

Modern Day Nutrition

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It's the time of year when we make our New Year Resolutions and health is almost always at the top of everyone's list. Set yourself up for success with this month's edition of Modern Day Nutrition which explains the 'Fundamentals of Healthy Eating'.

Diet is the single most significant risk factor for illness and death. Most individuals do not adhere to dietary recommendations and the overwhelming diet-related information that is available online or offline just seems to add to the confusion.¹

Eating a healthy diet is not only about strict limitations, depriving yourself of foods you love or resolving to stay off junk forever. Rather, it's about feeling good, eating things that can improve your physical health and boost your mood too!

UNDERSTANDING THE FUNDAMENTALS OF HEALTHY EATING

The fundamentals of healthy eating are based on 2 concepts - the 'HEALTHY EATING PYRAMID' and the 'HEALTHY EATING PLATE'.

The Healthy Eating Pyramid



The **healthy eating pyramid** by the Nutrition Institute of India gives an overall idea of the nutrients and their proportions to be consumed every day.²

As per the Indian Recommended Dietary Allowance:

- Approximately 55 to 65% of energy from the diet should come from carbohydrates i.e. whole grains (whole wheat, rice) and millets (bajra, jowar, ragi, barley), fruits & vegetables.
- 10-18% of energy from protein sources (pulses, legumes, nuts, milk & milk products, eggs, chicken, fish, etc).
- Approximately 25% of energy from healthy fats (oil, butter, ghee, fatty fish, nuts, etc).
- Free sugars (sugar, honey, jaggery) and deep-fried food should be limited.

The **healthy eating plate** is a more recent concept, a visual guide to create healthy meals using the image below as a blueprint.³

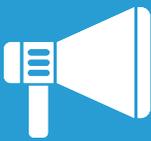
The Healthy Eating Plate



The concept is simple –

- ½ your plate should consist of vegetables and fruits
- ¼ of your plate should be whole grains
- ¼ of your plate should be proteins
- Healthy plant-based oil (groundnut, sunflower, soyabean, rice bran, mustard oils) for cooking. Limited amounts of butter and ghee
- 1-2 servings of dairy per day
- Plenty of water

Healthy eating is a lifestyle change to ensure positive changes in lives and prevent premature death. The benefits of healthy eating patterns have been proven by many recent studies.



DID YOU KNOW?⁴

- A study involving thousands of people showed the benefit of vegetarian diets in reducing the rates of heart disease and type 2 diabetes.
- Another study demonstrated that eating nuts is associated with reduced incidence of heart disease, lower body weight and lower risk of obesity.
- Yet another study showed that reducing salt intake to 1 tsp per day could reduce blood pressure significantly.

“Your diet is your bank account and healthy food choices are good investments.”

– Bethenny Frankel

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