



*“FUEL YOUR GOLDEN  
YEARS WITH NUTRITION”*

# WHO - HEALTH

- “A state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity.”



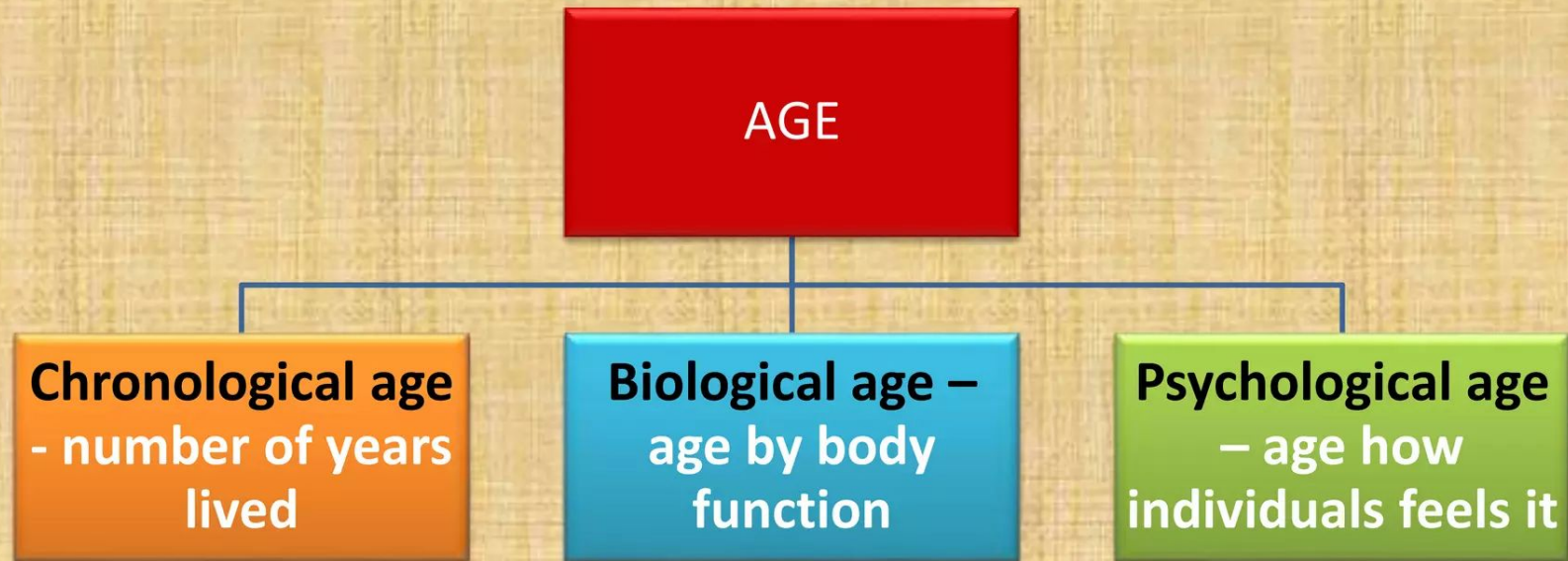


## NUTRITION THROUGH LIFE





# CLASSIFICATION OF AGE



## CHRONOLOGICAL CATEGORIES

- Young-Old - (ages 65 - 74) Set Old Age
- Middle-Old - (ages 75 - 84) Old Old Age
- Old-Old - (age 85 and older) Ripe Old Age



# Old age now begins at 80

**By Tim Radford**

**O**LD age has been postponed. Biologically and psychologically, it now begins at 80, according to Ian Robertson, dean of research at Dublin's Trinity College Institute of Neuroscience.

"This leaves 30 years – roughly age 50 to 80, a period much longer than youth – for which we have to have a whole new way of living," he told the British Association science festival recently.

Robertson began to study the effect of age on the brain in 1984. Then, the average age of stroke victims was 72.

"By 1999, the average age of my patients was around 82. In just 15 short years, I saw with my own eyes how, in many senses of the word, people had become younger by roughly 10 years."

The human brain, he argued, at all ages was plastic: it was shaped by experience, learning and thinking. Ancient Romans had a life expectancy of 22, while Europeans could look forward to a lifespan of 50 years at the start of the 20th century.

A woman of 60 in Britain now could expect to live on average to 83. The degree to which people retained their faculties after 50 was influenced by what they did.

He listed a seven-point plan to ensure a youthful old age:

- ◆ Aerobic fitness was probably most important. The function and structure of the brain were influenced by activity.

- ◆ Mental stimulation was vital. People could reduce cognitive decline by mental training.

- ◆ New learning was important. "The more you learn, the more you can learn," he said. "It can have profound physiological effects on the brain."

- ◆ High and prolonged stress had negative effects, particular on human memory.

