



Mount Carmel College  
Autonomous

# NUTRIZIONE



## DEPARTMENT OF NUTRITION AND DIETETICS

Second Edition, March 2018

**“HEALTH IS MUCH MORE DEPENDENT ON OUR HABITS AND NUTRITION THAN ON MEDICINE”**

**ANNUAL EVENTS** Nutrition and Dietetics Department organised many events throughout the academic year 2017-2018. Senior scientists from National institute of Nutrition, entrepreneurs and Dietetians were invited to conduct seminars and workshops. Dietetics Day, Nutrition week and Breastfeeding week was celebrated along with national event .Awareness regarding nutrition, food safety and hygiene was spread through events like Flash mob, Comic Space and Pick N Speak by the students.



### WALNUTS MAY BOOST YOUR DIGSTIVE TRACT

Walnuts contribute to better health by boosting the amount of probiotic type bacteria in the gut. Walnut has been called as the “super food” because they are rich in omega 3 fatty acids , alpha linolenic acid and fibre, and they contain one of the highest concentrations of antioxidants.

An additional super food benefit of walnuts is their beneficial changes to the gut micro biota. Walnuts in the diet increase the diversity of bacteria in the gut. They increase bacteria such as Lactobacillus, typically associated with probiotics and therefore walnuts act as prebiotic.

**REFERENCE:**<https://www.outlookindia.com/newscroll/walnuts-may-boost-your-digestive-health-studv/1182727>

### REUSING COOKING OIL MAY HARM YOUR HEART HEALTH

A healthy lifestyle can go a long way in ensuring a healthy heart. Regular exercising and consuming a balanced diet to can keep heart ailments at bay. Making lifestyle tweaks like saying no to smoking and monitoring alcohol intake are also some of the ways through which risk of heart diseases can be kept in check. Not only what you eat but how you cook your food may also affect your health. Reusing cooking oil is one of the commonest practices across the country which needs to stop. Trans fats which are the most harmful and leading cause of heart diseases are entering into the body of humans in so many ways. One should choose cooking oils which are well balanced and has less than 4 gms of saturated fats. Transfats are the most dangerous type of fats. Once oil is overcooked or cooked again, the level of transfat present goes up. Mustard and olive oil are traditionally considered good for health. Olive oil should never be used for frying purposes whereas mustard oil can be mixed with ghee to balance its fat.

**REFERENCE:**<https://www.ndtv.com/food/reusing-cooking-oil-may-harm-your-heart-health-say-experts-1757044>



### **ENERGY DRINKS MAY POSE SERIOUS RISKS**

Energy drinks are harmful to health and should be limited through more stringent regulation by restricting their sales to children and adolescents, as well as setting an evidence base upper limit on the amount of caffeine. Most of the energy drinks contain the same ingredients- water, sugar, caffeine, certain vitamins and minerals and non nutritive stimulants such as taurine and ginseng. Some can contain upto 100 mg caffeine per fluid ounce, eight times more than a regular coffee at 12 mg. The health risks associated with energy are mostly attributed to their high sugar and caffeine levels.

Effects: they range from risk seeking behaviour, such as substance misuse and aggression, mental health problems in the form of anxiety and stress to increased blood pressure, obesity, kidney damage, fatigue, stomach aches and irritation. Another worry trend of mixing alcohol in energy drinks. Individuals who do this consume more alcohol than if they were drinking alcohol alone.

**REFERENCE:**<https://www.deccanchronicle.com/lifestyle/health-and-wellbeing/171117/energy-drinks-may-pose-serious-health-risks-study.html>



### **DRIED FRUITS BENEFITS!!**

Dried fruit is a valuable source of vitamins, minerals, fibre, and phytochemicals. Its shelf stable and a palatable, convenient snack. Yet, despite its nutrient profile and numerous health benefits, dried fruit is significantly under consumed as a source of nutrition. Traditional dried fruits such as raisins, prunes, dates, and figs are high in fibre and phytochemicals. This combination of fibre and phytonutrients appears to be responsible for many of the health benefits of consuming dried fruit, which include lower risk of CVD related to dried fruit's blood pressure-lowering effects, lower postprandial glycaemia response, and possible improvement of lipid profiles. Dried fruits also may contribute to colon health due to their prebiotic fibre compounds, which serve as fuel for healthy bacteria to maintain digestive health. The high polyphenol content of dried fruit also may be protective against cancer because of its anti-inflammatory and antioxidant activity.

