



मुंबई
आरोग्य अभियान
आपली मुंबई, निरोगी मुंबई



Swasthya mein hai Swaad



Your Family Guide to Healthy Eating & Living

**Eat wise, Walk a mile,
Live life with a smile...
Test yourself once a while.**

**Control
Diabetes &
Hypertension
Act now**

In partnership with Observer Research Foundation Mumbai



This booklet is a joint initiative of
Municipal Corporation of Greater Mumbai (MCGM)
&
Observer Research Foundation Mumbai
Ideas and Action for a Better India



The Municipal Corporation of Greater Mumbai provides diagnostic and treatment services at 80 Diabetic Dispensaries all over the city of Mumbai, and also at all Peripheral & Major Hospitals of the MCGM.

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MESSAGE

We as Mumbaikars are used to fast paced life, working to make this city such a great place. Busy with the hectic schedules, people are often caring less about the most critical aspects of life: "Food". This is proving to be risky for the health of the citizens and the city, especially noticing the increasing occurrence of life style disorders such as Diabetes, Hypertension and others.

The key to healthy life is in food and fitness. Even though we know a lot about food, especially the taste aspects of food, we are not necessarily well aware of the healthy aspects of food. Eating the right food and avoiding the unhealthy food are both equally important. Exercise & walking no doubt are also the cornerstone for keeping fit. To bring this specific health perspective on food, this interesting guide can help you in making better choices towards healthy life.

I appreciate the efforts of the public health department and ORF Mumbai for bringing out this booklet. Only when each and every Mumbaikar is healthy, this city can be really healthy.

Eat healthy & Stay healthy!!


(Snehal Ambekar)

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SITARAM KUNTE
I. A. S.
Municipal Commissioner



No. : MGC/A/1574

Date : 10/11/2014

MESSAGE

I appreciate proactive efforts of Health Department of Municipal Corporation of Greater Mumbai (MCGM) to publish an informative booklet on Diabetes, "Your Family Guide to Healthy Eating & Living". It gives me sense of fulfillment of commitment towards the Citizens of Mumbai by releasing the booklet on the eve of World Diabetes Day, which falls on 14th November every year, coinciding with the Birth Anniversary of the Nobel Laureate, Sir Dr. Fredrick Grant Banting, who discovered insulin.

In India, more than 60 million citizens are Diabetic. The ailment is catching up with more and more citizens due to "Fast-track" and "Undisciplined" lifestyle. Severity of Diabetes can be considered controlled with conscious efforts to lead "Healthy Lifestyle". The booklet exactly pinpoints the aspect of living and eating healthy. "Tips" in the booklet will certainly ensure to avoid and control Diabetes.

The basic objective of spreading awareness about Diabetes among the masses is being fulfilled by this Publication.

I congratulate everyone in the Health Department of the MCGM who are associated with this extremely valuable publication.

I express my gratitude toward Observer Research Foundation Mumbai for contributing vital technical inputs towards the booklet.

I am sure the booklet will go a long way in improving lifestyle of the citizens and controlling ever-growing Diabetes.


10/11/14

(Sitaram Kunte)
Municipal Commissioner



Sanjay Deshmukh, IAS
Additional Municipal Commissioner



Preface

Non communicable diseases (NCD) such as Hypertension, Diabetes and heart diseases are emerging as main killers in today's urban life. As per WHO 2011 report, 60% of all deaths in India are because of NCDs.

The pace of life in Mumbai, inevitable stress along with sedentary lifestyle and unhealthy eating habits are the major responsible factors for NCDs and deaths.

Apart from its clinical services, prevention & control of Malaria, Dengue and TB, MCGM has also started **Diabetes and Hypertension – Act now** programme under which it renders diagnosis and treatment services for diabetes and hypertension in 80 municipal dispensaries. As a part of this programme, MCGM is encouraging healthy living i.e. healthy eating and exercise through 'Swasthya mein hai swaad' campaign.

This booklet provides basic information about healthy diet & eating and educates health staff as well as everyone to incorporate these habits in day to day life. This booklet is second in the series of '**Being today**' booklet on diabetes, which was published by the MCGM in 2013.

I am confident that tips given in this booklet will help to prevent and manage diabetes and hypertension in the future and all other diseases and improve health of Mumbaikars.

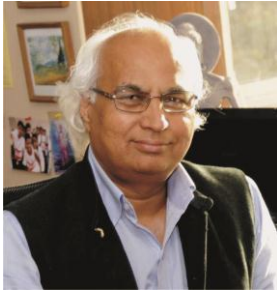
I also take this opportunity on behalf of the MCGM to thank ORF for providing technical support in making this booklet.

I wish Mumbaikars a healthy and fit life ahead.


Additional Municipal Commissioner
Municipal Corporation of Greater Mumbai

*This document is supported by **Dr. Suhasini Nagda** (Director of Major Hospitals and Medical Education, BMC) and **Dr. Padmaja Keskar** (Executive Health Officer, BMC), who have been instrumental in making it available to the public at large.*





FOREWORD

Sudheendra Kulkarni

Chairman
Observer Research Foundation Mumbai

I was diagnosed as a diabetic earlier this year. Which means that I am not really a suitable person to write a foreword to this Food Guide, which tells us that the greatest challenge posed by this silent killer can be summed up in one word – prevention. Like most diabetic patients, I could probably have prevented my condition through healthy eating and a healthy lifestyle, which is the theme of this publication.

I am now forced to bring some discipline into my eating, working and living regime. I hope this Food Guide helps readers not to repeat the mistake that people like me have committed. Prevention, as the adage goes, is always better than cure.

India is one of the youngest and fastest growing nations in the world today. Sadly, it is becoming one of the unhealthiest nations as well. Much of the blame is apportioned to hectic and sedentary lifestyles coupled with junk food and poor dietary choices. With a predisposition to diabetes, India is the diabetes capital of the world – a tag that we must strive to shed and do so with great resolve and urgency.

Recognising the looming threat that diabetes poses for India, the Observer Research Foundation (ORF) Mumbai along with the Brihanmumbai Municipal Corporation (BMC) organised a first-of-its kind, multi-stakeholder roundtable conference on diabetes in on July 26, 2014. The conference adopted the Mumbai Diabetes Declaration.

ORF's participation in this collaborative preparation of a Food Guide for the city of Mumbai is directly driven by this Declaration. I applaud the Public Health Department of the BMC – in particular, Dr. Daksha Shah – for facilitating the preparation of this Food Guide. I would especially like to appreciate the collaborative effort of Ms. Sheryl Salis, one of leading nutritionists in the city whose entire contribution in this project has been pro-bono, and Ms. Shaheeda Kirtane, my colleague at ORF Mumbai who drives many of our public health initiatives. Shaheeda has made it her life's mission to educate people about the prevention and management aspects of diabetes, and has been pursuing this mission with exemplary dedication and deep knowledge of the subject.