- ◆ A rich social life helped. "People who maintain a lot of social interactions maintain mental sharpness for a longer period."

- ◆ Healthy eating. A diet rich in fruit and vegetables and fish had profound effects on cognitive decline later in life.

- ◆ Finally, think young. – Guardian Newspapers Limited





Health is not just being disease-free. Health is when every cell in your body is bouncing with life.

[isha.sadhguru.org](http://isha.sadhguru.org)

*Sadhguru*

# AGEING

- Normal process- begins at conception
- Unavoidable process
- Involves many changes



# *LOTS OF CHANGES....*

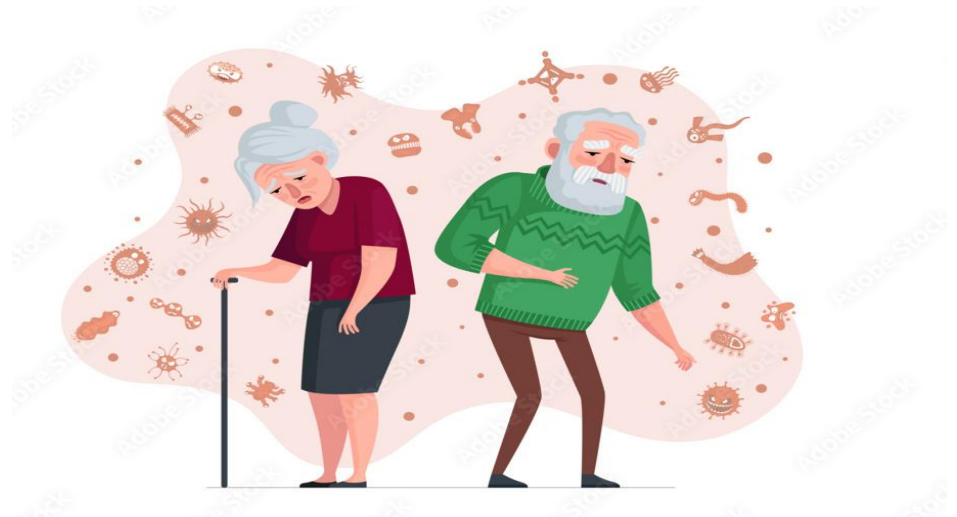
- Psychological changes:
  - Depression
  - **Stress**
  - Mood changes
  - Feeling of loneliness





# Immunological changes:

- **Frequent illness**
- Increased hospital visits
- Weakness



## Physiological changes:



As you get  
older  
three things  
happen.  
The first is  
your memory  
goes, and  
I can't remember  
the other two.

- Sir Norman Wisdom



# *“FOR SUCCESSFUL LIFE”*

- ❑ **Avoiding disease**
- ❑ Engagement with life
- ❑ Maintaining high physical & cognitive function





# HEALTHY EATING



Is.....

- Feeling great
- Having more energy
- Keeping yourself healthy as possible
- **GIVING YOUR BODY PROPER NUTRITION**

Not.....

- Strict nutrition philosophies
- Staying unrealistically thin
- *Depriving yourself from the food you love*





