

Nutrition Newsletter



KĀSIGA SCHOOL

DEHRADUN

KNOWLEDGE • STRENGTH • COMPASSION

Basic Principles of Healthy Eating

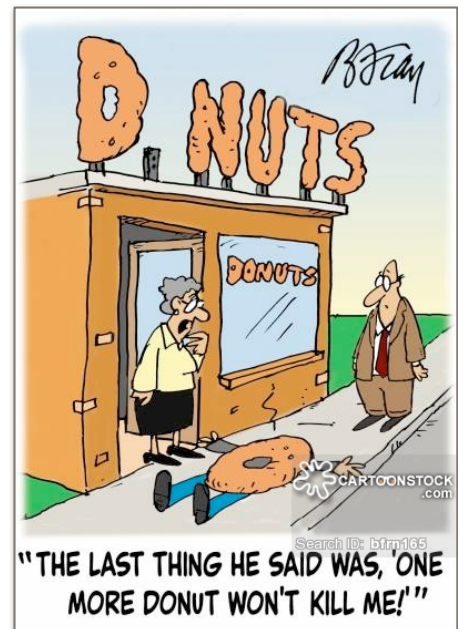


1. **Maintain an approximate balance of 80% alkaline and 20% acidic food each day.**
2. **Consume raw foods such as fruits, vegetables, roots, sprouts and nuts daily.**
3. **Rotation of foods - Different meals through the day that account for variety, as well as all round nutrition.**
4. **Do not overeat any one type of food for too long. The exception to this is fruit, because fruits have no toxins; they were made to be eaten regularly.**
5. **Have as much natural and organic food as possible.**
6. **Eat foods that have a lot of healthy gut bacteria, such as fermented foods.**

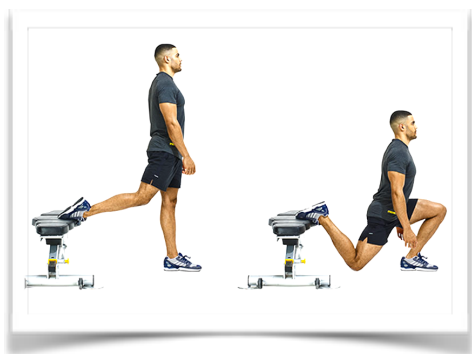
Has your food become slow poison ?

The Global Burden of Disease study that was published in the "Lancet" journal found that more than half of diet-related deaths in 2017 were associated with eating too much sodium and too little whole grains and fruit. Heart related diseases were the leading cause of diet related deaths claiming 10 million out of 11 million such deaths.

India ranked 118th, recording 310 diet related fatalities per one lakh deaths. It was found that the largest shortfall was seen in consumption of nuts, seeds, whole grains and milk whereas sugary and processed foods high in sodium were being overeaten. Nuts or seeds are loaded with fibre, magnesium and polyunsaturated fats, and eating a handful of nuts a day can cut your risk of heart disease by 30%. In today's world we are consuming ultra processed foods daily in the form of "snacks, desserts, or ready-to-eat or -heat meals," which not only have high sugar and sodium but also contain ingredients and additives that a lay man does not understand. A diet high in sugar and sodium leads to a shorter life span. In fact, it increases your risk of dying from heart disease even if you aren't overweight.



Exercise of the month : Split Squats



- Use a chair or stool for this exercise.
- Stand in front of the chair/stool (about two feet away).
- Place your feet shoulder width apart.
- Put one foot on the chair/stool behind you.
- Tighten your core and lower your body to assume squat position. Your leading leg should be half a metre or so in front of bench.
- When the front leg reaches a 90-degree angle, rise to starting position. Don't let your front knee travel beyond your toes.
- Complete 15 repetitions and then switch legs.

Benefits:

- This workout make you stronger and helps burn fat.
- Helps to maintain balance
- Increases flexibility and improve s range of motion through your hips, glutes, knees and ankles
- Strengthens your core in addition to the muscles of the entire lower body.

Sodium Chloride (sea salt) is one of the body's most important electrolytes that helps maintain the osmotic balance in its cells, transmission of nerve impulses, regulates hydration and regulates the pH levels and facilitates the absorption of other nutrients. Chloride enables the blood to carry carbon dioxide from tissues to the lungs to be exhaled out. It also helps in digestion and assists the immune system in fighting infections. It is true that a shortage of salt can cause serious health problems, even death. So even though salt is necessary in our diets, why do people say that is bad for health?

Sea salt is anhydrous in nature, so it soaks up water in its vicinity. Every gram of excess sodium chloride in the body needs 23 grams of cellular water to get neutralised. So having too much sea salt will cause water to accumulate in the tissues and cause oedema, a form of obesity. In fact, water retention is a mechanism that the body uses to dilute toxicity that it is not able to flush out through the elimination system. Excess sea salt in the blood, draws in an excess volume of water into the blood as well, thereby increasing the osmotic pressure of the blood. This, in turn, increases the pressure on the heart. Excess salt in the blood also causes the hardening of arterial walls in the long run, which sometimes leads to the haemorrhage of blood vessels. It also causes thickening of the heart muscles, thus worsening the condition of all other heart diseases.

Over consumption of sodas and other sugary beverages were associated with more early deaths than any other dietary factor. Not only can excessive consumption reduce your lifespan, you're at an increased risk of stroke and dementia if you drink it regularly. Replace your sugary drink habit with water. You don't have to give up treats entirely, but save them for special occasions. Try to buy only those products "with the least number of ingredients and with ingredients you understand

-Tanya Khanna (Nutritionist)

To Nourish is to Flourish!



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