I wish to sincerely thank Dr. Suhasini Nagda (Director of Major Hospitals and Medical Education, BMC) and Dr. Padmaja Keskar (Executive Health Officer, BMC) for their consistent support to the partnership between the municipal corporation and ORF for the cause of promoting health of Mumbaikars. We at ORF will continue working closely with the BMC and other stakeholders in the Drive Against Diabetes. And we do hope the BMC makes full use of this document, which has been brought out in both English and Marathi, in multiple ways.



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‘Ahar’ for a Healthy Mind, Body & Soul

“Good health is more than just the absence of disease; it concerns the full physical, mental and social well-being of an individual. Similarly, the act of eating a meal is much more than taking in nutrients”¹.



‘He alone can remain healthy, who regulates his diet, exercise and recreation, controls his sensual pleasures, who is generous, just, truthful and forgiving, and who gets along well with his kin.’

Ayurveda²



The mind-body-soul connection that aims at creating a perfect balance in an individual features very prominently in all teachings of Ayurveda or ‘life knowledge’. Nourishment of the body through informed food choices is one of the central themes of Ayurveda.

Observations made thousands of years ago remain relevant today. Stress, anxiety and depression can negatively impact the overall physical and mental health of a person. As stated in the ancient texts like the *Suśrutha Saṃhitā* and the *Charaka Saṃhitā*, various aspects of our well-being — and therefore health — are influenced by our diet and the food we eat³. In addition to providing “fuel” to the body for growth and maintenance of health, the food we eat influences our mood, level of fitness, memory and the ability to focus and more.

Therefore, a healthy diet can help to not only keep us in our optimal physical form that is free of disease, but also to develop mentally, emotionally and spiritually.

¹ GUIA ALIMENTAR PARA A POPULAÇÃO BRASILEIRA, 2014

² Lele, 2012

³ Panjabi, C., 1995



Staying Active & Eating Right ~ It's a Family Affair

Today's urban Indian lives a hectic and fast-paced life. Unhealthy diets and lack of exercise result in a high prevalence of obesity and associated conditions like high blood pressure and cholesterol build-up. Children and young adults are particularly vulnerable due to excessive intake of unhealthy foods coupled with sedentary activities like video games and social media, which have replaced regular outdoor activity and fitness.

Eat healthy—Stay healthy!

In the following pages you will find many suggestions, ideas and tips for your family to eat right and live healthy.

KEEP IN MIND!

- ∞ Our health is directly affected by what we eat and how much exercise we get every day.
- ∞ Good habits children learn today will help them be healthy when they grow up.
- ∞ Encourage healthy eating for the entire family.
- ∞ Some tips will be easy to put into action right away! Others may take more effort.
- ∞ Consider making one or two small changes each week.
- ∞ Over time, these changes will pay off with big rewards for a healthier family.

SMALL CHANGES REALLY CAN HAVE BIG RESULTS FOR YOU AND YOUR FAMILY!

Information Source: Richmond et al. (2008)



Are you overweight?

Help your family understand the importance of regular exercise, eating right and maintaining a healthy weight.

Before you do that, you must first find out if you are in the **“Safe Zone”** of the body weight range which is reflected in your **Ideal Body Weight (IBW)** and **Body Mass Index (BMI)**.

Ideal Body Weight for Male = (Height in centimeters) – 100

E.g. For a male who is 160 cm tall, his IBW = 160 – 100 = 60 kg

Ideal Body Weight for Female = (Height in centimeters) – 105

E.g. For a female who is 156 cm tall, her IBW = 156 – 105 = 51 kg

20% over IBW is **overweight**; 20% less than IBW is **underweight**

Reference: Broca's Index

$$\text{BMI} = \frac{\text{Mass (kg)}}{(\text{Height(m)})^2}$$

Source: <http://www.hsph.harvard.edu/obesity-prevention-source/ethnic-differences-in-bmi-and-disease-risk/>

A person with a BMI > 23 kg/m² is considered **overweight**

A person with a BMI ≥ 25 kg/m² is considered **obese**



Measure the waistline
at or above the belly
button

Remember: The wider the waist,
shorter the lifespan!



Are you overweight?

Fat around the waist (known as *central obesity*) is a common risk factor and cause of many lifestyle diseases. You are at risk if your waistline is more than **90 cm** for men and **80 cm** for women.

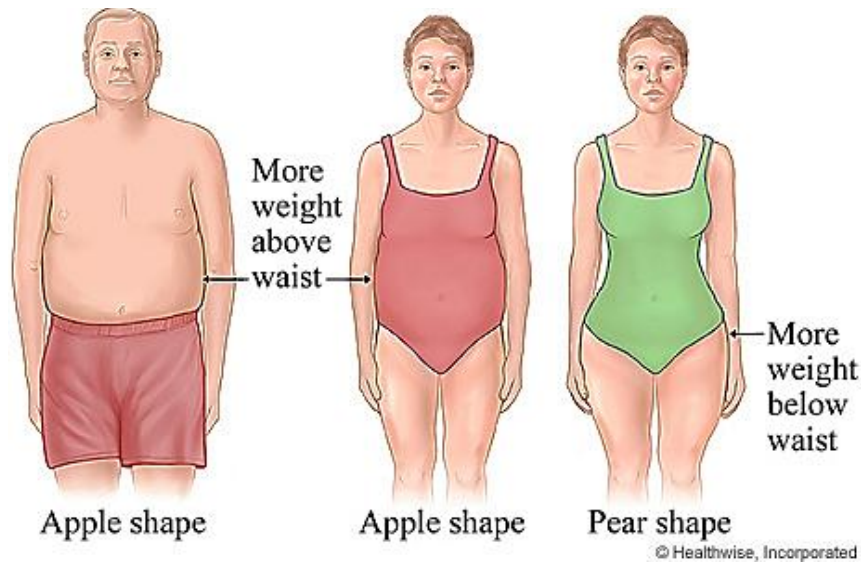
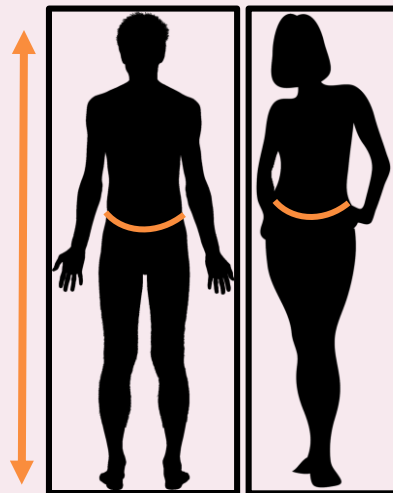


Image Source: [https:// http://pcosfighters.wordpress.com/](https://http://pcosfighters.wordpress.com/)

If your waist measures more than half your height, you are at a risk of developing lifestyle disorders.



