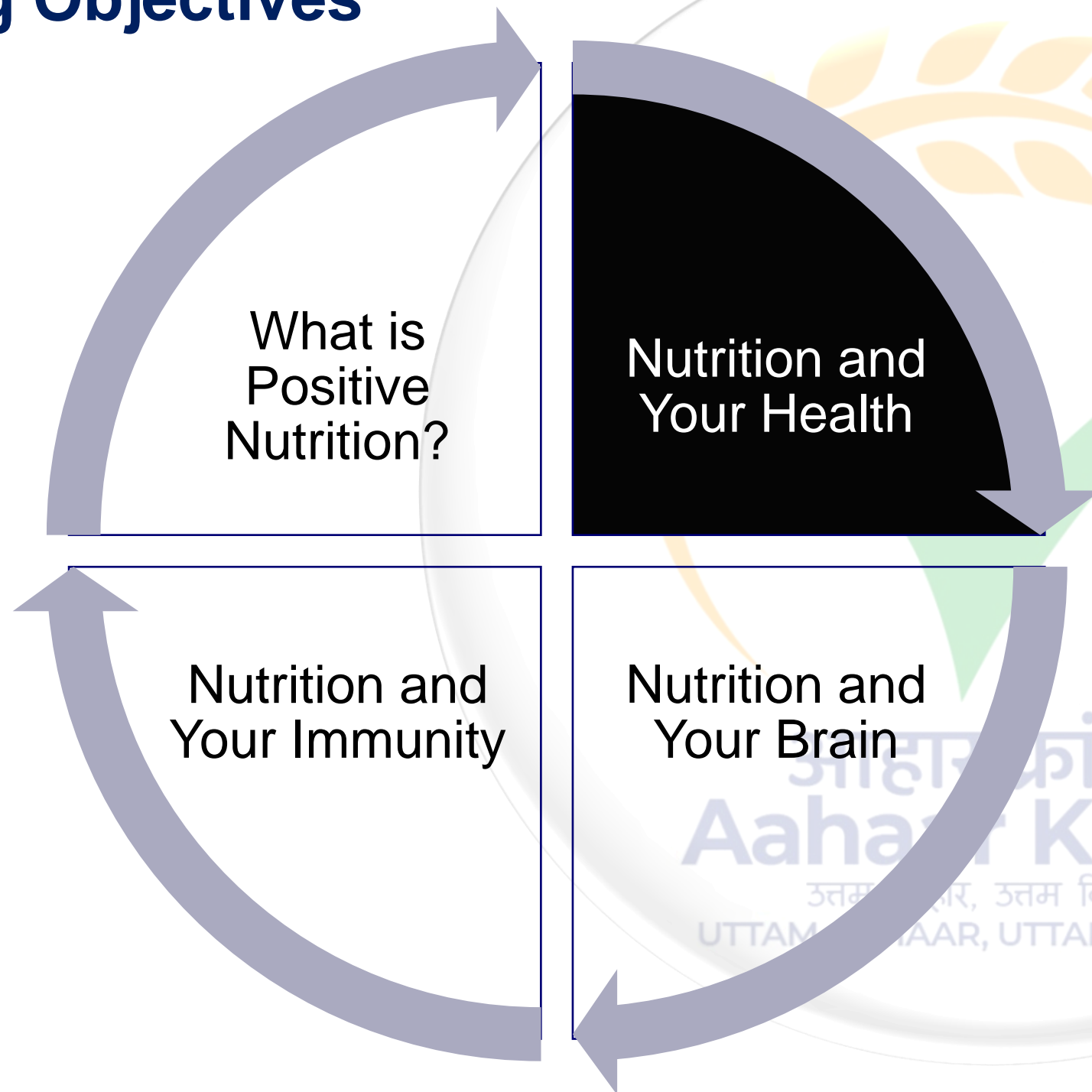
Avoid Foods With Synthetic Preservatives

