

MS. TANU ARORA

(Aakash Healthcare)

PRINT MEDIA COVERAGE



THE ECONOMIC TIMES

BANGALORE

7 NOVEMBER 2017

PAGE - 15

CIRCULATION - 3,99,028

WWW.ECONOMICTIMES.COM

| | | | |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Ayush Rekha Speed Matters <p>Walking is a great exercise, we know. In the long term, it can keep us healthy and trim. If you're looking for ways to burn more calories and also get cardiovascular benefits, change your pace of walking. The best average speed for fitness walking depends on your age, gender, leg length, fitness level and terrain.</p> |  <ul style="list-style-type: none"> If you are walking for health: The pace should be about 100 steps per hour (or about 120 steps per minute) If you are walking for weight loss: Pick up the pace to 120 steps per hour (or 150 steps per minute) If you are walking for aerobic fitness: The pace should be 150 steps per hour (or 180 steps per minute) |  Grandma's Remedy DRY SKIN <p>Apply warm oil and leave it on for 30 minutes on dry skin areas. Wash it off with a paste of besan (gram flour) and lukewarm water</p> | Myth Buster RUNNING Myth: You have to run at a certain pace if you want to be called a runner Reality: If you are running just run. Pace matters only for competitive runners |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

We need adequate amounts of protein for our body to function well. So it's important to know which foods provide us this key nutrient, writes **Saihia Nasline**

Protein supplements aren't a rage among fitness enthusiasts but are also increasingly becoming a part of daily diet of urban Indians at large. But are you sure that's what you need? Have you thought about how much protein you're taking in? How much you should be consuming, how many times, how much you should be consuming, etc., for a person?

Protein is an important nutrient that the body needs in large amounts, said Dr Sameer Khan, chief fitness officer of CalHealth.

"In fact, every cell in the human body has protein in it. Protein is an important building block of bones, muscles, cartilages, skin and blood, but it also helps build and repair tissues."

Every function that our cells and organs perform is controlled by proteins. "But it is important to remember that the human body cannot store excess protein, so it becomes more important to consume adequate amounts of protein on a daily basis," says Dr Sameer Khan.

So, how much is the recommended level for a person? The normal daily requirement of protein is 0.8 gm per kg of body weight. For a 60 kg person, it is 48 gm. It is 56 gm per day for a normal average female. It is around 46 gm, salt. Dr Sameer Khan, clinical physician at De Lhi Hirshnandani Hospital in Mumbai,

ADULTS AND PROTEIN

"During adulthood, though the body's physical growth more or less ceases, the process of replacing old and worn-out tissues continues. This is why it is important to compensate for normal wear and tear," said Tanya Arora, head of department of nutrition and dietetics at Apollo Hospital in Delhi.

However, Arora said, protein is major role in maintaining the functional integrity of cells and facilitate their movements.

The above factors and their implications in their functionality through depositions of minerals makes skeletal muscles of muscle and joints and tendons.

"Therefore, protein is an essential part of protein, or lack it, all these functions are compromised and the body goes into distress,"

SOURCES OF PROTEIN

There are a lot of common foods which are rich in protein, but it is important to note that

a simple way to get proteins in diet is to include foods rich in protein in major meals like breakfast, lunch and dinner. For example, combining eggs with toast or making yogurt, stuffed roti with curd/lassi, sandwiches with sandwich, etc. For lunch and dinner, you can have non-vegetarian, carb-based products can be included.

GET YOUR DAILY QUOTA

A simple way to get proteins in diet is to include foods rich in protein in major meals like breakfast, lunch and dinner. For example, combining eggs with toast or making yogurt, stuffed roti with curd/lassi, sandwiches with sandwich, etc. For lunch and dinner, you can have non-vegetarian, carb-based products can be included.

(TO GET ABOUT 80 GM OF PROTEIN PER DAY)

BREAKFAST

Include one meal, nuts, berries, fruits, veg quinoa or oats, etc. with your daily snack.

LUNCH

2 eggs (without veg or lentils or egg burji) or Curd

EVENING SNACK

1 granola bar or 1 cup chicken soup or lentil soup

DINNER

1/2 plate roasted chicken or fish

Get Your Proteins from the Right Sources

Sonia Narang, nutritionist and wellness expert at Oriflame India, said: "There are many vegetable sources of high protein in such as beans, lentils, chickpeas, quinoa, hemp seeds, peanut butter, edamame beans and chia seeds," said Palera. "Animal protein sources are also rich sources of protein include meat, milk and milk products, eggs, poultry and fish."

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.

Animal based ones are highly supplemented with protein and are easily used by the body.</p

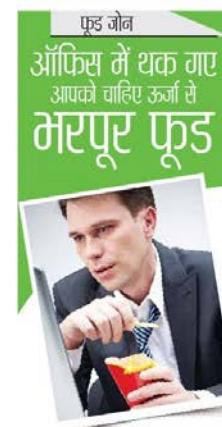
ਪੰਜਾਬ ਕੇਸਟੀ

NEW DELHI

21 OCTOBER 2017

01

CIRCULATION – 9,88,269



नाइट रिप्ट वाले कम
के लिए आसान के
महत्वपूर्ण सुझाव



The Statesman

NEW DELHI

24 SEPTEMBER 2017

02

CIRCULATION – 1,50,000

The Sunday Statesman

evolve

02

SUNDAY, 24 SEPTEMBER 2017

BE HEALTHY

Embracing a balanced diet for stress free living

To cope with office pressure and stay energised, lot of fruits and vegetables rich in minerals, vitamins, and antioxidants should be consumed

TANU ARORA

There are basically five aspects of nutrition. First is nutrient ingestion, second is digestion, third is absorption, fourth is metabolism and fifth is elimination and stress almost affects all. Whatever diet a person eats has an effect on brain neurochemistry which controls mood and response to stress. Also, it has effect on higher brain functions that control learning memory and intellectual functioning. Proper diet planning is required to maintain energy levels during work so as to give the best output.

Majority of the working people have complaints that they don't have time to eat for long working hours and mostly eat out leading to bloating of the stomach, acidity, nausea and obesity. The major cause behind this is that the food which instead of energising is sapping away all the energy.

To be energetic and to cope up with office stress, a variety of fruits and vegetables should be included in diet. They are rich in minerals, vitamins, and antioxidants. They are useful in maintaining health and preventing disease. Their low fat and high-water content make them a good choice for snacks. Carbohydrates provide energy, which one needs to function during the day. Proper distribution of carbohydrate whole through the day helps to regulate the energy mechanism in the body.

Some important tips to maintain energy level while working:

- After waking up early in the morning, drink at least two glasses of lukewarm water to flush toxins from the

body

- Eat a healthy breakfast and never skip it. Certain healthy good option which can be included in breakfast can be multi-grain cereal along with milk, sprouts chat, egg white omelette etc
- Avoid tea and coffee during the mini break in office and include fruit salad as a healthy snack
- While working keep hydrating yourself. Lack of water in the body accumulates toxin which makes you feel tired.
- In between the meals sip lemon water or coconut water to energise.
- Eat a balanced meal in lunch which has the right amount of carbohydrates, proteins, fats, vitamin and minerals.
- Avoid sugary products and sweets like laddoos or jalabets among others.
- Healthy evening snacks like bhel puri, bhuna channa etc should be to maintain energy level
- Small movements and change of place in between the long working hours removes stress.

- At dinner keep it light and take soups, salads and other healthy option. Some important tips of diet for night shift workers:
- Avoid high fat and carbohydrate meals during night shift
- Stick to normal day shift meal times as far as possible.
- Be prepared and organised beforehand and bring healthy meals and snacks for nightshift. Avoid large meals one or two hours before sleeping.
- Don't eat between 3am and at the end of the shift.

Eating small and frequent meals helps maintaining even blood sugar, energy and focus. It helps to avoid mood swings. Aim to focus on nutrient dense food rather than empty calorie food. Usually office meeting include food which are either biscuits, or fried food like samosas, tea or cold drinks. Try to avoid these food items as they are nutritionally deficient and just give extra

calorie. If these extra calories are not managed properly then one tends to start putting on weight.

It is rightly said that "mind and watch" what you eat and you are "what you eat". Small little things make a difference at the end of the day. Always detoxify your body after consuming junk food. One might also follow a detoxified diet once in three months, to stay free from all toxins and also to boost metabolism. Use of methi dana, chia seeds and ajwain acts as a booster to improve basal metabolic rate of human body. One can consume five to ten tablespoons of these on regular and daily basis early in the morning with lukewarm water. Garlic also has specific role in making strong immune system and helps in controlling cholesterol.

To conclude, the nutrient in the food a person eats support the activities of day to day living. A nutritious, well balanced diet along with physical activity and refraining from smoking is the underlying foundation of good health. For good health, apart from diet, proper rest and exercise is also required.

Brisk walking, running, cycling, swimming and similar sports should be included in the daily routine, may be five days a week which take care of overall energy level in the body. Smoking and alcohol consumption should be restricted in consumption. During the office time 10 to 15 minutes break should be taken to refresh from all the stressful activities. Anxiety makes one feel more tired mentally than physically. One should be able to maintain work place stress.

The writer is HOD-Clinical Nutrition and Dietetics, Asian Healthcare





दैनिक भास्कर

NEW DELHI

18 SEPTEMBER 2017

04

CIRCULATION - 23,71,754

4 दैनिक भास्कर

सेहत

पूरे दिन की ऊर्जा माने आपका ब्रेकफास्ट!

ब्रेकफास्ट में दिन की कैलोरी, प्रोटीन व फाइबर की जरूरत का एक-चौथाई हिस्से के साथ ही कुछ विटामिन्स व मिनरल्स भी लेने चाहिए। डेयरी उत्पादों को मिलाने से पर्याप्त कैलोरी की जरूरत की जगह बढ़ावा देता है और पूर्ण अम्ल व सब्जियां मिलाने से न केवल कैलोरी मिलती हैं, बल्कि गुप्त विटामिन्स भी मिलते हैं।

हेल्दी डाइट

सुनीता राय चौधरी, सुश्री तनु अरोड़ा
सेहत डाइट व न्यूज़ीशन विशेषज्ञ।

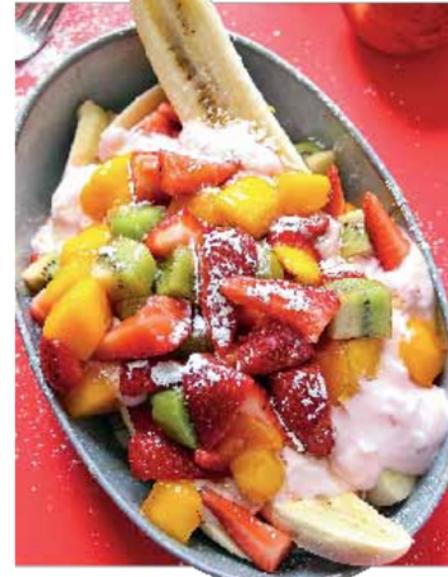
Rक सेहतमंद ब्रेकफास्ट आपके उपचार्य को बढ़ाता है, वजन कम करने में मदद करता है, ध्यान बेहतर करता है और लंबे समय के व्यक्तियों को संतुलित रखता है। ब्रेकफास्ट के मैन्यु में फाइबर व प्रोटीन के साथ अच्छे कार्बोहाइड्रेट्स का संयोग होना चाहिए, साथ ही वसा (सेचुरेट्ड फ्रैंज हो सकते हैं) को थोड़ी मात्रा भी होनी चाहिए। ब्रेकफास्ट में दिन की कैलोरी, प्रोटीन व फाइबर की जरूरत का एक-चौथाई हिस्से के साथ ही कुछ विटामिन्स व मिनरल्स भी लेने चाहिए। डेयरी उत्पादों को मिलाने से खाने में पर्याप्त कैलोरीयम व प्रोटीन मिल जाता है और पूर्ण अम्ल व सब्जियां मिलाने से न केवल कैलोरी मिलती हैं, बल्कि गुप्त विटामिन्स भी मिलते हैं।

ब्रेकफास्ट में सफेद असंयोगित मखबन को थोड़ी मात्रा का प्रयोग किया जा सकता है। सेचुरेट्ड फ्रैंट दिमाग के कार्य, ध्यान को बेहतर करता है और याददाश्त बढ़ाता है। यह बनाने में भी आसान विकल्प है, जो अधिकतम

पोषक तत्व भी देते हैं। नदस में यहां पर बादाम, अखोट और विशमिश। रिफाइंड शुगर न मिलाएं, बल्कि सूखे फल व नदस का प्रयोग करें जैसे कि खजूर व विशमिश जैसे प्राकृतिक स्वीटनर। अगर आपको लेक्योज से कोई समस्या है तो दही, घर में बने फ्रूट योगर्ट व स्पैसी का प्रयोग करें। परों में प्रोटीन, प्रोवायोटिक्स और कैलिशियम भरपूर होता है।

आप इसे टोस्ट, पौरी करी या पाठों के साथ खा सकते हैं। नाश्ते में प्रोटीन शेक पीने से शरीर का भरपूर एनजी मिलती है। ग्रीन टी को हेल्दी ड्रिंक्स में से एक माना जाता है। इसे पिएं।

नाश्ते के साथ फल न खाएं न ही जूस पिएं। इन्हे खाना खाते लेने बेहतर होगा और इन्हें दोपहर के खाने में अच्छा विकल्प माना जा सकता है। रेडी टू इंट विकल्प से बचना ही बेहतर है। इनकी जाह मस्तिष्क, पूर्ण अम्ल और दूध, दही, कटिज चीज जैसे डेयरी उत्पाद व अंडों से घर पर ही आसानी से बनने वाली रेसिपीज का प्रयोग करें। नाश्ता छोड़ना सबसे अस्वास्थ्यकर आदत है। कई शोर्गों में यह याचा गरा है कि वे जो नियमित तौर पर ब्रेकफास्ट करते हैं उनका आदर्श बचन बना रहता है। सेहतमंद ब्रेकफास्ट खाने से पूरे दिन बेहतर चुनाव करने में मदद मिलती है। वे लोग जो ब्रेकफास्ट नहीं करते हैं, उन्हें टाइप 2



डाइटीशियन के सुझाए हेल्दी नाश्ते...

- आठ व पर्याप्त के साथ स्वच्छी दलिल।
- पूर्ण अन्ज वाली ब्रेड की स्लाइस व नाश्ता की कैसल व बैसन वा चील।
- लस्सी व एक नीसानी फल के साथ अंकुरित हरे चंदे से बरी रोटी।
- सेव के साथ दूध में ओट्स।
- रोटी व जूस के गिलास के साथ अंडे की सोकेटी का अंगूली।
- शर्कराखाइत फ्रूट मिल्क शेक के साथ ढोकला। योंगी।
- तेल राष्ट्रिय राष्ट्री की इडली व संबर, एक केली के साथ।
- एक अल्टीग्रेव सैंडविच के साथ मिल्क कॉर्नफ्लॉवर्स।
- फ्रूट रम्बूटी के साथ पौहा/उपला।
- दही व एक फल के साथ स्टार्ट रोटी।

हिन्दुस्तान

तरकी को चाहिए नया बजारिया

NEW DELHI

15 SEPTEMBER 2017

03

CIRCULATION - 12,99,672

03 हिन्दुस्तान • ताज-नव • सुक्रावर • 15 सितंबर 2017

खान-पान >

वजन कम करे अनन्नास का जूस

शरीर के टॉकिसन्स को साफ करने वाला पोषण से भरपूर अनन्नास खूबियों से भरा है। यह कई बीमारियों से तो आपकी शरीर करता ही है, आपके जगन को नियंत्रित रखकर आपको घुट-दुरुस्त भी रखता है। इसके अधिकतम फायदे के लिए इसका जूस पीना विशेषज्ञ बेहतर मानते हैं। अनन्नास के जूस के फायदों के बारे में जानकारी देता एक आलेख।



Aनन्नास शरीर के टॉकिसन्स को साफ करता है। यह रक्त संचार को बेहतर करता है, क्वोंकि इसमें मौजूद और्मेलिन खनन को पालन करते हैं और हार्ट और क्रैंक, स्ट्रॉक व दिल से संबंधित अन्य बीमारियों के खतरे को कम करते हैं। अनन्नास का रस पीने से आंतों के कीड़ों को हटाना में भद्र मिलता है। चूंकि अनन्नास में फाइबर साथांगी की काफी मात्रा होती है, इसलिए वह कब्ज़ और आंतों की अनियंत्रित गति को भी ठीक करने में भद्र करता है। अनन्नास के अनेक फायदे हैं।

वजन घटाने में मद्दतगार

अनन्नास में प्रचुर मात्रा में फाइबर है, जिसका अर्थ है कि शरीर को इस पोषण को संसाधित करने के लिए ज्यादा मीठों की जरूरत होती है। इसका महलब है कि आपको कमज़ो और समय तक भूख नहीं लगेगी। आपको खाने के समयोंजित नियम व व्यायाम के साथ इस अपनाना होगा।

सूजन घटाने में गिलती है मद्दत

अनन्नास में पारा जाने वाले और्मेलिन नामक यौगिक में एक खास खुली होती है, जो पूरे शरीर को प्रभावित करने वाली उत्तेजना के प्रभावों को खत्म करके टॉकिसन्स को हटाने में शरीर की मदद करती है। हमेशा अनन्नास का रस पीने व खाने की हल्की-फुल्की घोटी और जोड़ों की सूजन को ठीक करने में भद्र मिल सकती है। ऐसा इसलिए, क्वाकिं वह कट व जलन के प्रभाव को कम कर देता है। इसके लिए आप खानी पेट एक शिरास अनन्नास का रस पीकर आपने दिन की शुरुआत करें।

कैंसर से लड़ने में मद्दत करता है

अनन्नास एक ऐत्यराय फल है, जो एटीओक्सीडेंट्स से भरपूर है। एटीओक्सीडेंट्स में कैंसर से लड़ने का गुण है।

अनन्नास में मौजूद एंजाइम ओर्मेलिन प्रोटीन को पचाता है और यह एटीओक्सीडेंट्स की प्रदीपित करता है। यह अनन्नास के तने व फल में पाया जाता है। आप योद्धी मात्रा में जूस भी ले सकते हैं, लेकिन कैंसर से लड़ने की असली ताकत के लिए आपको अनन्नास के एंजाइम पर विचार करने की जरूरत है।

आर्थार्डिटिस उ जॉड्झु के दर्द से बचाया

अनन्नास में सूजन विरोधी गुण होते हैं, जिस वजह से एक गिलास अनन्नास का जूस पीने से आर्थार्डिटिस की टिकिकतों व लक्षणों में आराम पाने में काफी हृद तक मदद मिल सकती है। अनन्नास का जूस बुड़ुने लोगों के दर्द को कम करता है, जो आंखें से ही आर्थार्डिटिस से पीड़ित हैं। इसका जूस मासेडेशियों के दर्द में भी आराम देता है। सूजन कम करने वाले को खाने से हड्डियों मजबूत होती है। सूजन कम करने के लिए और्मेलिन एंजाइम की मौजूदगी पर ध्यान दिया जाता है।

प्रतिरक्षा तंत्र को मजबूत करता है

मैंनेज से सूजन विरोधी गुण होते हैं, जिस वजह से एक गिलास अनन्नास का जूस पीने से आर्थार्डिटिस की टिकिकतों व लक्षणों में प्रदूस रखना में प्रभुत्व भूमिका निभाता है। शरीर की रोजाना की जरूरत के लिए एक कप अनन्नास का जूस पर्याप्त होता है, जिसमें लालभाग 7.3 प्रीसेट मैंनेज होता है। अनन्नास बुवा अवस्था में हड्डियों को बढ़ाने में मदद करता है और बुड़ों में भी मजबूत बनाए रखता है। यह मस्तुक से संबंधित समस्याओं को भी हल करता है, क्योंकि इसमें विटामिन सी भी भरपूर मात्रा में होता है। मैंनेज जड़ों को भरते, ब्लड शुगर को नियंत्रित करने, प्रतिरक्षा तंत्र को बेहतर करने और त्वचा को ठीक करने में भी काफी उपयोगी है।

आंखों को सेहतनंद रखे

अनन्नास में बीटा-कैरोटीन होता है और इसमें विटामिन पी पर्याप्त मात्रा में होता है, जो आंखों की रोशनी के लिए अन्यथा होता है। अनन्नास का जूस पीने से बुड़ों में आंखों की रोशनी खोने का खतरा कम हो जाता है। इसमें मौजूद एंटीऑक्सीडेंट्स आंखों से संबंधित समस्याओं को ठीक करने में मदद करते हैं और आंखों की सेहत को बेहतर बनाए रखते हैं। अगर आपको कोई स्वास्थ्य समस्या है तो बिना आयुर्वेदिक डॉक्टर की सलाह के इसका सेवन न करें।

