

Modern Day Nutrition

Created by:

Kéfitup

www.kefitup.com

#9987203933



The monsoon season in India ranging from June to September is associated with a plethora of cravings – ‘chai and pakoras’ and ‘hot samosas’; not forgetting the pipping hot bowl of Maggi! But, not all cravings are bad – especially if attended to consciously.

Join us in our journey of discovering nutrition in food.

This month's edition of Modern Day Nutrition will help you wade mindfully through the monsoons, providing you with helpful hints, tips and tricks to satisfy your nutrition needs and your taste buds!

DISCOVER SEASONAL EATING

‘Seasonal eating’ is a lifestyle concept of changing your diet to gain certain ‘health advantages’. This concept encourages you to eat seasonally grown fruits and vegetables to gain maximum nutritional benefits.¹

Seasons play an important part in agriculture and in times when people relied on the weather for cultivation, fresh produce was only available in the seasons which it was cultivated. With changing times, however, now almost every fruit and vegetable are available at all times, regardless of the season or the time of the year.¹

However, there seems to be merit in ‘seasonal eating’.

Ancient Indian practices called ‘ritucharya’ involves the art of eating seasonal foods to maintain health and prevent disease.



RITUCHARYA

BENEFITS OF SEASONAL EATING

Better nutrition (vitamins & minerals)²

Foods that are grown and consumed during their appropriate seasons are considered to be more nutritionally dense. This is attributed to the fact that they are able to follow their natural growth and ripening process.



A study conducted on broccoli measured its vitamin C content through the year. The results showed that broccoli grown in its peak season had much higher vitamin C content than broccoli grown off season.

Flavourful product²

Have you ever wondered why a home-grown tomato tastes so much sweeter and tangier than tomatoes bought at the market? Studies have shown that freshly grown produce consumed during its peak season is much more flavorful than its mass-produced, unseasonal counterpart.

Cheaper on your pocket²

A seasonal fruit or veggie is naturally abundantly produced, making it a cheaper option, not to mention the added health benefits.

MONSOON AND ITS IMPACT ON YOUR IMMUNITY

Monsoons bring with them a host of infections and diseases that prey on the immune system and increase susceptibility to diseases.

The wet, humid environment offers a perfect breeding ground for microorganisms and vectors. On the other hand, seasonal changes can cause alterations in the immune system, making you prone to attack from various microorganisms and vectors.³



Seasonal eating or 'ritucharya' can be an optimal solution to stay healthy this monsoon.

References:

1. WebMD. What to know about seasonal eating. Available [Online] at: <https://www.webmd.com/diet/what-to-know-seasonal-eating> Accessed on 6 July 22
2. Mind Body Green. 4 reasons to eat by the seasons. Available [Online] at: <https://www.mindbodygreen.com/0-4807/10-Reasons-To-Eat-Whats-In-Season.html> Accessed on 6 July 22
3. Paynter S, et al. Journal of Infection. 2015;70(1), 110. DOI:10.1016/j.jinf.2014.09.006