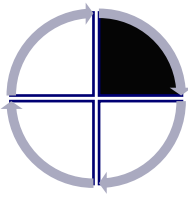
**Always Check Labels
for Ingredients**



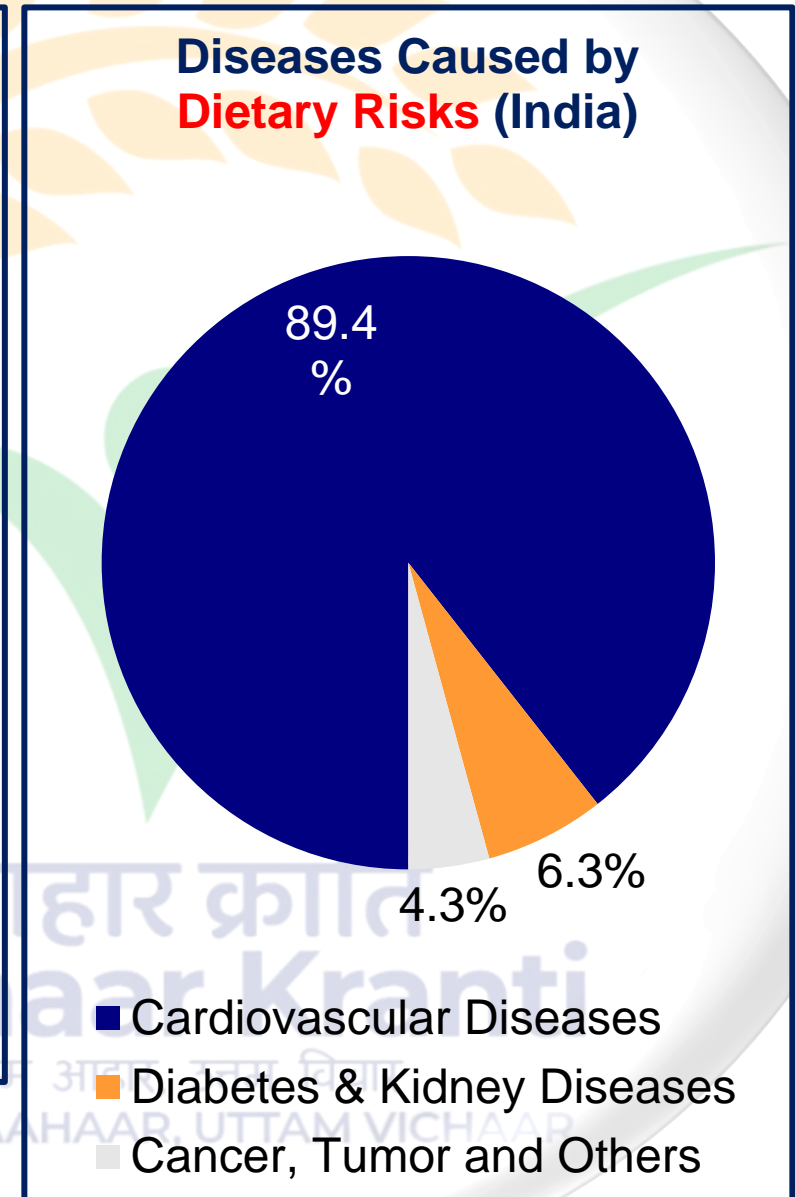
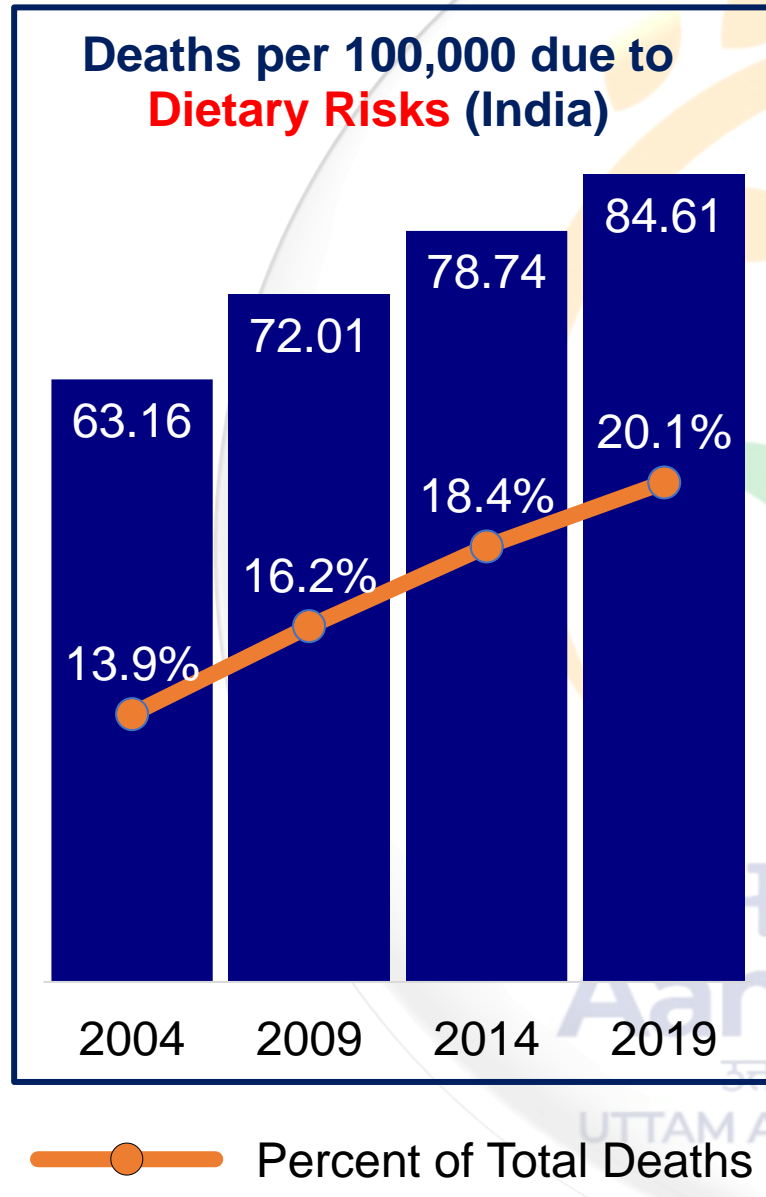
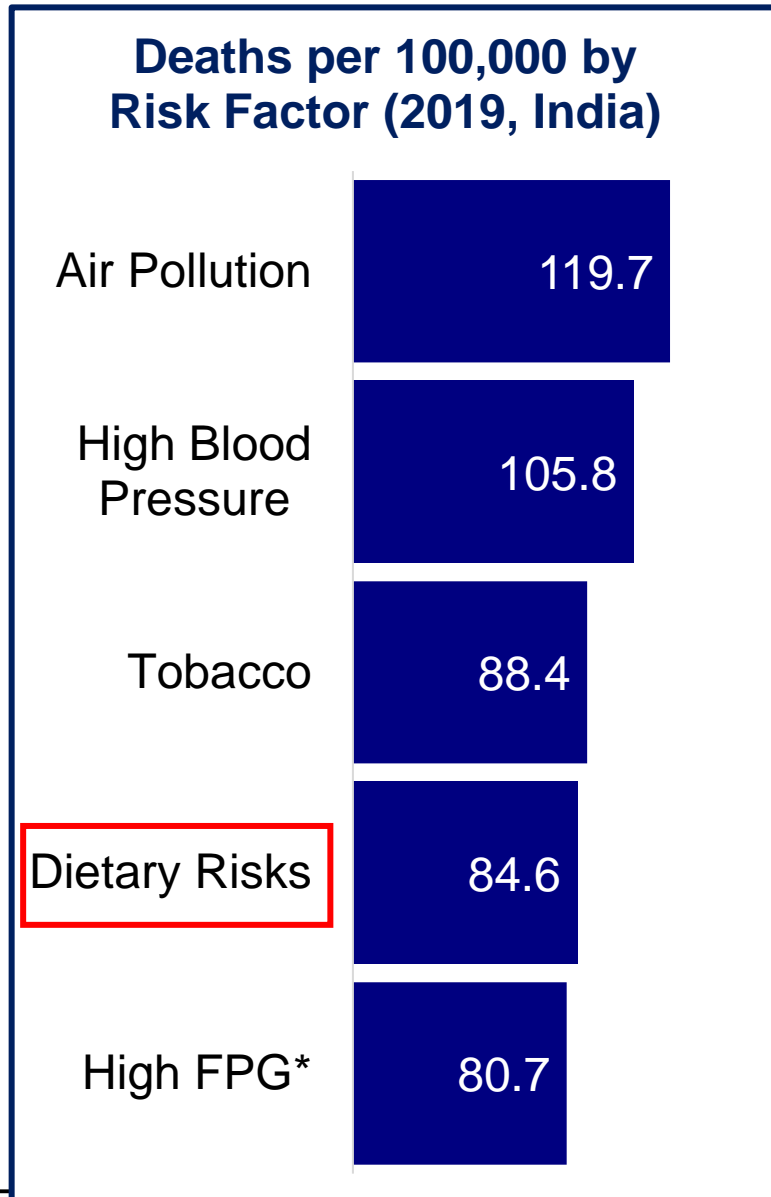
- Chemical / synthetic preservatives are frequently added to packaged and other foods:
 - For increasing shelf life by preventing bacterial contamination.
 - To make food distribution more convenient.
 - To make the food-colour appealing.
- Preservatives as additives may alter gut bacteria, potentially leading to chronic diseases.
- Not all preservatives are bad for health.
 - Good preservatives include salt, sugar, spices, oils and other natural preservatives.
- Always check food labels of packaged foods to ensure there are no synthetic preservatives.

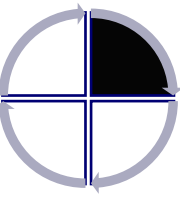
Learning Objectives



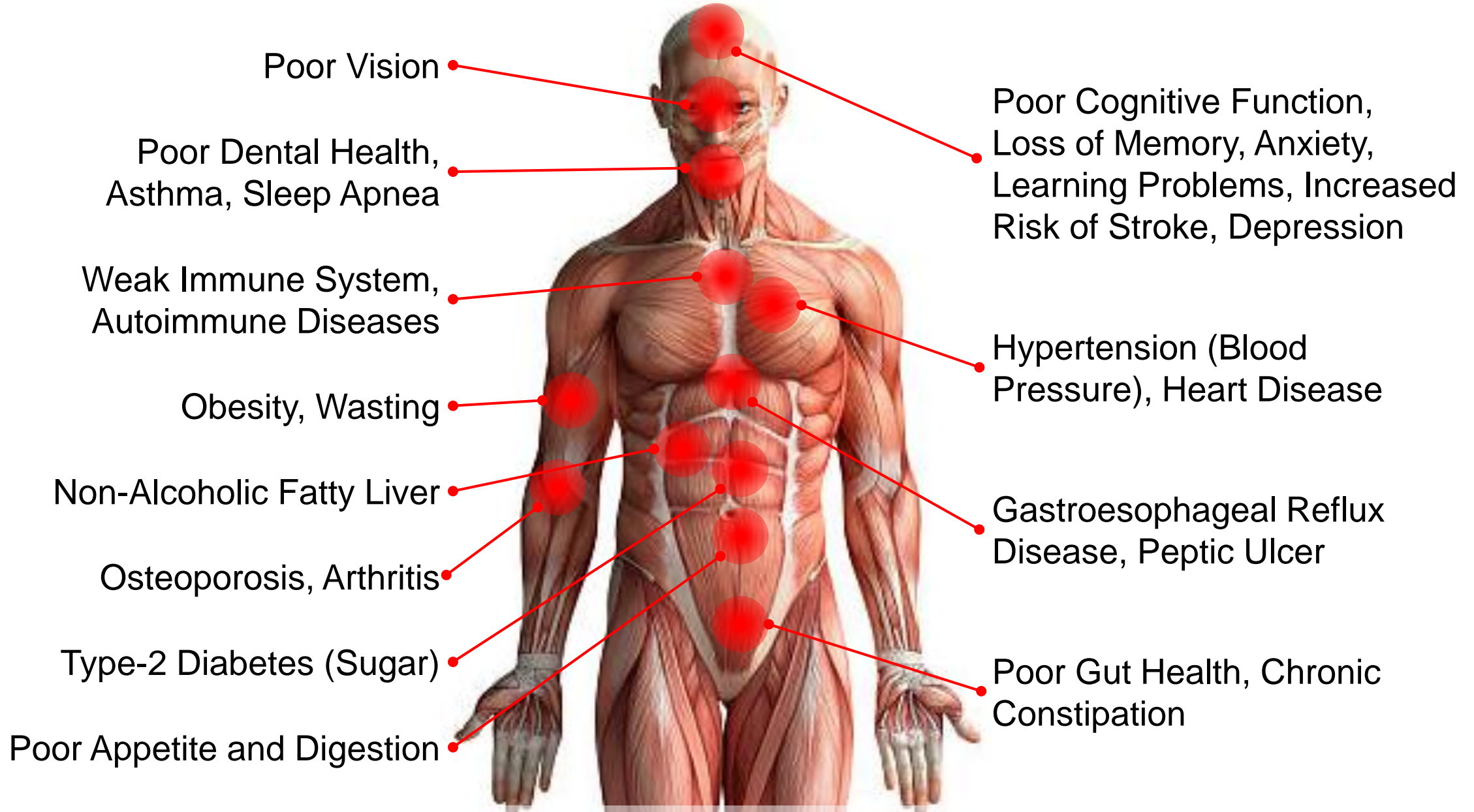


Poor Diet Is One Of The Biggest Killers In India

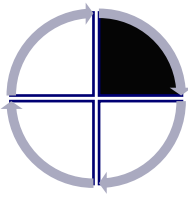




Malnutrition Adversely Impacts Most Body Systems...