(आकाश हेल्थकेयर के विलनिकल नूट्रिशन एंड डायटिटिक्स विभाग की प्रमुख तनु अरोड़ा से गई बातचीत पर आधारित)

ਪੰਜਾਬ ਕੇਸਟੀ

NEW DELHI

9 SEPTEMBER 2017

02

CIRCULATION – 9,88,269

2

ਦਿਲੀ/ਯਾਪੁਰ

ਸ਼ਨਿਵਾਰ

9 ਸਿਤਾਮਾਰ, 2017

-ਪੰਜਾਬ ਕੇਸਟੀ

ਅਵਸਾਦ ਮੰ ਮਦਦਗਾਰ ਹੈ ਮੋਡਿਟੇਰਿਯਨ ਫੂਡ

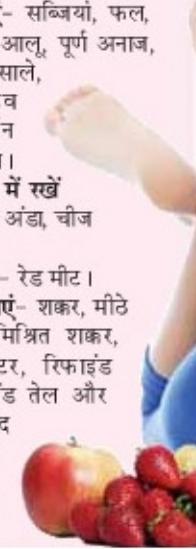
ਸ਼ਾਰੀਰਿਕ ਵ ਸਾਮਾਜਿਕ ਕਾਰ੍ਯਾਂ ਕੇ ਅਲਾਵਾ ਖਾਨੇ ਕਾ ਮਨੋਵੈਜਾਨਿਕ ਕਾਰ੍ਯ ਭੀ ਹੈ। ਹਮ ਜੋ ਖਾਨਾ ਖਾਤੇ ਹੋਣੇ ਵੇਂ ਕੁਛ ਨਿਸ਼ਚਿਤ ਭਾਵਨਾਤਮਕ ਜ਼ਰੂਰਤਾਂ ਕੋ ਪੂਰਾ ਕਰਤੇ ਹੋਣੇ ਅਤੇ ਸੁਰਕਾ ਕੇ ਸ਼ੋਤ ਕੇ ਰੂਪ ਮੌਕਾਵਾਂ ਕਰਾਉਣੇ ਵੇਂ ਆਹਾਰ ਤਨਾਵ ਦੇ ਰਾਹਤ ਦਿਲਾਨੇ ਕੇ ਸਾਥ ਭਾਵਨਾਓਂ ਕੋ ਭੀ ਵਧਕਤ ਕਰਾਉਣੇ ਵੇਂ। ਘਾਣ ਰਹੇ, ਅਵਸਾਦ ਦੇ ਲਡ੍ਹਨੇ ਹੁਏ ਜਿੰਦਗੀ ਮੌਕਾਵਾਂ ਆਨੰਦ ਵ ਖੁਸ਼ਿਆਂ ਪਾਨਾ ਕਠਿਨ ਹੋ ਜਾਤਾ ਹੈ। ਆਕਾਸਾ ਹੈਲਥਕੇਯਰ ਕੀ ਨਿਊਟ੍ਰਿਸ਼ਨਿਸਟ ਤੁਨੁ ਅਰੋਡਾ ਕਹਾਂਦੀ ਹੈਂ ਕਿ ਮੋਡਿਟੇਰਿਯਨ ਆਹਾਰ ਅਵਸਾਦ ਦੇ ਲਡ੍ਹਨੇ ਮੌਕੇ 'ਤੇ ਬਹੁਤ ਮਦਦਗਾਰ ਹੋਤਾ ਹੈ। ਸਾਥ ਹੀ ਯਹ ਕਿਉਂ ਤਰਹ ਕੀ ਬੀਮਾਰਿਆਂ ਮਸਲਨ- ਕਲਾਡ ਸ਼ੁਗਰ, ਕੱਂਸਰ, ਹਦਵ ਰੋਗ, ਡਿਮੋਸ਼ਿਆ ਕੇ ਜਾਖਿਆਂ ਕੋ ਕਮ ਕਰਾਉਣਾ ਹੈ ਤਥਾ ਕਿ ਦਿਮਾਗ ਕੀ ਸੋਹਤ ਕੇਵਹਤ ਕਰਾਉਣਾ ਹੈ। ਹੋਰ ਹੈਲਥਕੇਯਰ ਕੀ ਇੰਡੀਆਵਿਸਡੈਂਟਸ ਦੇ ਭਰਪੂਰ ਹੈਂ। ਮੋਨੋਸੈਚੂਰੋਟੇਡ ਫੈਈ ਐਸਿਡੈਸ ਕੀ ਤੱਥ ਸਤਰ ਕੇ ਸਾਥ, ਫਾਇਬਰ, ਵਿਟਾਮਿਨ, ਮਿਨਰਲ ਕੀ ਪਾਰਾਤ ਮਾੜੀ ਭੀ ਹੈ। ਸਥਾਨੇ ਮਹਤਵਪੂਰਣ ਬਾਤ ਯਹ ਹੈ ਕਿ ਇਸ ਤਰਹ ਦੇ ਆਹਾਰ ਲੇਨੇ ਦੇ ਦਿਮਾਗ ਕਾ ਕਾਰ੍ਯ ਬੇਹਤਰ ਹੋਤਾ ਹੈ, ਅਵਸਾਦ ਵ ਚਿਡਿਚਿੜਾਪਨ ਕਾ ਬੇਹਤਰ ਤਰੀਕੇ ਦੇ ਸਾਮਨਾ ਕਰਨੇ ਦੇ ਲਿਏ।

ਜਾਨਦਾ ਸ਼ਕਤ ਮਿਲਾਵੇਂ ਹੈ, ਵਧਕਤ ਦੀ ਕਮਿਆਂ ਵ ਅਵਸਾਦ ਦੇ ਪਾਰ ਪਾਨੇ ਮੌਕੇ ਮੰਨ ਦੀ ਭੀ ਮਿਲਾਵੇਂ ਹੈ, ਕਿਵੇਂ ਕਿ ਇਸਚੰਤ ਤਥਾ ਸ਼ੋਧਕਰਤਾ ਬਤਾਤੇ ਹੈਂ ਕਿ ਕਿਉਂ ਨਿਸ਼ਚਿਤ ਖਾਦ੍ਯ ਪਦਾਰਥ ਹੈਂ ਜੋ ਮੂਡ ਕੀਤੀ ਕਰਨੇ ਮੌਕੇ ਮੰਨ ਦੀ ਹੋਤੇ ਹੈਂ। ਮਸਲਨ- ਮਛਲੀ, ਨਦੀਸ ਵ ਸਬਜ਼ਿਆਂ, ਜੀ ਓਮੇਗਾ 3 ਫੈਟੀ ਐਸਿਡੈਸ ਦੇ ਸਥਾਨੇ ਅਚੜੇ ਸ਼ੋਤ ਭੀ ਹੈਂ।

ਕਥਾ ਖਾਏ- ਸਬਜ਼ਿਆਂ, ਫਲ, ਨਦੀਸ, ਬੀਜ, ਆਲੂ, ਪੂਰੀ ਅਨਾਜ, ਬੋਡ, ਬੂਟਿਆਂ, ਮਸਲਾਲੀ, ਮਛਲੀ, ਸੀਫੂਡਵ ਏਕਸਟ੍ਰਾ ਵਰ्जਿਨ ਆਲਿਵ ਔਡਲ।

ਇਨ ਖਾਨਾਵਾਂ ਮੌਕੇ ਵਿੱਚੋਂ
ਸੰਘਰਸ਼- ਪੋਲੀ, ਅੰਡਾ, ਚੀਜ਼
ਵ ਯੋਗਾਂ।

ਕਮ ਖਾਏ- ਰੇਡ ਮੀਟ।
ਇਹੋਂ ਨ ਖਾਏ- ਸ਼ਾਕਰ, ਮੀਠੇ
ਧੋਵ ਪਦਾਰਥ, ਮਿਕਾਵ ਸ਼ਾਕਰ,
ਸਾਂਸਾਧਿਤ ਮੀਟ, ਰਿਫਾਇਂਡ
ਅਨਾਜ, ਰਿਫਾਇਂਡ ਤੇਲ ਅਤੇ
ਅਨੱਧ ਬੇਹਤਰ
ਸਾਂਸਾਂ ਧਿਤ
ਖਾਦ੍ਯ ਪਦਾਰਥ।
● ਫੀਡੇ



BANGALORE**9 SEPTEMBER 2017****03****CIRCULATION – 3,14,000****2 DECCAN HERALD**

Living Health ‘n’ well-being

Saturday, September 9, 2017

Greek food can drive your blues away

A bite of chocolate may make you happy on a depressing day. But that feel-good moment may only last for a few hours tops. A Mediterranean diet is just what you need to drive your blues away.

Apart from physiological and social functions, food has a psychological function too. Food satisfies certain emotional needs and acts as a source of security. Food is also an outlet for emotions. To fight stress or tension, some of us tend to avoid eating or overeat. For some people, loneliness or boredom makes them reach for a plate of French fries.

While battling depression, it can be difficult to find happiness in life. However, there is a lot you can do to fight the condition by choosing your diet wisely. Mediterranean diet has long been promoted for its health benefits. Not only does it help fight depression, but research suggests that it also aids weight loss, controls blood sugar and reduces risk of cancer, heart disease and dementia.

Rich in nutrients

Mediterranean diet plays a vital role in improving the quality of life. It is a mix of traditional eating habits of people living in Spain, Italy, France, Greece and Middle East. This diet improves brain health, as it is loaded with antioxidants. Along with high levels of monounsaturated fatty acids, this diet also contains a good mix of fibre, vitamins and minerals. Antioxidants found in fruits and vegetables play an important role in cognitive capacity.

Healthy food habits help in improved brain function and consequently to a greater resilience to face stress and frustration. Mediterranean diet helps overcome personality deficits and depression, as it contains certain foods that can augment your mood. Fish, nuts and vegetables, which are an integral part of the Mediterranean diet plan, are a great source of omega 3 fatty acids. This essential nutrient enhances brain function, including temperament and protects against depression.



The human brain is nearly 60% fat. Hence, for the optimal growth, development and function of the brain tissue sufficient amount of omega 3 fatty acids is required. When there is a deficiency, the structure of the brain cell membrane and connection are inferior, which leads to cognitive and emotional disorders.

Each individual component of our diet influences depression through different mechanism. Mediterranean diet has good sources of vitamin B too. Our brain needs lot of energy to work efficiently and it won't be able to create neurotransmitters without enough energy and right nutrients. Here are the dos and don'ts of a Mediterranean diet:

- Include vegetables, fruits, nuts, seeds, legumes, potatoes, whole grain bread, herbs, spices, seafood and extra virgin olive oil in your meals.
- Eat poultry, egg, cheese and yogurt in moderation.
- Avoid red meat if possible or eat it on rare occasions.
- Avoid sweetened beverages, added sugars, processed meat, refined grains, refined oils and other highly processed foods.

Dr Tanu Arora
(HOD - Clinical Nutrition and Dietetics,
Aakash Healthcare)



दैनिक भास्कर

INDORE

7 SEPTEMBER 2017

08

CIRCULATION – 23,71,754

08 DB SCR INDORE, THURSDAY, 07/09/2017

Fitness & Wellness

Q & A

वजन कम करने या
बढ़ाने के लिए न लें
डाइट सप्लीमेंट

• नव अरोड़ा
कलोनिकल व्हूट्रीशिपस्ट एंड डाइटीशियन, दिल्ली

इन्हींनिटी मजबूत करने, मेनोरी बढ़ाना या मोटापा कम करने के लिए मार्केट में कई तरह के फूड सप्लीमेंट भी जुटे हैं। इन्हें कब लेना चाहिए, और कब नहीं इससे जुड़े कुछ सवाल और उनके जवाब।

सवाल : कौन सा डाइट सप्लीमेंट कब इस्तेमाल करते हैं? क्या इन्हें लेना सुरक्षित है?

उत्तर : डाइट सप्लीमेंट्स व डाइट की गोलियां ज्ञानात वे लोग इस्तेमाल करते हैं जिनमें या या तो सेहतमंद संतुलित आहार न ले पाने के कारण ऊचत पोषण की कमी होती है, या पिर जो अपना भोजन छोड़कर और भूख को नियंत्रित करते अपना वजन घटाना चाहते हैं। आहार के इन सप्लीमेंट्स व गोलियों के इस्तेमाल में सुखा यी बात करें तो वहा सेहत से संबंधित कुछ जाखियां भी हैं। सप्लीमेंट दिया जाए या पिया जाए, इस बारे में कोई फैसला लेने से पहले, यह बेचत होगा कि नियतिक या डाइटीशियन से सलाह-मार्गिर कर लेना चाहिए।

सवाल : डाइट सप्लीमेंट व गोलियां लेने के क्या साइड इफेक्ट्स हो सकते हैं?

उत्तर : आप संवित गोलियां व यारेंट में मिलने वाले सप्लीमेंट लेने से ऐट में दृढ़ व ऐन, भली व उटी आना, आत्मों के अस्वस्थण में कमी, वेतने व इन्होनीया, सिरटंड फेल होना, साम लेने में परेशानी की समस्या हो सकती है। इन सप्लीमेंट को ऑवरडोज लेने की वजह से कई बार व्यक्ति की मौत भी हो सकती है।

सवाल : डाइट सप्लीमेंट लेने से समस्या क्यों हो जाती है?

उत्तर : डायटरी सप्लीमेंट गोली, पाठड़, जेल, लिविंग, कैप्सूल आदि रूपों में भी उपलब्ध होते हैं। कई बार इन सप्लीमेंट के कारण एलाइक्स प्रोतिक्ला भी होते हैं। इन्हें कुछ दवाओं के साथ इक्वा एंटीक्लान लिया गया जिसे 'ड्रुग न्यूट्रिएंट' कहते हैं, जिसके परिणामस्वरूप यह सेहत संबंधित वित्तीयों को खराब कर देता है। ड्रिटामिन व मिनरल्स के अलावा ज्ञानातर डायटरी सप्लीमेंट को मालवेक्ट्रोज नहीं किया गया है जिसकी वजह से उनके काम करने की ऊचत दबाता व साइड इफेक्ट के बारे में जानकारी नहीं दी गई।

सवाल : डाइट सप्लीमेंट नहीं लेते हैं तो किस पिट्ठने संबंधी समस्याओं को दूर करने के लिए क्या करना चाहिए?

उत्तर : वजन बढ़ाने और कम करने के लिए व्यक्ति डाइट सप्लीमेंट बड़ी मात्रा में लेते हैं, जबकि जो व्यक्ति वजन कम करना चाहते हैं उन्हें अपने आहार, ज्ञान, जीवनशैली में सुधार करना चाहिए। सेहतमंद संतुलित आहार उसे जिक्र, ज्योटी, ऐट, विटामिन्स व मिनरल्स वजन कम करने और बदन बढ़ाने लेने से जुड़ी समस्याओं के समाधान के रूप में मौजूद हैं। याने में संतरे, टाटार, सेव, नानकल पानी का नियमित रूप से सेवन करना फायदेमंद है।

THE INFLIGHT MAGAZINE

spice route

NATIONAL

AUGUST 2017

50-54

CIRCULATION – 2,65,000

FOOD RED CHILLI



EACH SPICEJET AIRCRAFT HAS BEEN NAMED AFTER A PARTICULAR SPICE. IN THIS ISSUE WE TALK ABOUT THE BENEFITS AND USAGE OF RED CHILLI



Goan Chicken

AT THE HEART OF INDIAN CUISINES

THERE IS AN AMAZING VARIETY OF RED CHILLIES AVAILABLE LOCALLY AND THEIR TASTE AND SPICE LEVEL VARY, MAKING THIS EASILY ONE OF THE MOST EXCITING SPICES TO WORK WITH IN THE INDIAN KITCHEN.

BY BINDU GOPAL RAO

WHAT IS COMMON TO BHUT JOLOKIA, Byadagi, Bird Eye, Jwala, Guntur and Kanthari? All of them are varieties of red chilli – the spice you may love or hate but can never ignore. "Chillies are integral to Indian cooking and most of us Indians have developed stomachs of steel having grown up eating chillies. Used in almost every dish, it's a major commercial cash crop in our nation and though the chilli arrived in India only in the 16th century, it has now become synonymous with our cuisines," says Swadeep Popli, Owner, The Chatter House, New Delhi.

Red Chilli is mostly used in three forms: fresh red, dried red and powdered red. Kashmiri chillies are mild and therefore one of the most popularly used

variants across the country. "Guntur chillies from Andhra Pradesh add heat due to their high spice quotient. Dhani or Bird Eye chillies from North India are commonly used for cooking, pickling and in the preparation of chutneys. Naga chillies are one of the hottest in the world. Mundu chillies from Tamil Nadu and Andhra Pradesh enhance flavour. Jwala chillies from Gujarat are a very popular variant and are used extensively in home-style cooking. The unique and flavoursome Kanthari chillies from Kerala are pale when ripe and mature. Karnataka's Byadagi dry chillies are long and thin, and are very similar to paprika," says Chef Subrata Debnath, Executive Chef, Vivanta by Taj – Gurgaon. Sunil Agarwal, Director, Kraft Appliances, adds, "Punjabi and Rajasthani cuisines are well-known for their spicy food and using red chillies in abundance. Red chillies are dried or pickled in order to store them for a longer period of time. They are also used extensively for making sauces which are used to add spice to other dishes."

India is the largest producer of red chillies in the world besides being the largest exporter and consumer of the same. "Andhra Pradesh is the largest producer of chillies in India with more than five of the 18 to 20 chilli types in India as identified by The Spices Board of India. Our country boasts of multiple regional cuisines and the food taste varies literally from one state to the other. So, depending on the state cuisine, the chillies are used accordingly," says Chef Ravi Saxena, Corporate Chef, Dhaba By Claridges, which operates restaurants in Bengaluru, Gurgaon and Hyderabad.

KOPER KADAI

THE INFLIGHT MAGAZINE

spice route

NATIONAL

AUGUST 2017

50-54

CIRCULATION – 2,65,000

FOOD RED CHILLI



Chili con carne



KNOW YOUR CHILLIES

- The best relief from the burning sensation of chillies is to **drink milk**, have a spoonful of yogurt or a spoonful of honey
- **Scoville Heat Unit [SHU]** is the measurement of the hotness of chillies. A sweet bell pepper scores 0 on the Scoville scale; a jalapeño pepper scores around 2500–4000 units, and a Mexican chilli called Habaneros scores 200,000 to 500,000 units
- Chilli is reported to be a native of **South America**
- It was first introduced in India by the **Portuguese** towards the end of the 15th century
- **The Bhut Jolokia** is the spiciest red chilli in world. It is grown in Assam and Nagaland
- Chilli is botanically a **fruit**. But legally it is classified as a vegetable

Apart from being used as a tempering, there are several dishes that use red chillies as the main ingredient like Rajasthan Lal Maas, Awadhi Mirchi Korma and Goan Pork Vindaloo. Satyajit Kotwal, GM, The Resort Hotel, Mumbai, explains, "Chillies are used widely for pickling purpose. Whole/chopped red as well as green chillies are used alongwith other spices to make them into delicious pickles. Also, dishes are made using whole chillies – it could be Mirch ka Salan or Mirch ka Pakoda."

India cooks with chillies that have always been known as ingredients that add spice to Indian food. "In ready-to-eat salads, chaats or chutneys, fresh red chillies give a great aroma and taste. However if my recipe calls for cooking chillies then I prefer using powdered option when I need velvety texture in my curries and crushed dry chillies when using for tempering or making a dry preparation," says Chef Akshay Nayyar, Co-owner, Kopper Kadai, Bengaluru.

Most of them are fiery in nature but chillies score high on their health benefits. This is primarily due to a chemical called capsaicin. This chemical is well-known for its anti-inflammatory, analgesic, and heart-healthy benefits. "Also, chillies are rich in antioxidant

carotenes and flavonoids - they have about twice the amount of vitamin C found in most citrus fruits. The heating nature of chillies is associated with their ability to stoke the digestive fire so chilli powder is often added to buttermilk and consumed to boost appetite and strengthen digestion. They are great for speeding up the metabolism and thus, would be really helpful to those trying to lose weight," says Shivangi Chatterji, an Ayurvedic Expert at AllAyurveda.com.

If you have a headache due to cold, mix a little chilli paste with sandalwood paste to make a fast-acting, pain relieving poultice. Diabetics can benefit from this spice by mixing a few drops of chilli oil with isabgol (psyllium husk) and consuming it twice a day. This also helps those with bacterial infections such as UTIs. Navin Kacherla, owner of The Charcoal Kitchen, Mumbai, avers, "A good quantity of red chillies added to food can be a good source of Vitamin C. However, an excess of it can cause acidity and heart burn. Indian food without red chilli often misses the essence of flavours required." Tanu Arora, Head of Department, Clinical Nutrition and Dietetics, Akash Healthcare, adds, "Red chillies have rich contents like Vitamin C and Provitamin A. It also helps in clearing the congestion of stuffed noses and congested lungs."