Keeping a healthy weight can lower the risk of chronic health problems, including the following:

- ⌘ High Blood Pressure
- ⌘ High Cholesterol
- ⌘ High Blood Sugars
- ⌘ Type 2 Diabetes
- ⌘ Heart Disease and Stroke
- ⌘ Certain Cancers

And losing just 7% of your body weight can lower your risk of all of the above!!!

To lose weight gradually, you will need to reduce your calorie intake and increase your physical activity to *at least 30 minutes of moderate-intensity activity on at least five days of the week (150 minutes of exercise).*

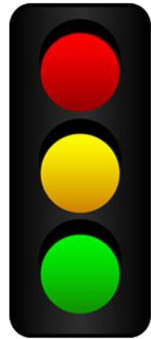


Are you at risk for lifestyle-related illnesses?

The main causes of lifestyle diseases like diabetes, hypertension and heart disease are *sedentary lifestyle, unhealthy eating practices, alcohol, smoking, stress and anxieties*, and last but not least, *genetics*.

Find out if you are at risk for any of the above lifestyle-related illnesses...

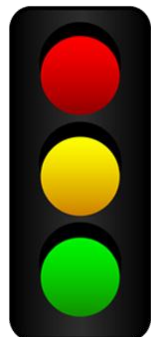
Diabetes



	FBG	PPBG	HbA1C
Diabetic	≥126 mg/dl	≥200 mg/dl	≥6.5%
Pre-Diabetic	100 mg/dl to 125 mg/dl	140 mg/dl to 199 mg/dl	5.7% to 6.4%
Normal	<100 mg/dl	<140 mg/dl	<5.7%

** FBG – Fasting Blood Glucose, PPBG – Post Prandial (Post Meal) Blood Glucose, HbA1C – Haemoglobin A1C

Hypertension



	Systolic/Diastolic
High BP	≥140/≥90 mmHg
Pre-High BP	121-139/81-89 mmHg
Normal BP	120/80 mmHg (Adolescents) 130/90 mmHg (>60 of age)

** BP – Blood Pressure

< Less than
> More than
≤ Less than or equal to
≥ More than or equal to

Heart Disease



	HDL	LDL	TG
High		>130 mg/dl	>300 mg/dl
Borderline		100-130 mg/dl	150-300mg/dl
Desirable	≥40 mg/dl men ≥50 mg/dl women	<100 mg/dl	<150 mg/dl

** HDL – High density lipids, LDL – Low density lipids, TG - Triglycerides

Information Source: Misra et al. (2009) Consensus statement for Diagnosis of Obesity, Abdominal Obesity and the Metabolic Syndrome for Asian Indians and Recommendations for Physical Activity, Medical and Surgical Management. http://www.japi.org/february_2009/R-1.pdf, Accessed on Nov 10, 2014



Are you concerned about your child's weight?

- ❧ It is normal for kids to change body sizes as they grow older. Some grow taller first some fill out later; some grow wider before they grow taller.
- ❧ Being overweight is a concern, but **never put your children on unsupervised or rapid diets without consulting an expert** as it may have an adverse effect on them in their growing years, and they may become victims of nutritional deficiencies.
- ❧ Don't cook separately for kids!
- ❧ Offer the same meal to the entire family and **EAT AS A FAMILY!**
- ❧ Cultivate good eating habits and taste buds for nutritious food **as early as possible.**
- ❧ Children should be encouraged to have a balanced diet and be supported for more physical activities. **Get your child to participate in one individual and one group sports activity (minimum 60 minutes per day)**



*Image Source: <https://www.nhlbi.nih.gov/health/educational/wecan/news-events/matte27.htm>
 Information Source: Richmond et al. (2008)*

Please consult your Health Care Provider for a personalized meal and activity plan for you and your family.







Know Your Food Groups

Foods contain **nutrients** that are needed by the body. There are three main nutrients that contribute to **calories***: **fats**, **carbohydrates** and **proteins**. **Fibre** cannot be digested by us and does not provide calories, but is important as it keeps you satiated, aids in weight loss and helps good bowel movement.

* A **calorie** is measure of energy that we get from food sources to allow the body to do work.

Eating a diet that is lower in fats, processed carbohydrates and high in fibre is the order of the day

Fats	Carbohydrate	Fibre	Proteins
			
<p>All kinds of oils, butter, ghee & cheese. All kinds of meats with fat & fatty fish.</p>	<p>All types of breads & rotis & food made with grains. Milk, fruits, honey, sugars. Desserts.</p>	<p>All kinds of vegetables & fruits, nuts, seeds, pulses, whole grains & sprouts.</p>	<p>Milk & dairy products, <i>paneer</i> & cheese. Pulses, eggs, chicken, meat & fish.</p>

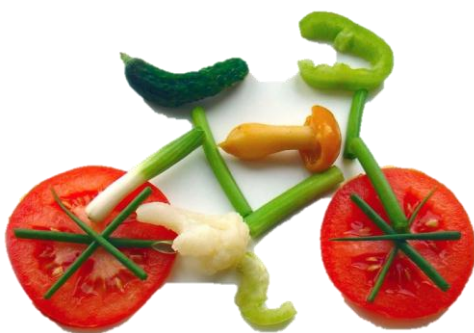


Image Source: <http://38.media.tumblr.com>

And don't forget to balance your food with exercise and drink lots of water!



Sample Healthy Menu for the Day

Instead of 3 meals a day, fuel your body by eating small meals every 2 to 4 hours.



1 quarter plate salad + 1 bowl vegetables (100g) + 2 *chapatis* (6" diameter) + 1 bowl fish or chicken (100g) or lentils/pulses (30g raw/uncooked)

8PM



8AM



1 quarter plate *poha* (60g)



1 bowl curds (100g)

5PM



1 cup roasted *chana* (30g)

OR



1 cup sprouts chat (30g)



** DRINK AT LEAST EIGHT 250ml GLASSES OF WATER A DAY



1 PM

1 quarter plate salad + 1 bowl *dal* (30g raw) + 2 *chapatis* (6" diameter) + 1 bowl fish or chicken (100g) or lentils + vegetables (100g) + 1 bowl rice (30g raw) + 1 bowl curds (100g)

11 AM



5 almonds or walnuts (15g)



1 portion fruit (1 quarter plate, 90g)



For adults, the World Health Organization recommends salt intake of less than 5g (or 1 teaspoon) per person per day (Indians consume as much as 9-12g of salt every day). It is recommended that the total sugar intake be restricted 25g (or 5 teaspoons) and the total fat and oil intake be limited to not more than 3-4 teaspoons per person per day to stay healthy.