Source: [American Journal of Lifestyle Medicine](#), [Center for Disease Control](#), [Eat This Not That](#), [Global Nutrition Report](#), [LANCET](#), [Poznań University of Life Sciences](#), [Seoul National University](#), [University of Navarra](#), [University of Pavia](#), [Uppsala University](#), [World Health Organization](#)

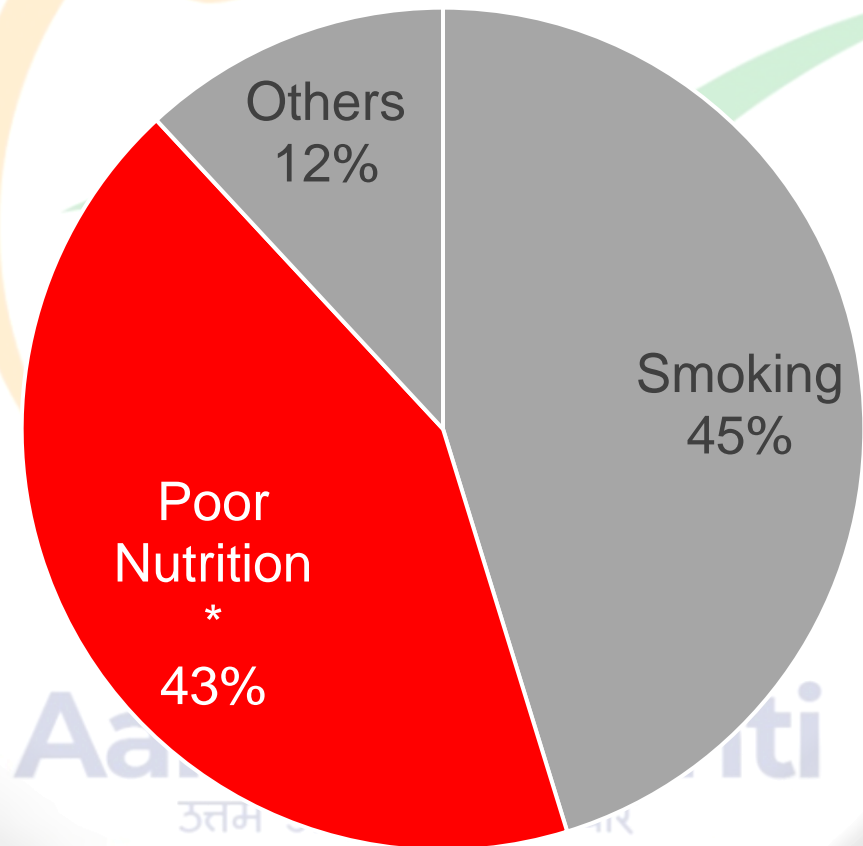


...And Leads To Multiple Life-Long Health Problems

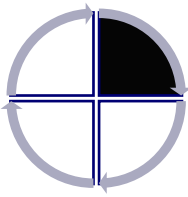
Examples of Malnutrition Driven Health Problems

- Several Types of Cancer
- Worsened Quality of Life
- Stunting and Wasting for Children
- Slower Wound Healing
- Eating Disorders
- Metabolic Diseases
- Many Other Chronic Illnesses
- Overall Lower Life Expectancy

Causes of Preventable Cancers



* Excess body weight, alcohol consumption, poor nutrition, and physical inactivity



Positive Nutrition Is The Right Answer

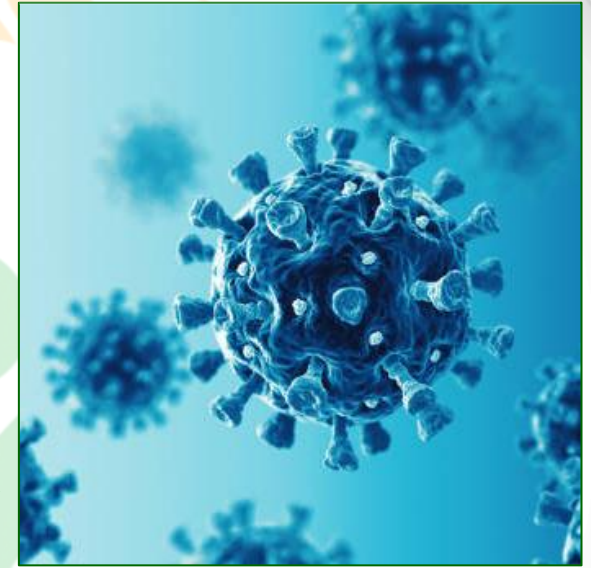
- 1 Leads to an overall healthy growth.



- 2 Develops sharper brain and memory.



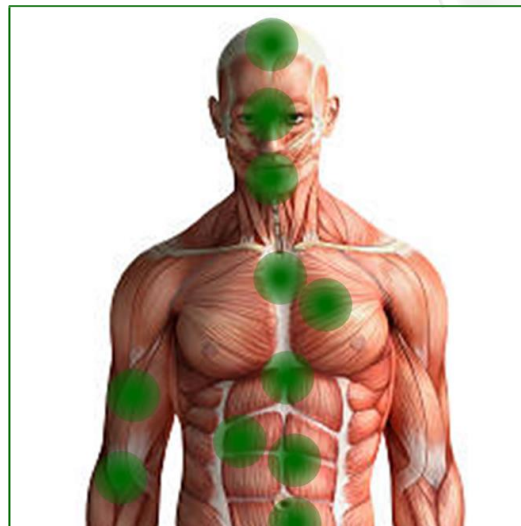
- 3 Supports a strong immune system.



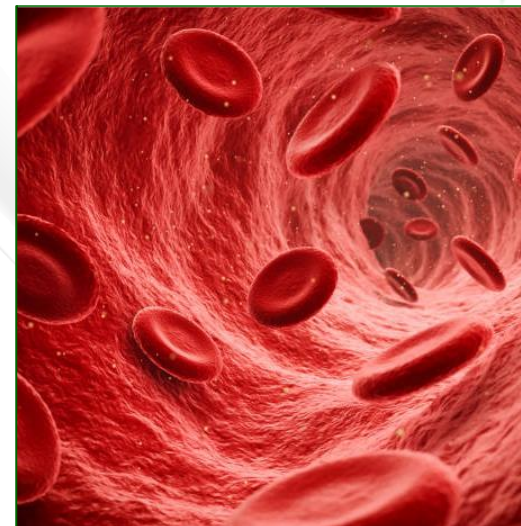
- 4 Improves gross and fine motor skills.



- 5 Leads to stronger systems and organs.

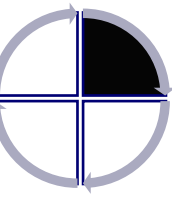


- 6 Reduces risk of lifestyle diseases.



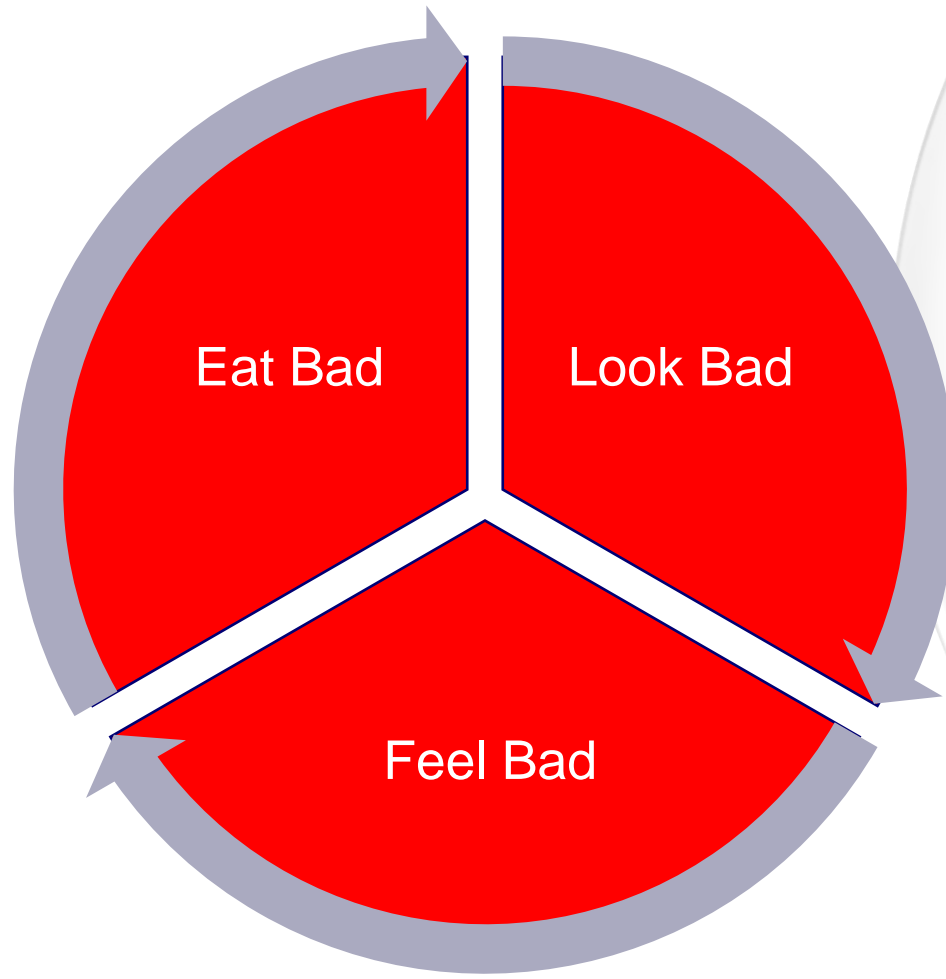
- 7 Maintains a healthy gut (microbiome).