Chillies are the heart and soul of different cuisines across India - they are cultivated in different parts of the country, and are one of the most important ingredients in Indian recipes. "Fresh green or red chillies are used in salads and pickles and are also ground to a paste, for various marinades. Dried and roasted red chillies are commonly used for tempering curries while the ground red chili powder is used to enhance flavours of curries," says Chef Saurabh Udinia, Chef de Cuisine - Modern Indian, Massive Restaurants Pvt. Ltd.

Chillies are known as the queen of

SHUTTERSTOCK

THE INFLIGHT MAGAZINE

spice route

NATIONAL

AUGUST 2017

50-54

CIRCULATION – 2,65,000

FOOD RED CHILLI



Red chilli garlic chutney

spices and have a lot more to offer apart from just adding spices. Executive Chef Anil Dahiya, The Bristol Hotel, Gurgaon, advises, "Each palate has a distinct level of tolerance for spice; use your judgment to increase or reduce the quantity of chilli pepper in your food as suited to you and your family. Children don't have a well-developed spice palate; like all other foods, it helps to introduce spices in small amounts from a young age to build their liking for flavours."

Excessive usage of red chillies can not only make a dish unfit but can also become bitter and excessively spicy if overused. Chef Paul Kinny, Shizusan Shophouse & Bar, Mumbai, advises, "While making red chilli paste, add vinegar instead of water as this will increase the shelf life and add a tangy taste to the paste. While tempering the

chilli be careful not to burn it as it could ruin the entire dish."

Vikas Kumar, Executive chef, Flurys, Park Street, Kolkata, adds, "One of the most important things to understand about red chilli is the fact that it can vary a lot in its hotness/spiciness and must be used with extreme care and restraint. There really is no way to balance a dish that has turned to be too spicy due to the use of the chilli and there is also no way to add extra chilli once a dish is ready, since it requires a certain cooking technique."

Chef Milan Gupta, Cafe Haqq Se, Mumbai, has the final word when he says, "Never add too much chilli in the beginning in the recipe as the oil released from it will take some time before it permeates evenly through the dish." ■



CHILLI JAM

RECIPE AND IMAGE COURTESY
KRAFT APPLIANCES

INGREDIENTS

| | |
|---------------------------------|---------|
| Red chillies (Stems removed) | 60 gms |
| Garlic cloves (Crushed) | 125 gm |
| Grated ginger | 125 gms |
| Tomatoes | 1 kg |

Sugar 825 gms

Red wine
vinegar 30 ml
Salt 1/2 tbsp
Worcestershire
Sauce 2 tbsp

METHOD

→ Blend the chillies with the tomatoes in a mixer until it turns a

smooth paste.

- Put the mixture along with all the other ingredients into a saucepan and bring it to boil slowly, stirring to dissolve the sugar.
- Cook for about an hour, frequently stirring it, until the chilli jam has thickened.
- Cool and pour it into jars. Store in a cool dry spot and consume within six months.

KOPER KADAI



NATIONAL

AUGUST 2017

32-35

CIRCULATION – 65,000



Punchy extract

Care for a glass of nutrients? Try cold-pressed juices

BY BINDU GOPAL RAO

32 SMART LIFE - AUGUST 2017

NATIONAL**AUGUST 2017****32-35****CIRCULATION – 65,000****Drink Trend**

The Aashok

Everyone looks for convenience nowadays and juicing is a popular choice. This is because juices provide the benefits of fruits and vegetables in one power dose. However, many believe that juices are no longer healthy when they are strained and sugar is added.



Ice juice Candy -RAW Pressery

The solution lies in cold-pressed juices. The process of extracting these juices ensures that the nutrients are preserved.

The concept

Cold-pressed juicing uses a hydraulic press to extract juice from fruits and vegetables. No additional heat or oxygen (oxidation process) is used in the process, so no nutrient is lost. "Green juices are packed with awesome nutrients. True to the nature of green vegetables, they produce chlorophyll which, when you consume it, helps oxygenate your body. This helps to detox and cleanse your body," says Ashvin Kumar, executive chef, Four Points by Sheraton, Navi Mumbai.

What really makes cold-pressed juices stand apart is the method of juice extraction. "In regular juicing, the fresh produce comes in contact with rotating metal blades and is churned and juice is extracted. The major drawback here is that rotating blades generate heat due to friction which is good enough to destroy the heat-sensitive vitamins and minerals, most importantly vitamin C. The metal also oxidises the nutrients to some degree, thereby nullifying its antioxidant potential. Cold-pressing,

on the other hand, works by pressing the produce between two plates under high pressure using a hydraulic press. The resulting juice is allowed to drip in a tray and the fibre remains are left behind," explains Luke Coutinho, alternative medicine practitioner and holistic nutritionist.

Advantage cold press

According to the FDA, the HPP (high pressure processing) method is the best way to preserve freshness and



Cold pressed juice from Aashok

NATIONAL**AUGUST 2017****32-35****CIRCULATION – 65,000**
inhale


boost shelf life without the need for any preservatives or subjecting the produce to high heat," says Jeevika Tyagi, CEO, Alkyurveda. "Stored correctly, cold-pressed juices can taste just as great even after two weeks. Cold-pressing lengthens the shelf life of hard-to-preserve produce."

Making cold-pressed juice is a hundred per cent natural process without the use of preservatives, flavours and ingredients. "Our cold-pressed juices are unpasteurised, use no preservatives or additives, just the fruit. Our gentle extraction process also preserves all the natural vital nutrients to maximise nutrition. No additional heat or oxygen is used in the process; this means no nutrients are lost in the heat of traditional pasteurisation or blending/masticating the juice in a household blender," says Smritika Sharma, marketing head, RAW Pressery.

Cells need concentrated nutrition. It is a fact that most people don't eat like they should and don't get enough

Juice it Up

Saumya Shabikshi, senior nutritionist and wellness consultant, Healthians, suggests a few ideas:

Pineapple Pear Ginger Mint: This combination of ginger and mint with fruits provides a cooling sensation to the skin and can help to treat minor burns, itching and skin irritations. It also soothes the digestive tract.

Apple Cinnamon: Apples are full of fibre, especially pectin, a soluble fibre which can help promote good digestive health and a sense of full belly. This helps in weight loss.

Green Alkaliser: Green juice is a natural mineral and vitamin supplement that can be a powerful influence on a malnourished system.

Citrus Juicer: Fresh citrus provides both soluble and insoluble fibre. Soluble fibre can help lower cholesterol and triglyceride levels, which may help reduce the risk of heart disease.

fruits and vegetables in a day. "Cold-pressed juices fill this gap and make it possible for those not eating a good diet to get the much-needed nutrition," says Tanu Arora, head of department, clinical nutrition and dietetics, Alkesh Healthcare. "It is a powerful nutrition punch. Cold-pressing technique destroys bacteria on a structural level, preserves the taste and quality that heat and chemical pasteurisation destroy."

Health quotient

The health quotient of cold pressed juices depends on the ingredients and the time it is extracted. It is important to opt for a vegetable-based, fresh drink with no added sugars or preservatives to benefit from the live enzymes and nutrients. However, while it is not a great idea to only rely on packaged cold pressed juices, they are still a better choice over canned juices, aerated beverages and vitamin water. Says Mummu Ganserwal, nutritionist, fitness consultant, and founder, Yuktahaar, "The 'real' cold pressed juices with 'real' health benefits do not come in fancy bottles. They are made at home, consumed fresh, available locally, made with local and seasonal



NATIONAL**AUGUST 2017****32-35****CIRCULATION – 65,000****Drink Trend**

raw produce and is the kind of juice that your great grandmother recognises as food. They have made a variety of these cold-pressed sherbets and juices by squeezing it with their hands, sometimes also wrapping the fruit in a cloth. Case in point is *nimbu paani*, mango juice (*aamras*), *phalsa* juice and *bael* sherbet.

Cold-pressed juices strengthen your immune system. Says chef Rakhee

of Palate Culinary Studio and Academy, "What I absolutely love about cold-pressed juices is that not only does this process give you a healthy boost via the extracts that increase the nutrient content but it also boosts your immune system. How hassle-free and tasty it is. The best part is, as no heat is used in the process, no nutrients are lost."

Do it yourself

You can easily make cold-pressed juice at home if you have the juicer. The juice prepared using the centrifugal juicer must be consumed within 24 hours. Cold-pressed juicing machines which

are also known as masticating juicers are portable. Sugarcane juice, for instance, is a native, raw, cold-pressed juice. The cane stalks are pressed against each other using zero heat to give a beautiful, green-coloured juice that has detox properties and is rich in polyphenols and antioxidants. Dr Mahesh Gupta, chairman, KENT RO Systems, explains, "Cold pressed juicers operate using technology that first crushes and then presses the fruits or vegetables for maximum yield. The juice extraction technique works on low RPM (revolutions per minute), speed less than 100. It does not produce as much heat as produced by the conventional juicers. Hence, it retains nutrients."

You can combine the juices of vegetables and fruits for your drink. "When juicing at home, aim for nutrient-dense fruits and vegetables. Take the juice from leafy greens and root veggies as your base, then add citrus or fruit to sweeten the taste," advises Arvind Rai, executive chef, The Ashok Hotel, New Delhi. "The process is the hydraulic press; this exposes the shredded produce to extreme pressures between two plates. The pressure causes the juice/water content from the produce to drip into a collection tray." □

**Tips**

Plan on doing a juice cleanse when you have time to relax, ideally with little physical, emotional, social and mental demands.

Chew your juices. Juices are not meant to be guzzled.

Do not make juice your only meal. Adding a bit of good fats would be essential for better absorption of nutrients (for example, carrot juice with a handful of almonds).

Check labels for added sugar/preservatives, if the juice is packaged.

MAIL TODAY

Read by those who matter

NEW DELHI

14 AUGUST 2017

22-23

CIRCULATION – 2,50,000

22 GOOD HEALTH

Mail Today, New Delhi, Monday, August 14, 2017

good

THE RIGHT BLOOD GROUP DIET

By KARISHMA KUENZANG

HERE was a recent post on a social media platform wherein a 25-year-old resident of the capital claimed that she had just found that her blood group was different than what was given in her birth certificate, and hence, she'd been following till date. Well, in today's day and age, it's important to know one's blood group for a tad more than obvious reasons like injury and donation or transfusion. New research has found that eating according to your blood type could be quite beneficial for you.

Tanu Arora, head of department, clinical nutrition and dietetics, Apollo Hospital, says, "People with different blood types digest lectin differently. This is based on the principle that food type is compatible with a particular blood group."

Despite the dissertation, Mutation Diet Clinic, says, "The blood group determines how the body handles and resists different diseases. This diet is based on eating specific foods in order to facilitate better digestion, increase energy levels and prevent certain diseases."

Dr Namita Nadar, director of Fortis Hospital, says, "When people adhere to a diet specific to one's blood type, they improve their health and decrease risk of chronic illness like diabetes, heart disease, etc."

Dr Peter J D'Antonio adds that some microorganisms can trigger an unexpected response from the immune system, especially in certain blood types. An infection due to particular virus, yeast or bacteria can trigger an immune system and unwanted levels of inflammation in a certain blood type. This can lead to an overactive body's response to the infection and generate added stress and inflammation.

According to the book, some bacteria also have a preference for one blood type as opposed to another and it is known that blood type antigen is a source of energy. Many of the byproducts are beneficial to the body.

Studies also show that microorganisms can use the blood type antigen to attach to the cells of the mucus lining the digestive system as a way to attach to cells and cause damage. This can result in increased risk of certain infections between people of different blood types and differences in the severity of the symptoms, doctors say.

Here's how eating according to your blood type could help you keep healthy

People with O blood type should follow a high protein diet, full of lean meats, fish, eggs, kale, lettuce etc. They should avoid carbohydrates of wheat, barley, corn rice, potato, cauliflower, lentil, cabbage, kidney beans, alcohol, coffee, mushrooms and oranges.



Studies have found that people with blood type O have a lower risk for heart disease, but a higher risk for developing ulcers.

However, women with type A blood experience a higher rate of fertility. Studies also find that women with type O and B blood have a much higher risk of developing pancreatic cancer.

Blood type also affects stress levels. Type A people naturally have higher levels of stress and produce more in response to stressful situations. Those with type B blood have a more flight reaction to stress which results in the release of adrenaline. It takes type O longer to recover from stress because it is more difficult for

them to clear the adrenaline from their bodies.

Here's how to tweak your diet in accordance with your blood type:

Blood Group: O

PEOPLE with O blood type should follow a high protein diet,

full of lean meats, fish, eggs, kale, lettuce, broccoli, onions, pumpkins, turnip, bell peppers, carrots, sweet potato, beans, plums, prunes, raspberries, cranberries and gooseberries.

They should avoid consuming carbohydrates of wheat,

potato, cauliflower, lentil, cabbage, kidney beans, alcohol, caffeine, spinach, mushrooms, oranges, beer, strawberry, black-



MAIL TODAY

Read by those who matter

NEW DELHI

14 AUGUST 2017

22-23

CIRCULATION – 2,50,000

Mail Today, New Delhi, Monday, August 14, 2017

GOOD HEALTH 23

HEALTH

NEGATIVE OR POSITIVE

DOES THE RHESUS FACTOR – NEGATIVE OR POSITIVE BLOOD TYPE – ALSO HAVE AN IMPACT ON YOUR HEALTH?

WHILE we've established that one's blood type does affect the person's diet and vice-versa, doctors say that the presence or absence of the Rh factor could also have a part to play.

Dr. Deepak G Datta, director of the Diet Clinic, says, "An RH negative is more prone to IgE allergies than someone who has an RH positive blood type. They react to nuts, berries, some meats, gluten, grains and peanuts."

Dr. Namita Nadar, chief dietician, Fortis Hospital, Noida, adds, "People who have the rheme-negative blood type have more protein in their diet. In blood groups A, B and O they should have fewer protein grains, those with the A negative blood type should avoid fruits and those negative B and O blood types should avoid a high protein diet."

Negative and positive blood group partners could also hinder the chances of reproduction, warn doctors.

People with different blood types digest lectin differently. This is based on the principle that food type is compatible with a particular blood group.



Impotence linked to blood type



Men with blood types A, B or AB are four times more likely to suffer impotence than men who have O blood type.

MILLIONS of men in suffer problems in the bedroom due to conditions such as impotence, diabetes like diabetes. But now scientists have discovered there could be another surprising reason why so many struggle to perform with their blood type.

A new study shows men with blood types A, B or AB are up to four times more likely to suffer impotence – or erectile dysfunction – than men with other blood types.

The findings are potentially significant as it's estimated that more than half of men carry at least one of these blood types. Roughly 40 per cent have type O blood.

Scientists who made the discovery say it supports earlier research showing blood type also influences the risk of developing heart disease.

One in four men suffers erectile dysfunction at some point in their lives. Some studies suggest more than a third of those over 40 are affected.

Although drugs like Viagra have revolutionised treatment, around 30 per cent of men still need to take them see no improvement.

Until now, doctors thought lifestyle-related factors such as smoking, being overweight and having high blood pressure were the key triggers.

But the latest study, by a team at Ordu University in Turkey, suggests many may be at risk of erectile dysfunction simply because of the blood type they were born with.

Researchers recruited 350 men and divided them into two groups according to whether they suffered problems getting or maintaining erections.

Each one gave a blood sample to check which type they had. The results, in the Archives of Internal Medicine and Andrology, revealed men with types A, B or AB were three to four times more likely to struggle in the bedroom than those with blood type O.

Just 16 per cent of O blood

A 2016 STUDY
from Denmark found that people with non-O blood types (that is, A, B and AB) were at a significantly increased risk for non-thrombotic (blood clot in the leg) and cardiovascular events.

types had problems getting errected, compared to 42 per cent of A types. Even when researchers accounted for whether the men smoked, or had high blood pressure, the differences were still substantial.

It's not clear how blood type might affect sexual function, but it's known that it can influence health first emerged nearly 100 years ago.

Since then, studies have claimed it determines the risk of numerous conditions,

including heart disease, stroke, hypertension and stomach ulcers.

Research suggests, for example, that people with O blood type are less likely to have dangerously high cholesterol levels

or to have blood flow

to both the genitalia and heart.

In a report on their findings researchers said,

"In summary, A, B and AB blood groups are related to the risk of erectile dysfunction. We believe this is very important, it's the first to show such a relationship."

Dr David Goldmeier, sexual medicine specialist at Imperial College London, said men with blood types A, B or AB should take extra care of their hearts and kidneys to ensure healthy hearts and sex lives.

"They need to be more aware about getting the right amount of exercise and eating healthily," he said.

— Daily Mail



People with AB blood type should eat a lot of beetroot.

berry, coconut, green peas and peanut butter.

Blood Group: A

YOU should be largely vegetarian and follow a high carbohydrate, low fat diet.

"They should eat lots of rice, oats, rye, pulses, pumpkins, peanuts, apricots, figs, lemons, raisins, buckwheat, wheat, soy foods, walnuts, garlic, mushrooms, onions, beetroot, ginger and green tea.

You shouldn't eat dairy products, meat, seafood, yoghurt, goat milk, egg, walnuts, millets, oats, rye, broccoli, cauliflower, cucumbers, beans, soy, millets, breads, noodles, beetroot and eggplant.

Avoid a high cholesterol diet, instead eat whole grains, oat bran, millets, bread, noodles, beetroot, eggplant, mangoes, alcohol, caffeine as well as biscuits.

People with this blood type

should do calming exercises and practice relaxation techniques. They have the friendliest immune system.

Diet to help in weight loss

THROUGHOUT your life, you've probably observed that some people tend to gain weight more easily, while for others, their weight is an ongoing issue.

Research has shown that the answer to this could be your blood type.

Your blood type is an important tool for understanding how your body reacts to food.

And if you follow a diet designed for your blood type, your body will digest food more efficiently. And hence, you'll lose weight, have more energy, and help prevent disease.

And

if you follow a diet designed for your blood type, your body will digest food more efficiently. And hence, you'll lose weight, have more energy, and help prevent disease.

And

if you follow a diet designed for your blood type, your body will digest food more efficiently. And hence, you'll lose weight, have more energy, and help prevent disease.

And

if you follow a diet designed for your blood type, your body will digest food more efficiently. And hence, you'll lose weight, have more energy, and help prevent disease.

And

if you follow a diet designed for your blood type, your body will digest food more efficiently. And hence, you'll lose weight, have more energy, and help prevent disease.

And

if you follow a diet designed for your blood type, your body will digest food more efficiently. And hence, you'll lose weight, have more energy, and help prevent disease.

And

if you follow a diet designed for your blood type, your body will digest food more efficiently. And hence, you'll lose weight, have more energy, and help prevent disease.

And

if you follow a diet designed for your blood type, your body will digest food more efficiently. And hence, you'll lose weight, have more energy, and help prevent disease.

And

if you follow a diet designed for your blood type, your body will digest food more efficiently. And hence, you'll lose weight, have more energy, and help prevent disease.

And

if you follow a diet designed for your blood type, your body will digest food more efficiently. And hence, you'll lose weight, have more energy, and help prevent disease.

And

if you follow a diet designed for your blood type, your body will digest food more efficiently. And hence, you'll lose weight, have more energy, and help prevent disease.

And

if you follow a diet designed for your blood type, your body will digest food more efficiently. And hence, you'll lose weight, have more energy, and help prevent disease.

And

if you follow a diet designed for your blood type, your body will digest food more efficiently. And hence, you'll lose weight, have more energy, and help prevent disease.

And

if you follow a diet designed for your blood type, your body will digest food more efficiently. And hence, you'll lose weight, have more energy, and help prevent disease.

And

if you follow a diet designed for your blood type, your body will digest food more efficiently. And hence, you'll lose weight, have more energy, and help prevent disease.

And

if you follow a diet designed for your blood type, your body will digest food more efficiently. And hence, you'll lose weight, have more energy, and help prevent disease.

And

if you follow a diet designed for your blood type, your body will digest food more efficiently. And hence, you'll lose weight, have more energy, and help prevent disease.

And

if you follow a diet designed for your blood type, your body will digest food more efficiently. And hence, you'll lose weight, have more energy, and help prevent disease.

And

if you follow a diet designed for your blood type, your body will digest food more efficiently. And hence, you'll lose weight, have more energy, and help prevent disease.

And

if you follow a diet designed for your blood type, your body will digest food more efficiently. And hence, you'll lose weight, have more energy, and help prevent disease.