# 3 IDIOTS!!!!

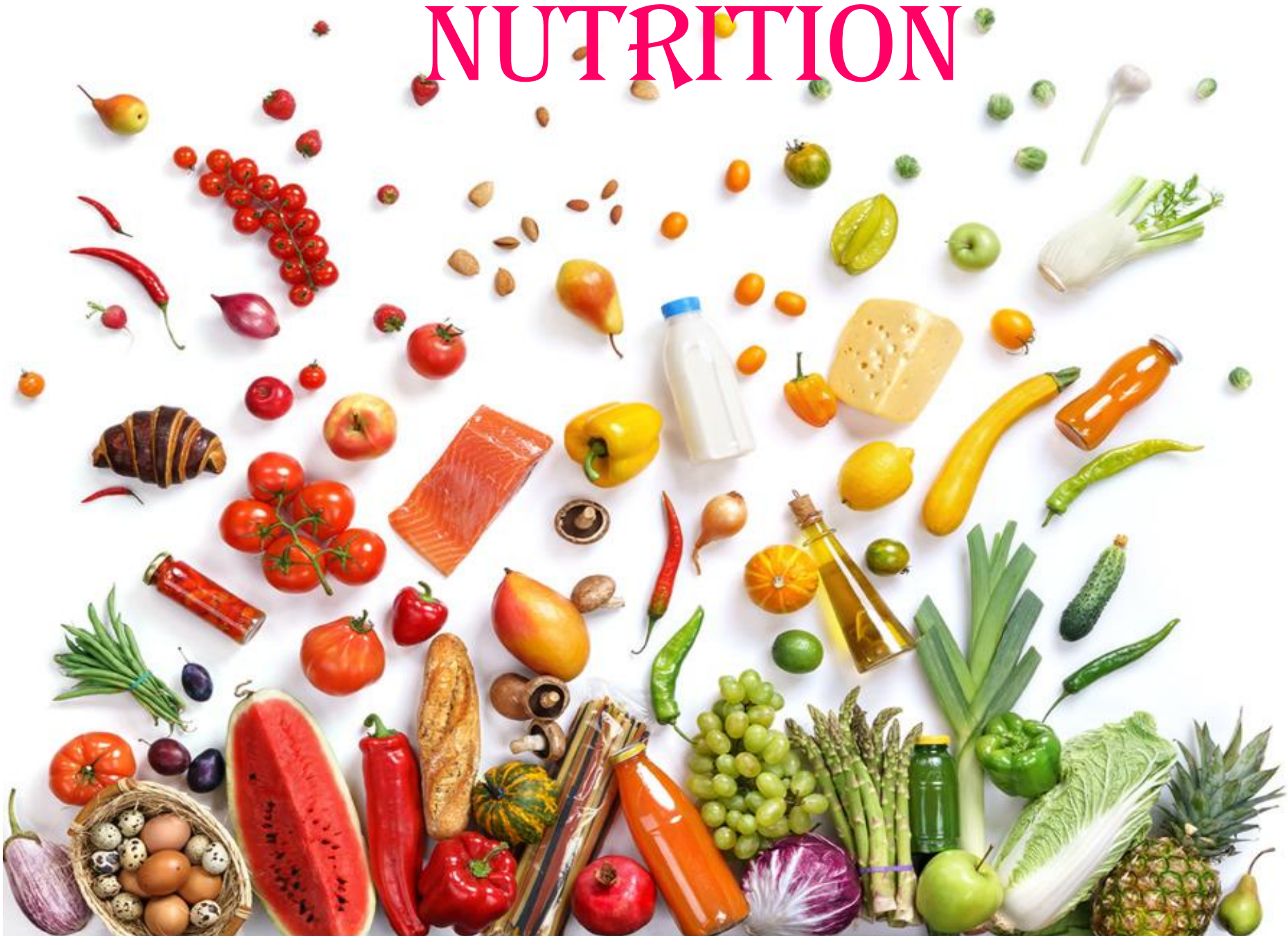
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**MEDICINE**

**DIET**



# NUTRITION





# *SIX essential Nutrients*

Carbohydrates

Proteins

Fat

Vitamins

Minerals

Water

• **FIBRE**

No single food supplies all the nutrients the body needs to function



# CHO

- FUEL for activity
- SOUTH INDIAN break fast is the best..

Never skip breakfast



***IS CARBS AN ENEMY?***  
***EAT THE RIGHT CARBOHYDRATES***  
***FROM WHOLE GRAINS***

**B**  
**VITAMINS**

**CARBS TO AVOID**



**REFINED SUGAR, HIGH  
GLYCEMIC INDEX FOODS,  
PROCESSED GRAINS**

**CARBS TO INCLUDE**



**WHOLE GRAINS LIKE WHOLE  
WHEAT, BROWN RICE, MILLETS  
etc  
VEGETABLES AND FRUITS  
LEGUMES AND NUTS**



# Skipping breakfast raises diabetes risk

Getty Images/iStockphoto

## It Puts Stress On Metabolic System: Study

Sushmi.Dey@timesgroup.com

**New Delhi:** If you think missing your morning meal can help you reduce your calories, you are mistaken. On the contrary, skipping breakfast raises your risk of developing type 2 diabetes by a third and those who are overweight are more susceptible, a latest research shows.

Those who miss their breakfast are on average 33% more likely to have type 2 diabetes. In fact, those who skip the morning meal at least four times a week are at 55% more risk of contracting the disease, according to meta-analysis of data from around 1,00,000 people published in *The Journal of Nutrition*.

Experts say this is because skipping breakfast increases insulin resistance, putting stress on the metabolic system – which is the first step towards diabetes. Moreover, people who do not eat their morning meal are more likely to snack through the day.

“Skipping any meal repeatedly stresses the system by making the hormone insulin less active; and breakfast is the most important meal of the day. It should be



**STUDY OF 1L PEOPLE:** 30% of people worldwide miss their morning meal. In India, missing breakfast is considered more of an urban phenomenon

balanced with more of healthy proteins and less of carbohydrates and least of saturated fat e.g. butter. It is also likely that the person who misses breakfast is also under stress and pursues other unhealthy behaviours,” says Fortis C-Doc chairman Dr Anoop Misra.

The analysis of the data shows at least 30% of people around the world miss their breakfast. In India, missing breakfast is considered more of an urban phenomenon prevalent among youngsters than those older, experts say. This is primarily because of work-related stress and the amount of time spent on travelling mainly to work which makes them either skip their breakfast or eat very little—maybe

just a fruit or a toast on way to office.