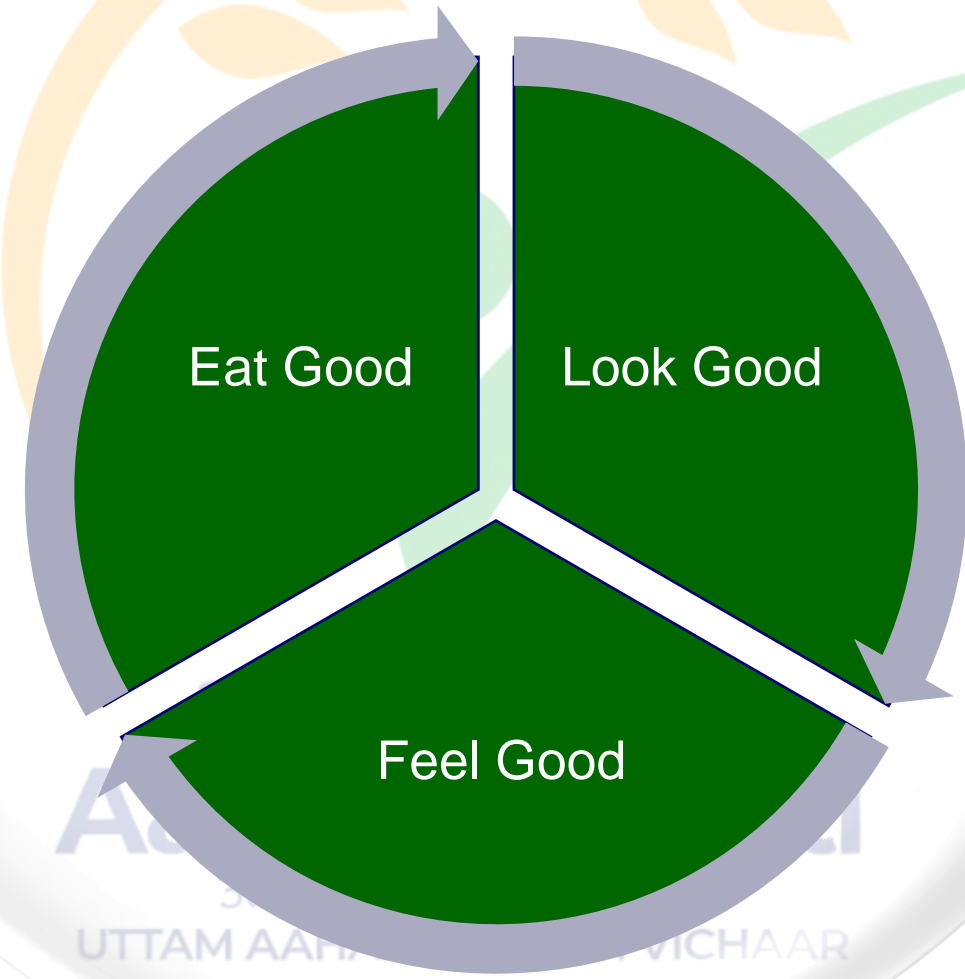


We Are What We Eat

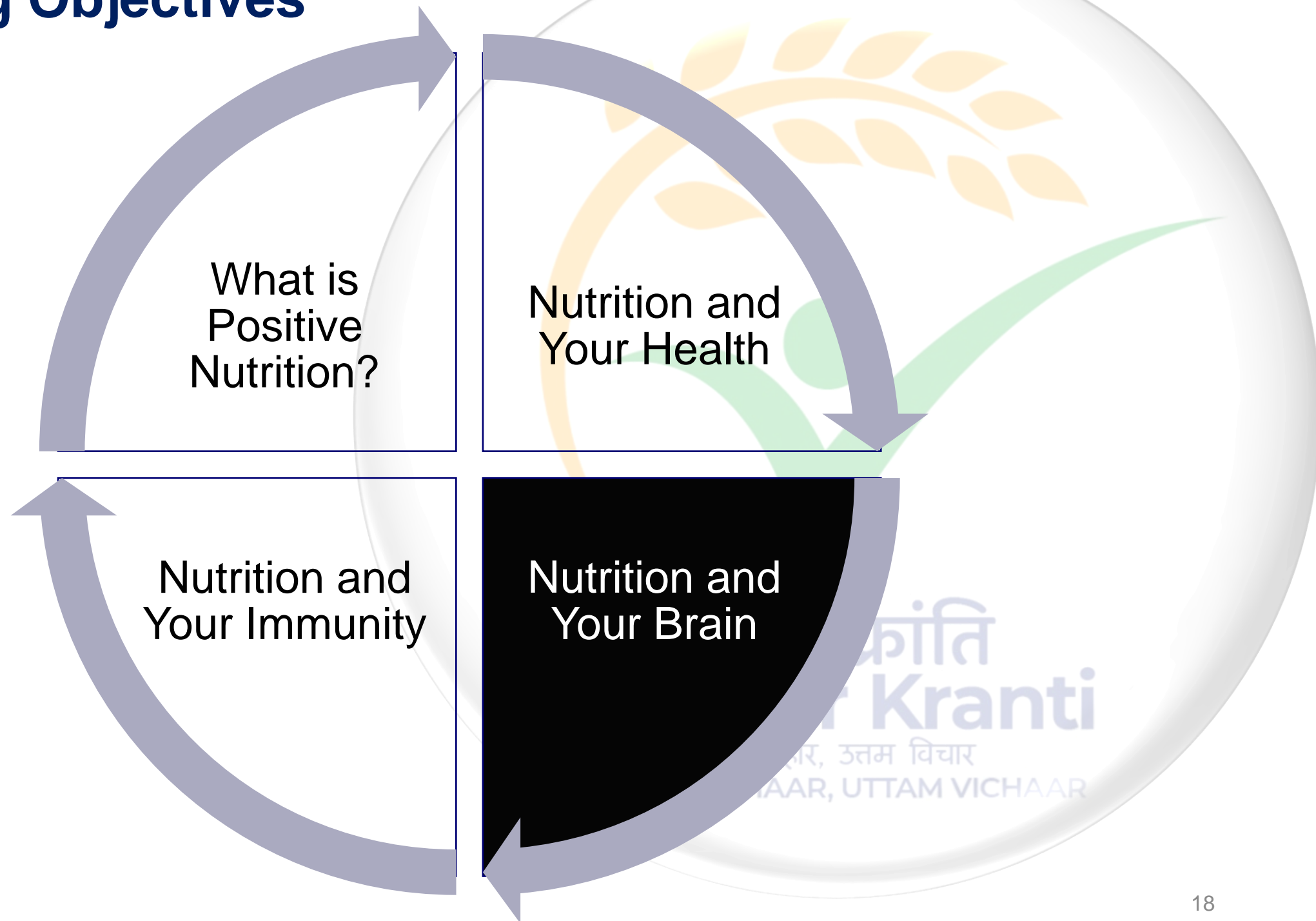
Our appearance and mood are dependent on what we eat.

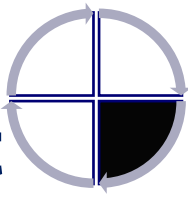


Balanced diet leads to better physical health and mental wellbeing.