And

if you follow a diet designed for your blood type, your body will digest food more efficiently. And hence, you'll lose weight, have more energy, and help prevent disease.

And

if you follow a diet designed for your blood type, your body will digest food more efficiently. And hence, you'll lose weight, have more energy, and help prevent disease.

And

if you follow a diet designed for your blood type, your body will digest food more efficiently. And hence, you'll lose weight, have more energy, and help prevent disease.

And

if you follow a diet designed for your blood type, your body will digest food more efficiently. And hence, you'll lose weight, have more energy, and help prevent disease.

And

if you follow a diet designed for your blood type, your body will digest food more efficiently. And hence, you'll lose weight, have more energy, and help prevent disease.

And

if you follow a diet designed for your blood type, your body will digest food more efficiently. And hence, you'll lose weight, have more energy, and help prevent disease.

And

if you follow a diet designed for your blood type, your body will digest food more efficiently. And hence, you'll lose weight, have more energy, and help prevent disease.

And

if you follow a diet designed for your blood type, your body will digest food more efficiently. And hence, you'll lose weight, have more energy, and help prevent disease.

And

if you follow a diet designed for your blood type, your body will digest food more efficiently. And hence, you'll lose weight, have more energy, and help prevent disease.

And

if you follow a diet designed for your blood type, your body will digest food more efficiently. And hence, you'll lose weight, have more energy, and help prevent disease.

And

if you follow a diet designed for your blood type, your body will digest food more efficiently. And hence, you'll lose weight, have more energy, and help prevent disease.

And

if you follow a diet designed for your blood type, your body will digest food more efficiently. And hence, you'll lose weight, have more energy, and help prevent disease.

And

if you follow a diet designed for your blood type, your body will digest food more efficiently. And hence, you'll lose weight, have more energy, and help prevent disease.

And

if you follow a diet designed for your blood type, your body will digest food more efficiently. And hence, you'll lose weight, have more energy, and help prevent disease.

And

if you follow a diet designed for your blood type, your body will digest food more efficiently. And hence, you'll lose weight, have more energy, and help prevent disease.

And

if you follow a diet designed for your blood type, your body will digest food more efficiently. And hence, you'll lose weight, have more energy, and help prevent disease.

And

if you follow a diet designed for your blood type, your body will digest food more efficiently. And hence, you'll lose weight, have more energy, and help prevent disease.

And

if you follow a diet designed for your blood type, your body will digest food more efficiently. And hence, you'll lose weight, have more energy, and help prevent disease.

And

if you follow a diet designed for your blood type, your body will digest food more efficiently. And hence, you'll lose weight, have more energy, and help prevent disease.

And

if you follow a diet designed for your blood type, your body will digest food more efficiently. And hence, you'll lose weight, have more energy, and help prevent disease.

And

if you follow a diet designed for your blood type, your body will digest food more efficiently. And hence, you'll lose weight, have more energy, and help prevent disease.

And

if you follow a diet designed for your blood type, your body will digest food more efficiently. And hence, you'll lose weight, have more energy, and help prevent disease.

And

if you follow a diet designed for your blood type, your body will digest food more efficiently. And hence, you'll lose weight, have more energy, and help prevent disease.

And

if you follow a diet designed for your blood type, your body will digest food more efficiently. And hence, you'll lose weight, have more energy, and help prevent disease.

And

if you follow a diet designed for your blood type, your body will digest food more efficiently. And hence, you'll lose weight, have more energy, and help prevent disease.

And

if you follow a diet designed for your blood type, your body will digest food more efficiently. And hence, you'll lose weight, have more energy, and help prevent disease.

And

if you follow a diet designed for your blood type, your body will digest food more efficiently. And hence, you'll lose weight, have more energy, and help prevent disease.

And

if you follow a diet designed for your blood type, your body will digest food more efficiently. And hence, you'll lose weight, have more energy, and help prevent disease.

And

if you follow a diet designed for your blood type, your body will digest food more efficiently. And hence, you'll lose weight, have more energy, and help prevent disease.

And

if you follow a diet designed for your blood type, your body will digest food more efficiently. And hence, you'll lose weight, have more energy, and help prevent disease.

And

if you follow a diet designed for your blood type, your body will digest food more efficiently. And hence, you'll lose weight, have more energy, and help prevent disease.

And

if you follow a diet designed for your blood type, your body will digest food more efficiently. And hence, you'll lose weight, have more energy, and help prevent disease.

And

if you follow a diet designed for your blood type, your body will digest food more efficiently. And hence, you'll lose weight, have more energy, and help prevent disease.

And

if you follow a diet designed for your blood type, your body will digest food more efficiently. And hence, you'll lose weight, have more energy, and help prevent disease.

And

if you follow a diet designed for your blood type, your body will digest food more efficiently. And hence, you'll lose weight, have more energy, and help prevent disease.

And

if you follow a diet designed for your blood type, your body will digest food more efficiently. And hence, you'll lose weight, have more energy, and help prevent disease.

And

if you follow a diet designed for your blood type, your body will digest food more efficiently. And hence, you'll lose weight, have more energy, and help prevent disease.

And

if you follow a diet designed for your blood type, your body will digest food more efficiently. And hence, you'll lose weight, have more energy, and help prevent disease.

And

if you follow a diet designed for your blood type, your body will digest food more efficiently. And hence, you'll lose weight, have more energy, and help prevent disease.

And

if you follow a diet designed for your blood type, your body will digest food more efficiently. And hence, you'll lose weight, have more energy, and help prevent disease.

And

if you follow a diet designed for your blood type, your body will digest food more efficiently. And hence, you'll lose weight, have more energy, and help prevent disease.

And

if you follow a diet designed for your blood type, your body will digest food more efficiently. And hence, you'll lose weight, have more energy, and help prevent disease.

And

if you follow a diet designed for your blood type, your body will digest food more efficiently. And hence, you'll lose weight, have more energy, and help prevent disease.

And

if you follow a diet designed for your blood type, your body will digest food more efficiently. And hence, you'll lose weight, have more energy, and help prevent disease.

And

if you follow a diet designed for your blood type, your body will digest food more efficiently. And hence, you'll lose weight, have more energy, and help prevent disease.

And

if you follow a diet designed for your blood type, your body will digest food more efficiently. And hence, you'll lose weight, have more energy, and help prevent disease.

And

if you follow a diet designed for your blood type, your body will digest food more efficiently. And hence, you'll lose weight, have more energy, and help prevent disease.

And

if you follow a diet designed for your blood type, your body will digest food more efficiently. And hence, you'll lose weight, have more energy, and help prevent disease.

And

if you follow a diet designed for your blood type, your body will digest food more efficiently. And hence, you'll lose weight, have more energy, and help prevent disease.

And

if you follow a diet designed for your blood type, your body will digest food more efficiently. And hence, you'll lose weight, have more energy, and help prevent disease.

And

if you follow a diet designed for your blood type, your body will digest food more efficiently. And hence, you'll lose weight, have more energy, and help prevent disease.

And

if you follow a diet designed for your blood type, your body will digest food more efficiently. And hence, you'll lose weight, have more energy, and help prevent disease.

And

if you follow a diet designed for your blood type, your body will digest food more efficiently. And hence, you'll lose weight, have more energy, and help prevent disease.

And

if you follow a diet designed for your blood type, your body will digest food more efficiently. And hence, you'll lose weight, have more energy, and help prevent disease.

And

if you follow a diet designed for your blood type, your body will digest food more efficiently. And hence, you'll lose weight, have more energy, and help prevent disease.

And

if you follow a diet designed for your blood type, your body will digest food more efficiently. And hence, you'll lose weight, have more energy, and help prevent disease.



दैनिक भास्कर

NEW DELHI

25 JUNE 2017

07

CIRCULATION – 23,71,754

तुमन भास्कर

दैनिक भास्कर, राष्ट्रीय संस्करण, नई दिल्ली, तीव्रवार, 25 जून, 2017

7

सोकर उठते ही होता है कमजोरी का अहसास तो ये करें



डाइट
तुमन अरोड़ा
न्यूशिशनिस्ट, नई दिल्ली

सोकर उठने पर होने वाली कमजोरी और थकान के कई कारण हो सकते हैं। बिगड़ा हुआ खानपान या खानपान की आदतें इसके कई कारणों में से एक है। अनुचित आहार, तीक से न सोना, तनाव या डायबिटीज, थायरॉइड आदि जैसी बीमारियों के कारण भी सुबह-सुबह थकान लग सकती है। सेहतमंद आहार इस संदर्भ में बहुत महत्वपूर्ण भूमिका निभाता है। यहाँ कुछ आम बातें बताइ गई हैं, जिन्हें इन विधियों से बचने के लिए ध्यान में रखा जा सकता है।

धीरे बन्ने होने वाला स्टार्च बेहतर

थकान से लड़ने में मदद करने के लिए सभी प्रमुख खाद्य समूहों के सेहतमंद संतुलन को जरूरी माना जाता है, जिसमें कार्बोहाइड्रेट, फलों और सलॉजियों के पांच हिस्से, डेयरी उत्पाद और प्रोटीन शामिल हैं। एक दिन में कम से कम 1.5 लीटर पानी पिएं और इसमें एक स्टार्च नींबू मिला लेने से यह और भी अच्छा होगा। यह बेहतर होगा कि आप कभी भी खाना न छोड़ें और ऑटस, होल ग्रेन्स ब्रेड्स, दालिया आदि जैसे धीरे बन्ने होने वाले स्टार्च पर ध्यान केन्द्रित करें।

- आहार में पर्याप्त मात्रा में फल और सलॉजियों शामिल होनी चाहिए। इसे कार्बोहाइड्रेट, प्रोटीन, फैट, विटामिन और मिनरल्स के संदर्भ में संतुलित होना चाहिए। आहार में ड्रैग सारा पानी शामिल करें।
- रात का भोजन सोने से दो घंटे पहले कर लेना चाहिए। आहार में सोने से पहले सैनेक्स भी शामिल होना चाहिए, जो रात के समय शुगर लेवल को नियंत्रित करने में मदद करता है।
- बहुत ज्यादा उत्तेजकों से बचें और अल्कोहल से दूर रहें। ज्यादा चाय और कॉफी न लें।
- लाल, हरे और पीले रंग के फल और सलॉजियों के रूप में एंटीऑक्सीडेंट्स शामिल होना चाहिए।
- नियमित व्यायाम और दबावदार भी मदद करती हैं। रात के समय पर्याप्त नीद लें।

दिनभर के भोजन का शेड्यूल

सुबह: नींबू के साथ गुन्झन पानी, जिसके बाद भीगे हुए बादाम और अखराट खाएं।
ब्रेकफास्ट: फलों के साथ होल क्लीट ब्रेड टोस्ट के साथ ओट या दलिया या अंडा।
मध्याह्न: फ्रूट स्मूटी
लंच: टॉस्ड खीरा, रायता, रोटी या चावल, पनीर करी या सब्जी।
साम: सैनेक्स के रूप में बिस्किट या भुना चना या स्प्राउट्स के साथ चाय।
डिनर: व्याज और टमाटर का सलाद, दही, रोटी या चावल, दाल/मछली/चिकन में से एक विकल्प।
सोते समय: दूध या मौसमी फल।

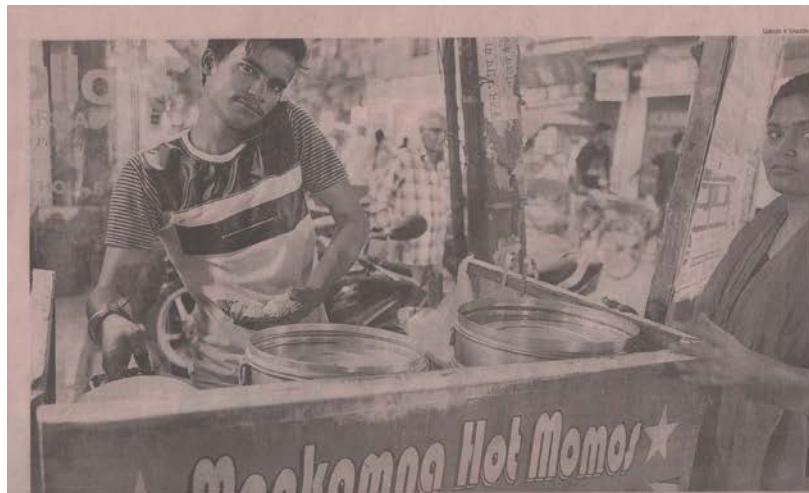
Business Standard

NEW DELHI

17 JUNE 2017

06

CIRCULATION – 1,61,094



The momo conundrum

Jammu & Kashmir lawmaker Ramesh Arora wants momos banned. Veer Arjun Singh finds out if they are unhygienic and harmful

Asian 27-year-old Jimmy loves wearing his red, body-hugging T-shirt. Flipping his sleeves he is the first to order momos first. Jimmy explains how bright colours help him edge out competitors in his line of work. "Too many of us are selling the same product. Customers spot my bright clothes from afar and consider me the best," he says.

From 4 pm to 10 pm every day, Jimmy sells steamed chicken, vegetables, and paneer-filled dumplings at his roadside stall near the busy ITO Metro station in central Delhi. He had moved to the city from a village in Jammu and Kashmir the same border a decade ago, but Jimmy's enthusiasm dips suddenly when the conversation comes to a question about his recipe. Do you add Ajinomoto? "I do... a little, among other condiments," Jimmy answers. He then adds that he also uses the secret souring as he learned the recipe by rote only last night.

The irony of the defence lies in the fact that Jimmy, much like his competitor, does not know what Ajinomoto, known to have been the most popular monosodium glutamate in the world, was not derived as a condiment either, except for one man.

Jimmy & Kashmir legislator Ramesh Arora of the Bharatiya Janata Party has made it his mission to ban momos. He says momos are filled with MSG — the compound that has become synonymous with Ajinomoto, a Japanese brand — is "the most cause of many life-threatening diseases including stomach cancer" and is even "more dangerous than psychotropic drugs and alcohol."

After Ajinomoto a few years ago, momos is bound to be the next casualty in the war against MSG.

But, says chef Sanjeev Kapoor, common sentiment is not always the truth. "MSG suffers from a perception problem. People think it is bad for health, but it is not true instead," he adds. Ajinomoto does not figure in Kapoor's cooking — purely because of the negative perception around it, he says — but the food additive is a staple ingredient of Pan-Asian dishes around the world.

"MSG occurs naturally in foods such as



vegetables, milk and cheese and it is also artificially produced," says Shitala Sharma, a Delhi-based nutritionist for over 20 years. "Some people have complaints of headaches, dizziness and palpitations, among other symptoms, after consuming food with MSG, but no pattern can be proved scientifically. MSG is a safe food additive," she says.

Sharma, who is an Ayurvedic doctor, says the only known effect of MSG is that it increases cravings that make people consume more calories.

The US Food & Drug Administration, too, says that MSG is "generally recognized as safe for use." And, India's Food Security & Standards Authority says products that use MSG "should say so on their label so that people may make an informed choice."

After Ajinomoto a few years ago, momos is bound to be the next casualty in the war against MSG.

But, says chef Sanjeev Kapoor, common sentiment is not always the truth. "MSG suffers from a perception problem. People think it is bad for health, but it is not true instead," he adds. Ajinomoto does not figure in Kapoor's cooking — purely because of the negative perception around it, he says — but the food additive is a staple ingredient of Pan-Asian dishes around the world.

"MSG occurs naturally in foods such as

MSG: The usual suspect

Delhi's most trusted momo vendor is likely to be a Japanese nicknamed Akimatsu, who dubbed it as "concentrate" — which means "deliciousness" — as the fifth taste beyond sweet, sour, bitter and salty. He began marketing a statin, capitalised form of the flavor enhancer, as a tablet supplement called Ajinomoto — including it as among Japan's 50 greatest inventions long after its death, the names MSG and Ajinomoto are synonymous and the food additive is mentioned in over 26 countries. But a doubt levied by Ho Man Kwok, in his 1968 article about MSG and MSG flavoring, led to the ban and public outcry, still influenceably mentioned as "Chinese restaurant syndrome". Many years later despite a general lack of research, the theory has failed to find a scientific backbone. Glutamate also occurs naturally in steroids, parmesan cheese and even human breast milk. It is merely a century ago, Ajinomoto today is kept tucked away in kitchens and shunned in tables as glutamate, phage, autolyzed yeast extract and gourmet power among other names, to better an infamous public perception.

of the street food does not seem unique. Delhi's many 'busy' momo joints, wherein you can spot at least one street food flavor selling the Tikka with every 50-odd metres, are proof of this.

A typical momo-stall — a table, a stove, a summer, straws, oil and the fiery chilis-garlic "red chutney" — might appear cleaner than many other Indian street foods. "Bright red color of the chutney, but it is not the chili that irritates the stomach lining, increases acid secretion and can cause ulcers. Excess worrying about addition of unstrained spices with heavy metals and colouring agents," says Philip Abraham, gut motocologist, P.D. Hinduja Hospital in Mumbai. And so does the way the dumplings are made?

increases cravings that make

people consume more calories.

The 'momo village' is a labyrinth of dingy lairies,

infested with mosquitoes and rats in equal proportions

departmental store-owner recalls renting out a floor in his building to a couple from Darjeeling 15 years ago. "They were hypocrite and used to eat momos at home," he says.

"But later, I saw two men preparing the dumplings in a neighbourhood house eight years ago. Never seen them again," he says, shaking his head. Kumar details how the men would use unfiltered water to wash the dumplings on their dirty hands, dump the tragedi-

on the ground and then wrap the vegetable

and meat fillings.

"Many buy fresh vegetables and ration

but some of them get meat delivered very

early in the morning, which is mostly from

Ghazipur of previous night," claims another local. He says many handymen and delivery boys from Bihar go for ₹30,000 for

100 kg — to people engaged in the businesses because of their unhygienic practices.

Multiple people sleeping to prepare the

day's stock of momos in the village market,

which is why the police rarely interfere as they

would enter the dumplings and requested

not to be quoted or photographed.

The preparations start around 9 in the morning and by 3 pm, they start loading plastic containers and large bags into auto-rickshaws and tricycles and transport stalls around the city each day. A vendor makes a profit of around ₹2,000.

Back in South Delhi, momo vendors — most of whom live in Ghaziabad — reluctantly agree to the use of MSG. Amit, who is only known by his alias, however, insists that he doesn't use the "Chinese powder".

Open from 4 am to 10 pm, he begins to bring up his ride in about three hours every day.

He has moved out of Ghaziabad to Sardarpur Nagar and now has multiple stalls around the city. "One has to go through the struggle for a few years to settle in Delhi. The focus on

quality comes later," he says.



