

# VMV COMMERCE, JMT ARTS AND JJP SCIENCE COLLEGE, NAGPUR



# HEALTHY EATING

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## **Prepared by**

Dr. Seema Atul Pande,

Assistant Professor,

Home economics

Department.

## **Guide**

**Dr. K.P. Kariya  
Principal.**

# COMMUNITY HEALTH

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- **Health** is the state of complete physical, mental and social well-being and not merely the absence of any disease or infirmity and the ability to lead a socially and economically productive life. (WHO)
- **Community Health** It is a field of public health that focuses on studying, protecting and improving health within a community.

# IMMUNITY BOOSTERS

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In the Present situation of Covid 19, We should take immunity boosters in our diet.

Immunity boosters

- Protein,
- Quality Fats,
- Vitamins and Minerals,
- Antiviral food.

# PROTEIN

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- We get **complete protein** from Egg, Chicken, fish, meat.

Tips -

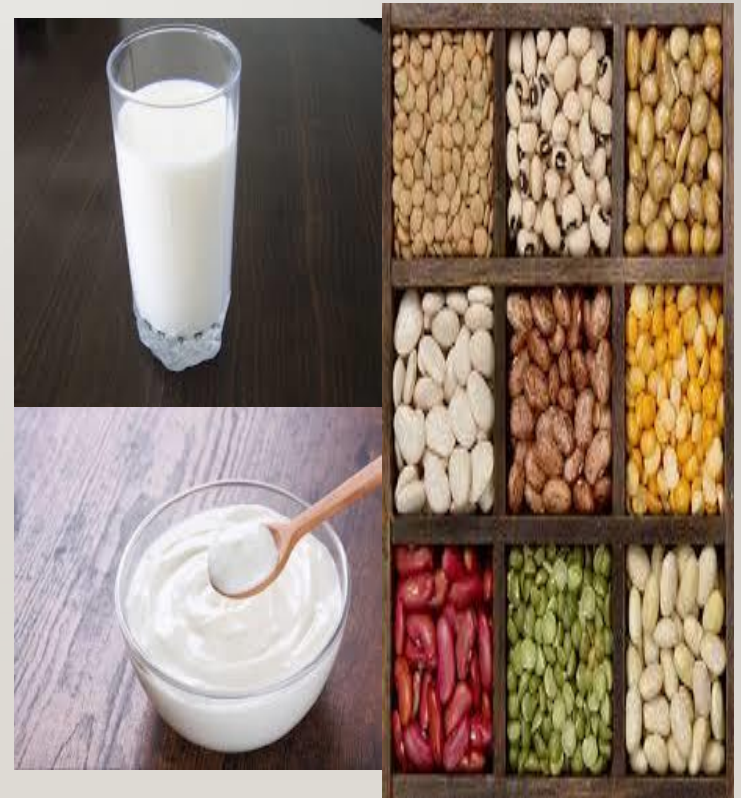
1. Wash, clean it before cooking.
2. Boil, grill or bake it. Avoid deep frying.
3. It should be well cooked.



# PROTEIN

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- Milk, curd, yogurt are **good** sources of protein.
  - Combination of cereal and pulses contain **good quality protein**.
- Ex. Khichadi, Parathe, Thalipith.
- Sprouting process increase protein **quality** in Mung, Chana. Use whole grain.



## QUALITY FATS

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- **Know your Fats.**
  1. Make most of your fat sources from fish, nuts ,and vegetable oil .
  2. Rice bran,soya bean,Flax seeds, Pure ghee, are good sources.
  3. Nuts like Walnut, Almond, Peanut are good sources.
  4. Monthly requirement 500 to 750 ml.
- **Avoid** – Bakery food,Junk food,Trance fat.
- Avoid cooking in the same oil again and again.



# VITAMINS AND MINERALS

- *Eat a variety of fruits, Vegetables*

Green leafy vegetables, red - yellow fruits, eggs contain **vitamin A**

Amla, lemon, Oranges are good sources of **vitamin C**

Walnut, Almond, Methidana

Flax seeds are good sources of **vitamin E**

Vitamin C and Vitamin E are antioxidants





## ANTIVIRAL FOOD

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*Turmeric, ginger, onion, garlic, cinnamon and black pepper have medicinal properties.*

Drink One glass of milk with turmeric early morning or evening.

Use of ginger in tea and in cooking recipes necessary.

Onion, garlic can be eaten raw and cooked.

Buttermilk with black pepper .

Use Cinnamon in cooking recipes.




# PHYSICAL ACTIVITY

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- **Find your balance between food and physical activity .**
- Be physically active for 30 minutes most days of the week.
- Children and teenagers should be physically active for 60 minutes everyday or most of the week.




# TIPS



Food and  
Nutrition tips  
During self  
Quarantine



Take balanced  
Diet



Stay  
Hydrated



Enjoy family  
Meal



Maintain  
Hygiene



Use fresh  
Food products



Follow safe  
Food Handling  
Practices



Regular  
Exercise

# SUGGESTIONS

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- Improving community health is a huge undertaking that involves cooperation between public health workers, local government, volunteers and average citizens
- Education also plays a large role in maintaining community health. Health fairs and advertising campaigns that expose the dangers of risk factors like tobacco exposure, poor nutrition and physical inactivity can raise awareness about the importance of choosing a healthy lifestyle
- Strong community health requires to take **collective responsibility**.

***Thank You***