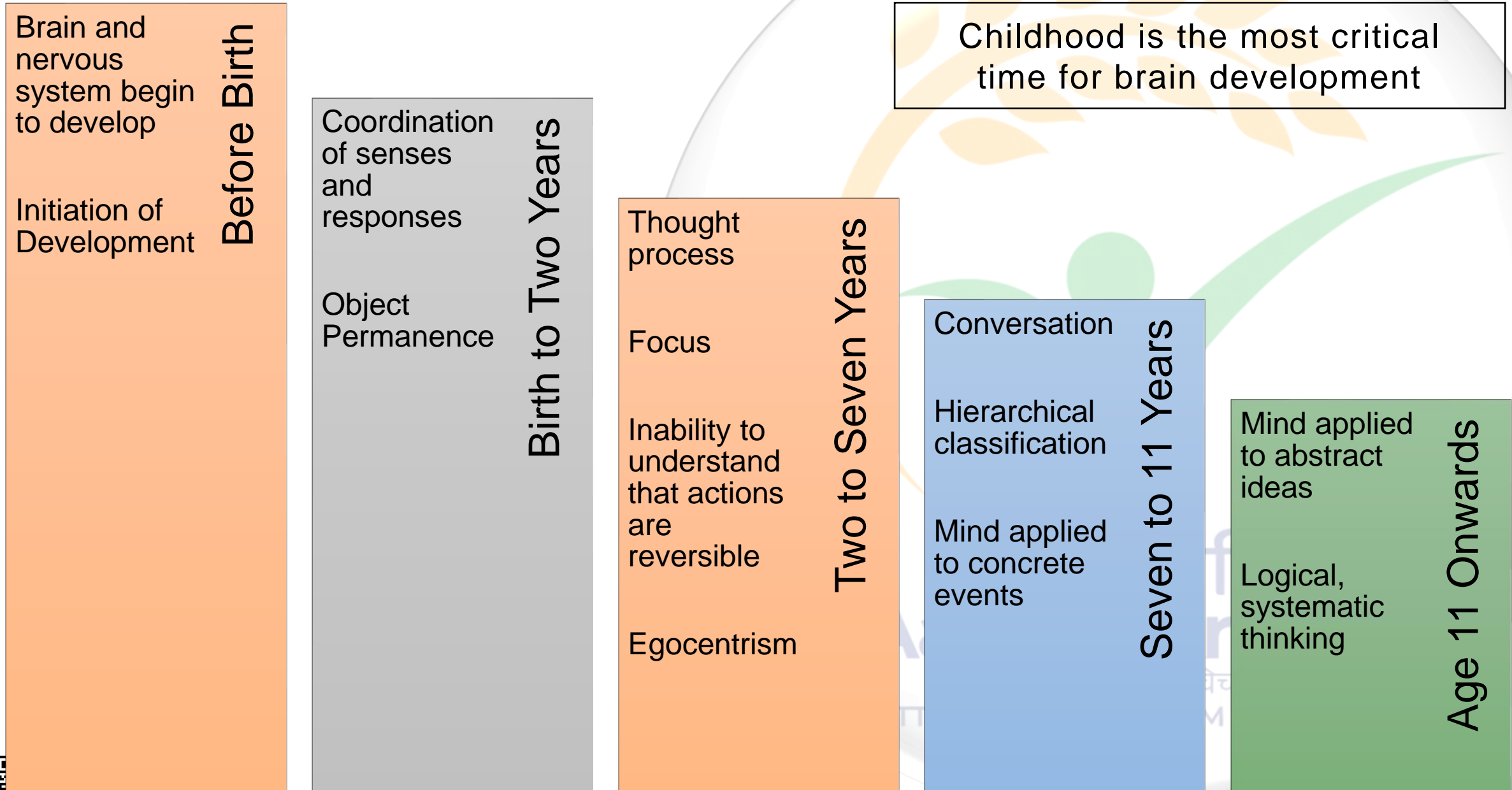


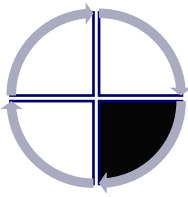
Learning Objectives





Nutrition Is Important To Life-Long Brain Development



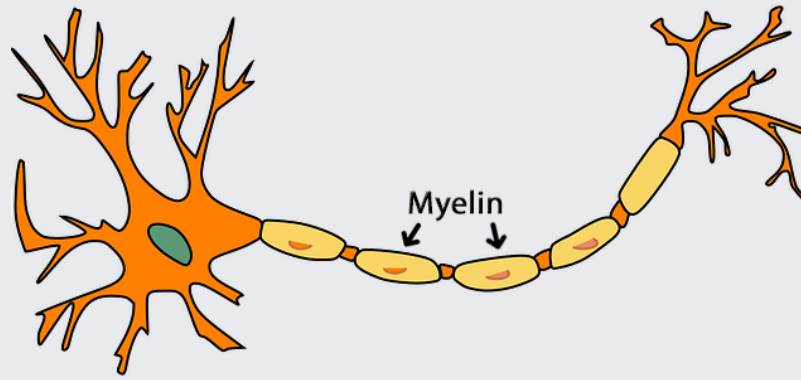
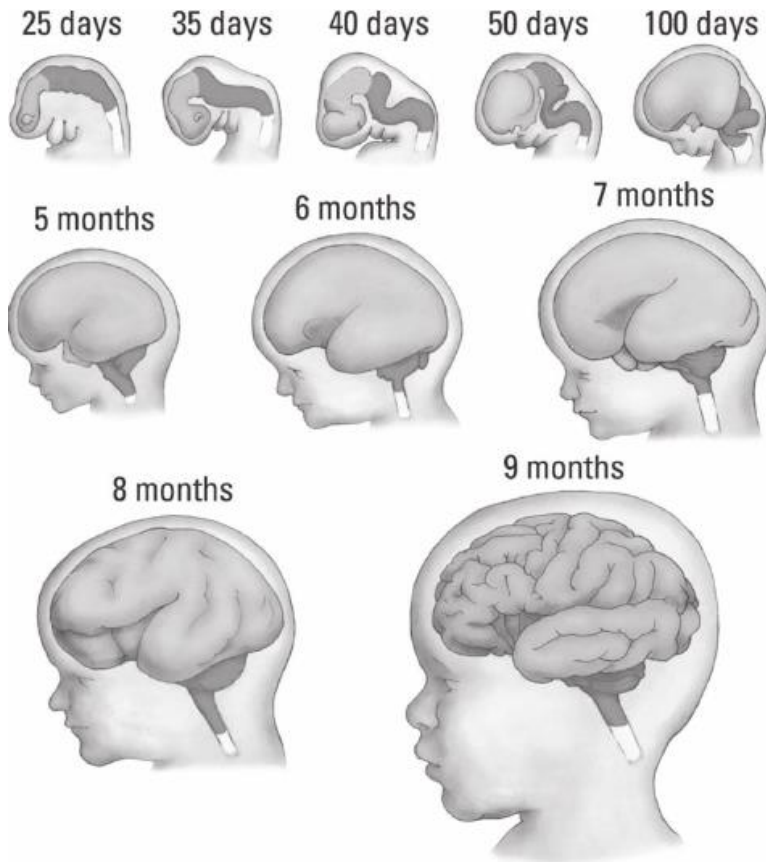


Brain Needs Positive Nutrition Till Age 25 And Beyond

An expectant mother's nutrition is very important because it shapes physical and mental health of the baby throughout life.

Nutrition for toddlers, from breast or cow-milk, supports brain development through a process called Myelination and impacts many skills.

Brain keeps developing till 25. Nutrition during youth is related to cognitive outcomes. Iron deficiency can esp. be a risk.



