

EAT RIGHT

These days, people are struggling to strike a balance between taste and health. To complicate the situation they are constantly bombarded with conflicting nutrition and dietary advices and advertisements. However, healthy eating is not about strict dietary limitations, or depriving yourself of the foods you love. Rather, it's about feeling more energetic and improving your health. What actually matters is, to stick to the basics and simply count the nutrients. Following are the few tips which can help you in counting these nutrients.

STRIKE A BALANCE.



When it comes to healthy eating it is very important to balance the nutrients in every meal we consume. It can be simply done by following Healthy Eating Plate Method, which mainly emphasize on improving quality of each meal.

Lets discuss the main components of the Healthy Plate



Vegetables and fruits: ½ of your Plate

Vegetables and fruits are an integral part of a healthy diet. They are packed with vitamins, minerals, antioxidants, and fiber, which lower the risk of diabetes, heart disease and cancer. So, it's essential to fill half of the plate with colourful vegetables and fruits and also consume 5 portions of vegetables and fruits in entire day.



Grab Enough Protein: 1/4th of your Plate

Proteins are the building blocks of the body and play a vital role in the formation and repair of cells. They are usually deficient in Indian diet, so incorporate different forms of protein in every meal. Eggs, lean meat, beans, dairy, nuts and lentils are few good sources of proteins which can be included in different meals and snacks.



Choose whole grains: 1/4th of your Plate

Whole grains offer a complete package of nutrients and fiber, unlike refined grains, which are stripped of valuable nutrients. To ensure better health choose unprocessed whole grains like whole wheat, Oats, brown rice, barley, bajra, ragi, jowar etc and their products rather than refined ones.



Use Fat wisely

All fats are not the same. While bad fats increase the risk of certain diseases, good fats protect brain and heart. For better health avoid the trans fats, limit the saturated fats, and replace it with essential polyunsaturated fatty acids. Use variety of oils like canola, ricebran, olive, mustard oil etc. Avoid reheating of oil because it produced deadly transfats also incorporate various nuts and oilseeds in your diet,



Skip Sugary Drinks

Sugary drinks are the major contributor to the obesity epidemic. It refers to any beverage (Juices or carbonated beverages) with added sugar or other sweetener, and includes soda, fruit punch, lemonade etc. To stay healthy, ditch sugary drinks even juices and drink water instead.

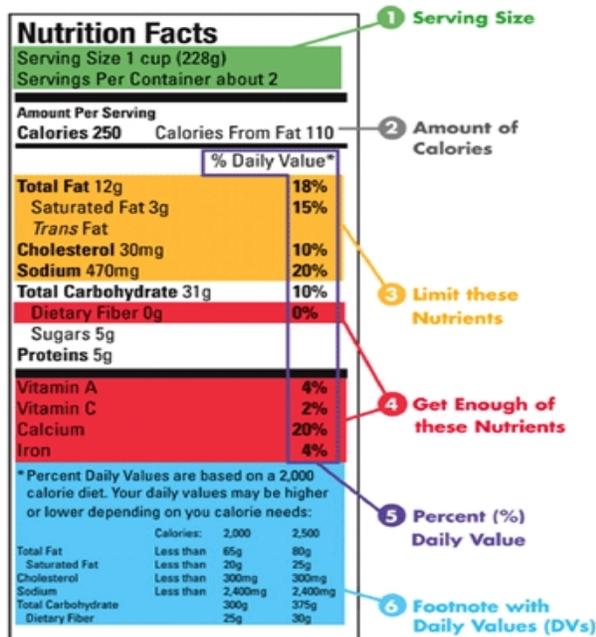


Stay Active

A healthy lifestyle is incomplete without physical activity. Staying active is as important as eating healthy, which is also emphasized by Healthy Eating Plate Method. So incorporate regular physical activity also in your daily routine

CHECK THE NUTRITION LABEL BEFORE YOU BUY

One of the biggest challenge we face these days is that of false advertising. Different tactics and the strategic use of specific buzz words such as “natural”, “sugar free” ,“high fiber” etc can make a product seem much better than it actually is. To tackle this problem make a habit of reading the nutrition labels and ingredients carefully before purchasing any packaged food product.



Serving size: Everything listed on the label is for 1 serving. If you eat multiple servings, multiply the nutrition information with the number of servings you consume.

Check out the total calories, total fat and the types of fat like trans fat and saturated fat.

Check total amount of carbohydrate, sugar and sodium.

Look for the terms: Fat free/ Sugar free (less than 0.5 gm of fat or sugar/serving). Low sodium (less than or equal to 140 mg of sodium per serving)

Avoid products that contain high amount of fat, sugar and sodium.

BEWARE OF HIDDEN SUGAR

Added sugar has no nutritional benefits and is acknowledged to be a major factor in causing obesity and other lifestyle related issues. Most of the sugar we consume is hidden in processed food and sugary drinks. Even the salty packaged food products like chips, namkeens, taste makers etc often contain hidden sugar. They are usually present with different names like fructose, molasses, malt syrup, glucose etc. Try to identify this hidden component by reading ingredients and nutrition labels carefully and minimize its consumption.



IDENTIFY THE HIDDEN SODIUM

There are many similarities between sodium and sugar. Like sugar, most of the sodium we consume is hidden in processed food. They are present in different forms like sodium chloride, sodium bicarbonate, monosodium glutamate etc. Some of the rich sources of sodium include bakery products, gravies, sauces, packaged foods, processed meat, cheese etc. To reduce the consumption of sodium check the nutrition labels of everything you eat and keep a track of sodium intake, also minimize the consumption of processed foods and eat fresh when possible.



MODERATION IS THE KEY

Eating outside food or something you like is not banned but it is important to draw a line and make healthy choices as much as possible. Few tips which can help you manage your outside meals are as follows

- Plan ahead: Avoid eating out randomly and choose restaurants which offer healthy options.
- Order an appetizer first: Try different exotic salads, sauted vegetables and soups before ordering a meal.
- Order sauces and dressings on the side and use as little as possible.
- Skip the deep fried food when eating out rather prefer grilled, steamed, sauted or barbeque options also prefer lean meats instead of red meat.
- Ask the owner/ server regarding the type of fat and oil being used and request them not to add extra fat/ butter to the meal.
- Stock up healthy snacks like fruits, nuts, rather than chips, namkeen, biscuits during road trips or long commutes.
- Try drinking water instead of other high-calorie beverages.
- Last but not the least **Don't** follow advertisements blindly.

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