Image Source: <http://www.fightlikeagirlclub.com/2011/04/so-whats-so-special-about-green-tea/#.VD0FfZSSzwZ>, <http://all-free-download.com/free-photos>, <http://gfx9.com/spoon-with-white-coffee-mug-psd/80345>, <http://tablespooning.com/2011/09/dry-roasted-chana-chickpeas/>, <http://www.mayoclinic.org/healthy-living/nutrition-and-healthy-eating/in-depth/water/art-20044256>



Ideas from the Expert on Food & Nutrition

Eat more Veggies & Focus on Fruits

(50% of
your food plate)

- Include more raw or cooked vegetables in meals 2-3 times a day.
- Eat your colours: try and eat more dark green vegetables like spinach (*palak*) and fenugreek (*methi*) and orange coloured veggies like carrots and pumpkin.
- Cut down on potato and add at least one green leafy vegetable once day.
- Enjoy seasonal fruits between meals and avoid eating fruits after a meal.
- Bananas, apples, guava, oranges, pear are great as side dishes, desserts and snacks.
- Eat the fruits and juice the vegetables.

Meet your Protein needs (25% of your food plate)

- Increase the protein intake to 0.8 to 1.0 kg of your body weight by incorporating low fat milk, milk products, paneer, pulses and sprouts, nuts, eggs, fish, de-skinned chicken and soyabean.
- Eat 3 eggs/week to meet your protein needs. Eat only egg whites if you have high cholesterol or want to restrict fat intake.

Use Healthy Oils & Keep it Low Fat

- Choose oils like groundnut oil, ricebran oil, mustard oil, canola oil, til oil & pure ghee.
- Avoid *Vanaspati* and limit the use of butter.
- Deep or shallow-fried foods should be avoided.
- Avoid re-heating of used oil.
- Opt for healthy cooking options like baking, grilling and tandoori.
- Use non-stick cookware.

Choose whole grains (25% of your food plate)

- Make at least half of the grains you eat whole grains.
- Choose whole wheat *atta*, oats, *jowar*, *bajra*, *nachni*, *lapsi/dahlia* and brown rice.
- Avoid maida, polished rice, khari and pav.



Ideas from the Expert on Food & Nutrition

We may be deficient in some Vitamins and Minerals most common of which are Vitamin D, Vitamin B₁₂, Calcium and Iron. **Here are some tips to meet your daily requirements of the above:**



Vitamin B₁₂

- Vitamin B₁₂ is needed for production of blood cells and plays an important role in metabolism of carbohydrates, proteins and fats.
- Natural sources of Vitamin B₁₂ are eggs, meat (especially organ meat like kidney and liver), poultry, shellfish, milk and milk products.
- It is also added to fortified grain products like cereal.



Vitamin D (The "sunshine" Vitamin)

- The body makes Vitamin D when skin is exposed to the sun.
- Vitamin D works with calcium to maintain good bone health.
- Fatty fish like Indian salmon (*ravaas*), mackerel (*bangda*), sardines (*pedvey*) and tuna (*kupa*) are the best sources.
- Fortified cereal and milk are other good sources of Vitamin D.
- It is also added to some brands of orange juice, yoghurt & soya drinks.



Calcium

- Calcium is used by the body to keep your bones and teeth strong.
- Milk and milk products, like paneer and curds, *rajgira* (amaranth seeds), green leafy vegetables and fish are the best sources of calcium.
- Lack of enough calcium in the diet can result in a condition called osteoporosis which causes brittle bones.



Iron

- Iron is necessary for the blood cells to carry oxygen in the body.
- Lack of iron is common in women in India causing anemia.
- The best sources of iron are all kinds of meats, like chicken, mutton, fish, etc. Green leafy vegetables, dates, *bajra*, *nachni*, rajma, raisins, jaggery are also excellent sources of iron.

- **Eat less sugar and salt!**
- Choose food & drinks that do not have added sugar and sweetener.
- **Opt for natural sweets like figs and dates.**
- It is OK to have desserts occasionally, but **try to not make it a part of every meal.**



Image Source: <http://mysurfwaves.blogspot.in/2013/07/great-tips-on-nutrition-and-how-to-get.html>



Helpline for Picky Eaters

Kids are not born picky! But respect their right to choose and help them make the correct food choices.



- ☞ Gently but frequently offer new kinds of foods to kids. It takes as many as 10-15 times before they will eat it.
- ☞ Serve small portions of a new food.

- ☞ Say, “Would you like a carrot or an apple?” or “Should we have *poha* or *upma* for breakfast?”
- ☞ Involve kids in menu planning and meal preparation. Handling and touching the food helps children get comfortable with the idea of eating it.
- ☞ Cut vegetables up into fun shapes for kids.

- ☞ Be patient with kids. Good habits take time to learn.
- ☞ Pick one habit you want to change every month (instead of a dessert, serve a fruit).
- ☞ Put new foods next to foods your child already likes.
- ☞ Encourage children to touch, smell, lick or taste the new food.
- ☞ Take them shopping to the market and pick new foods to try.

- ☞ Strictly limits sweets, soft drinks or sugary drinks. Offer coconut water, fresh fruit, vegetable juice or *lassi/chaas*.
- ☞ Restrict & moderate potato chips, noodles, high fat & high sugar cookies. *NEVER use food as a reward.*


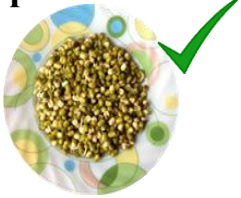
Image Source: <http://babyoye.files.wordpress.com/2012/07/pediasure-kid-1234918.jpg>
 Information Source: Richmond et al. (2008)






Eating the Healthy Way In and Out of Home

It is never easy to stay away from all the delicious looking fast food. *But...*

- ❧ **FAST FOOD IS UNHEALTHY.** It is much higher in fat, sugar and salt.
- ❧ You do not have to entirely give up on sweets and high calorie food. *Just eat them less frequently and limit your visits to fast food places to just once a week.*
- ❧ When eating out, skip jumbo and oversized meals. *Order 'kiddie-sized' meals for children and not adult portions.*
- ❧ Choose milk shakes with fruits, instead of colas. They have lesser sugar.
- ❧ Don't stock up on deep-fried snacks like *chiwda, chaklis, laddoos* and chips. *Instead, opt for healthy foods like nuts, cheese, unsalted popcorn, murmura, chikki, hara chana and roasted chana.*
- ❧ *Make healthy fast food at home* (refer to our recipes provided on Pg. 24).
- ❧ *Do not add extra salt when cooking.* Avoid *papads*, pickles, processed and packaged foods, bread, biscuits and namkeen. Season with lemon and herbs.
- ❧ *Have set meal-times.* This limits snacking and eating alone.