दैनिक भास्कर

NEW DELHI

21 MAY 2017

08

CIRCULATION – 23,71,756

डायबिटीज के साथ ब्लड प्रेशर हो तो डाइट का ध्यान जरूरी



डाइट
तनु अरोड़ा
न्यूट्रिशनिस्ट, नई दिल्ली

डायबिटीज को अक्सर अन्य गंभीर बीमारियों से जोड़ा जाता है। हाइपरटेंशन मोटे और मध्य आयु के मरीजों के बीच बहुत सामान्य है। इनका एक बड़ा तबका डायबिटीज से भी पीड़ित है। बड़ा हुआ प्लाज्मा, कोलेस्ट्रॉल और ट्राइलाइसराइड स्तर डायबिटीज में भी देखा जाता है। इन एक से ज्यादा बीमारियों वाले मरीजों के लिए डाइट के प्रबंधन हेतु अतिरिक्त योजना की जरूरत होती है। कैलोरी को प्रतिबंधित करना हाइपरटेंशन डायबिटीज के इलाज में पहली जरूरत है।

खाने में शामिल हों होलग्रेन

होलग्रेन जैसे कि जौ, ओट, कूरू किनोआ और भूरा चावल आहार में शामिल किया जाना चाहिए। इनमें कम कार्बोहाइड्रेट अवशोषण वाले पदार्थ होते हैं, इसलिए इंसुलिन का स्तर बहुत ज्यादा नहीं बढ़ता।

स्टार्च युक्त सब्जियां जैसे कि आलू, शकरकंद, चुकंदर, गाजर को एक दिन में आधे कप तक सीमित करना चाहिए। अन्य सब्जियां जिनमें स्टार्च नहीं हैं जैसे कि ब्रॉकली, भिंडी, पालक, पतागोभी, गोभी, शिमला मिर्च, बैंगन, सेम को पर्याप्त मात्रा में खाया जा सकता है।

ऐसा हो खाने का शेड्यूल

नाश्ते में कुछ अच्छे विकल्प अंकुरित अनाज, ओट, बैंगन, डबन टोन्ड दूध और टोफू के साथ गेहूं की ब्रेड को खाया जा सकता है। नाश्ते और लंच के बीच पपीता, सेब, अमरुद, संतरा, आड़, आलू बुखारा को भी शामिल किया जा सकता है। लंच और डिनर में सलाद, दाल, सब्जियां, दही व टोफू जैसे निम्न फैट वाले डेयरी उत्पाद के साथ ही मल्टीग्रेन आटा की रोटी के रूप में फाइबर की पर्याप्त मात्रा शामिल होनी चाहिए। लंच और डिनर के बीच के अंतर को कम करने के लिए सूप, ग्रीन टी, भुना चना, मुरमुरा जैसे विकल्प खाए जा सकते हैं। बिस्तर पर सोने से लगभग आधा घंटा पहले डायबिटिक मरीजों को एक फल या आधा कप स्टिक्मॉड दूध लेना चाहिए।



दैनिक भास्कर

NEW DELHI/ ALL EDITION

12 FEBRUARY 2017

06

CIRCULATION – 23,71,754

PR Value – 5,28,000

तुमन भास्कर

dainikbhaskar.com

दैनिक भास्कर, राष्ट्रीय संस्करण नई दिल्ली, रविवार, 12 फरवरी, 2017

6

थायरॉइड से पीड़ित महिलाएं क्या खाएं, किससे परहेज रखें



डॉस्ट

निशा अरोड़ा

न्यूट्रिशनिस्ट, नई दिल्ली

थायरॉइड ग्रंथि शरीर के मेटाबॉलिक प्रक्रिया को प्रभावित करती है। थायरॉइड डिसऑर्डर के सबसे सामान्य संकेतों में से एक वजन में स्पष्ट परिवर्तन है। थायरॉइड के परिणामस्वरूप वजन में काफी वृद्धि होती है। आहार थायरॉइड को नियंत्रित करने में अहम भूमिका निभाता है। एक कम सक्रिय थायरॉइड के लिए सबसे अच्छा आहार वह है, जिसमें पूर्ण अनाज की रोटी, ताजे फल और सब्जियाँ, मछली और अन्य सी फूड्स, डेयरी उत्पाद शामिल हों।

थायरॉइड के लिए अच्छे आहार

- **पूर्ण अनाज:** ब्रान वाला गेहूं, किनोआ, ओट, दलिया, भुना चावल। पूर्ण अनाज का ज्यादातर प्रयोग वजन कम करने के लिए किया जाता है। यह आंतों की गतिविधि को भी नियमित करता है।
- **एंटीऑक्सीडेंट से भरपूर फल और**

सब्जियाँ: ये वजन को नियंत्रित करके हाइपोथायरॉइड के लिए प्राकृतिक उपचार की तरह काम करते हैं। जैसे पपीता, तरबूज, खरबूज, संतरा, खीरा आदि।

- **सी फूड़:** मछली और अन्य सी फूड आयोडीन के अच्छे स्रोत हैं। मछली में प्रोटीन और ओमेगा 3 वसा मौजूद होती है।

• **फलियाँ और अंकुर:** जटिल कार्ब, प्रोटीन

और मल्टीविटामिन की प्रचुर मात्रा का अच्छा स्रोत। फलियों को सूप, सलाद, खिचड़ी आदि में मिलाया जा सकता है।

• **अड़े:** ये प्रोटीन, विटामिन बी, वसा और

मिनरल्स जैसे कि आयोडीन व सेलेनियम आदि जैसे थायरॉइड का समर्थन करने वाले बिल्डिंग ब्लॉक्स के पर्याप्त स्रोत प्रदान करते हैं।

इन खानों से दूर रहें

गलांडकारक खाना जो आयोडीन के अवशोषण को बाधित करते हैं, उनसे बचना चाहिए। जैसे सोया उत्पाद, सरसों के बीज, सतालू, मूँगफली, मूँही, स्ट्रॉबेरी, अखरोट, फूलगोभी, पत्तागोभी, कच्चे केले। दानेदार शकर या जूस के रूप में फ्रुक्टोज सिरप से दूर रहना चाहिए।

DRUG TODAY

Medical Times

NEW DELHI/ NATIONAL

1-28 FEBRUARY 2017

05

CIRCULATION – 35,000

PR Value – 3,20,000

Unhealthy foods during pregnancy adversely impact baby: Experts

Pregnant women should be careful of what they eat for the sake of the health of the baby.



Dr. Archana Dhawan Bajaj, Gynaecologist & Obstetrician, Nurture IVF Centre

BS RAWAT
[@drugtodayonline.com](http://drugtodayonline.com)

Maintaining a healthy diet regime is essential, whether it is summers or winters, especially when it comes to pregnant women. They must follow the dos and don'ts, despite their cravings.

Doctors advise them to observe utmost caution in choice of the food they eat because babies they incubate depend on them for their nutrition, health and growth.

According to experts, pregnant women must

exercise utmost control on their craving for food. Unhealthy foods taken by pregnant women may even predispose babies for later lifestyle diseases.

Wrong diet can cause health issues like gastric problems, malnutrition, weakness, stomach upsets, cold and cough etc. From conception till the time of delivery, they must pay attention to their diet and make healthy choices. Healthy foods are central to the right development of the fetus.

Speaking to DTMT, Dr. Archana Dhawan Bajaj,

Gynaecologist & Obstetrician, Nurture IVF Centre, said, "During winters, pregnant women need to increase intake of dry fruits as they contain more essential nutrients like folate, potassium and iron. Dates, almonds and walnuts are some dry fruits which pregnant women are advised to include in their diet. Intake of winter fruits like oranges and kinnon are also advised as they contain high vitamin and fibre content. Avoid intake of too much fried food, too much sweets and ghee".

Tanu Arora, Head of Department, Clinical Nutrition and Dietetics, Aakash Healthcare, said, "Mother has to nurture the fetus health of the newborn. Additional energy is required to support

the fetus, development of placenta and maternal tissues and to meet the needs for increased BMR. Good sources of energy are cereals and fats. Healthy and balanced diet is recommended for a good pregnancy outcome which is based on balanced diet."

According to fertility experts, pregnant women should avoid some foods and beverages that include alcohol and high-mercury fish, soft cheeses, cold deli meats, unpasteurized foods and caffeine. Most importantly, junk foods should be avoided as high amounts of fats and sugars during pregnancy may predispose the offspring to diabetes. Drinking adequate amount of water should always be on the priority list of pregnant women.





दैनिक भास्कर

NEW DELHI / NATIONAL

26 FEBRUARY 2017

08

CIRCULATION – 23,71,754

तुमन भास्कर

दैनिक भास्कर, राष्ट्रीय संस्करण, नई दिल्ली, रविवार, 26 फरवरी, 2017

dainikbhaskar.com

■ 8 ■

दूध से एलर्जी हो तो ये खाद्य पदार्थ हो सकते हैं मददगार



टाइट
तनु अरोड़ा
न्यूजीशनिस्ट, नई दिल्ली

दूध एक पूर्ण आहार है। यह भारतीय आहार का एक महत्वपूर्ण भाग है। यह प्रोटीन, कैल्शियम, मैग्नीशियम, जिंक, सेलेनियम आदि जैसे कुछ जरूरी खनिजों का अच्छा स्रोत है। यदि आपको दूध से एलर्जी हो तो दूध व अन्य डेयरी उत्पादों से दूरी बनाना जरूरी होता है। ऐसी महिलाएं जो शाकाहारी हैं और उन्हें दूध से भी एलर्जी है, उनके लिए यह स्थिति काफी कठिन हो जाती है। महिलाओं की पोषण की जरूरत को पूरा करने वाला एक उचित वैकल्पिक आहार लेना जरूरी होता है, जो शरीर का आदर्श वजन बनाए रखते हुए सेहत बेहतर करे। साथ ही, शरीर में पोषक तत्वों की जरूरी मात्रा बनाए रखते हुए रोगों से बचाए। गर्भवती और दूध पिलाने वाली मांओं के लिए यह और भी जरूरी है।

सुबह से शाम तक का शोड़यूल

- ब्रेकफास्ट: मटर पोहा ग्रीन टी के साथ
- सुबह बीच में: फल
- दिन का खाना: रोटी/चावल मौसम संबंधितों, दाल और गाजर की सलाद के साथ
- शाम की चाय: मल्टीग्रेन सैंडविच काली चाय के साथ
- रात का खाना: रोटी के साथ अंडा करी या मछली या घिकन जैसा बॉन वेज, हरा सलाद, मीठे मैं नारियल की कतली।

इस लिहाज से कुछ खाद्य पदार्थ जो दूध के बिना भी शरीर में पोषक तत्वों की पूर्ति करने में सहायक हो सकते हैं, निम्न हैं: सोया और उसके उत्पाद, मशरूम, दाल और उसके उत्पाद, अंडे, जई बीन और भूसी, सेम, मटर, टोफू, गेहूं की भूसी, मूँगफली और उसका मक्खन, अखरोट और बादाम जैसे नट्स, किवनोआ, मिठाई आदि।



दैनिक भास्कर

NEW DELHI

15 JANUARY 2017

10

CIRCULATION – 23,71,754

PR Value – 5,76,000

तुमन भास्कर

dainikbhaskar.com

दैनिक भास्कर, राष्ट्रीय संस्करण, नई दिल्ली, रविवार, 15 जनवरी, 2017

10

प्रेग्नेंसी के दौरान बच्चे को ध्यान में रखकर हो फूड का चुनाव



टाइट
तनु अरोड़ा
न्यूट्रीशनिस्ट
नई दिल्ली

गर्भवती महिलाएं भोजन में लापतवाही नहीं कर सकती हैं क्योंकि वह बच्चा जिसे वे जन्म देने वाली हैं, वह आने पोषण, सेहत और वृद्धि के लिए उन पर निर्भर करता है। जो जो भी खाना खाती हैं उसके चुबाल के लिए बेहद सावधानी बरतने का सुझाव चिकित्सक देते हैं। विशेषज्ञों के अनुसार, गर्भवती महिलाओं को अपने आहारीय चुनावों में ज्यादा से ज्यादा सूखे में वा रसायन खाने को चुनने की जरूरत होती है। औसत नोई भी हो, उन्हें अस्वास्थ्यकर आहार से दूर रहना चाहिए। उन अपनी इच्छाओं पर अल्प नियंत्रण रखना चाहिए। गर्भवती महिलाओं द्वारा खाए जाने वाले अस्वास्थ्यकर भोजन के कारण बच्चों को बाद में जीवनशैली से संबंधित बीमारियां हो सकती हैं।

अनहेल्डी फूड से होती हैं समस्याएं
गर्भी का मौसम हो या सर्दी का गर्भवती महिलाओं को विशेष तौर पर सतर्क रहना जरूरी है। 'क्या कर?' और 'क्या न कर?' का ध्यान रखना जरूरी है। अस्वास्थ्यकर या गलत आकार के कारण जठर-संबंधी समस्याएं, कृपोषण, कमजोरी, पेट का खराब होना, सर्दी और खांसी आदि जैसी सेहत की दिक्कतें पैदा हो सकती हैं। गर्भधान से लेकर डिलीवरी के समय तक, महिलाओं को अपने आहार और सेहतमंडल विकल्पों के चुनाव की ओर खास ध्यान देना चाहिए। सेहतमंडल खाना भूषण के सही विकास के लिये महत्वपूर्ण है।

ये आहार लेने से होगा फायदा

मां को नवजात के भूषण की सेहत का पालन-पोषण करना पड़ता है। भूषण का समर्थन करने, गर्भनाल का विकास करने और बढ़े बीएमआर की जरूरतों को पूरा करने के लिए अतिरिक्त ऊर्जा की जरूरत होती है। अनाज और वसा

ऊर्जा के अच्छे स्रोत हैं। गर्भवती के अच्छे परिणामों के लिए सेहतमंडल और संतुलित आहार लेना चाहिए। खाने को संतुलित रखने के लिए इनमें से चुनाव कर सकते हैं।

अनाज: ब्रेड, पास्ता, ओटोमील, अनाज और टॉफिला।

फल: ताजे, कैन्ड, प्रोजन या सूखे हो सकते हैं। 100 ग्राम फलों का जूस भी यहां गिना जाता है।

सामिनयां: कच्ची या पकी हुई, प्रोजन, कैन्ड, सूखी या 100% सामिनयां का जूस हो सकता है।

प्रोटीन फूड: प्रोटीन के खाने में मांस, पॉली, सीफूड, बीन्स और मटर, अड़े, प्रोसेस्ड सोया उत्पाद, मूफफलियां और बीज शामिल होती हैं।

डेयरी: दूध और इससे बने उत्पाद जैसे कि चीज़, दही और आइसक्रीम।

सूखे और मीठे आहार से बचिए

सर्दी के दौरान, गर्भवती महिलाओं को सूखे में ज्यादा खाने की जरूरत होती है क्योंकि इनमें फोलेट, पोटेशियम और आयरन जैसे ज्यादा महत्वपूर्ण पोषक तत्व शामिल होते हैं। सूखे आलूबुखारा, खजर, बादाम और असरोट ऐसे कुछ सूखे में हैं जिनमें आपने आहार में शामिल करने का सुझाव महिलाओं को दिया जाता है। संते, किन्नर जैसे सर्दी के फल खाने का सुझाव भी दिया जाता है, क्योंकि इनमें विटामिन और फाइबर सामग्री प्रचुर मात्रा में होती है। बहुत ज्यादा सूखा खाना, बहुत ज्यादा मीठा और घी खाने से बचें।

पर्याप्त मात्रा में पानी है जरूरी

विशेषज्ञों के अनुसार, गर्भवती महिलाओं को कुछ खाद्य और पेय पदार्थों से दूर रहना चाहिए, जिसमें शरब और ज्यादा पानी वाली मछली, सॉफ्ट चीज़, ठंडा पका हुआ मास और अपांशुरीकृत खाना और कैफीन का सेवन समिलित है। जैक फूड्स से बचना चाहिए क्योंकि गर्भवती के दौरान ज्यादा मात्रा में वसा और शक्ति के परिणामस्वरूप संतान को डायबिटिज का खतरा हो सकता है।

millenniumpost

NO HALF TRUTHS

NEW DELHI

15 JANUARY 2017

02

CIRCULATION – 1,75,000

PR Value – 40,50,000

NEW DELHI | SUNDAY, 15 JANUARY 2017 | millenniumpost

2 |

mp

“

Weekend Break

Maintaining a healthy diet regimen is always essential whether it is summer or winter especially when it comes to pregnant women



OUR CORRESPONDENT

Pregnant women cannot afford reckless eating because babies they incubate depend on them for their nutrition, health and growth. Doctors advise them to observe utmost caution in choices of foods they eat. According to experts, for pregnant women dry or juicy food elements need to constitute major chunk of their dietary picks.

They must shun unhealthy foods irrespective of seasons. They must have utmost control on their cravings. Unhealthy foods taken by

pregnant women may even predispose babies for later life style diseases.

Maintaining a healthy diet regimen is always essential whether it is summer or winter especially when it comes to pregnant women. They must follow dos and don'ts despite their cravings otherwise. Unhealthy or wrong diet can cause health issues like gastric problems, malnutrition, weakness, stomach upsets, cold and cough etc. From conception till

‘Fruitful’ women should take fruitful diet

the time of delivery, women must pay attention towards their diet and make healthy choices. Healthy foods are central to right development of the foetus.

Dr Archana Dhawan Bajaj, Gynaecologist and Obstetrician, Nurture IVF Centre, advises, "During winters, pregnant women need to increase in-take of dry fruits as they contain more essential nutrients like folate, potassium and iron. Prunes, dates, almonds and walnuts are some of the dry fruits which pregnant women are advised to include in their diets. Intake of winter fruits like oranges, kinnar, as they contain high vitamin and fibre content are also advised. Avoid intake of too much fried food, too much sweets and ghee".

Tanu Arora, Head of Department, Clinical Nutrition and Dietetics, Aakash Healthcare advises, "Mother



has to nurture the fetus health of the newborn. Additional energy is required to support the fetus, development of placenta and maternal tissues and to meet the needs for increased BMR. Good sources of energy are cereal and fats. Healthy and balanced diet is recommended for a good pregnancy outcome which is based on balanced diet. Choose food from all the sections to make it balanced, such as:-

1. Grains – Bread, pasta, oatmeal, cereal and tortillas.
2. Fruits – Fruits can be fresh, canned, frozen or dried. Juice that is 100% fruit

juice also counts.

3. Vegetables – Vegetables can be raw or cooked, frozen, canned, dried or 100% vegetable juice.

4. Protein foods – Protein foods include meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts and seeds.

5. Dairy – Milk and products made from milk, such as cheese, yogurt, and ice cream."

According to fertility experts, pregnant women should avoid some foods and beverages that include alcohol and high-mercury fish, soft cheeses, cold deli meats and unpasteurized foods and intake of caffeine.

Most importantly junk foods should be avoided as high amounts of fats and sugars during pregnancy may predispose offspring to diabetes. Drinking adequate amount of water should always be on priority list of pregnant women.



DIGITAL COVERAGES

millenniumpost

NO HALF TRUTHS

NATIONAL

19 JANUARY 2017

<http://www.millenniumpost.in/>

'Fruitful' women should take fruitful diet

15 January 2017, New Delhi, Team MP



Maintaining a healthy diet regimen is always essential whether it is summer or winter especially when it comes to pregnant women.

Pregnant women cannot afford reckless eating because babies they incubate depend on them for their nutrition, health and growth. Doctors advice them to observe utmost caution in choices of foods they eat. According to experts, for pregnant women dry or juicy food elements need to constitute major chunk of their dietary picks.



They must shun unhealthy foods irrespective of seasons. They must have utmost control on their cravings. Unhealthy foods taken by pregnant women may even predispose babies for later life style diseases.

Maintaining a healthy diet regimen is always essential whether it is summer or winter especially when it comes to pregnant women. They must follow dos and don'ts despite their cravings otherwise. Unhealthy or wrong diet can cause health issues like gastric problems, malnutrition, weakness, stomach upsets, cold and cough etc. From conception till the time of delivery, women must pay attention towards their diet and make healthy choices. Healthy foods are central to right development of the foetus.

Dr Archana Dhawan Bajaj, Gynaecologist and Obstetrician, Nurture IVF Centre, advises, "During winters, pregnant women need to increase in-take of dry fruits as they contain more essential nutrients like folate, potassium and iron. Prunes, dates, almonds and walnuts are some of the dry fruits which pregnant women is advised to include in their diets. Intake of winter fruits like oranges, kinnar, as they contain high vitamin and fibre content are also advised. Avoid intake of too much fried food, too much sweets and ghee".

millenniumpost

NO HALF TRUTHS

NATIONAL

19 JANUARY 2017

<http://www.millenniumpost.in/>

Tanu Arora, Head of Department, Clinical Nutrition and Dietetics, Aakash Healthcare advises, "Mother has to nurture the fetus health of the newborn. Additional energy is required to support the fetus, development of placenta and maternal tissues and to meet the needs for increased BMR. Good sources of energy are cereal and fats. Healthy and balanced diet is recommended for a good pregnancy outcome which is based on balanced diet. Choose food from all the sections to make it balanced, such as:-

1. *Grains – Bread, pasta, oatmeal, cereal and tortillas.*
2. *Fruits – Fruits can be fresh, canned, frozen or dried. Juice that is 100% fruit juice also counts.*
3. *Vegetables – Vegetables can be raw or cooked, frozen, canned, dried or 100% vegetable juice.*
4. *Protein foods – Protein foods include meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts and seeds.*
5. *Dairy – Milk and products made from milk, such as cheese, yogurt, and ice cream."*

According to fertility experts, pregnant women should avoid some foods and beverages that include alcohol and high-mercury fish, soft cheeses, cold deli meats and unpasteurized foods and intake of caffeine.

Most importantly junk foods should be avoided as high amounts of fats and sugars during pregnancy may predispose offspring to diabetes. Drinking adequate amount of water should always be on priority list of pregnant women.

<http://www.millenniumpost.in/NewsContent.aspx?NID=352251>

THE WEEK

SMART *life*

NATIONAL

11 AUGUST 2017

<http://www.bindugopalrao.com/cold-pressed-juices/>

Cold Pressed Juices



THE WEEK
SMART life**NATIONAL****11 AUGUST 2017**<http://www.bindugopalrao.com/cold-pressed-juices/>

Today everyone looks for convenience and juicing is being resorted to as it can give you the benefits of fruits and vegetables in one power dose. Again while there are many who believe juices are not healthy when they are strained and sugar is added so the solution lies in cold pressed juices.