Doctors say eating a wholesome breakfast on the table is very important because a balanced diet taken at proper time keeps sugar levels intact. This helps in creating a healthy metabolism for a prolonged time.

The research shows those who are overweight are more likely to miss their morning meal, because they wrongly believe this will reduce their overall calorie intake. However, the findings of the analysis shows such people are more likely to get diabetes because insulin resistance is already high in such people and skipping breakfast adds to the problem. Researchers combined the results of six previous studies exploring the impact of diet on diabetes – with a total of 96,175 participants.

Studies have reported that the consumption of breakfast is not only associated with increased satiation and appetite regulation, but also with a higher dietary quality in general including higher intake of fiber, vitamins, and minerals and lower intake of added sugars, which might have an influence on the risk of type 2 diabetes.

Diabetes is a growing challenge in India with an estimated 8.7% population in the age group of 20 and 70 years diabetic.

# *MILLETS- Nutrition information*

One cup (174 grams) of cooked millet packs

- **Calories:** 207
- **Carbs:** 41 grams
- **Fiber:** 2.2 grams – 40 to 50 times more than rice
- **Protein:** 6 grams- 1.5-2 times more than rice
- **Fat:** 1.7 grams-
- **Phosphorus:** 25% of the Daily Value
- **Magnesium:** 19% of the DV
- **Folate:** 8% of the DV
- **Iron:** 6% of the DV- 10 to 20 times more than rice
- Millets provide more essential amino acids AND has highest calcium content than most other cereals.

**Minerals – 5 to 10 times more than rice**

**Calcium- 30 times more than rice**



# *Know your millet*

**There are 6000 varieties of millets**

- SORGHUM- JOWAR/CHOLAM
- PEARL -BAJRA
- FINGER- RAGI/MUTHARI/PANJA PULLU
- FOXTAIL- NAVANE/THINA
- KODO-ARAKA/KOOVARAGU
- BARNYARD-SANWA/KAVADAPULLU/BAJRA
- LITTLE- SAMAI/CHAMA
- PROSOS-COMMON MILLET/BARAGU
- AMARANTH
- BUCKWHEAT



FOXTAIL MILLET



BARNYARD MILLET



QUINOA



FINGER MILLET



BUCK WHEAT



# HOW TO USE MILLETS IN DAILY DIET

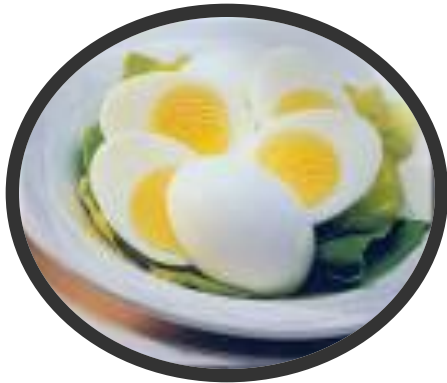


- Use millets instead of rice & wheat  
Make dosa/appam/upma/biriyani
- Make millet desserts- payasam, kheer, porridges
- Make snacks with millets and dry fruits



# PROTEIN

- Building blocks
- Include **GOOD QUALITY PROTEINS**



# FAT

- Energy

## FAT SOLUBLE VITAMINS

- Eat Good Fats
- Remove skin of meat
- Low Fat dairy products
- Don't FRY – Broil, Roast, Bake, Steam, Microwave, Boil