Namkeen vs. Sprouts	
	
Namkeen (1 small bowl or 100g). 554 calories 2 ½ <i>tbps.</i> of oil	Sprouts (30g raw) 100 calories Zero oil

Healthy Food vs. Tasty Food Out of Home

		
Eat More Often Roti Boiled rice Steamed idli Moong/nachni dosa Green salad Lauki, Bhindi Methi ka paratha Chana/sprouts chat Tomato rasam Kurmura bhel Oats/rava/dahlia upma	Eat Sometimes Vegetable sandwich Paratha/naan Pulav Masala idli/dosa Aaloo tikki Fish fry Bhajiya Vegetable kofta Bhindi masala Tomato shorba Kheer	Eat Less Often Vada pav/samosa Khari/biscuits Butter masala dosa Biryani Bread pakoda Pizza, burger, cake Farsan, potato chips Malai kofta Fried bhindi Khova barfi Cola/cold drinks



Be a Food Detective - Read the Labels!

INGREDIENTS SUGAR, UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE {VITAMIN B1}, RIBOFLAVIN {VITAMIN B2}, FOLIC ACID), HYDROGENATED COCONUT AND/OR HYDROGENATED SOYBEAN OIL, DEFATTED SOY FLOUR, CORNSTARCH, MOLASSES, MALTED BARLEY FLOUR, SALT, PEANUT OIL, VANILLIN - AN ARTIFICIAL FLAVOR, CARAMEL COLOR, SOY LECITHIN.

CONTAINS WHEAT, SOY.

MANUFACTURED ON EQUIPMENT THAT PROCESSES PEANUT, MILK.

- ✓ Each product must list the ingredients on the label.
- ✓ They are listed from the largest to smallest amount (by weight).
→ This means a food contains the largest amount of the first ingredient and the smallest amount of the last ingredient.
- ✓ It may also have a mention of the presence of common allergens like soy, peanuts, wheat (gluten) and milk (lactose).

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per 2/3 cup	
Calories	230
% DV*	
12%	Total Fat 8g
5%	Saturated Fat 1g
	Trans Fat 0g
0%	Cholesterol 0mg
7%	Sodium 160mg
12%	Total Carbs 37g
14%	Dietary Fiber 4g
	Sugars 1g
	Added Sugars 0g
	Protein 3g
10%	Vitamin D 2mcg
20%	Calcium 260mg
45%	Iron 8mg
5%	Potassium 235mg

* Footnote on Daily Values (DV) and calories reference to be inserted here.

- ✓ Pay attention to serving size, especially the *number of servings in the package*.
- ✓ Compare it to how much you actually eat.
- ✓ If a package has **8 servings** and you eat half the package then you are consuming **4 servings** and *four times* the intake of the calories, fat, etc. per serving.

Check the quantity of sugar, fat & salt in the packaged food products you buy

	Sugar	Fat <i>(Per 100 grams of product)</i>	Salt
High	Over 15g	Over 20g	Over 1.5g
Medium	Between 5g and 15g	Between 3g and 20g	Between 0.3g and 1.5g
Low	5g and less	3g and less	0.3g and less



Label Claims and the Actual Facts

Another aspect of food labelling is label claims. Keep in mind the following:



☞ *“Sugar free” does not mean carbohydrates and calorie free.* When manufacturers remove sugar they often add fat to the product increasing the fat content.

☞ *In order to make a “fat free” or “low fat” product tasty, manufacturers replace the fat with either sodium, sugar, or something else to give it similar texture and flavour.* This means that “fat free” products can have more carbohydrates and contain nearly as many calories as the standard version.

Image Source: <http://digitalunion.osu.edu/r2/summer07/dvancamp/truth/>, afairytalecomesalive.blogspot.com, http://operationbootcampblog.blogspot.in/2010_06_01_archive.html, www.blubberbuster.com

Some food labels make the claim that they are “low cholesterol”, “sugar free” or “low fat.” These claims can only be used if the food meets strict government definitions. Here are some of the meanings:

Label Claim	Definitions
“Fat free” or “sugar free”	Less than (<) 0.5g (grams) of fat or sugar per 100g or 100ml
“Low sugar”	< 5g of sugar per 100g for solids; < 2.5g of sugar per 100ml for liquids
“Low fat”	< 3g of fat per 100g (solids); < 1.5g of fat per 100ml (liquids)
“Low saturated fat”	< 1.5g of saturated fat per 100g for solids and 0.75g per 100 ml for liquids
“Cholesterol free”	< 5mg of cholesterol per 100g or 100ml of food product
“Low cholesterol”	< 20mg cholesterol/100g (solids); < 10mg per 100ml (liquids) of food
“Energy free”	Less than 4 kcal per 100g (solids)
“Low or reduced energy”	< 40kcal per 100g (solids) or <20kcal per 100ml (liquids)
“Light” or “lite”	Same as “reduced” but with an indication of characteristics that make the food ‘light’ or ‘lite’
“Reduced”	At least 30% in content than the “regular” version
“Sodium free” or “salt free”	Less than 5mg of sodium per 100g or 100ml of food
“Very low sodium/salt”	40mg or less per serving of salt per 100g or 100ml of food
“Low sodium/salt”	120mg or less per 100g or 100ml of food
“No salt added”	No salt added to the product during processing; food contains no ingredients that contain added salt

Information Source: Draft “Regulation on Labelling (Claims)” File No.1-94/FSSAI/SP/ (Labelling)/2009, Food Safety and Standards Authority of India, (Ministry of Health and Family Welfare), <http://www.fssai.gov.in/Portals/0/Pdf/covering%20letter%20for%20draft%20regulation.pdf>



Eating Wisely to Keep a Healthy Weight

Maintaining a healthy weight is important for the whole family

Adopt a plan where you and your whole family can all eat right, exercise more and maintain a fit lifestyle 365 days a year.

Here are some tips that will help you reach your healthy weight



Eat only how much you need



- ☞ **Control portion sizes.** How much you eat matters! Using smaller plates and bowls helps you limit your serving size & eat moderately.
- ☞ **Do not overeat** and stop eating as soon as you're satisfied, not when you're full.
- ☞ **Avoid buffet restaurants.**

- ☞ **Fill up on healthy food.** Include at least **2 servings of fruits** and **3-4 servings of vegetables** every day.
- ☞ **Get fibre friendly** by choosing wholegrain foods instead of refined foods and whole fruits with their peels instead of fruit juices.
- ☞ **Keep unhealthy and unhealthy food out of sight.**
- ☞ **Skip the fries and colas!**
- ☞ **Try skim and fat free milk/buttermilk** instead of whole milk.