School
Performance

Language
Development

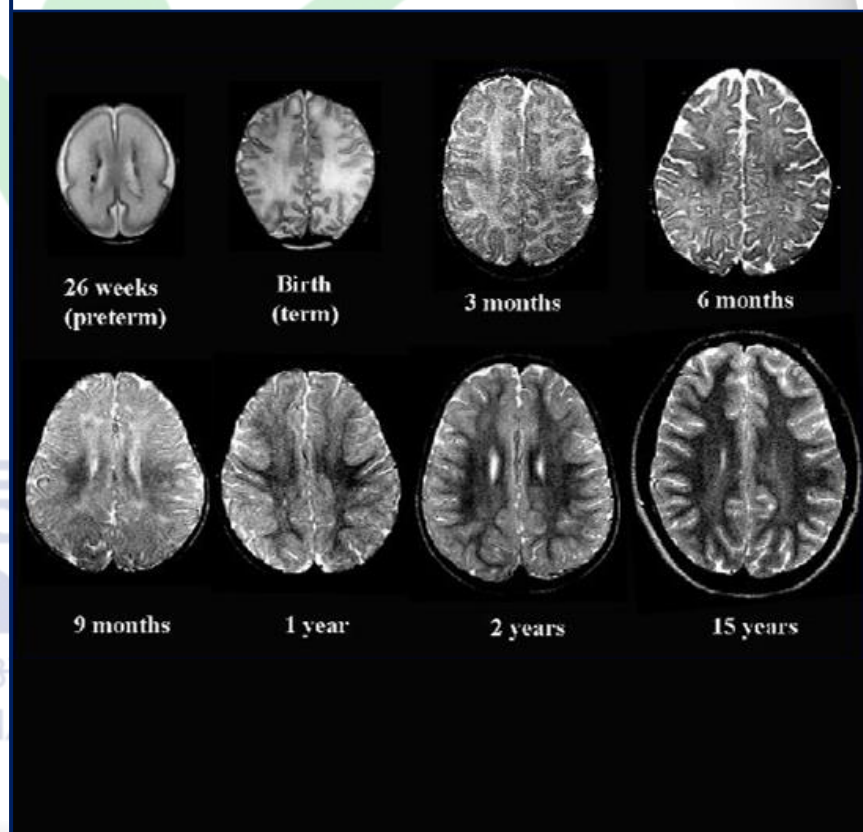
IQ Scores

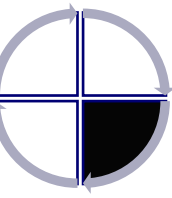
Fine Motor Skills

Behavioral
Development

Faster/ More
Organized Brain

Changing Contrast with Age

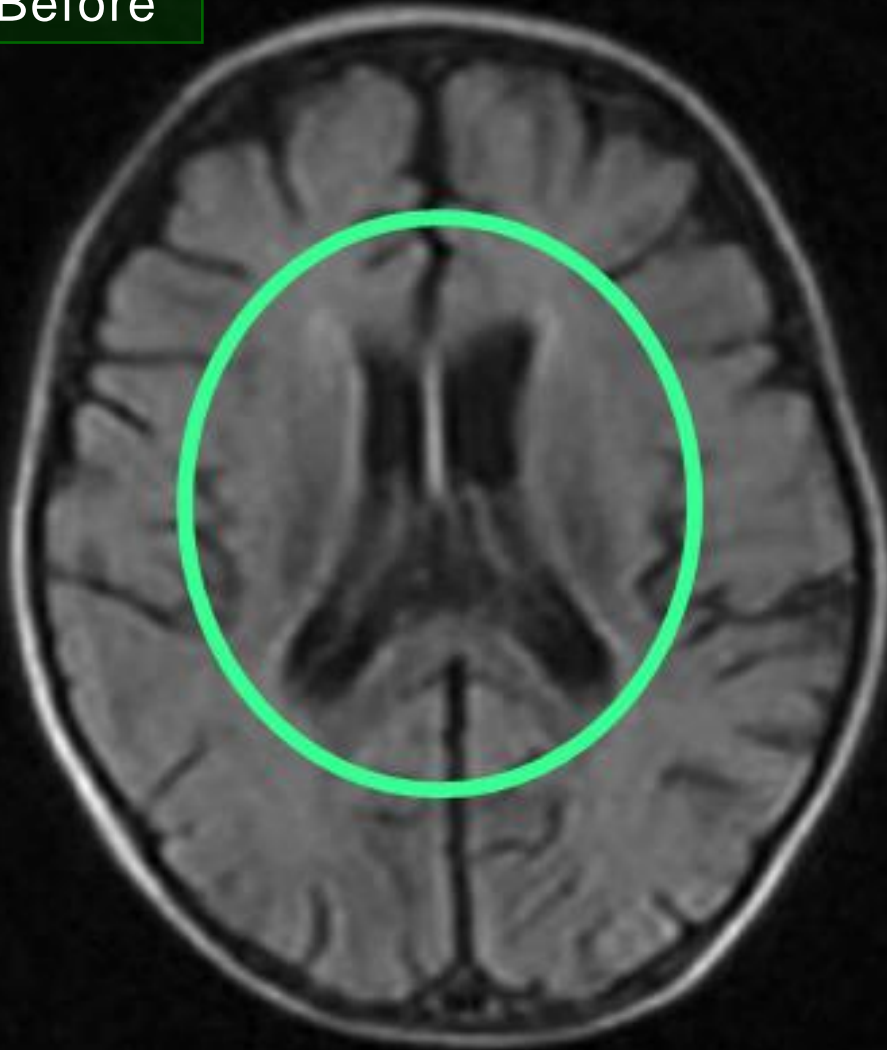




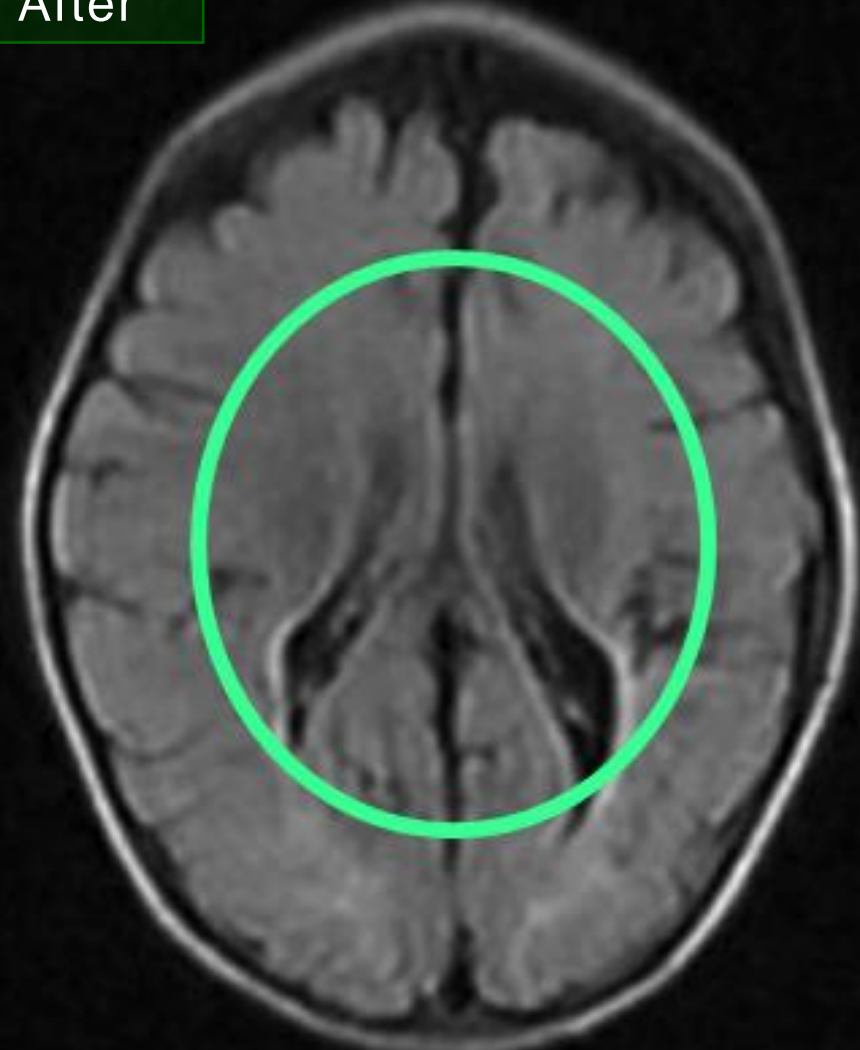
Nutritional Interventions Show Immediate Results

