

Nutrition Newsletter



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3 Basic Steps to Positive Health

1. Focus your Goals

Start with setting an easy short term goal and focus your energy around it. Gradually, challenge yourself to achieve your long term goal. For instance, your goal is to lose weight, think about the factors that might be leading to weight gain. If you tend to eat sweets daily, set a short term goal to limit it to twice a week for a month. Make sure you set realistic goals so can follow them.

2. Maintain a record

While trying to achieve your goals, maintaining records of your daily activities initially, is a good way to assess if you're on the right track. If you decide to include two portions of fruits in your daily diet, maintaining a food diary will help in making conscious food choices.

3. Add reminders

With our busy schedules these days, we tend to forget certain important aspects that can help us achieve our goals. You could add reminders or sticky notes at your home/workstation so that you keep going without faltering!



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

Childhood Obesity: Control it before it controls your child

Childhood obesity is one of the most serious public health challenges of the 21st century. It is referred to as a “non-communicable disease”, as obesity not only causes premature death, but also long-term morbidity. It increases the likelihood to have risk factors for cardiovascular disease, such as high cholesterol or high blood pressure, pre-diabetes, joint problems, sleeplessness, and poor self-esteem. Factors leading to obesity are genetic factors, lack of physical activity, unhealthy eating patterns, or a combination of these factors. Prolonged use of mobiles, computers and video games, the number of hours of inactivity lead to obesity among children. There has been a gradual shift in the diet towards increased intake of energy-dense foods that are high in fat and sugars but low in vitamins, minerals and micronutrients over the past few years.

There are various ways by which childhood obesity can be prevented and managed such as practising healthy lifestyle habits, healthy eating and physical activity. At least 60



Recipe of the month - Fruit and seed oatmeal porridge

Ingredients

- 4 teaspoons instant oats
- 1 cup toned milk
- A handful of crushed roasted Seeds (sunflower, melon, watermelon and pumpkin seeds)
- 1 small cup Fruits (apples, banana go well in this porridge)
- Jaggery grated (1 teaspoon)/ honey

Recipe

In a pan, mix the oats and milk and keep stirring while cooking for 3-4 minutes on medium flame.

Once the porridge thickens, add jaggery and the mixture of crushed seeds to the porridge and cook for a minute.

If adding honey, add it after taking off heat and once porridge has cooled down a little.

Serve topped with chopped fruits.

minutes of physical activity every day is necessary in order to maintain a healthy body and can lower the risk of becoming obese and developing diseases. It is important for the entire family to carry out healthy practices which helps bring out a greater impact. As overweight children tend to have more anxiety and poorer social skills than normal-weight children, they should be motivated in a friendly manner in order to bring about a positive change in their behaviours.

Focus should be laid on increased consumption of fruits and vegetables, as well as dals, whole grains and nuts. The diet should be fibre rich in order to provide satiety without increasing caloric content. Unsaturated fats like vegetable oils, nuts and seeds should be consumed instead of saturated fats such as Vanaspati, butter and red meat. The intake of sugar, salt and processed foods should be limited. The body needs fat to function, but you have to choose the right type of fats. Being overweight or having high cholesterol, triglyceride or blood pressure is an indication of unhealthy eating habits. It is advisable to consult a nutritionist/dietician about ways to improve your diet and manage such conditions at the earliest.

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