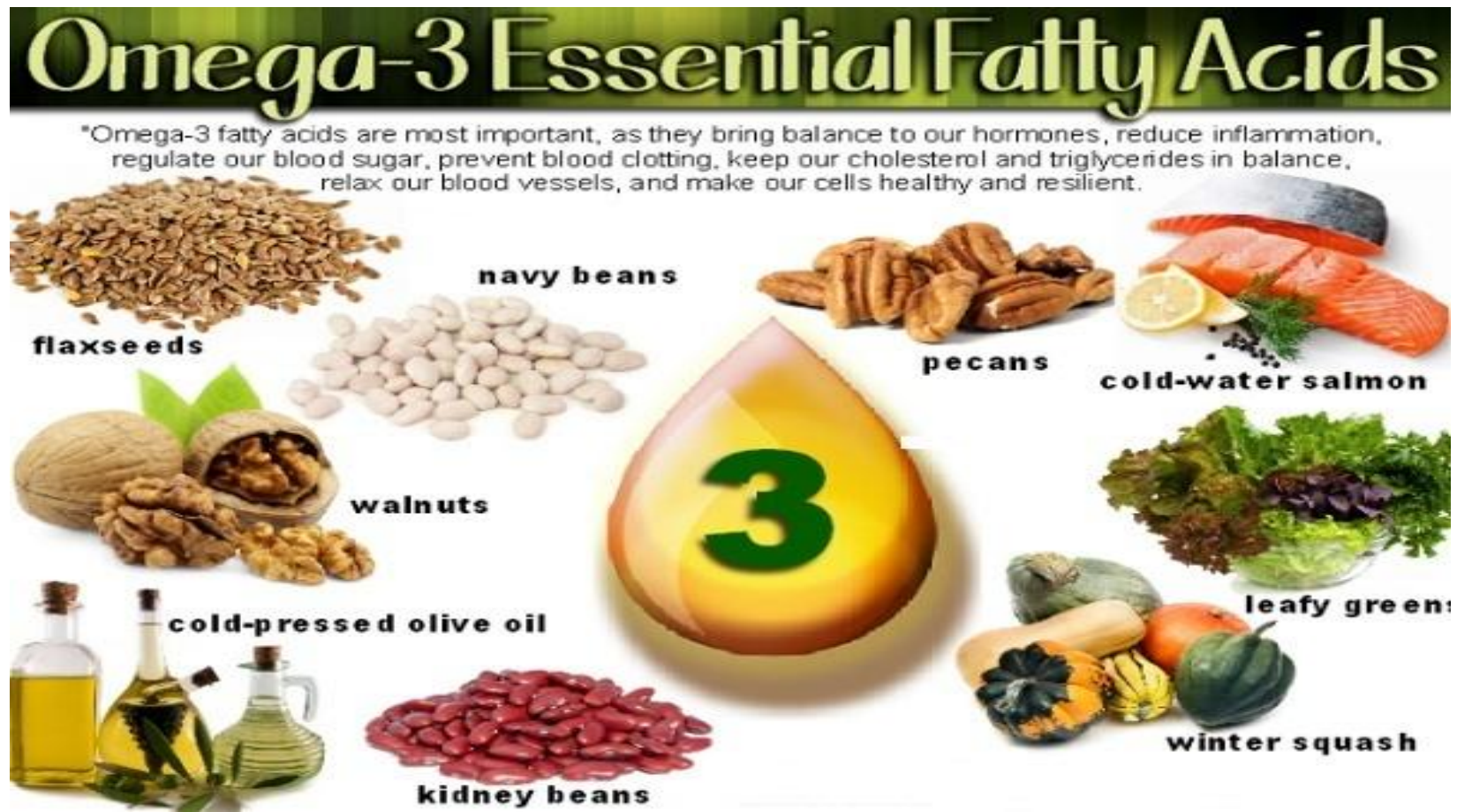
**WHICH OIL IS GOOD???**





**OMEGA 3** helps in vision , hair loss, tissue inflammation, improper digestion , kidney function and dementia

– Can relieve rheumatoid arthritis



# VITAMINS

- Antioxidants delay ageing
- Vit B12 – animal origin foods
- Mainly Vit C, Vit E



## Vitamin B12 Rich Foods





# MINERALS

Increased need of  
*calcium, iron, zinc,*  
*magnesium*  
*& potassium*



Photo by Gokhan Okur  
www.gokhanokur.com





# POTASSIUM

- ❑ Maintains water balance
- ❑ For muscle action
- ❑ To release insulin
- ❑ Na: K ratio - HTN



# *WATER*

- 3-3.5L/DAY
- Helps in elimination of waste products
- Avoids dehydration
- Reduce **constipation**
- Necessary for metabolic functions





EQUINOX





# *FIBER*

- Stimulates peristalsis
- Fights obesity & dislipidemia
- Include more salads & fruits in diet



whole grains, wheat cereals, barley, oatmeal, beans, nuts, vegetables such as carrots, greens, and tomatoes, and fruits .

# *ABC'S OF GOOD HEALTH*

- **A**IM for Fitness
- **B**uild a Healthy base
- **C**hoose sensibly





- **C**ARBONATES DRINKS & CHEESE
- **R**EFINED SUGAR & FLOUR
- **A**RTIFICIAL COLOURS & CHEMICALS
- **P**ROCESSED FOODS & JUNKS- High in salt

**then what to eat????**



# *1. EAT A RAINBOW*



- **PURPLE/BLUE:** *Anthocyanin*—prevent stroke, delay aging



- **RED:** *Lycopene*— fights cancer, protect heart, prevent premature cell damage



- **YELLOW/ORANGE:** *Carotinoids*— eye health, age related muscular degeneration



- **GREEN:** *Carotinoids, Indoles, Sulphur, Zeaxanthin* — anti cancer, healthy bone & teeth, iron / calcium



- **WHITE/BROWN:** *Allicin*— antibacterial, BP/CHOL reduction



Just to be clear...

