

Nutrition Newsletter



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March: Enjoy the Taste of Nutritious Food!

March is National Nutrition Month. Here are some simple techniques to enhance flavour while experimenting with nutritious foods:

- ◆ Try roasting vegetables in a very hot (450°F) oven or grill for a sweet, smoky flavour. Brush or spray them lightly with oil so they don't dry out. Sprinkle with herbs.
- ◆ Caramelize sliced onions to bring out their natural sweetness by cooking them slowly over low heat in a small amount of oil. Use them to make a rich, dark sauce for meat or poultry.
- ◆ Add a tangy taste and creamy texture by substituting yogurt in soups, salad dressings, sauces and desserts.
- ◆ Intensify the flavours of meat, poultry and fish with high-heat cooking techniques such as grilling or broiling.
- ◆ Pep it up with red, green and yellow peppers of all varieties—sweet, hot and dried or add a dash of hot pepper sauce.

Healthy Eating Secrets No One Told You About!



A 600 mL cold drink pet bottle contains 13 teaspoons of sugar which is equivalent to 260 empty calories. When you're really thirsty, water is the best thirst-quencher. Avoid packaged fruit drinks as they are high in sugar. Instead, have milk, buttermilk, coconut water, fresh lemonade/juice.

Fish, chicken and other lean meats and meat alternatives such as pulses, beans, nuts and tofu are filled with protein to help keep muscles strong.

A whole fruit is better than the juice! A raw unpeeled apple has almost 10 times more fibre than a cup of apple juice.



Recipe of the month - Oats and Nuts laddoo

Portion : 8 laddoos

Ingredients

- 1 cup rolled oats
- 1 tbsp finely chopped walnuts
- 1 tbsp finely chopped almonds
- 2 tbsp sesame seeds (til)
- 2 tsp ghee
- 2 tbsp chopped jaggery (gur)
- 1/2 tsp elaichi powder
- 2 tbsp low-fat milk

Method

Heat a broad non-stick pan, add the oats and dry roast on a medium flame for 3 minutes. Remove and keep aside to cool.

In the pan, add sesame seeds and dry roast them on a medium flame for 2 minutes. Keep aside.

Heat the ghee and jaggery (gud) in the pan, mix well and cook on a slow flame for 1 minute, while stirring continuously. Transfer the jaggery mixture into a flat thali and allow it to cool slightly.

Add the roasted oats, roasted sesame seeds, walnuts, almonds and cardamom powder. Add the milk and mix well.

Divide the mixture into 8 equal portions and roll out each portion into a round ball and serve.

Sports drinks are composed mostly of water, but sugar is their biggest constituent. While it's alright to have sports drinks sometimes after a lot of exercise (more than two hours), you'll get more nutrition and less empty calories by having plain water with a complex carbohydrate like fresh fruit such as apple, orange, banana, guava etc.

Your body needs good oils and fats to give your muscles quick energy. But if you eat too much, it gets stored in your body. Good fats are found in nuts and seeds, fatty fish, eggs, avocados, non-hydrogenated oil. Bad fats are found in margarine, butter, fatty meat and full-fat dairy.

Eating fibre makes you feel fuller. Eating a slice of white bread won't satisfy your hunger nearly as much as a slice of 100% whole-wheat bread with the germ. High-fibre foods also have vitamins and minerals to keep your heart healthy.

Sugary soft drinks, sugary cereals, white bread and white rice break down quickly in the body, making you hungry soon after. They can also give you a quick rush of energy, but that is soon used up, leaving you tired and cranky.

Nutritious snacks keep you feeling energised throughout the day, helping you beat energy slumps and keeping your metabolic rate up, which helps in maintaining a healthy weight. For example, a small handful of nuts with a piece of fresh fruit has fibre and healthy fats that give you energy that lasts, unlike what you get from junk food such as potato chips or candies.

Making healthy food choices will also increase the chances of your kids following the similar pattern. To avoid binging on junk foods, avoid keeping them in the house and at least out of reach and sight of your little ones.

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