

Time	Narration
00:00	Welcome to the spoken tutorial on the nutrient count of day to day food.
00:06	In this tutorial, we will learn about:
00:09	Importance of nutrition.
00:11	Nutrient count of some day to day food.
00:16	Nutrition is important for good health.
00:20	Essential nutrition is necessary from infancy for growth
00:25	and development.
00:27	It also helps to prevent malnutrition.
00:31	Poor nutrition can lead to impaired mental and physical development.
00:37	It can also lead to reduced immunity.
00:41	Reduced immunity increases the risk of developing minor and chronic diseases.
00:49	Nutrition related problems can be prevented by breastfeeding a baby.
00:56	Remember that a baby should be breastfed within the first hour of its birth.
01:03	Exclusive breastfeeding till 6 months with correct techniques is important.
01:10	After 6 months along with breastmilk, nutrient dense food should be given.
01:17	This nutrient dense food is called complementary food.
01:23	Complementary food should be rich in all the nutrients.
01:28	Protein is one of the important nutrients.
01:33	It helps in growth and development.
01:37	Hence, it is advised to include protein rich food sources in daily diet.
01:44	Milk and milk products,
01:47	beans, nuts
01:49	and seeds are good sources of protein .
01:53	Eggs, fish, chicken and meat are also excellent sources.
02:00	Absorption of protein from non-vegetarian food is higher than vegetarian food.
02:06	It is because non-vegetarian foods have complete proteins .
02:12	Complete proteins contain all the essential amino acids .
02:17	More about the importance of protein has been explained in another tutorial.
02:24	Please visit our website for this tutorial.
02:28	Let's take a look at the protein content of some of the food sources.
02:34	100 grams of fish has about 21 grams of protein .
02:40	250 millilitres of cows milk has approximately 8 grams of protein .
02:47	1 whole egg has around 7 grams.
02:52	30 grams of soybean has 11 grams.
02:56	Whereas 30 grams of all raw pulses have around 4 grams of protein .
03:04	Let us look at the nutrient count of some day to day food.
03:09	Please note, 1 medium bowl mentioned in this tutorial is 150 millilitres.
03:17	1 tablespoon is 20 grams.

03:21	The nutritive values mentioned are approximate values.
03:27	I will briefly tell you the nutrient value of cooked rice.
03:33	½ medium bowl of cooked rice has 22 grams of carbohydrates .
03:40	It has only 2 grams of protein .
03:44	It has 1 gram of fibre.
03:48	2 milligrams of calcium and no iron .
03:54	Now Let's see the nutritional value of a common meal.
03:59	For example, ½ medium size bowl of cooked rice with chicken curry.
04:06	½ bowl chicken curry will have 100 grams of boneless chicken or 4 small pieces.
04:15	Another example is ½ medium size bowl of curd rice.
04:21	½ medium bowl of curd rice will have 100 grams of curd.
04:27	Protein increases upto 10 times when cooked rice is taken with ½ bowl chicken curry.
04:35	It increases iron from 0 to 1 milligram.
04:42	When combined with 100 grams of curd, protein increases to 3 grams.
04:49	There is a 100 times rise in calcium content.
04:55	Similarly, cooked rice with ½ bowl kidney beans curry will have 4 times more protein .
05:04	½ bowl of kidney beans curry will have 30 grams of kidney beans.
05:11	Fibre will increase to 7 grams and
05:15	iron to 2 milligrams.
05:19	When combined with ½ bowl of fish curry protein increases from 2 to 24 grams.
05:27	½ bowl fish curry will have 100 grams of fish or 2 small pieces.
05:35	It increases calcium from 2 to 45 milligrams.
05:41	Similarly, ½ bowl of prawns curry increases protein from 2 to 16 grams.
05:49	½ bowl of prawns curry will have 50 grams or 3 to 4 pieces of prawns.
05:58	Calcium increases to 47 milligrams from 2 milligrams.
06:04	½ bowl of lentils with cooked rice increases protein upto 6 times.
06:12	½ bowl lentils will have 30 grams of lentils.
06:17	Fibre increases to 11 grams and
06:20	iron to 2 milligrams.
06:24	Now I will tell you the nutritive value of one chapati made from wheat.
06:31	A six inch chapati has around 16 grams of carbohydrates and 3 grams of protein .
06:40	It has around 3 grams fibre, 9 milligrams calcium and 1 milligram iron .
06:48	When consumed with 2 scrambled eggs the protein increases to 16 grams.
06:56	Iron improves to 3 milligrams and calcium to 69 milligrams.
07:03	Chapati with ½ bowl of bengal gram curry raises protein from 3 grams to 9 grams.
07:11	½ bowl of bengal gram curry will have 30 grams of bengal gram.
07:18	Fibre increases to 11 grams and iron to 5 milligrams.
07:25	Let us now see the nutritive value of chapati with sesame and flaxseed chutney.
07:33	1 tablespoon sesame and flaxseed chutney increases the protein to 7 grams.
07:41	It increases the fibre to 8 grams.
07:45	There is a 100 times rise in calcium .
07:50	½ bowl of goat liver curry with chapati increases the iron content by 6 times.
07:59	½ bowl of liver curry will have 60 to 70 grams of goat liver.