When nutritionists say "Eat the Rainbow"...

we mean this



NOT this



Nourishing Solutions®



## *2. ANTIOXODANTS –* **ANTIOXIDANTS DELAY AGEING**

### **GREEN TEA**

Aid in weight loss

Beneficial for arthritis patients

Don't use fully boiling water



### **FRUITS**



### *3. CHOOSE ORGANIC*

- When ever possible
- Terrace / balcony farming
- Being organic is like being pregnant.. Either YES or NO...



## *4. KEEP HYDRATED*

- 3-3.5L / DAY
- Reduces stress
- Clears GI disorders
- Clear skin
- Eliminate kidney stones
- Eye health
- Controls UTIs





## 5. GO NUTS!!!

- PISTACHIOS reduce stress

CONTAINS UNSATURATED FATTY ACIDS, fibre, proteins, vit E ,folate, potassium,Zn,Mg



## 6. *PROBIOTICS*

- Aid in digestion
- Help in immunity
- Improve BP
- Lowers CHOL
- Fights colon cancer
- Improve gut flora



## *7. ADEQUATE FIBER*

- BETTER ABSORPTION OF NUTRIENTS
- WASTE ELIMINATION
- CHOL: LOWERING EFFECTS





## 8. *CUT DOWN ON CAFFINE*



# 9. *PRACTICE GOOD COOKING METHODS*

- Don't FRY – Broil, Roast, Bake, Steam, Microwave, Boil'
- Eat raw when ever possible



**EAT @LEAST ONE MEAL A DAY FOR YOUR IMMUNE SYSTEM**

## 10. READ YOUR LABELS





# *Low sugar myth*

- High FAT
- HIGH TRANS FAT – Heart disease
- High SALT
- LOW FIBRE
- MIND THE PORTION SIZE  
EVEN IF IT IS SUGAR FREE  
IT MAY BE HIGH IN OTHER  
CARBOHYDRATES



# SUGAR

occurs naturally in some foods, but too many **ADDED SUGARS** CAN HARM YOUR HEALTH. These sugars are added to foods or drinks when processed or prepared.

**ADDED SUGARS INCREASE CALORIES** but provide **NO NUTRIENTS**.



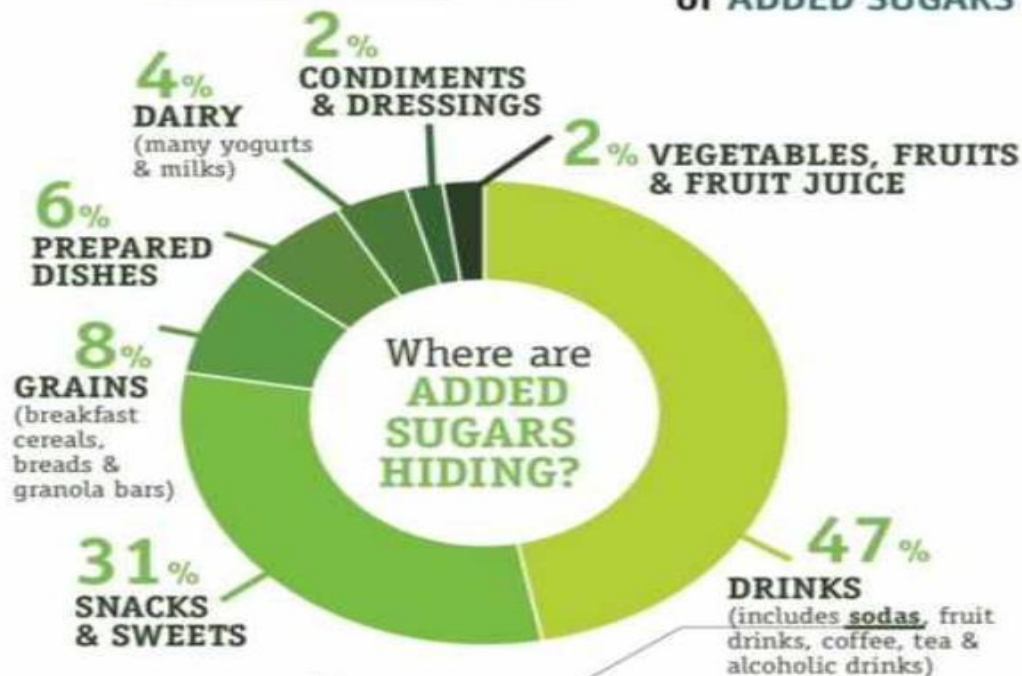
## ON AVERAGE

Americans consume **17** teaspoons of **ADDED SUGARS** each day.

## HOW MUCH SUGAR SHOULD YOU CONSUME?

Try to limit **ADDED SUGARS** to **LESS THAN 10% OF YOUR DAILY CALORIES**.