**REFERENCE:**<http://www.todaysdietitian.com/newarchives/0617p11.shtml>



### **GARLIC HEALTH BENEFITS**

- Garlic can combat sickness including common cold: A daily supplement of garlic can prevent or reduce the severity cold or flu.
- Garlic supplementation seems to reduce total and LDL cholesterol, particularly in those who have high cholesterol. HDL cholesterol and triglycerides do not seem to be affected.
- Garlic contains antioxidants that protect against cell damage and ageing. It may reduce the risk of Alzheimer's disease and dementia.
- Sulphur compounds in garlic help protect against organ damage from heavy metal toxicity
- Garlic appears to have some benefits for bone health by increasing estrogen levels in females.

**REFERENCE:**<https://www.healthline.com/nutrition/11-proven-health-benefits-of-garlic#section10>

## **THE HEALTHY LITTLE GIRLS OF TODAY ARE THE SUCCESSFUL YOUNG WOMEN OF TOMORROW**

Between exams, assignments and maintaining a good social life, many school and college girls forget to keep up their personal health, wellness and hygiene until an illness catches hold of them and stops them in their tracks. Gone are the days when health was the first priority of all the individuals. With all the advances in the medical field, staying healthy has become a lot easier than it used to be. Many schools and colleges provide their students with excellent health care facilities and in most of the schools, physical education is one of the core subjects which have significantly contributed to the health of the growing girls. The school and college health programs and policies, when effectively carried out can bring about a tremendous positive change in the lives of adolescent girls.

Fostering Girls' Athletic opportunities is a sure fire strategy that all the schools and colleges must adopt in order to ensure that their girls are in sound health. Age-appropriate physical activities are correlated with increased and better academic, employment and health outcomes for women. Therefore, giving equal athletic opportunities to all the girls in schools and colleges is not just a requirement of the civil rights law but it also is a smart educational policy. Increased physical activity reduces the risk of obesity, even into adulthood. Girls who are engaged in sports are less likely to smoke, use drugs, drop out or have mental illnesses.

An educational institution such as a school or a college must address the needs of the girls at risk including pregnant and parenting students. The barriers to succeed in school and deliver a good academic performance are tremendous for such girls. A successful school or a college is the one that ensures protection of pregnant and parenting students against discrimination and from being pushed out of the school. Schools and Colleges should help all the girls at risk secure child-care and transportation and provide them with inclusive, appropriate and rigorous academic interventions.

Sex education is still a taboo in many parts of India. Educational institutions do not realize its importance at the right time and young girls become the victims of sexually transmitted diseases which could have been avoided had they been enlightened in this subject. Comprehensive, medically accurate and age-appropriate sex education is the first line of defence of every school and college against the dropout of its female students. Sex education must include the information on how to prevent pregnancy and sexually transmitted diseases. Appropriate education on disposing of a sanitary napkin must also be given.

An educational institution must also conduct regular programs that talk about healthy body image. It should be taken care that young women and girls do not become a prey of their unhealthy body images and end up indulging in unhealthy eating patterns. These programs should mainly focus on boosting their self-esteem and help them become a secure person. They should be taught coping strategies for stress as young girls usually resort to junk foods under chronic conditions of stress. Health awareness programs in schools and colleges should teach young girls about "my plate" or "food pyramid" and basic nutritional guidelines. Regular health check-ups must be done in order to monitor the health of every girl in the school or a college.

Investing in the health of young girls and women is the need of the hour and can go a long way in building the resources for a nation. This investment gives high returns and brings any developing nation a step closer to being a developed one.

**YASHIKA, 3<sup>RD</sup> NDCH**

## PERCEIVED BODY IMAGE IS AN IMPORTANT POTENTIAL PREDICTOR OF NUTRITIONAL STATUS

Adolescence, intermediary phase from childhood to adulthood, is a delicate phase of life. Unique changes may occur during this period and adult patterns are established. The never-ending sequence of physical and psychological adaptations of adolescents has a remarkable influence on the social and behavioural aspects of their lives. The standardized model of beauty in our society that prefers and emphasizes just particular physical aspects such as slimness and thinness influences adolescents' beliefs of physical growth. It is unfortunate that body misconception and body dissatisfaction, two very important potential causative factors of bad nutritional status of adolescent girls, have not been adequately investigated in India. No study has been conducted on body dissatisfaction and its consequences in adolescent girls belonging to Indian community.

Body dissatisfaction is a highly significant mediator of the relationship between BMI and eating disorder risk. Desire to become thin are higher in adolescent girls even in those who already perceived their body image as too thin. Large numbers of girls are dissatisfied with their body image. Girls of urban areas and even from slums are unconstructively apprehensive about slim figure. It is posing a detrimental threat to their health and nutritional status. This suggests an urgent need to encourage adolescent girls for maintaining healthy weight and dietary habits through all possible channels.



**FOOD SAFETY - IMPORTANT FOR HEALTH**

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