Make sure you **eat regular meals** – especially breakfast! This keeps your body fuelled so you won't crave unhealthy food. Kids who start the day with a good breakfast often do better in school! **And remember to keep your dinner a light meal.**

*Make
healthy food
choices*



There are no shortcuts here!

- ☞ **Say no to quick weight loss diets.**
- ☞ **Keep moving.** Our bodies were designed to move and not to sit for hours on end.

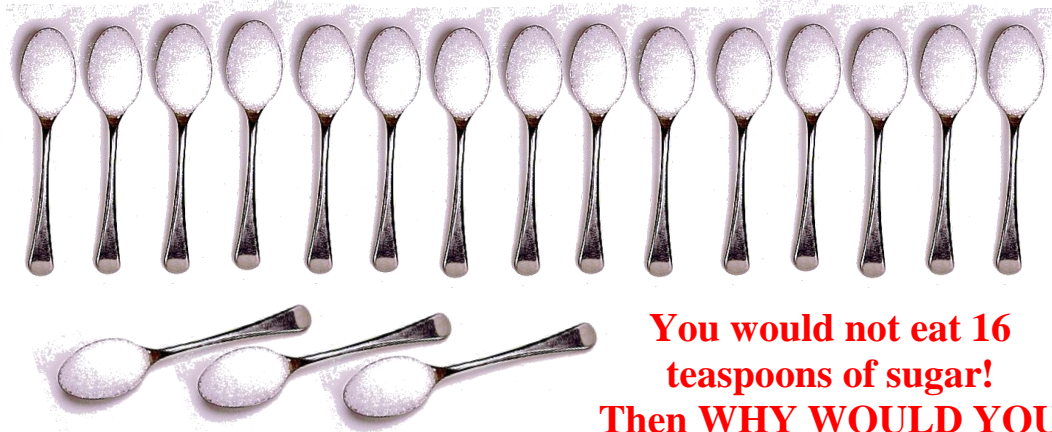


Beverages, Alcohol & Smoking

Alcohol and colas provides *empty calories* and must be avoided.

Water, on the other hand, is made up of *ZERO* calories and can be consumed without any guilt. Have *at least 2-3 litres of water per day*.

- ☞ If you choose to drink alcohol, do so in *moderation* (not more than one or two drinks per week).
- ☞ All alcoholic drinks contain calories, which your body needs to burn off.
- ☞ Unfortunately, alcohol is like a poison for the body. The liver, therefore, stops performing its regular function and works extra hard to get rid of the alcohol. *Due to this, any food we eat while drinking alcohol will have a much higher chance of being stored as fat.*
- ☞ Do not drink on an empty stomach and especially when driving.



**You would not eat 16
teaspoons of sugar!
Then WHY WOULD YOU
DRINK IT?**

Information Source: <http://www.cph.co.nz/files/NUT0023h.pdf>

Stop Smoking and Start Repairing. After you quit smoking:

- ☞ **In 20 minutes** your heart rate will already start to drop back towards normal levels
- ☞ **In 12 hours** excess carbon monoxide is out of your body
- ☞ **In 5 days** most of the nicotine is out of your body
- ☞ **In 1 week** your sense of taste & smell improve
- ☞ **In 3 months** your lung function is 30% better
- ☞ **In 12 months** your risk of heart disease has halved
- ☞ **In 1 year** you could have saved > **₹ 36,000**



Image Source: <http://www.pinterest.com/pin/378020962445586115/>

Information Source: <http://www.healthline.com/health/save-money-save-years-high-cost-smoking>



Five Good Reasons...



Image Source:
<http://www.clipartbest.com>

to Eat Healthy:

- ① You will be fitter and you will feel great about your body!
- ② Right food and activity choices keep your heart strong and your blood vessels will work better.
- ③ Healthy nutrition gives your body the fuel you need to carry out your routine activities and keeps you energetic throughout the day.
- ④ Nutritious food will boost your immune system, help your bowels to move, get rid of gas and keep your skin glowing.
- ⑤ You will be happier! Some foods are ‘brain boosters’ that act as antidepressants.

to keep exercising:

- ① A good workout can make you happier by reducing stress, alleviating anxiety and lifting your mood by secreting happy hormones.
- ② You will strengthen your bones and your joint function will improve too!
- ③ You will increase your pain resistance, energy and endurance.
- ④ Osteoporosis (brittle bones) and arthritis can be prevented and treated by increasing your levels of physical activity.
- ⑤ Exercise helps to increase and strengthen your muscle mass!



Did you know your HOME can be your Gym?

If you don't have time for a daily work-out, no problem! Recent studies have shown that doing household chores can be an excellent way to shed some unwanted weight and burn extra calories.

Housework can be a great calorie burner!

Things to Remember

- ☞ *As with any workout, the more effort you put in the more benefit you get.*
- ☞ *Some chores target specific parts of the body, for tone and shape. Example, dusting, mopping and sweeping gives arms good shape, while carrying groceries up the stairs targets the thighs and legs.*
- ☞ *Turn up some music and listen to your favourite songs while cleaning to keep you motivated!*
- ☞ *Housework cannot replace regular exercise which is more focussed on specific muscles and endurance building.*

(Mohan, 2014)

You don't know it but you're working out when...

- You wash the dishes, sweep the floors and mop the house!
- You clean your car!
- You go grocery shopping!



Common Activities, Time & Calories Burnt

The calories consumed are based on a weight of 56.6 kg. The average Indian adult weighs around 52.9 kg (Quilty-Harper, 2012) (Walpole, 2012)

Household & Daily Activities

Outdoors & Sports Activities

40 minutes of cooking



11 minutes of climbing stairs



25 minutes of playing with kids – moderate effort

21 minutes of walking



29 minutes of food shopping with cart



25 minutes of planting seeds & shrubs

29 minutes of childcare: feeding, bathing, etc.



23 minutes of heavy cleaning: car/bike washing, windows washing etc.

100 calories are used by...



13 minutes of bicycling (19-22 km/hr.)



17 minutes of dancing (vigorous)



22 minutes of badminton

25 minutes of yoga



33 minutes of volleyball



14 minutes of aerobics (vigorous)



13 minutes of running (8 km/hr.)



17 minutes of swimming (general)

Source: <http://www.health.harvard.edu/newsweek/Calories-burned-in-30-minutes-of-leisure-and-routine-activities.htm>



How much physical activity do you need?

- ☞ Adults need at least **150 minutes** of physical activity each week to keep fit.
- ☞ **Add 60 minutes** or more if you are trying **to lose weight**.
- ☞ **Children should get at least 60 minutes per day**. Physical training at school, football, cricket, basketball, cycling all count.
- ☞ Even a 10 minute walk to the bus stop contributes to 60 minutes per day of activity.

