

Nutrition Newsletter



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Tips for Controlling Fast Food Calories



1. Consider the portion size. Many fast food meals deliver super value-sized items which end up increasing calorie intake. Go for the smallest size when it comes to sandwiches, burgers, and sides.

2. Choose whole grain varieties of bread/buns and load up on veggies, such as tomato, mushrooms, spinach, lettuce, onions, green and red peppers and olives .

3. Skip the chips and fried side dishes. Get something healthier on the side, such as a fruit, a small side salad, corn on the cob or a yogurt.

4. Go easy on the mayonnaise, salad dressings, barbecue sauces and extra cheese as each serve can easily add about 100 calories to your meals

The Cycle of Hunger and Satiety

We all eat mainly for two reasons, the first being hunger and the second, to satisfy appetite. These two terms are not similar in any way. *Hunger* is the “need for food” and *appetite* is the “desire for food.” We could practically differentiate between the two by saying: When a boy is *hungry*, he may eat one burger. Thereafter, his *appetite* may make him want to eat another burger just because it is tasty.

Our body tends to create cycles of activity that parallel a 24-hour day. Like sleep, hunger occurs at regular intervals. Although our lifestyle might make it difficult to follow this natural pattern even when our stomach roars and rumbles! When your body wants food, signals are generated from your stomach that let you know it’s definitely time to put something in your mouth! If you do not fill it right away, your stomach creates an audible, sometimes embarrassing, call for food also called a *hunger pang* which are actually muscle contractions. When your stomach’s full, these contractions help food move through your digestive tract also known as peristalsis. When your stomach’s empty, the contractions squeeze air, and that makes noise.

Every time you eat, your pancreas secrete *insulin*, a hormone that helps move blood sugar (glucose) into cells where it’s needed for various chores. *Glucose* is body’s fuel for providing energy. As a result, the level of



Recipe of the month - Apple Kheer

Portion : 2 bowls : Serves 2

Ingredients

- 1 Apple
- 8 tsp sugar
- 1/2 cup water
- 400 ml milk
- 2 green cardamoms
- 4 strands saffron
- 4-5 drops kewra essence
- 5 chopped almonds

Method

Peel and grate the apple. In a saucepan cook the apples with sugar and water on a medium flame for 6 to 8 minutes, while stirring occasionally till the syrup is thick. Keep aside.

Boil the milk in a deep non-stick pan, cook on a medium flame for 25 to 30 minutes till the milk reduces to half its quantity and has a creamy texture.

Cool and mix well with cooked apple mixture. Do not cook apple with milk as it causes curdling

Add the crushed cardamom seeds, saffron extract, kewra and mix well. Serve chilled and garnish with chopped almonds.

glucose circulating in your blood rises and then declines naturally, producing a feeling of emptiness, that prompts you to eat. People usually experience the natural rise and fall of glucose as a relatively smooth pattern that lasts about four hours. The cycle of hunger prompts a feeding schedule that generally provides four meals during the day: breakfast, lunch, evening snack and dinner.

In today's times, a three-meal-a-day culture forces people to fight their natural rhythm by going without food from lunch at noon to dinner in the evening. The unpleasant result is that when glucose levels decline around 4 pm, people satisfy their natural hunger by grabbing the nearest food, usually a high-fat, high-calorie snack.

Jenkins and Wolever set up a "nibbling study" at University of Toronto to test the idea that if you even out digestion by eating several small meals rather than three large meals you can spread out insulin secretion and keep the amount of glucose in your blood balanced all day long. The theory turned out to be right. People who ate five or six small meals rather than three big ones felt better and experienced lower cholesterol levels. After two weeks of nibbling, the people in the study showed a 13.5 percent lower level of low-density lipoproteins (LDL) than people who ate exactly the same amount of food divided into three big meals. As a result, many diets designed to help maintain a balanced diet now emphasise a daily regimen of several small meals rather than the basic big three.

**-Tanya Khanna
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*To Nourish is to
Flourish!*