Brain image of a 10-Month-old child over a 90 day period

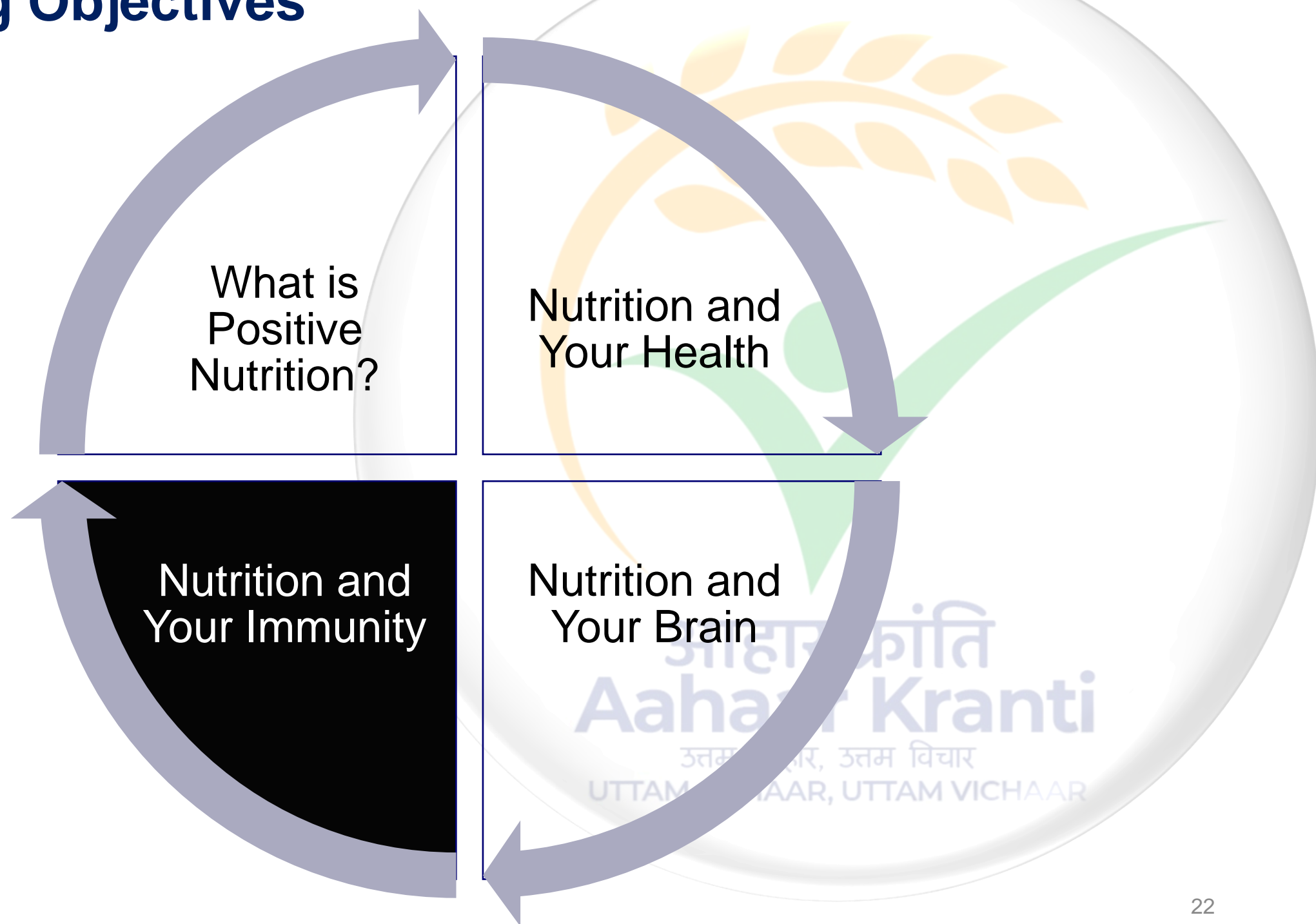
Before

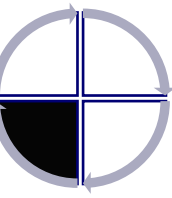


After

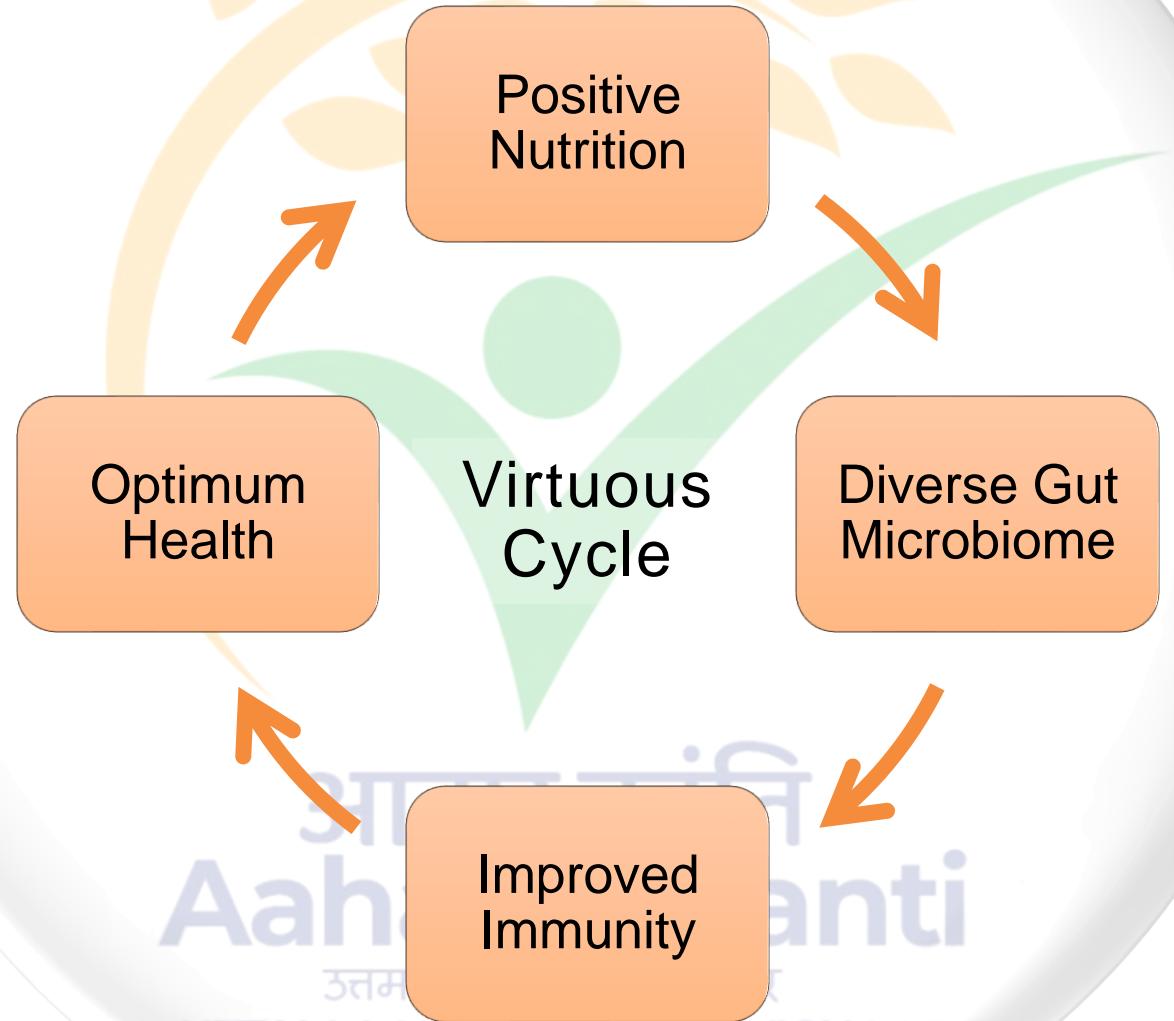


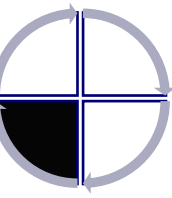
Learning Objectives





Nutrition Leads To Immunity Via Gut Microbiome



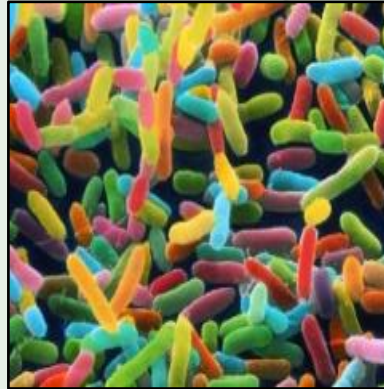


Nutrition, Microbial Health And Immunity Are Linked

Positive Impact on Health



Traditional and natural foods



High microbial diversity

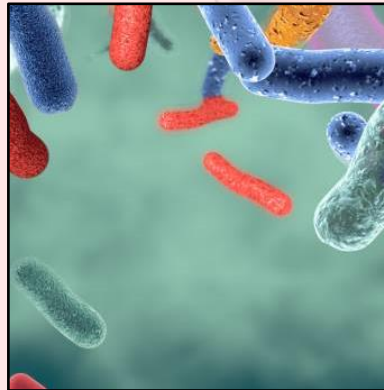


High interaction with the immune system

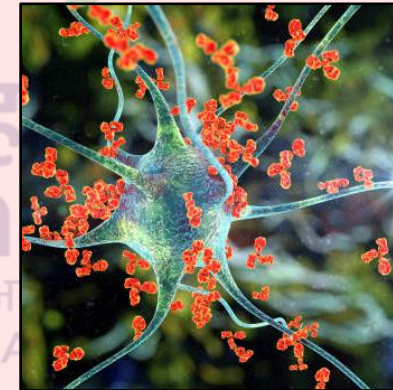
Negative Impact on Health



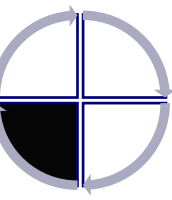
Packaged and processed foods



Low microbial diversity



Low interaction with the immune system



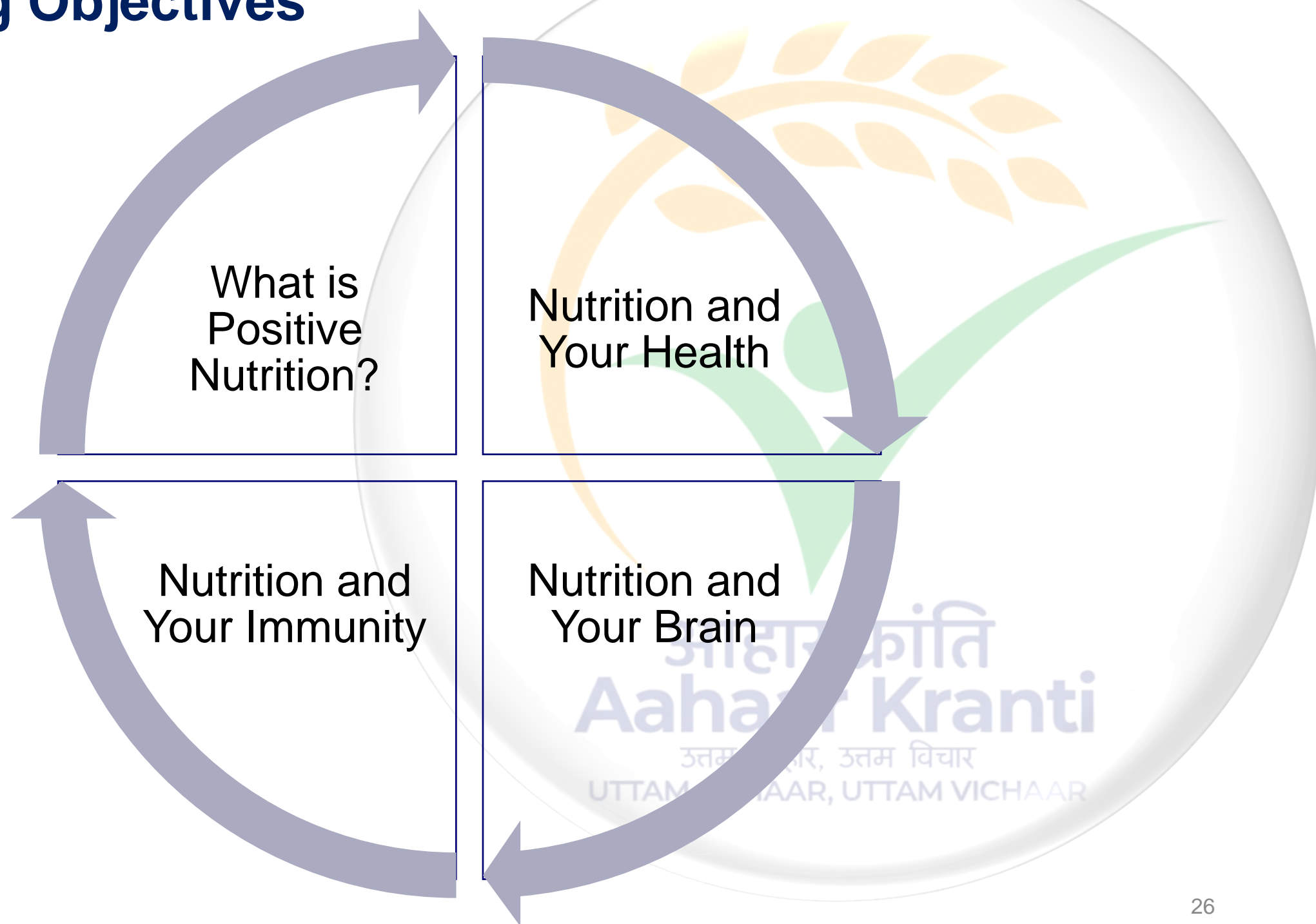
Preservatives Are Particularly Harmful For Microbes

- Chemical Preservatives accumulate in our body over time.