1 gram = 4 calories  
4 grams = 1 teaspoon



**1 can** of soda  
= up to **40 grams** of sugar  
= up to **160 calories**



## COMMON NAMES For ADDED SUGARS

Made from real **Agave Syrup**

Flavored with **Beet Sugar**

Contains **Cane Juice Crystals**

Includes **Cane Syrup**



Made with **Dextrose**

Flavored from **Evaporated Cane Juice**

Contains **Glucose**



Flavored with **Honey**

Includes **Lactose**

Made with **Malt**

Contains **High Fructose Corn Syrup**



Contains **Maltose**

Made with **Sucrose**

Made from **Rice Syrup**



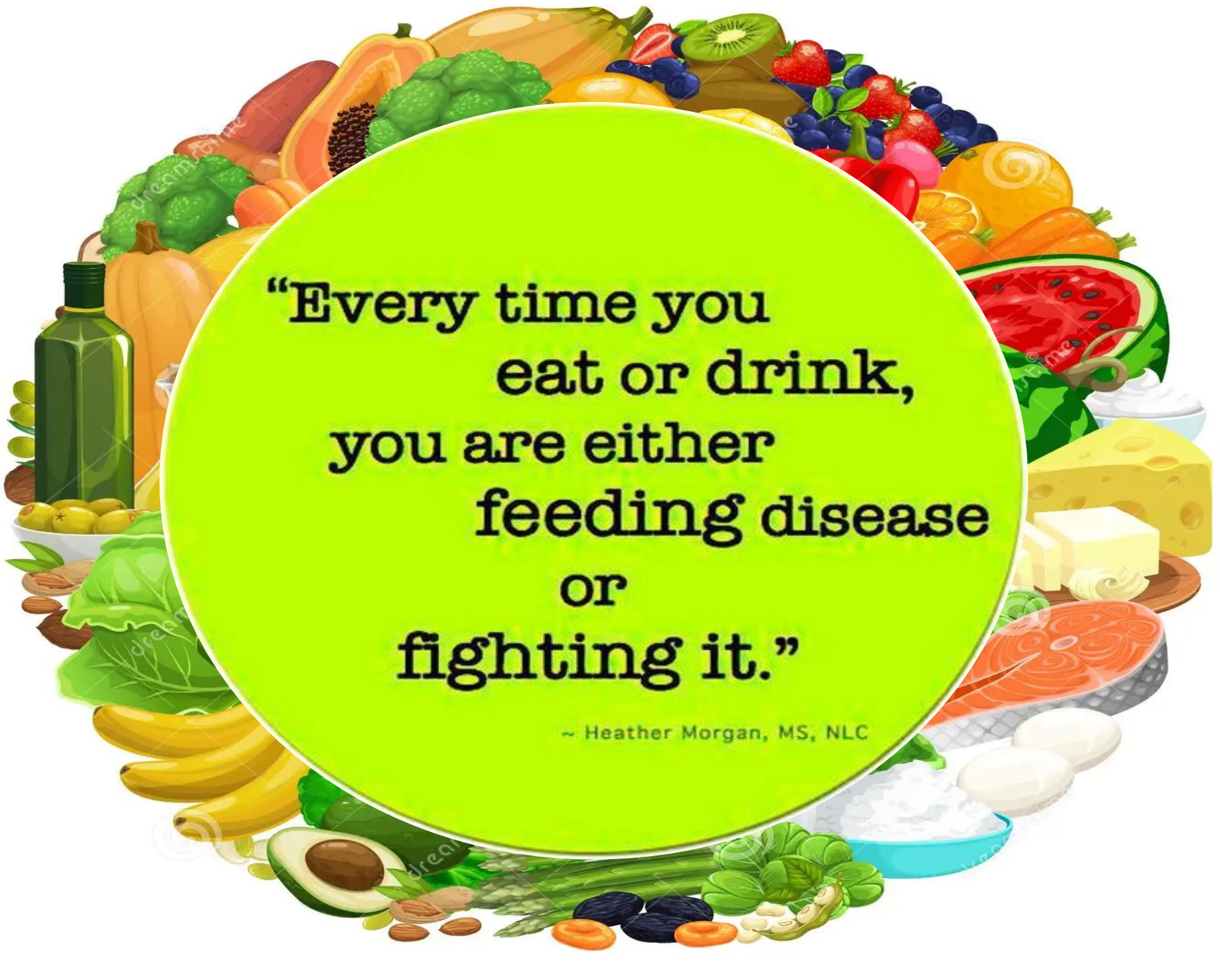
# *ARTIFICIAL SWEETENERS*





# *4 WHITE SINS*





**“Every time you  
eat or drink,  
you are either  
feeding disease  
or  
fighting it.”**

~ Heather Morgan, MS, NLC

# ONE SIMPLE RULE

IF IT CAME FROM A PLANT, EAT IT;



IF IT IS MADE IN A PLANT, DON'T.