The Concept

Cold pressed juice uses a hydraulic press to extract juice from fruit and vegetables. There is no additional heat or oxygen (oxidation process) used in the process, meaning that no nutrients are lost in the heat of traditional juice making. The pulp is removed from the juice hence it allows digestive system to recuperate. "The key to making healthy vegetable juices is to make green vegetables the bulk of every serving. Green juices are packed with awesome nutrients. True to the nature of green vegetables, they produce chlorophyll, which when you consume it helps oxygenate your body. This helps to detox and cleanse your body," Ashvini Kumar, Executive Chef, Four Points by Sheraton Navi Mumbai. What really makes cold pressed juices stand apart from the rest is the method of juice extraction. "In regular juicing, the fresh produce comes in contact with rotating metal blades and is churned and juice is extracted. The major drawback here is that rotating blades generate heat due to friction which is good enough to destroy the heat-sensitive vitamins and minerals, most importantly Vitamin C. The metal also oxidises the nutrients to some degree thereby nullifying its anti-oxidant potential. Cold pressing on the other hand, works by pressing the produce between two plates under high pressure using a hydraulic press. The resulting juice is allowed to drip in a tray with the fibre," explains Luke Coutinho, M.D – Alternative Medicine and Holistic Nutritionist.



THE WEEK
SMART life**NATIONAL****11 AUGUST 2017****<http://www.bindugopalrao.com/cold-pressed-juices/>****Advantage Cold Press**

Jeevika Tyagi, CEO, AllAyurveda adds, "according to the FDA, the High Pressure Processing (HPP) method is the best way to preserve freshness and boost shelf life without the need for any preservatives or subjecting the produce to high heat. By far, the biggest advantage of cold pressed juices is that the trump on taste. Stored correctly, cold pressed juices can taste just as great even after 2 weeks. Cold pressing lengthens the shelf life of hard-to-preserve produce." Making cold pressed juice is a 100% natural process without the use of any added preservatives, flavours and ingredients. "Our cold-pressed juices are unpasteurized, use no preservatives or additives, just the fruit. Our gentle extraction process also preserves all the natural vital nutrients to maximize nutrition. No additional heat or oxygen is used in the process; this means no nutrients are lost in the heat of traditional pasteurization or blending/masticating the juice in a household blender," says Smritika Sharma, Marketing Head, RAW Pressery. Cells need concentrated nutrition. It is a fact that most people don't eat like they should and don't get enough fruits and vegetables in a day. "Cold press juice fills this gap and makes it possible for those, not eating a good diet to get much needed nutrition. It is a powerful nutrition punch. Cold pressing technique destroys bacteria on a structural level, preserves the taste and quality that heat and chemical pasteurization destroy. Cold press juice has a good consistency as it contain and retain more pulp and fibre, so juice is a bit thicker," avers Tanu Arora, Head of Department, Clinical Nutrition and Dietetics, Aakash Healthcare.





NATIONAL

11 AUGUST 2017

<http://www.bindugopalrao.com/cold-pressed-juices/>

Health Matters

The health quotient of cold pressed juices depends on ingredients and the time it is extracted. It is important to opt for a vegetable based, fresh drink with no added sugars or preservatives to benefit from the live enzymes and nutrients. However while it is not a great idea to only rely on packaged cold pressed juices they are still a better choice over canned juices, aerated beverages and vitamin water. Munmun Ganeriwal, Nutritionist & Fitness Consultant, Founder – Yuktahaar says, "the 'real' cold pressed juices with 'real' health benefits do not come in fancy bottles. They are made at home, consumed fresh, available locally, made with local and seasonal raw produce and is the kind of juice that your great grandmother recognizes as food. They have made a variety of these cold pressed sherbets and juices by squeezing it with their hands, sometimes also wrapping the fruit in a cloth. Case in point is nimbu paani, mango juice (aamras), phalsa juice and bael sherbet." Chef Rakhee, Owner, Palate Culinary Studio and Academy avers, "what I absolutely love about cold pressed juices is that not only does this process give you a healthy boost via the extracts that increase the nutrient content but it also boosts your immune system. I love how hassle free and tasty it is. The best part is also how as no heat is used in the process, no nutrients are lost."

Do It Yourself

In fact you can easily make it at home if you have a cold pressed juicer. The juice prepared from the centrifugal juicer must be consumed within 24 hours. Cold pressed juicing machines aka Masticating Juicers are portable and you can make juices almost without the need for pasteurization and packaging. Again in terms of access to these kinds of juices you can also look at sugarcane juice a native, raw, cold pressed juice. "The cane stalks are pressed against each other using zero heat to give a beautiful, green coloured juice that has "detox" properties and is rich in polyphenols and antioxidants," says Munmun. Dr. Mahesh Gupta, Chairman, KENT RO Systems Ltd explains, "whilst, cold pressed juicers operates using technology that first crushes and then presses the fruits or vegetables for maximum yield. The juice extraction technique works on low RPM (revolutions per minute), speed less than 100. It does not produce as much heat as produced by the conventional juicers. Hence it retains nutrients and fibres' and gives more juice." Arvind Rai, Executive Chef, The Ashok Hotel, New Delhi advices, "when juicing at home, aim for nutrient-dense fruits and vegetables. Take the juice from leafy greens and root veggies as your base, then add citrus or fruit to sweeten the taste. The process is the hydraulic press; this exposes the shredded produce to extreme pressures between two plates. The pressure causes the juice / water content from the produce to drip into a collection tray." So the next time make the right choice with your juice – the cold pressed way!

Juice it Up

Saumya Shatakshi, Senior Nutritionist & Wellness Consultant, Healthians suggests some ideas:

Pineapple Pear Ginger Mint- This combination of ginger and mint with fruits provides a cooling sensation to the skin and can help to treat minor burns, itching and skin irritations and also soothes digestive tract.

Apple Cinnamon- Apples are full of fiber, especially pectin, a soluble fiber which can help promote good digestive health and a sense of full belly which helps in weight loss.

Green Alkalizer- Green juice is a natural mineral and vitamin supplement that can be a powerful influence to a malnourished system.



NATIONAL

11 AUGUST 2017

<http://www.bindugopalrao.com/cold-pressed-juices/>

Citrus Juice- Fresh citrus provides both soluble and insoluble fiber. Soluble fiber can help lower cholesterol and triglyceride levels, which may help reduce the risk of heart disease.

Tips

- Do plan on doing a juice cleanse when you have time to relax, ideally with little physical, emotional, social or mental demands.
- Do "chew" your juices – juices are not meant to be guzzled.
- Do not try to make juice your only meal.
- Adding a bit of good fats would be essential in better absorption of nutrients (example carrot juice with handful of almonds)
- Check labels for added sugar / preservatives if packaged.

<http://www.bindugopalrao.com/cold-pressed-juices/>

spiceROUTE

THE INFLIGHT MAGAZINE

NATIONAL

13 AUGUST 2017

<http://www.bindugopalrao.com/red-chilli-spice/>

Red Chilli as a Spice



NATIONAL**13 AUGUST 2017****<http://www.bindugopalrao.com/red-chilli-spice/>**

What is common to the words Bhut Jalokia, Byadgi, Bird eye, Mundu, Kashmiri, Jwala, Guntur, and Kanthari? Well, these are varieties of red chilli – the spice you may love or hate but can never ignore.

Variants Galore

There is an amazing variety of red chillies available in the country and their taste and spice level vary making this easily one of the most exciting spices to work with in the kitchen. "Chillies are integral to Indian cooking and most of us Indians have developed stomachs of steel having grown up eating chillies. Used in almost every dish, it's a major commercial cash crop in our nation and though the chilli arrived in India only in the 16th century, it has now become synonymous with our cuisine," says Swadeep Popli, Owner, The Chatter House. Red Chillies is mostly used in three forms; fresh red, dried red and powdered red. Kashmiri Chillies are mild and therefore one of the most popularly used variants across the country. "Guntur chillies from Andhra and Madhya Pradesh add heat due to their spice quotient. Dhani or Bird Eye Chillies from North India are commonly used for cooking, pickling and in the preparation of chutneys. Naga chillies are one of the hottest in the world. Mundu Chillies from Tamil Nadu and Andhra Pradesh enhance flavour. Jwala Chillies from Gujarat are a very popular variant and are used extensively in home-style cooking. The unique and flavoursome Kanthari Chillies from Kerala are pale when ripe and mature. Karnataka's Byadagi Dry Chillies are long and thin, and are very similar to paprika," says Chef Subrata Debnath, Executive Chef, Vivanta by Taj – Gurgaon. Sunil Agarwal, Director – Kraft Appliances adds, "Punjabi and Rajasthani food are well known for spicy food and using red chillies in abundance. Red chillies are dried or pickled in order to store them for a longer period of time. Red chillies are also used extensively for making sauces which are used to add spice to other dishes."





NATIONAL

13 AUGUST 2017

<http://www.bindugopalrao.com/red-chilli-spice/>

Spice it Up

India is the largest producer of red chillies in the world besides being the largest exporter and consumer of the same. "Andhra Pradesh is the largest producer of chillies in India with more than five of the eighteen to twenty chillies in India as identified by The Spices Board of India. Our country boasts of multiple regional cuisines and the food taste varies literally from one state to the other. So, depending on the state cuisine the chillies are used accordingly," says Chef Ravi Saxena, corporate chef of Dhaba By Claridges. Apart from being used as a tempering, there are several dishes that use red chillies as the main ingredient like Rajasthani Lal Maas, Awadhi Mirchi Korma and Goan Pork Vindaloo. Satyajit Kotwal, GM, The Resort Hotel, Mumbai explains, "chillies are used widely for pickling purpose. Whole/chopped red as well as green chillies are used along with other spices to make them into delicious pickles. Also, dishes are made using whole chillies – it could be Mirch ka Salan or Mirch ka Pakoda." India cooks with chillies that have always been known as ingredients that add spice to Indian food. "In ready to eat salads, chaats or chutneys fresh red chillies give a great aroma and taste. However if my recipe calls for cooking chillies then I prefer using powdered option when I need velvety texture in my curries, crushed dry chillies when using for tempering or making a dry preparation," says Celebrity Chef Akshay Nayyar, Co-owner, Kopper Kadai.

Health Matters

Chillies are considered of superfood status primarily due to a chemical called capsaicin. This chemical is well-known for its anti-inflammatory, analgesic, anti-cancer, heart-healthy benefits. "Also, chillies are rich in antioxidant carotenes and flavonoids, they have about twice the amount of vitamin C found in most citrus fruits. The heating nature of chillies is associated with their ability to stoke the digestive fire so chilli powder is often added to buttermilk and consumed to boost appetite and strengthen digestion. They are great for speeding up the metabolism and thus, would be really helpful to those trying to weigh lighter," says Shivangi Chatterji, Ayurvedic Expert, AllAyurveda.com. If you have a headache due to cold, mix a little chilli paste with sandalwood paste to make a fast acting pain-relief poultice. Diabetics can benefit from this spice by mixing a few drops of chilli oil with isabgol (psyllium husk) and consuming twice a day. This also helps those with bacterial infections such as UTIs. Navin Kacherla, owner of The Charcoal Kitchen, Colaba avers, "a good quantity of red chillies added to food can be a good source of Vitamin C. However, an excess of it can cause acidity and heart burn. Indian food without red chilli often misses the essence of flavours required." Tanu Arora, Head of Department, Clinical Nutrition and Dietetics, Aakash Healthcare adds, "red chillies have rich contents like Vitamin C and pro vitamin A. It also helps in clearing the congestion of the stuffed up nosy and congested lungs."

spiceROUTE
THE INFLIGHT MAGAZINE**NATIONAL****13 AUGUST 2017**<http://www.bindugopalrao.com/red-chilli-spice/>**Spice is Nice**

Chillies are the heart and soul of different cuisines across India, they are cultivated in different parts of the country, and are one of the most important ingredients in Indian recipes. "Fresh green or red chillies are used in salads and pickles and are also ground to a paste, for various marinades. Dried and roasted red chillies are commonly used for tempering curries while the ground red chili powder is used enhance flavours of curries," says Chef Saurabh Udnina, Chef de Cuisine – Modern Indian, Massive Restaurants Pvt. Ltd. Chillies are known as the queen of spices and have a lot more to offer apart from just adding spices. "People with Ulcers, hyper ulcer and acidity should avoid red chillies as it may aggravate it further. Chillies have oil soluble flavour and thus to extract maximum flavour some medium of fat is to be used. Chillies are also very heat sensitive and tend to burn in excessive heat," opines Chef Zafar Ali – The Leela Palace – Bangalore. Executive Chef Adi, The Bristol Hotel, Gurugram advices, "each palate has a distinct level of tolerance for spice; use your judgment to increase or reduce the quantity of chilli pepper in your food as suited to you and your family. Children don't have a well-developed spice palate; like all other foods, it helps to introduce spices in small amounts from a young age to build their liking for flavours."



NATIONAL

13 AUGUST 2017

<http://www.bindugopalrao.com/red-chilli-spice/>

Do it Right

Excessive usage of red chillies can not only make a dish unfit but can also become bitter and excessively spicy if overused. Chef Paul Kinny – Shizusan Shophouse & Bar advises, "while making red chilli paste, add vinegar instead of water as this will increase the shelf life and add a tangy taste to the paste. While tempering the chilli be careful not to burn it as it could ruin the entire dish. Cook the paste enough to remove the raw flavour of the chillies. After finely chopping chillies be cautious and wash the knives, board and hands to avoid imparting the flavours to other ingredients or body parts." Vikas Kumar, Executive chef, Flurys, Park Street, Kolkata adds, "one of the most important things to understand about the red chilly is the fact that they can vary a lot in its hotness/ spiciness and must be used with extreme care and restraint. There really is no way to balance a dish that has turned to be too spicy due to the use of the chilly and as well there is no way to add extra chilly once a dish is ready, since it requires a certain cooking technique." Red chili's or red chilli powder must be kept away from eyes, if comes in contact, it can even cause permanent damage and in some cases, even blindness. Chef Milan Gupta, Cafe Haqq Se, Mumbai, avers, "never add too much chilli in the beginning in the recipe as the oil released from it will take some time before it permeates evenly through the dish." Chef Vikram Shaukeen, AIHTM, ITDC adds, "chilli's should not be consumed separately. The seeds of chili's cause innumerable cuts on the tip of our tongue, it is these cuts which cause that burning sensation in the mouth." Again take care while working with them. Chef Paul Kinny, Culinary Director Bellona Hospitality says, "cook the paste enough to remove the raw flavour of the chillies. After finely chopping chillies be cautious and wash the knives, board and hands to avoid imparting the flavours to other ingredients or body parts." So are you ready to give your food a red makeover?

Did you know?

- The best relief from the burning sensation of chillies is drink milk, have a spoonful of yogurt or spoon full of honey.
- "Scoville heat units" [SHU] is the measuring unit which measures the hotness of chili's. A sweet bell pepper scores 0 on the Scoville scale, a jalapeno pepper scores around 2500-4000 units, and a Mexican chilli called Habaneros scores 200,000 to 500,000 units.
- The Bhut Jolokia is the spiciest red chilli in world. It is grown in Assam and Nagaland.
- Chilli is a fruit. It is legally a vegetable in the US but botanically it is a fruit.

spiceROUTE

THE INFLIGHT MAGAZINE

NATIONAL

13 AUGUST 2017

<http://www.bindugopalrao.com/red-chilli-spice/>

Chilli Jam – courtesy Kraft Appliances



Ingredients:

60g Red Chillies – stems removed

125g crushed Garlic cloves

125g Grated ginger

1kg Tomatoes

825g sugar

30ml red wine vinegar

1/2 tbsp Salt

2 tbsp Worcestershire Sauce

Method:

- Blend the chillies with the tomatoes in a mixer until it turns a smooth paste.
- Put the mixture along with all the other ingredients into a saucepan and bring it to boil slowly, stirring to dissolve the sugar.
- Cook for about an hour frequently stirring it, until the chilli jam has thickened.
- Cool and pour it into jars. Store in a cool dry spot and consume within six months.

<http://www.bindugopalrao.com/red-chilli-spice/>

NATIONAL

14 AUGUST 2017

<http://indiatoday.intoday.in>

Here's how eating according to your blood type could help you keep healthy

New research has found that eating according to your blood type could be quite beneficial for you.



[Karishma Kuenzang](#) | Posted by Shivani Chhabra

August 14, 2017 | UPDATED 13:57 IST

A +A -



NATIONAL

14 AUGUST 2017

<http://indiatoday.intoday.in>

There was a recent post on a social media platform wherein a 25-year-old resident of the capital claimed that she had just found that her blood group was different than what was given in her birth certificate, and hence, she'd been following till date. Well, in today's day and age, it's important to know one's blood group for a tad more than obvious reasons (like surgery, blood donation or transfusion). New research has found that eating according to your blood type could be quite beneficial for you. Tanu Arora, head of department, clinical nutrition and dietetics, Aakash Healthcare, says, "People with different blood types digest lectin differently. This is based on the principle that food type is compatible with a particular blood group."

Deepti G Dua, dietitian, Mutation Diet Clinic, says, "The blood group determines how the body handles and digests different nutrients. Blood type diet is based on eating specific foods in order to facilitate better digestion, increase energy levels and prevent certain disease and illnesses."

Also Read: 9 food items you can eat a lot of without sabotaging your diet

Dr Namita Nadar, chief dietician, Fortis Hospital, Noida, "When people adhere to a diet specific to one's blood type, they improve their health and decrease risk of chronic illness like CAD. In his book Eat Right For Your Type, Dr Peter J D'Adamo says that some microorganisms can trigger an unexpected response from the immune system of people with certain blood types. An infection due to particular virus, yeast or bacteria may lead to excessive and unwanted levels on inflammation in a certain blood type. This could compromise the body's response to the infection and generate added stress and shock,"



**NATIONAL****14 AUGUST 2017****<http://indiatoday.intoday.in>**

Photo: Mail Today

According to the book, some bacteria also have a preference for one blood type as opposed to another, and consume that blood type antigen as a source of energy. Many of the byproducts are beneficial to the digestive tract.

Studies also show that micro-organisms can use the blood type antigens found on cells and in the mucus lining the digestive system as a way to attach to cells and tissues. This can lead to an increased risk of certain infections between people of different blood types and differences in the severity of the symptoms, doctors say.

Studies have found that people with blood type O have a lower risk for heart disease, but a higher risk for developing stomach ulcers. People with blood type A have higher risks of microbial infections. However, women with type A blood experience a higher rate of fertility. Studies also state that people with type AB and B blood have a much higher risk of developing pancreatic cancer.

Also Read: Celebrity trainer Yasmin Karachiwala does not believe in dieting

Blood type also affect stress levels. Type A people naturally have higher levels of the stress hormone cortisol in their bodies and produce more in response to stressful situations. Those with type O blood, have a 'fight or flight' reaction to stress which results in the overproduction of adrenaline. It takes type O's longer to recover from stress because it is more difficult for them to clear the adrenaline from their bodies.

Here's how to tweak your diet in accordance with your blood type:

Blood Group: O

People with O blood type should follow a high protein diet, full of lean meats, fish, eggs, kale, lettuce, broccoli, onions, pumpkins, turnip, red peppers, okra, garlic, ginger, cherries, figs, plums, prunes, raspberries, cranberries and gooseberries.

They should avoid consumption of wheat, barley, corn rice, potato, cauliflower, lentil, cabbage, kidney beans, alcohol, caffeine, spinach, mushrooms, oranges, kiwi, strawberry, black- berry, coconut, green peas and peanut butter.

Blood Group: A

You should be largely vegetarian and follow a high carbohydrate, low fat diet. They should eat lots of rice, oats, rye, pasta, pumpkin, seeds, peanuts, apricots, figs, lemons, raisins, buckwheat, wheat, soy foods, walnuts, garlic, mushroom, pine apple, blueberries, ginger and green tea.

You shouldn't eat dairy products, fish, red meat and organ meat, banana, coconut, papaya, cashew, pistachios and beer. You should indulge in gentle exercises like yoga or golf and meditate to deal with stress. Risk factors for cancer and heart disease increase if you eat correctly.

Blood Group: B

NATIONAL

14 AUGUST 2017

<http://indiatoday.intoday.in>

People with this blood type should have a varied diet, and is the only type that does well with dairy products, doctors say. Eat a lot of green vegetables, eggs, low-fat dairy and meats. This blood group should avoid wheat, buckwheat, lentils, tomatoes, peanuts, sesame seed and corn.

People with this blood type should engage in moderate swimming or walking. They are at risk of slow-growing viruses that attack the nervous system increases if they eat incorrectly.

Blood Group: AB

Tofu, seafood, yoghurt, goat milk, egg, walnuts, millets, oats, rye, broccoli, cauliflower, cucumber, plums, berries, lentils, beans, soy , millets, breads , noodles, beetroot and eggplant.



