

# Nutrition Newsletter



KĀSIGA SCHOOL

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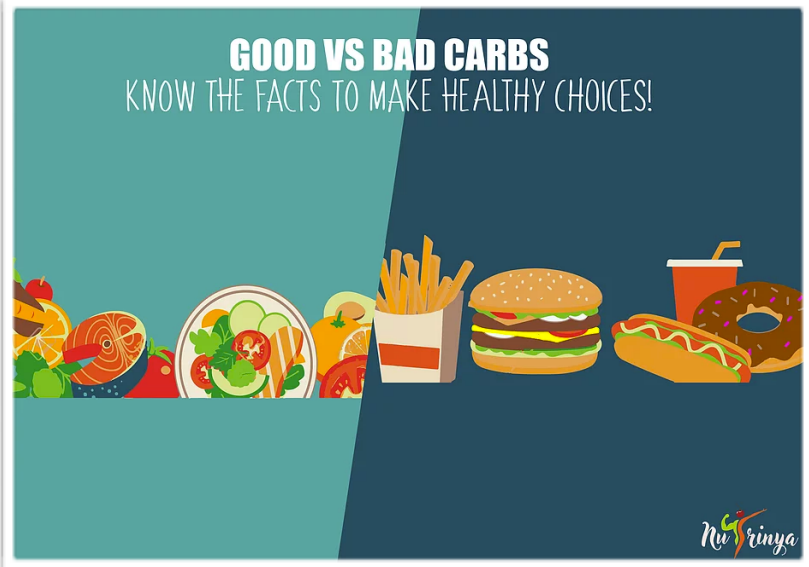
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## 7 Effective Steps to Weight Loss



Credits : <https://nutrinya.wixsite.com/website/blog>

1. **Don't skip meals**
2. **Eat small meals at regular intervals**
3. **Eat at least five servings of fruits and vegetables daily**
4. **Get at least 30 minutes of exercise everyday**
5. **Do not have water along with meals**
6. **Eat high-fibre foods**
7. **Avoid alcohol and added sugar**



## GOOD VS BAD CARBS: KNOW THE FACTS TO MAKE HEALTHY CHOICES!

Carbohydrates are one of the three macronutrients, the other two being protein and fat, out of which we get about half of our calories.

The main types of dietary carbohydrates are sugars, starches and fibre. Refined carbs such as maida, bread, pasta, burgers, chips and fries are associated with obesity and metabolic diseases, but unprocessed carbohydrate foods and high fibre carbohydrates, including vegetables, fruits, legumes and whole grains are very healthy.

Here is a list of good and bad carbs which can help you determine the choices you make while eating:



## Recipe of the month - Ragi Chocolate Cake

### Ingredients

½ cup ragi flour  
 1 cup whole wheat flour  
 2 tsp cocoa powder  
 ¾ cup brown sugar  
 ¾ tsp baking soda  
 ¾ cup yogurt  
 1 cup milk  
 A pinch of salt  
 1 tsp vanilla essence  
 ¼ cup olive oil

### Method

Preheat the oven for 15 minutes at 180 degree celsius and in the meantime, sieve the ragi flour along with cocoa powder, wheat flour, baking soda, powdered sugar and salt.

Mix the vanilla essence, milk, oil, and yogurt with the flour mixture. Make sure there are no lumps.

Pour the contents into a greased baking dish and bake for 30-35 minutes. Poke a knife into the cake and if it comes out clean, you're done!

### GOOD CARBS:

**Vegetables:** Include fresh, organic and raw vegetables everyday in your diet as they are good carbohydrate sources that can help you to remain healthy!

**Whole fruits:** Apples, bananas, berries, yellow and orange fruits! They are the best antioxidants for your body.

**Nuts:** Almonds, Walnuts, Peanuts, etc.

**Seeds:** Chia seeds, Pumpkin seeds, Flaxseeds etc

**Whole grains:** Choose healthy grains such as whole wheat flour / multigrain bread, oats, ragi etc.

**Tubers:** Boiled Potatoes, Sweet potatoes, etc.

### BAD CARBS:

**Sugary drinks:** Aerated drinks (Cold drinks), Vitamin water, etc. Sugary drinks are some of the unhealthiest things you can have. They have zero nutritive value and lead to metabolic disorder such as obesity, diabetes and cancer.

**Packaged Fruit juices:** Unfortunately, fruit juices are as bad as sugar-sweetened beverages.

**White bread:** These are refined carbohydrates that lack essential nutrients and can lead to insulin resistance over time leading to various disorders.

**Pastries, cookies and cakes and chocolates:** These tend to be very high in sugar and refined wheat. However, one can choose to have good quality dark chocolate once in a while.

**French fries and potato chips:** Whole potatoes are healthy, but french fries and potato chips are not. They contain cancer-causing substances called acrylamide.

*Thus, carbs in their natural, fibre-rich form are generally healthy while Processed foods with sugar and refined carbs are extremely unhealthy.*

-Tanya Khanna (Nutritionist)

*To Nourish is  
to Flourish!*



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