# *SUPER 3*



FRUITS  
VEGGIES  
WATER



# MY PLATE





# SNACKS







# *TAKE HOME MSGS*

- Eat an enjoyable and varied diet
- Watch your weight and stay active
- Eat plenty of fruit and veg
- Opt for healthier fats
- Eat plenty of fibre
- **Reduce your salt intake**
- Eat calcium-rich foods
- Boost B vitamins through a varied diet
- **Keep well hydrated**
- Look after your teeth
- **A little sunshine is good for you**
- Chew eat bite around **8-10 times**



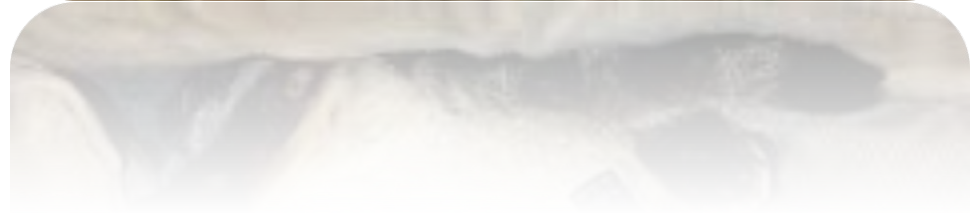
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"all disease begins  
in the gut. poor  
digestion is the root  
of all evil."

**-HIPPOCRATES**



SO..... AVOID





# CONCLUSION



- Healthy food habits
- Relaxed mind
- Physical exercise



**HEALTHY LIVING**





canqc



# Action against doctor who 'cured diabetes'

## Council to issue orders next week

TIMES NEWS NETWORK

**Chennai:** A paediatrician from Kanyakumari will face action, including suspension of medical licence for up to a year from the Tamil Nadu Medical Council for 'making false claims' and promising 'magical remedies' for curing patients of diabetes, the council said.

A disciplinary committee appointed by the council inquired into a complaint filed by senior doctors. The complaint said a photo of Dr Sheeban Jothiraj, who has a postgraduate medical degree in paediatrics, appeared in an advertisement that claimed that Karthikeyan, a superintendent of police, was cured of diabetes.

It also said the treatment al-

**The council had warned doctors from issuing press releases with photos of patients they had treated. While doctors can create awareness and talk about prevention they must not boast or advertise their skills, it had said**

tered the diet and included no medical prescriptions. The committee found this a gross violation of the code of medical ethics.

Based on the complaint, the council issued a show-cause notice on why disciplinary action should not be initiated against him.

Dr Sheeban replied in May 2022, expressing regret and promising to abide by the rules. He was summoned to appear before the committee in August

2022. "After a detailed inquiry, the committee has recommended disciplinary action against the doctor," said council president Dr K Senthil.

"He has misled people by saying they can discontinue insulin and make diet changes to bring chronic diabetes under control. This can cause complications and even death in people with uncontrolled sugar levels. Worse, he claims to have cured people. Even if he had done that, he should get it published in a peer-reviewed medical journal and not posed for advertisements," Dr Senthil said.

The council had warned doctors from issuing press releases with photos of patients they had treated along with the team of doctors. "Doctors can create awareness and talk about prevention but must not boast or advertise their skills," he said.

The council, he said, will consider the recommendation of the committee and issue orders early next week.

canqc



CAMPAIGN AGAINST NUTRITION QUACKS AND COURSES



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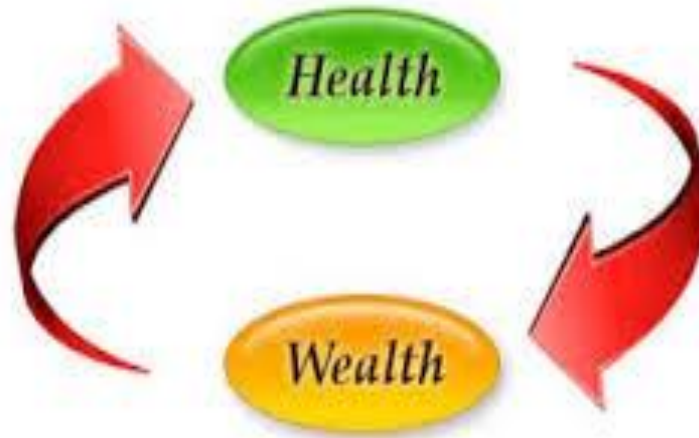




**Wishing you a  
retirement full of  
health, happiness  
and friendship.**







*“An Ounce of prevention is better than a pound of cure”*



# THANK

## YOU *SOU MYA NAIR*

- CONSULTANT DIETICIAN ESICH KOLLAM
- PRESIDENT -Indian Dietetic Association,(KERALA CHAPTER)
- EXECUTIVE MEMBER -NetProFAN (FSSAI Initiative)
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