 - Long-term effects continue even after we stop consuming them.
- Preservatives are generally known to:
 - Transform into carcinogens after interacting with gastric acids.
 - Kill both good and bad gut microbes.
 - Cause stress on microbes, causing them to produce toxins.
- Even traditional preservatives, such as sodium benzoate, in use for long time, have raised health concerns.

Some foods with preservatives



Learning Objectives



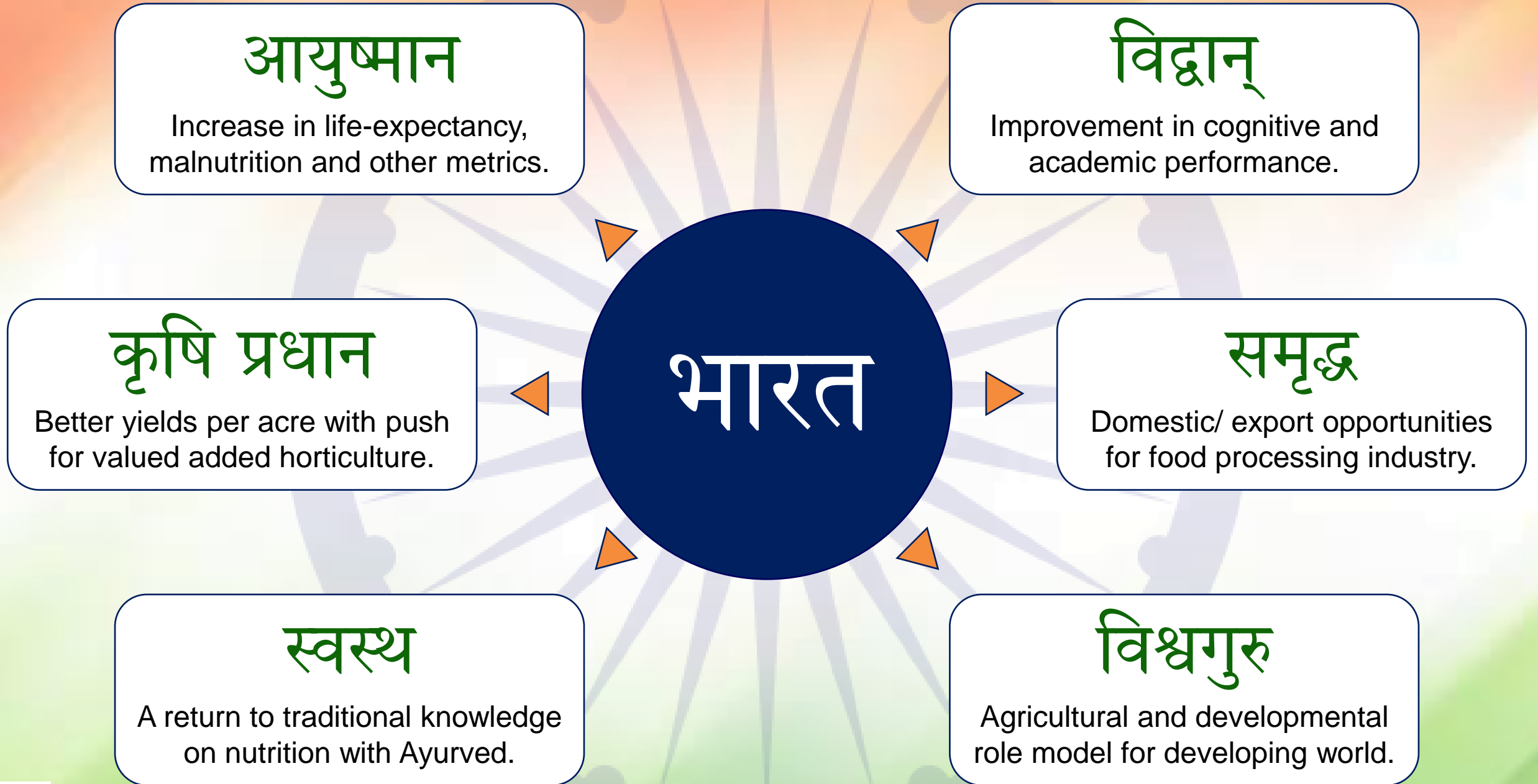
Good Nutrition Is The Greatest Investment

Let us eat “Food as Medicine”
If not, “Medicine Will Become Our Food”

- Children are our most precious treasures
 - Nourish children with good nutrition
 - Primary consideration is health and wellbeing
 - Invest well in long-term health
- Combine elders’ pearls of wisdom with Doctors’ emphasis on optimum nutrition
- Food is the best Medicine to ward away many diseases



National Awareness for Positive Nutrition





*Thank
You!*