No time to work out?

Here are some practical ideas to allow you to incorporate some activity into your day:

- ☞ Start your day with 15 to 20 minutes of *pranayama* and *surya namaskar*.
- ☞ Get off the bus a stop or two before your destination and walk.
- ☞ Put on some music and dance in the evening with family and friends!
- ☞ Don't sit idle for long periods of time. Try to...
 - Walk when you are talking on the phone
 - Walk up to your colleague if you have to say something instead of using the intercom or phone
 - Go for a stroll with your colleagues during the lunch break.
- ☞ Use stairs instead of the elevator and motivate others to do the same.
- ☞ Cycling is a great alternative to the car or the bus. Try it on weekends and go cycling with the family.



Too much Screen Time can be Harmful



So what's wrong with watching TV, surfing the internet, text messaging, playing video games and other screen time activities?

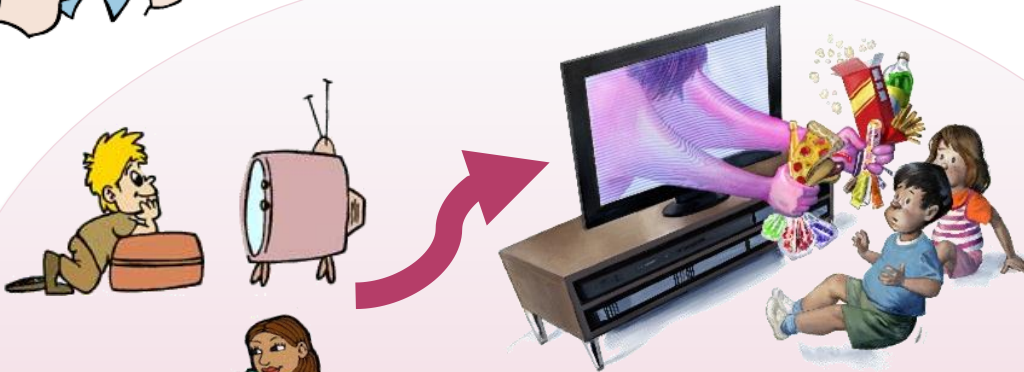


Image Source: Matt Collins, <http://www.mattcollins.com/index.html>

Excessive time in front of computer, TV and playing videogames may result in:

- Strain on the eyes
- Lack of physical activity
- Watching advertisements that may influence children to eat more unhealthy food like pizzas, soda and chips etc.

- ❧ Limit TV/Computer time to **NO MORE THAN 2 HOURS PER DAY.**
- ❧ Avoid food in front of the TV and on the bed. Move the TV out of the bedrooms and keep the **TV only in the living room.**
- ❧ Use TV time for exercise and do squats, sit ups or stationary cycling.
- ❧ Parents should also cut down on TV time, since you **serve as role models for children.**

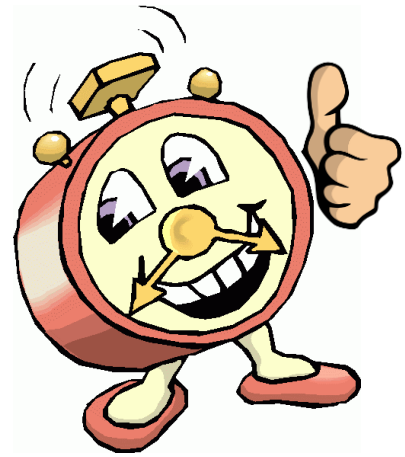
Information Source: Richmond et al. (2008)



There is no good time like today...

Do it now!

Because sometimes “*later*”
becomes “*never*”



If you aren't used to being physically active, how can you get started?

- ☞ Pick an activity you really like. You'll be more likely to continue and sustain it if you are doing something you enjoy.
- ☞ Set a small goal! Try for ten minutes a day.

EXERCISE

- ☞ Motivate yourself every day and add a little more time every few days until you reach your goal.
- ☞ You and only you can help yourself become healthier.



Tips for Your Complete Well-Being



Exercise can be fun for the whole family!

- ☞ Dance, jump rope
- ☞ Play hide and seek
- ☞ Go cycling!
- ☞ Go to the park
- ☞ Plant trees in your neighbourhood/society
- ☞ Clean up a public place as a group!



Quick & Easy Recipes to Get You Started

Batata Vada with a healthy twist

Serves 6 people

*1 tsp. = 5g
*1 tbsp. = 15g
*1 cup = 30g

Ingredients

Potato, medium sized
Dudhi (bottle gourd)
Jeera (cumin seeds)
Green chili (finely chopped)
Turmeric powder
Ginger-Garlic paste
Garam masala
Lime juice
Salt
Coriander leaves (chopped)
Oil

Measurements

1 ½ no.
100g
¼ tsp.
1 no.
A pinch
¼ tsp.
1 tsp.
2 tsp.
To taste
Handful
2 tsp.

For Batter

Besan 2 tbsp.
Salt To taste
Asafoetida (Hing) A pinch



Method:

- ☞ Heat the oil in a broad pan, add the ginger-garlic paste, jeera, chopped green chilies, turmeric powder, lime juice, garam masala, salt and pressure cooked potatoes & dudhi.
- ☞ Add chopped coriander leaves, mix well and sauté on a medium flame for 3 to 4 minutes.
- ☞ Remove from the flame, cool and divide the mixture into 6-7 equal portions.
- ☞ Roll out each portion into a round shape and keep aside.
- ☞ Take appam-maker, grease it with oil and heat it on a low flame.
- ☞ Dip the potato rounds in the prepared batter and place them in the appam-maker (keep the lid on).
- ☞ Cook till they turn golden-brown in colour on all the sides.

Nutritive Value per Vada:

Energy (Kcal)	Protein (g)	Carbohydrate (g)	Fat (g)
38	0.9	6.2	1.05

Moong Dal Chilla/Dosa

Serves 4 people

Ingredients

Moong dal with skin
Green chili (chopped)
Asafoetida (Hing)
Turmeric powder

Measurements

1 cup
1 no.
A pinch
A pinch



Grated carrot	½ cup
Grated dudhi	½ cup
Coriander leaves (chopped)	A few
Buttermilk	½ cup
Salt	To taste
Cooking oil	2 tsp.

Method:

- ☞ Soak the *moong dal* for at least 3 hours.
- ☞ Add the green chilies and 1 teacup of buttermilk and grind in a blender.
- ☞ Add the grated *dudhi*, carrot, *hing*, turmeric power, chopped coriander leaves and salt.
- ☞ To proceed, spray cooking oil on the non-stick pan and spread the *moong dal* mixture on a hot frying pan (preferably non-stick).
- ☞ Cook for a few seconds.
- ☞ Turnover and cook the other side till light brown.
- ☞ Serve sprinkled with grated low fat *paneer*.