Photo: Mail Today

Avoid a high cholesterol diet, lentils, beans, soya bean, oat bran, millets, bread, noodles, beetroot, eggplant, mangoes, alcohol, caffeine as well as black tea. People with this blood type should do calming exercises and practice relaxation techniques. They have the friendliest immune system.

<http://indiatoday.intoday.in/story/blood-group-diet-health-vegetables-fitness-wellness-lifest/1/1025657.html>

THE HANS[?]INDIA

NATIONAL

31 AUGUST 2017

<http://www.thehansindia.com>

Fight depression by eating right

THE HANS INDIA | Aug 30,2017 , 11:21 PM IST



Food packed with vitamins, rich in antioxidants, nuts and green tea are some of the eatables that can help you fight depression, suggest experts. Sunita Chowdhury, chief dietician at BLK Super Specialty Hospital, and Tanu Arora, Head of the department at Clinical Nutrition and Dietetics, Aakash Healthcare, have shared inputs:

- Antioxidant rich foods are packed with vitamins, minerals and fibre and not only help the immune system fight diseases but also minimise cell damage and aging. These are all red, orange, yellow and green vegetables and fruits. Minimum of 750-100 gm is the recommended allowance per day.

Such food includes berries, oranges, bell peppers, broccoli, pumpkin, watermelon, pomegranate and green leafy vegetables like spinach,

THE HANS[?]INDIA

NATIONAL

31 AUGUST 2017

<http://www.thehansindia.com>

cucumber, tomato and beetroot. It is better to eat these fruits and vegetables than to juice them, to get maximum benefit out of them.

- All nuts, especially walnut, are thought to be good mood elevators as they contain omega-3 fatty acid. Researchers have shown that walnuts support proper brain function and reduce depression. All nuts are rich in phytochemical such as resveratrol and vitamin E which keep one healthy.
- Try green tea as it has antioxidant properties and has an overall calming effect on the nervous system and so helps hold off stress and depression. Avoid indulging in alcohol, caffeine, processed and high fat foods, carbonated beverages, soda and too many sweets.
- Having good sources of omega 3, vitamin, Selenium, tryptophan, Beta carotene in the diet helps the body to build a strong immune system which fights depression.

<http://www.thehansindia.com/posts/index/Life-Style/2017-08-30/Fight-depression-by-eating-right/322908>

**NATIONAL****31 AUGUST 2017****<http://www.funnewsindia.in>**

Fight depression by eating right

[Home](#) [health](#) Fight depression by eating right



Intake of food with antioxidant properties has an overall calming effect on the nervous system and helps to hold off stress and depression. (Source: Thinkstock Images)

Food packed with vitamins, rich in antioxidants, nuts and green tea are some of the eatables that can help you fight depression, suggest experts.

Sunita Chowdhury, chief dietitian at BLK Super Specialty Hospital, and Tanu Arora, Head of the department at Clinical Nutrition and Dietetics, Aakash Healthcare, have shared inputs:

**NATIONAL****31 AUGUST 2017****<http://www.funnewsindia.in>**

Antioxidant rich foods are packed with vitamins, minerals and fibre and not only help the immune system fight diseases but also minimise cell damage and aging. These are all red, orange, yellow and green vegetables and fruits. Minimum of 750-100 gm is the recommended allowance per day. Such food includes berries, oranges, bell peppers, broccoli, pumpkin, watermelon, pomegranate and green leafy vegetables like spinach, cucumber, tomato and beetroot. It is better to eat these fruits and vegetables than to juice them, to get maximum benefit out of them.

Eat Nuts: All nuts, especially walnut, are thought to be good mood elevators as they contain omega-3 fatty acid. Researchers have shown that walnuts support proper brain function and reduce depression. All nuts are rich in phytochemical such as resveratrol and also vitamin E which keep one healthy.

Try green tea as it has antioxidant properties and also has an overall calming effect on the nervous system and so helps hold off stress and depression. Avoid indulging in alcohol, caffeine, processed and high fat foods, carbonated beverages, soda and too many sweets.

Omega 3: Having good sources of omega 3, vitamin, Selenium, tryptophan, Beta carotene in the diet helps the body to build a strong immune system which fights depression.

<http://www.funnewsindia.in/fight-depression-by-eating-right/>

The Indian EXPRESS

NATIONAL

31 AUGUST 2017

<http://indianexpress.com>

Fight depression by eating right

Mental illnesses are tough to fight and it becomes tougher when you don't eat right. Keeping a proper diet and eating the right food can help you fight depression better. Avoid indulging in alcohol, caffeine, processed and high fat foods, carbonated beverages, soda and too many sweets.

By: **IANS** | New Delhi | Published: August 30, 2017 4:03 pm



Intake of food with antioxidant properties has an overall calming effect on the nervous system and helps to hold off stress and depression. (Source: Thinkstock Images)

Food packed with vitamins, rich in antioxidants, nuts and green tea are some of the eatables that can help you fight depression, suggest experts.

The Indian EXPRESS

NATIONAL

31 AUGUST 2017

<http://indianexpress.com>

Sunita Chowdhury, chief dietitian at BLK Super Specialty Hospital, and Tanu Arora, Head of the department at Clinical Nutrition and Dietetics, Aakash Healthcare, have shared inputs:

Antioxidant rich foods are packed with vitamins, minerals and fibre and not only help the immune system fight diseases but also minimise cell damage and aging. These are all red, orange, yellow and green vegetables and fruits. Minimum of 750-100 gm is the recommended allowance per day. Such food includes berries, oranges, bell peppers, broccoli, pumpkin, watermelon, pomegranate and green leafy vegetables like spinach, cucumber, tomato and beetroot. It is better to eat these fruits and vegetables than to juice them, to get maximum benefit out of them.

Eat Nuts: All nuts, especially walnut, are thought to be good mood elevators as they contain omega-3 fatty acid. Researchers have shown that walnuts support proper brain function and reduce depression. All nuts are rich in phytochemical such as resveratrol and also vitamin E which keep one healthy.

Try green tea as it has antioxidant properties and also has an overall calming effect on the nervous system and so helps hold off stress and depression. Avoid indulging in alcohol, caffeine, processed and high fat foods, carbonated beverages, soda and too many sweets.

Omega 3: Having good sources of omega 3, vitamin, Selenium, tryptophan, Beta carotene in the diet helps the body to build a strong immune system which fights depression.

<http://indianexpress.com/article/lifestyle/health/4820774-fight-depression-by-eating-right/>

Business Standard

NATIONAL

31 AUGUST 2017

<http://www.business-standard.com>

Fight depression by eating right

IANS | New Delhi Last Updated at August 30, 2017 15:32 IST

Food packed with vitamins, rich in antioxidants, nuts and green tea are some of the eatables that can help you fight depression, suggest experts.

Sunita Chowdhury, chief dietitian at BLK Super Specialty Hospital, and Tanu Arora, Head of the department at Clinical Nutrition and Dietetics, Aakash Healthcare, have shared inputs:

* Antioxidant rich foods are packed with vitamins, minerals and fibre and not only help the immune system fight diseases but also minimise cell damage and aging. These are all red, orange, yellow and green vegetables and fruits. Minimum of 750-100 gm is the recommended allowance per day.

Such food includes berries, oranges, bell peppers, broccoli, pumpkin, watermelon, pomegranate and green leafy vegetables like spinach, cucumber, tomato and beetroot. It is better to eat these fruits and vegetables than to juice them, to get maximum benefit out of them.

* All nuts, especially walnut, are thought to be good mood elevators as they contain omega-3 fatty acid. Researchers have shown that walnuts support proper brain function and reduce depression. All nuts are rich in phytochemical such as resveratrol and also vitamin E which keep one healthy.

* Try green tea as it has antioxidant properties and also has an overall calming effect on the nervous system and so helps hold off stress and depression.

Business Standard

NATIONAL

31 AUGUST 2017

<http://www.business-standard.com>

Avoid indulging in alcohol, caffeine, processed and high fat foods, carbonated beverages, soda and too many sweets.

* Having good sources of omega 3, vitamin, Selenium, tryptophan, Beta carotene in the diet helps the body to build a strong immune system which fights depression.

--IANS

ks/sug/bg

(This story has not been edited by Business Standard staff and is auto-generated from a syndicated feed.)

http://www.business-standard.com/article/news-ians/fight-depression-by-eating-right-117083000681_1.html



NATIONAL

31 AUGUST 2017

<http://www.india.com>

Fight depression by eating right

New Delhi, Aug 30 (IANS) Food packed with vitamins, rich in antioxidants, nuts and green tea are some of the eatables that can help you fight depression, suggest experts.

By [IANS Feeds](#) | Published: August 30, 2017 3:31 PM IST[Email](#)

New Delhi, Aug 30 (IANS) Food packed with vitamins, rich in antioxidants, nuts and green tea are some of the eatables that can help you fight depression, suggest experts.

Sunita Chowdhury, chief dietitian at BLK Super Specialty Hospital, and Tanu Arora, Head of the department at Clinical Nutrition and Dietetics, Aakash Healthcare, have shared inputs:

* Antioxidant rich foods are packed with vitamins, minerals and fibre and not only help the immune system fight diseases but also minimise cell damage and aging. These are all red, orange, yellow and green vegetables and fruits. Minimum of 750-100 gm is the recommended allowance per day.

Such food includes berries, oranges, bell peppers, broccoli, pumpkin, watermelon, pomegranate and green leafy vegetables like spinach, cucumber, tomato and beetroot. It is better to eat these fruits and vegetables than to juice them, to get maximum benefit out of them.

* All nuts, especially walnut, are thought to be good mood elevators as they contain omega-3 fatty acid. Researchers have shown that walnuts support proper brain function and reduce depression. All nuts are rich in phytochemical such as resveratrol and also vitamin E which keep one healthy.



NATIONAL

31 AUGUST 2017

<http://www.india.com>

* Try green tea as it has antioxidant properties and also has an overall calming effect on the nervous system and so helps hold off stress and depression.

Avoid indulging in alcohol, caffeine, processed and high fat foods, carbonated beverages, soda and too many sweets.

* Having good sources of omega 3, vitamin, Selenium, tryptophan, Beta carotene in the diet helps the body to build a strong immune system which fights depression.

This is published unedited from the IANS feed.

<http://www.india.com/news/agencies/fight-depression-by-eating-right-2436905/>

THE ECONOMIC TIMES

NATIONAL

31 AUGUST 2017

<http://economictimes.indiatimes.com>

Including berries, oranges, pomegranates in your diet can help fight depression

IANS|

Aug 30, 2017, 06.42 PM IST



NEW DELHI: Food packed with vitamins, rich in antioxidants, nuts and green tea are some of the eatables that can help you fight depression, suggest experts.

Sunita Chowdhury, chief dietician at BLK Super Specialty Hospital, and Tanu Arora, Head of the department at Clinical Nutrition and Dietetics, Aakash Healthcare, have shared inputs:

* Antioxidant rich foods are packed with vitamins, minerals and fibre and not only help the immune system fight diseases but also minimise cell damage and aging. These are all red, orange, yellow and green vegetables and fruits. Minimum of 750-100 gm is the recommended allowance per day.

Such food includes berries, oranges, bell peppers, broccoli, pumpkin, watermelon, pomegranate and green leafy vegetables like spinach, cucumber,

THE ECONOMIC TIMES

NATIONAL

31 AUGUST 2017

<http://economictimes.indiatimes.com>

tomato and beetroot. It is better to eat these fruits and vegetables than to juice them, to get maximum benefit out of them.



(Image: Thinkstock)

* All nuts, especially walnut, are thought to be good mood elevators as they contain omega-3 fatty acid. Researchers have shown that walnuts support proper brain function and reduce depression. All nuts are rich in phytochemical such as resveratrol and also vitamin E which keep one healthy.

THE ECONOMIC TIMES

NATIONAL

31 AUGUST 2017

<http://economictimes.indiatimes.com>

* Try green tea as it has antioxidant properties and also has an overall calming effect on the nervous system and so helps hold off stress and depression.

Avoid indulging in alcohol, caffeine, processed and high fat foods, carbonated beverages, soda and too many sweets.

* Having good sources of omega 3, vitamin, Selenium, tryptophan, Beta carotene in the diet helps the body to build a strong immune system which fights depression.

<http://economictimes.indiatimes.com/magazines/panache/including-berries-oranges-pomegranates-in-your-diet-can-help-fight-depression/articleshow/60293343.cms>

NATIONAL

31 AUGUST 2017

<http://vijayabheri.com>

Fight Depression By Eating Right

New Delhi, Aug 30 (IANS) Food packed with vitamins, rich in antioxidants, nuts and green tea are some of the eatables that can help you fight depression, suggest experts.

Sunita Chowdhury, chief dietitian at BLK Super Specialty Hospital, and Tanu Arora, Head of the department at Clinical Nutrition and Dietetics, Aakash Healthcare, have shared inputs:

* Antioxidant rich foods are packed with vitamins, minerals and fibre and not only help the immune system fight diseases but also minimise cell damage and aging. These are all red, orange, yellow and green vegetables and fruits. Minimum of 750-100 gm is the recommended allowance per day.

Such food includes berries, oranges, bell peppers, broccoli, pumpkin, watermelon, pomegranate and green leafy vegetables like spinach, cucumber, tomato and beetroot. It is better to eat these fruits and vegetables than to juice them, to get maximum benefit out of them.

* All nuts, especially walnut, are thought to be good mood elevators as they contain omega-3 fatty acid. Researchers have shown that walnuts support proper brain function and reduce depression. All nuts are rich in phytochemical such as resveratrol and also vitamin E which keep one healthy.

* Try green tea as it has antioxidant properties and also has an overall calming effect on the nervous system and so helps hold off stress and depression.

Avoid indulging in alcohol, caffeine, processed and high fat foods, carbonated beverages, soda and too many sweets.

* Having good sources of omega 3, vitamin, Selenium, tryptophan, Beta carotene in the diet helps the body to build a strong immune system which fights depression.

<http://vijayabheri.com/fight-depression-by-eating-right/>

SAMACHARLIVE

NATIONAL

31 AUGUST 2017

<http://www.samacharlive.com>

Fight depression by eating right

Author :[IANS](#)

Updated: 30th Aug 2017 04:00:08 PM

Fight depression by eating right

New Delhi, Aug 30 : Food packed with vitamins, rich in antioxidants, nuts and green tea are some of the eatables that can help you fight depression, suggest experts.

Sunita Chowdhury, chief dietitian at BLK Super Specialty Hospital, and Tanu Arora, Head of the department at Clinical Nutrition and Dietetics, Aakash Healthcare, have shared inputs:

* Antioxidant rich foods are packed with vitamins, minerals and fibre and not only help the immune system fight diseases but also minimise cell damage and aging. These are all red, orange, yellow and green vegetables and fruits. Minimum of 750-100 gm is the recommended allowance per day.

Such food includes berries, oranges, bell peppers, broccoli, pumpkin, watermelon, pomegranate and green leafy vegetables like spinach, cucumber, tomato and beetroot. It is better to eat these fruits and vegetables than to juice them, to get maximum benefit out of them.

* All nuts, especially walnut, are thought to be good mood elevators as they contain omega-3 fatty acid. Researchers have shown that walnuts support proper brain function and reduce depression. All nuts are rich in phytochemical such as resveratrol and also vitamin E which keep one healthy.

* Try green tea as it has antioxidant properties and also has an overall calming effect on the nervous system and so helps hold off stress and depression.

Avoid indulging in alcohol, caffeine, processed and high fat foods, carbonated beverages, soda and too many sweets.

* Having good sources of omega 3, vitamin, Selenium, tryptophan, Beta carotene in the diet helps the body to build a strong immune system which fights depression.

<http://www.samacharlive.com/Entertainment/fight-depression-by-eating-right>

**NATIONAL**

31 AUGUST 2017

<http://www.newsx.com>

Fight depression by eating right

Sunita Chowdhury, chief dietitian at BLK Super Specialty Hospital, and Tanu Arora, Head of the department at Clinical Nutrition and Dietetics, Aakash Healthcare, have shared inputs:

By IANS | New Delhi | Updated: 30 August 2017 , 3:33 PM



Food packed with vitamins, rich in antioxidants, nuts and green tea are some of the eatables that can help you fight depression, suggest experts.

Sunita Chowdhury, chief dietitian at BLK Super Specialty Hospital, and Tanu Arora, Head of the department at Clinical Nutrition and Dietetics, Aakash Healthcare, have shared inputs:

* Antioxidant rich foods are packed with vitamins, minerals and fibre and not only help the immune system fight diseases but also minimise cell damage and aging. These are all red, orange, yellow and green vegetables and fruits. Minimum of 750-100 gm is the recommended allowance per day.

**NATIONAL****31 AUGUST 2017****<http://www.newsx.com>**

Such food includes berries, oranges, bell peppers, broccoli, pumpkin, watermelon, pomegranate and green leafy vegetables like spinach, cucumber, tomato and beetroot. It is better to eat these fruits and vegetables than to juice them, to get maximum benefit out of them.

* All nuts, especially walnut, are thought to be good mood elevators as they contain omega-3 fatty acid. Researchers have shown that walnuts support proper brain function and reduce depression. All nuts are rich in phytochemical such as resveratrol and also vitamin E which keep one healthy.

* Try green tea as it has antioxidant properties and also has an overall calming effect on the nervous system and so helps hold off stress and depression.

Avoid indulging in alcohol, caffeine, processed and high fat foods, carbonated beverages, soda and too many sweets.

* Having good sources of omega 3, vitamin, Selenium, tryptophan, Beta carotene in the diet helps the body to build a strong immune system which fight

<http://www.newsx.com/health-and-environment/73751-fight-depression-by-eating-right>

Telangana Today

Thursday, August 31, 2017

NATIONAL

31 AUGUST 2017

<https://telanganatoday.com>

Eating right can help you fight depression

By Author [IANS](#) | Published: 30th Aug 2017 8:05 pm Updated: 30th Aug 2017 8:20 pm



New Delhi: Food packed with vitamins, rich in antioxidants, nuts and green tea are some of the eatables that can help you fight depression, suggest experts.

Sunita Chowdhury, chief dietitian at BLK Super Specialty Hospital, and Tanu Arora, Head of the department at Clinical Nutrition and Dietetics, Aakash Healthcare, have shared inputs:

Telangana Today

Thursday, August 31, 2017

NATIONAL

31 AUGUST 2017

<https://telanganatoday.com>

- * Antioxidant rich foods are packed with vitamins, minerals and fibre and not only help the immune system fight diseases but also minimise cell damage and aging. These are all red, orange, yellow and green vegetables and fruits. Minimum of 750-100 gm is the recommended allowance per day. Such food includes berries, oranges, bell peppers, broccoli, pumpkin, watermelon, pomegranate and green leafy vegetables like spinach, cucumber, tomato and beetroot. It is better to eat these fruits and vegetables than to juice them, to get maximum benefit out of them.
- * All nuts, especially walnut, are thought to be good mood elevators as they contain omega-3 fatty acid. Researchers have shown that walnuts support proper brain function and reduce depression. All nuts are rich in phytochemical such as resveratrol and also vitamin E which keep one healthy.
- * Try green tea as it has antioxidant properties and also has an overall calming effect on the nervous system and so helps hold off stress and depression. Avoid indulging in alcohol, caffeine, processed and high fat foods, carbonated beverages, soda and too many sweets.
- * Having good sources of omega 3, vitamin, Selenium, tryptophan, Beta carotene in the diet helps the body to build a strong immune system which fights depression.

<https://telanganatoday.com/eating-right-can-help-you-fight-depression>



NATIONAL

31 AUGUST 2017

<http://newsboss.in>

Fight depression by eating right

Mental illnesses are tough to fight and it becomes tougher when you don't eat right. Keeping a proper diet and eating the right food can help you fight depression better. Avoid indulging in alcohol, caffeine, processed and high fat foods, carbonated beverages, soda and too many sweets.

By: **IANS** | New Delhi | Published: August 30, 2017 4:03 pm



Intake of food with antioxidant properties has an overall calming effect on the nervous system and helps to hold off stress and depression. (Source: Thinkstock Images)

Food packed with vitamins, rich in antioxidants, nuts and green tea are some of the eatables that can help you fight depression, suggest experts.



NATIONAL

31 AUGUST 2017

<http://newsboss.in>

Sunita Chowdhury, chief dietitian at BLK Super Specialty Hospital, and Tanu Arora, Head of the department at Clinical Nutrition and Dietetics, Aakash Healthcare, have shared inputs:

Antioxidant rich foods are packed with vitamins, minerals and fibre and not only help the immune system fight diseases but also minimise cell damage and aging. These are all red, orange, yellow and green vegetables and fruits. Minimum of 750-100 gm is the recommended allowance per day. Such food includes berries, oranges, bell peppers, broccoli, pumpkin, watermelon, pomegranate and green leafy vegetables like spinach, cucumber, tomato and beetroot. It is better to eat these fruits and vegetables than to juice them, to get maximum benefit out of them.