08:06	The protein increases to 20 times.
08:11	We will now look at the nutrient count of idli.
08:15	3 idlis of 3 inches has 18 grams of carbohydrates and 3 grams of protein .
08:24	They have 2 grams fibre, 7 milligrams calcium and 0.5 milligram iron .
08:34	Let us see how sambar and sesame peanut chutney improves the nutrient count.
08:42	½ bowl of thick sambar will have 30 grams of split pigeon pea.
08:49	½ medium bowl of thick sambar with idli doubles the protein content.
08:57	It increases calcium by 30 times.
09:02	1 tablespoon sesame peanut chutney increases protein to 7 grams.
09:09	It improves the calcium to 44 milligrams.
09:14	Next, we will look at the nutrient count of dosa.
09:19	1 dosa of 6 inches has around 18 grams of carbohydrates and 3 grams of protein .
09:29	It has 2 grams fibre, 9 milligrams calcium and 0.6 milligram iron .
09:38	Adding 1 egg while making dosa increases protein by 4.5 times.
09:46	It improves iron to 1 milligram.
09:50	Eating dosa with ½ bowl chicken curry increases protein to 21 grams.
09:58	½ bowl chicken curry will have 100 grams of boneless chicken or 4 small pieces.
10:08	1 tablespoon sesame peanut chutney increases protein to 7 grams.
10:16	It also increases calcium from 9 to 108 milligrams.
10:24	Next, is the nutrient count of upma.
10:28	½ bowl of upma has around 18 grams carbohydrates and 4 grams protein .
10:37	It has 3 grams of fibre, 12 milligrams calcium and 1 milligram iron .
10:45	On combining with 1 tablespoon coconut curd chutney, fibre increases to 6 grams.
10:54	Protein increases to 7 grams.
10:58	Calcium increases to 42 milligrams.
11:03	1 tablespoon sesame peanut chutney with upma increases the protein to 7 grams.
11:11	It improves fibre to 5 grams.
11:16	The calcium increases by 90 times.
11:21	1 glass of lassi with a pinch of salt increases the protein to 7 grams.
11:29	1 glass lassi will have 50 grams curd.
11:34	Calcium increases to 131 milligrams.
11:39	Moving on to the nutrient count of sorghum roti.
11:44	A six inch sorghum roti has 17 grams of carbohydrates and 3 grams of protein .
11:52	It has 3 grams of fibre, 8 milligrams of calcium and 1 milligram of iron .
12:00	Let us see the nutritive value of sorghum roti with sesame and flaxseed chutney.
12:08	1 tablespoon sesame and flaxseed chutney raises calcium to 123 milligrams.
12:17	There is an increase in fibre upto 6 grams.
12:23	Sorghum roti with ½ bowl chicken curry, improves the protein to 21 grams.
12:31	Recipes for most of these food items are discussed in other tutorials.
12:37	It is advised to combine 2 or 3 food groups in a meal.
12:44	Combine seeds, nuts, and beans in a meal to improve the nutritional quality.
12:51	For example, adding seeds and coconut paste to chickpea curry.
12:58	Adding roasted seeds powder in idli batter is another example.

13:04	It is also advised to apply curd or lemon to non-vegetarian food.
13:11	It adds flavor and makes the meat tender.
13:16	It is also suggested to include lassi or buttermilk with your meals.
13:23	This will enhance probiotics,
13:25	protein and
13:27	calcium in your meals.
13:29	It also aids in digestion.
13:32	<p>This brings us to the end of this tutorial.</p> <p>Thanks for joining.</p>