**Nutritive Value per Chilla:**

Energy (Kcal)	Protein (g)	Carbohydrate (g)	Fat (g)
105	6.29	17	1.3

Sprouts Chat

Serves 2 people (2 bowls)

Ingredients

Sprouted chaana
Tomato (finely chopped)
Cucumber (finely chopped)
Onion (finely chopped)
Carrot (grated)
Roasted cumin seeds (jeera)
Green chutney
Coriander leaves (chopped)
Salt
Lime juice

Measurements

2 cups
 ¼ cup
 ¼ cup
 ¼ cup
 ¼ cup
 ½ tsp.
 1 tbsp.
 A handful
 To taste (½ tsp.)
 A few drops

**Method:**

- ☞ Make sure sprouts is boiled till soft, but not at all mushy.
- ☞ Chill sprouts in refrigerator till required.
- ☞ Mix all ingredients.
- ☞ Stir to mix well and check for taste. Garnish with coriander leaves.

Nutritive Value per serving:

Energy (Kcal)	Protein (g)	Carbohydrate (g)	Fat (g)
94	4.4	16.1	1.3



Oats Idli

Makes 4 idlis

Ingredients

Oats
Urad dal (soaked overnight)
Ginger-green chili paste
Curds
Salt
Water
Oil

Measurements

1 cup
1 cup
2 tsp.
1 ½ cup
To taste
1 cup (approx.)
For greasing



Method:

- ☞ Soak 1 cup urad dal overnight.
- ☞ Grind soaked urad dal, oats, ginger-green chilies paste, salt and curds in a mixer.
- ☞ Add water if required to make a smooth batter of thick yet slightly pouring consistency.
- ☞ Keep this idli batter aside for 15-20 minutes.
- ☞ Boil 2 cups of water in a cooker and grease the idli stand. Put 2 tbsp. of batter in each idli mold.
- ☞ Place the idli stand in boiling water and place the lid. Cook on steam for about 15-20 minutes on medium flame. Remove from flame and serve hot.

Cooking tip: Add few veggies like chopped carrots, capsicum, French beans, grated *dudhi* to the batter and cook.

Nutritive Value per Idli:

Energy (Kcal)	Protein (g)	Carbohydrate (g)	Fat (g)
72	2.6	11.2	2

Apple Kheer

Serves 1 person

Ingredients

Grated apple (unpeeled)
Charoli or almonds or pistachios
Low fat or skim milk
Quick cooking rolled oats
Sugar

Measurements

¼ cup
2 tbsp.
1 cup
1 tbsp.
1 tsp.



Method:

- ☞ Combine all the ingredients in a broad non-stick pan, mix well and bring to boil, while stirring occasionally.
- ☞ Cook on a slow flame for 4 to 5 minutes, while stirring occasionally.
- ☞ Serve warm and sprinkle with lightly roasted charoli or chopped almonds or pistachios.

Nutritive Value per serving:

Energy (Kcal)	Protein (g)	Carbohydrate (g)	Fat (g)
150	5	14.5	6



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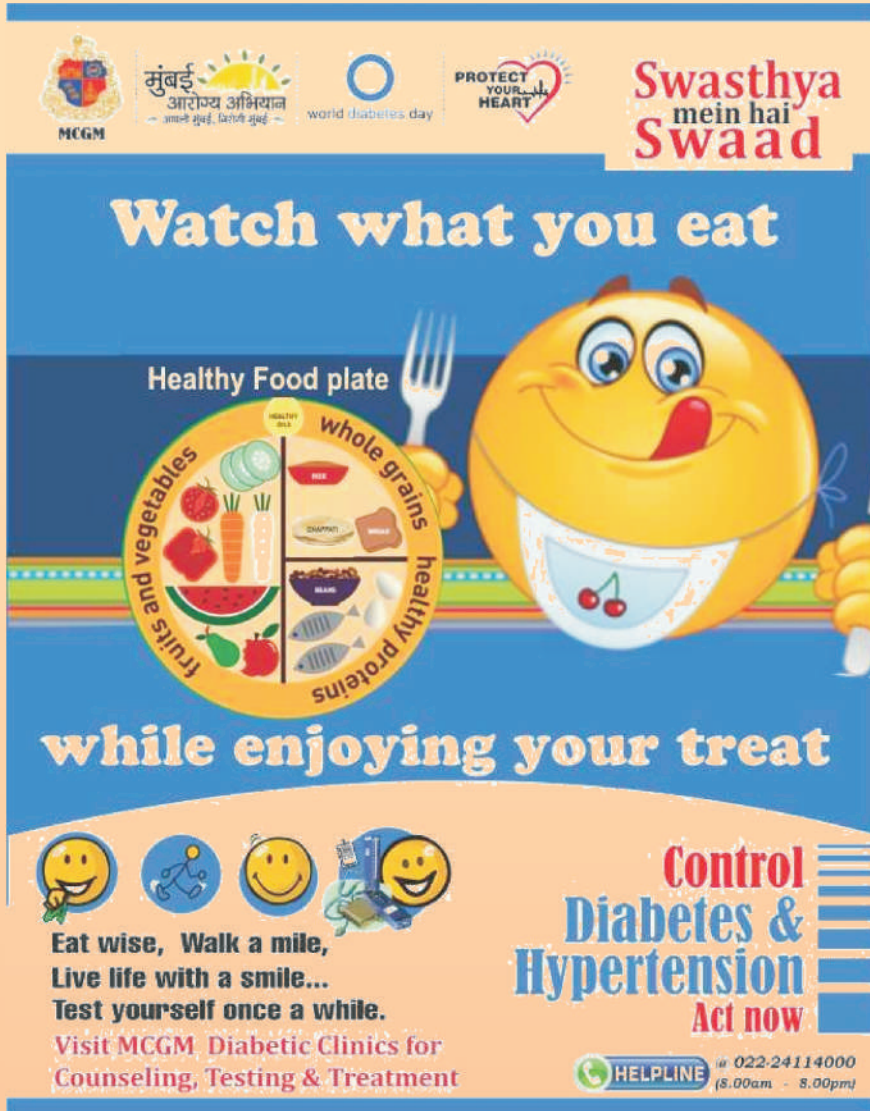
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The Municipal Corporation of Greater Mumbai provides diagnostic and treatment services for diabetes at all of its 80 dispensaries all over the city of Mumbai, and also at all Peripheral & Major Hospitals
For information, call @ 022-24114000

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