

YOU ARE WHAT YOU EAT.

There's no such thing as bad or good food – moderation and balance is the key.

Eat a variety of nutrient rich foods: One needs more than 40 different nutrients for good health, and no single foods supplies them all.

A balanced, healthy diet provides all the essential nutrients in the right quantities.



NUTRIENTS		SOURCES	ROLE
Carbohydrate	55-60% of energy should be provided by carbohydrates.	Cereals, Millets, Pulses, Fruits, Vegetables, Honey, Sugar, Milk and Milk Products	Carbohydrates provide energy and are necessary to allow body to utilize protein.
Protein	15-20% of Energy intake should be from protein.	Meat, Fish, Egg, Pulses, Oilseeds, Nuts, Milk and Milk Products	Protein is an important constituent of body tissues and protects the body against infections. Proteins also help in building muscles.
Fat	Total fat should not be more than 30% of the total calories consumed.	Visible Fats: Sunflower, Safflower, Corn, Soybean, Mustard Etc. Invisible Fats: Present in Animal and Plant Foods	Fat is a source of concentrated energy.
Vitamins and Minerals		Present in small quantities in many foods.	Vitamins and minerals are important for carrying out vital functions in the body.

HEALTHY EATING TIPS:

- Start your day with a healthy breakfast.
- Don't skip meals.
- Select low calorie foods.
- Avoid feasting and fasting.
- Choose whole grains like wheat, oats, barley, brown rice, and avoid refined cereals.
- Include 4-5 servings of vegetables and 1-2 servings of fruit to your diet.
- Include a variety of proteins from eggs, lentils, beans, fish, poultry and soya in all meals.
- Include small amounts of nuts and seeds like flaxseeds, walnuts, almonds to your diet.
- Choose fruit rather than juices.
- Load up on antioxidants, primarily beta-carotene, Vitamin C, Vitamin E and Omega 3 fatty acids.
- Sources of beta-carotene are carrots, pumpkin, and GLVs.
- Sources of Vitamin C are lemon, amla, citrus fruits.
- Vitamin E rich foods include leafy vegetables, eggs, peanuts, vegetable oils, wheat germ, whole meal breads, and banana.
- Omega 3 fatty acid are found in flaxseed, fish, and olives.
- Antioxidants are found in turmeric, onion, garlic, ginger and tomato.
- Avoid trans-fats found in commercially baked foods and snacks.
- Include oils of olive, canola, safflower, rice bran, mustard, groundnut in required quantity.
- Watch out for hidden sugars and fats.
- Resist sugary drinks.
- Limit salt intake to ½ teaspoon per day.
- Stay hydrated: Drink 8-10 glasses of water every day.
- Quit smoking.
- Drink occasionally, in moderation.



EXERCISE

Ensure that you get half an hour of moderate physical activity every day.

The main benefits of exercising are:

- Weight Loss
- Lower LDL
- Higher HDL
- Cholesterol Reduction
- Better Mental Health

Variety is the spice of life, so eat a wide range of foods which will not only make meals more enjoyable but also keep you healthy. It's never too late to change. Establish good habits now and you'll continue to reap the benefits.

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