Eat Nuts: All nuts, especially walnut, are thought to be good mood elevators as they contain omega-3 fatty acid. Researchers have shown that walnuts support proper brain function and reduce depression. All nuts are rich in phytochemical such as resveratrol and also vitamin E which keep one healthy.

Try green tea as it has antioxidant properties and also has an overall calming effect on the nervous system and so helps hold off stress and depression. Avoid indulging in alcohol, caffeine, processed and high fat foods, carbonated beverages, soda and too many sweets.

Omega 3: Having good sources of omega 3, vitamin, Selenium, tryptophan, Beta carotene in the diet helps the body to build a strong immune system which fights depression.

<http://newsboss.in/ly/YLyWcs/Fight-depression-by-eating-right>

THE MORUNG EXPRESS

NATIONAL

31 AUGUST 2017

<http://morungexpress.com>

Fight depression by eating right

August 30, 2017



New Delhi, August 30 (IANS) Food packed with vitamins, rich in antioxidants, nuts and green tea are some of the eatables that can help you fight depression, suggest experts.

Sunita Chowdhury, chief dietician at BLK Super Specialty Hospital, and Tanu Arora, Head of the department at Clinical Nutrition and Dietetics, Aakash Healthcare, have shared inputs:

* Antioxidant rich foods are packed with vitamins, minerals and fibre and not only help the immune system fight diseases but also minimise cell damage and aging. These are all red, orange, yellow and green vegetables and fruits. Minimum of 750-100 gm is the recommended allowance per day.

THE MORUNG EXPRESS

NATIONAL

31 AUGUST 2017

<http://morungexpress.com>

Such food includes berries, oranges, bell peppers, broccoli, pumpkin, watermelon, pomegranate and green leafy vegetables like spinach, cucumber, tomato and beetroot. It is better to eat these fruits and vegetables than to juice them, to get maximum benefit out of them.

* All nuts, especially walnut, are thought to be good mood elevators as they contain omega-3 fatty acid. Researchers have shown that walnuts support proper brain function and reduce depression. All nuts are rich in phytochemical such as resveratrol and also vitamin E which keep one healthy.

* Try green tea as it has antioxidant properties and also has an overall calming effect on the nervous system and so helps hold off stress and depression.

Avoid indulging in alcohol, caffeine, processed and high fat foods, carbonated beverages, soda and too many sweets.

* Having good sources of omega 3, vitamin, Selenium, tryptophan, Beta carotene in the diet helps the body to build a strong immune system which fights depression.

<http://morungexpress.com/fight-depression-eating-right/>



NATIONAL

31 AUGUST 2017

<https://hamaraphotos.com>

Fight depression by eating right

By **Indo Asian News Service** -

August 30, 2017

Food packed with vitamins, rich in antioxidants, nuts and green tea are some of the eatables that can help you fight depression, suggest experts.

Sunita Chowdhury, chief dietitian at BLK Super Specialty Hospital, and Tanu Arora, Head of the department at Clinical Nutrition and Dietetics, Aakash Healthcare, have shared inputs:

* Antioxidant rich foods are packed with vitamins, minerals and fibre and not only help the immune system fight diseases but also minimise cell damage and aging. These are all red, orange, yellow and green vegetables and fruits. Minimum of 750-100 gm is the recommended allowance per day.

Such food includes berries, oranges, bell peppers, broccoli, pumpkin, watermelon, pomegranate and green leafy vegetables like spinach, cucumber, tomato and beetroot. It is better to eat these fruits and vegetables than to juice them, to get maximum benefit out of them.

**NATIONAL****31 AUGUST 2017****<https://hamaraphotos.com>**

* All nuts, especially walnut, are thought to be good mood elevators as they contain omega-3 fatty acid. Researchers have shown that walnuts support proper brain function and reduce depression. All nuts are rich in phytochemical such as resveratrol and also vitamin E which keep one healthy.

* Try green tea as it has antioxidant properties and also has an overall calming effect on the nervous system and so helps hold off stress and depression.

Avoid indulging in alcohol, caffeine, processed and high fat foods, carbonated beverages, soda and too many sweets.

* Having good sources of omega 3, vitamin, Selenium, tryptophan, Beta carotene in the diet helps the body to build a strong immune system which fights depression.

<https://hamaraphotos.com/bollywood/news/fight-depression-by-eating-right.html>



NATIONAL

31 AUGUST 2017

<http://www.siasat.com>

Fight depression by eating right

August 30, 2017, 3:48 PM IST 0



New Delhi: **Food** packed with vitamins, rich in antioxidants, nuts and green tea are some of the eatables that can help you fight **depression**, suggest experts.

Sunita Chowdhury, chief dietitian at BLK Super Specialty Hospital, and Tanu Arora, Head of the department at Clinical Nutrition and Dietetics, Aakash Healthcare, have shared inputs:

* Antioxidant rich foods are packed with vitamins, minerals and fibre and not only help the immune system fight diseases but also minimise cell damage and aging. These are all red, orange, yellow and green vegetables and fruits. Minimum of 750-100 gm is the recommended allowance per day.

**NATIONAL****31 AUGUST 2017****<http://www.siasat.com>**

Such food includes berries, oranges, bell peppers, broccoli, pumpkin, watermelon, pomegranate and green leafy vegetables like spinach, cucumber, tomato and beetroot. It is better to eat these fruits and vegetables than to juice them, to get maximum benefit out of them.

* All nuts, especially walnut, are thought to be good mood elevators as they contain omega-3 fatty acid. Researchers have shown that walnuts support proper brain function and reduce depression. All nuts are rich in phytochemical such as resveratrol and also vitamin E which keep one healthy.

* Try **green tea** as it has antioxidant properties and also has an overall calming effect on the nervous system and so helps hold off stress and depression.

Avoid indulging in alcohol, caffeine, processed and high fat foods, carbonated beverages, soda and too many sweets.

* Having good sources of omega 3, vitamin, Selenium, tryptophan, Beta carotene in the diet helps the body to build a strong immune system which fights depression.

—IANS

<http://www.siasat.com/news/fight-depression-eating-right-1228558/>

Mangalorean

Fighting Ignorance, Since 2003

NATIONAL

31 AUGUST 2017

<http://www.mangalorean.com>

Fight depression by eating right

By

IANS

-
August 30, 2017

Fight depression by eating right

New Delhi, Aug 30 (IANS) Food packed with vitamins, rich in antioxidants, nuts and green tea are some of the eatables that can help you fight depression, suggest experts.

Sunita Chowdhury, chief dietician at BLK Super Specialty Hospital, and Tanu Arora, Head of the department at Clinical Nutrition and Dietetics, Aakash Healthcare, have shared inputs:

* Antioxidant rich foods are packed with vitamins, minerals and fibre and not only help the immune system fight diseases but also minimise cell damage and aging. These are all red, orange, yellow and green vegetables and fruits. Minimum of 750-100 gm is the recommended allowance per day.

Such food includes berries, oranges, bell peppers, broccoli, pumpkin, watermelon, pomegranate and green leafy vegetables like spinach,

Mangalorean

Fighting Ignorance, Since 2003

NATIONAL

31 AUGUST 2017

<http://www.mangalorean.com>

cucumber, tomato and beetroot. It is better to eat these fruits and vegetables than to juice them, to get maximum benefit out of them.

* All nuts, especially walnut, are thought to be good mood elevators as they contain omega-3 fatty acid. Researchers have shown that walnuts support proper brain function and reduce depression. All nuts are rich in phytochemical such as resveratrol and also vitamin E which keep one healthy.

* Try green tea as it has antioxidant properties and also has an overall calming effect on the nervous system and so helps hold off stress and depression.

Avoid indulging in alcohol, caffeine, processed and high fat foods, carbonated beverages, soda and too many sweets.

* Having good sources of omega 3, vitamin, Selenium, tryptophan, Beta carotene in the diet helps the body to build a strong immune system which fights depression.

<http://www.mangalorean.com/fight-depression-eating-right/>



NATIONAL

1 SEPTEMBER 2017

<http://m.dailyhunt.in>

Fight depression by eating right

New Delhi: Food packed with vitamins, rich in antioxidants, nuts and green tea are some of the eatables that can help you fight depression, suggest experts.

Sunita Chowdhury, chief dietitian at BLK Super Specialty Hospital, and Tanu Arora, Head of the department at Clinical Nutrition and Dietetics, Aakash Healthcare, have shared inputs:

* Antioxidant rich foods are packed with vitamins, minerals and fibre and not only help the immune system fight diseases but also minimise cell damage and aging. These are all red, orange, yellow and green vegetables and fruits. Minimum of 750-100 gm is the recommended allowance per day.

Such food includes berries, oranges, bell peppers, broccoli, pumpkin, watermelon, pomegranate and green leafy vegetables like spinach, cucumber, tomato and beetroot. It is better to eat these fruits and vegetables than to juice them, to get maximum benefit out of them.

* All nuts, especially walnut, are thought to be good mood elevators as they contain omega-3 fatty acid. Researchers have shown that walnuts support proper brain function and reduce depression. All nuts are rich in phytochemical such as resveratrol and also vitamin E which keep one healthy.

* Try green tea as it has antioxidant properties and also has an overall calming effect on the nervous system and so helps hold off stress and depression.



NATIONAL

1 SEPTEMBER 2017

<http://m.dailyhunt.in>

Avoid indulging in alcohol, caffeine, processed and high fat foods, carbonated beverages, soda and too many sweets.

* Having good sources of omega 3, vitamin, Selenium, tryptophan, Beta carotene in the diet helps the body to build a strong immune system which fights depression.

<http://m.dailyhunt.in/news/india/english/news+karnataka-epaper-newskarn/fight+depression+by+eating+right-newsid-72568445>



FRIDAY, 1 SEPTEMBER 2017 | 10:11:10 AM

NATIONAL

1 SEPTEMBER 2017

<http://www.dailypioneer.com>

FIGHT DEPRESSION BY EATING RIGHT

Thursday, 31 August 2017 | IANS | New Delhi

Food packed with vitamins, rich in antioxidants, nuts and green tea are some of the eatables that can help you fight depression, suggest experts.

Sunita Chowdhury, chief dietitian at BLK Super Specialty Hospital, and Tanu Arora, Head of the department at Clinical Nutrition and Dietetics, Aakash Healthcare, have shared inputs:

* Antioxidant rich foods are packed with vitamins, minerals and fibre and not only help the immune system fight diseases but also minimise cell damage and aging. These are all red, orange, yellow and green vegetables and fruits. Minimum of 750-100 gm is the recommended allowance per day.

Such food includes berries, oranges, bell peppers, broccoli, pumpkin, watermelon, pomegranate and green leafy vegetables like spinach, cucumber, tomato and beetroot. It is better to eat these fruits and vegetables than to juice them, to get maximum benefit out of them.

* All nuts, especially walnut, are thought to be good mood elevators as they contain omega-3 fatty acid. Researchers have shown that walnuts support proper brain function and reduce depression. All nuts are rich in phytochemical such as resveratrol and also vitamin E which keep one healthy.



NATIONAL

1 SEPTEMBER 2017

<http://www.dailypioneer.com>

* Try green tea as it has antioxidant properties and also has an overall calming effect on the nervous system and so helps hold off stress and depression.

Avoid indulging in alcohol, caffeine, processed and high fat foods, carbonated beverages, soda and too many sweets.

* Having good sources of omega 3, vitamin, Selenium, tryptophan, Beta carotene in the diet helps the body to build a strong immune system which fights depression.

<http://www.dailypioneer.com/health-and-fitness/fight-depression-by-eating-right.html>

India's only digital newspaper

enewspaper of india™

NATIONAL

1 SEPTEMBER 2017

<http://eni.news24online.com>

Fight depression by eating right

Aug. 31, 2017, 10:54 a.m. |

New Delhi, Aug 30 (IANS) Food packed with vitamins, rich in antioxidants, nuts and green tea are some of the eatables that can help you fight depression, suggest experts.

Sunita Chowdhury, chief dietitian at BLK Super Specialty Hospital, and Tanu Arora, Head of the department at Clinical Nutrition and Dietetics, Aakash Healthcare, have shared inputs:

* Antioxidant rich foods are packed with vitamins, minerals and fibre and not only help the immune system fight diseases but also minimise cell damage and aging. These are all red, orange, yellow and green vegetables and fruits. Minimum of 750-100 gm is the recommended allowance per day.

Such food includes berries, oranges, bell peppers, broccoli, pumpkin, watermelon, pomegranate and green leafy vegetables like spinach, cucumber, tomato and beetroot. It is better to eat these fruits and vegetables than to juice them, to get maximum benefit out of them.

* All nuts, especially walnut, are thought to be good mood elevators as they contain omega-3 fatty acid. Researchers have shown that walnuts support proper brain function and reduce depression. All nuts are rich in phytochemical such as resveratrol and also vitamin E which keep one healthy.

* Try green tea as it has antioxidant properties and also has an overall calming effect on the nervous system and so helps hold off stress and depression.

Avoid indulging in alcohol, caffeine, processed and high fat foods, carbonated beverages, soda and too many sweets.

* Having good sources of omega 3, vitamin, Selenium, tryptophan, Beta carotene in the diet helps the body to build a strong immune system which fights depression.

<http://eni.news24online.com/fight-depression-by-eating-right-90/>

hindustantimes

NATIONAL

1 SEPTEMBER 2017

<http://www.hindustantimes.com>

Depression is beatable: Drink green tea, eat nuts, berries, broccoli, pumpkin and more

If any of your loved ones is battling depression, you can make it easy for them by suggesting vitamin-rich food for them. Opt for foods packed in antioxidants, nuts and green tea and more for them.

FITNESS Updated: Aug 31, 2017 12:37 IST

Indo Asian News Service



Depression is beatable if you fight it smartly. Focus on the right kind of food.(Shutterstock)

hindustantimes

NATIONAL

1 SEPTEMBER 2017

<http://www.hindustantimes.com>

Food packed with vitamins, rich in antioxidants, nuts and green tea are some of the eatables that can help you fight depression, suggest experts.

Sunita Chowdhury, chief dietitian at BLK Super Specialty Hospital, and Tanu Arora, head of the department at Clinical Nutrition and Dietetics, Aakash Healthcare, have shared inputs:

* Antioxidant rich foods are packed with vitamins, minerals and fibre and not only help the immune system fight diseases but also minimise cell damage and aging. These are all red, orange, yellow and green vegetables and fruits. Minimum of 750-100 gm is the recommended allowance per day.

Such food includes berries, oranges, bell peppers, broccoli, pumpkin, watermelon, pomegranate and green leafy vegetables like spinach, cucumber, tomato and beetroot. It is better to eat these fruits and vegetables than to juice them, to get maximum benefit out of them.

* All nuts, especially walnut, are thought to be good mood elevators as they contain omega-3 fatty acid. Researchers have shown that walnuts support proper brain function and reduce depression. All nuts are rich in phytochemical such as resveratrol and also vitamin E which keep one healthy.

hindustantimes

NATIONAL

1 SEPTEMBER 2017

<http://www.hindustantimes.com>

* Try green tea as it has antioxidant properties and also has an overall calming effect on the nervous system and so helps hold off stress and depression.

Avoid indulging in alcohol, caffeine, processed and high fat foods, carbonated beverages, soda and too many sweets.

* Having good sources of omega 3, vitamin, Selenium, tryptophan, Beta carotene in the diet helps the body to build a strong immune system which fights depression.

<http://www.hindustantimes.com/fitness/depression-is-beatable-drink-green-tea-eat-nuts-berries-broccoli-pumpkin-and-more/story-2HDoXX005q1jFeh1yLWGaL.html>

KASHMIR OBSERVER

NATIONAL

4 SEPTEMBER 2017

<https://kashmirobserver.net>

- HEALTH

Fight depression by eating right

AGENCIES • SEP 01, 2017 • 490

Mental illnesses are tough to fight and it becomes tougher when you don't eat right. Keeping a proper diet and eating the right food can help you fight depression better. Avoid indulging in alcohol, caffeine, processed and high fat foods, carbonated beverages, soda and too many sweets.

Food packed with vitamins, rich in antioxidants, nuts and green tea are some of the eatables that can help you fight depression, suggest experts.

Sunita Chowdhury, chief dietician at BLK Super Specialty Hospital, and Tanu Arora, Head of the department at Clinical Nutrition and Dietetics, Aakash Healthcare, have shared inputs:

Antioxidant rich foods are packed with vitamins, minerals and fibre and not only help the immune system fight diseases but also minimise cell damage and aging. These are all red, orange, yellow and green vegetables and fruits. Minimum of 750-100 gm is the recommended allowance per day. Such food includes berries, oranges, bell peppers, broccoli, pumpkin, watermelon, pomegranate and green leafy vegetables like spinach, cucumber, tomato and beetroot. It is better to eat these fruits and vegetables than to juice them, to get maximum benefit out of them.

KASHMIR OBSERVER

NATIONAL

4 SEPTEMBER 2017

<https://kashmirobserver.net>

Eat Nuts: All nuts, especially walnut, are thought to be good mood elevators as they contain omega-3 fatty acid. Researchers have shown that walnuts support proper brain function and reduce depression. All nuts are rich in phytochemical such as resveratrol and also vitamin E which keep one healthy.

Try green tea as it has antioxidant properties and also has an overall calming effect on the nervous system and so helps hold off stress and depression. Avoid indulging in alcohol, caffeine, processed and high fat foods, carbonated beverages, soda and too many sweets.

Omega 3: Having good sources of omega 3, vitamin, Selenium, tryptophan, Beta carotene in the diet helps the body to build a strong immune system which fights depression.

<https://kashmirobserver.net/2017/health/fight-depression-eating-right-22599>


**DECCAN
HERALD**

NATIONAL

11 SEPTEMBER 2017

<http://m.deccanherald.com>

Greek food can drive your blues away

DR TANU ARORA, (HOD - CLINICAL NUTRITION AND DIETETICS, AAKASH HEALTHCARE.)



A bite of chocolate may make you happy on a depressing day. But that feel-good moment may only last for a few hours tops. A Mediterranean diet is just what you need to drive your blues away.

Apart from physiological and social functions, food has a psychological function too. Food satisfies certain emotional needs and acts as a source of security. Food is also an outlet for emotions. To fight stress or tension, some of us tend to avoid eating or overeat. For some



NATIONAL

11 SEPTEMBER 2017

<http://m.deccanherald.com>

people, loneliness or boredom makes them reach for a plate of French fries.

While battling depression, it can be difficult to find happiness in life. However, there is a lot you can do to fight the condition by choosing your diet wisely. Mediterranean diet has long been promoted for its health benefits. Not only does it help fight depression, but research suggests that it also aids weight loss, controls blood sugar and reduces risk of cancer, heart disease and dementia.

Rich in nutrients

Mediterranean diet plays a vital role in improving the quality of life. It is a mix of traditional eating habits of people living in Spain, Italy, France, Greece and Middle East. This diet improves brain health, as it is loaded with antioxidants. Along with high levels of monounsaturated fatty acids, this diet also contains a good mix of fibre, vitamins and minerals. Antioxidants found in fruits and vegetables play an important role in cognitive capacity.

Healthy food habits help in improved brain function and consequently to a greater resilience to face stress and frustration. Mediterranean diet helps overcome personality deficits and depression, as it contains certain foods that can augment your mood. Fish, nuts and vegetables, which are an integral part of the Mediterranean diet plan, are a great source of omega 3 fatty acids. This essential nutrient enhances brain function, including temperament and protects against depression.

The human brain is nearly 60% fat. Hence, for the optimal growth, development and function of the brain tissue sufficient amount of omega 3 fatty acids is required. When there is a deficiency, the structure of the brain cell membrane and connection are inferior, which leads to cognitive and emotional disorders.

Each individual component of our diet influences depression through different mechanism. Mediterranean diet has good sources of vitamin B too. Our brain needs lot of energy to work efficiently and it won't be able to create neurotransmitters without enough energy and right nutrients.

Here are the dos and don'ts of a Mediterranean diet:



DECCAN HERALD

NATIONAL

11 SEPTEMBER 2017

<http://m.deccanherald.com>

- Include vegetables, fruits, nuts, seeds, legumes, potatoes, whole grain bread, herbs, spices, seafood and extra virgin olive oil in your meals.
- Eat poultry, egg, cheese and yogurt in moderation.
- Avoid red meat if possible or eat it on rare occasions.
- Avoid sweetened beverages, added sugars, processed meat, refined grains, refined oils and other highly processed foods.

<http://m.deccanherald.com/section.php?url=/content/632135/greek-food-can-drive-your.html&secid=67&p=1>