

Nutrilicious

Made to order nutrition..

Volume-II, September 2011



Dept. of Food, Nutrition & Dietetics
Vidyagiri, Moodbidri

You are what you eat

Unhealthy Choices



Healthy Choices



Editorial...

Nutrilicious

Chief Editor:
Mrs. Archana Prabhat

Co Editor:
Mr. Pramod M A

Outreach Programs in charge:
Mrs. Ashitha M D

Student Editors:
Anwesha Jain III Year
Raksha III Year
Pearline Rodrigues III Year

Dear readers,

You have in your hand another issue of 'NUTRILICIOUS' with a difference. We hope that these articles in the present issue will throw insight on new knowledge about nutrition and medicine for healthy living.

NUTRILICIOUS the annual newsletter has been designed to help you savour the basic wonders of overall wellness which commits to make it critical in your life. Inquisitive students have compiled the articles on nutrition facts and epidemiological studies to suit the life the way its supposed to be lived.

Mrs. Archana Prabhat
Chief Editor

The doctor of the future will no longer treat the human beings with medicines, but rather will cure and prevent disease with nutrition. Malnutrition is one of the major causes for weak immune system of the human body. Our body has its own army of biosoliders who not only detect but also fight successfully against any harmful organism which affects our health thus making it strong enough to care of itself without the need for possibly harmful chemicals in the form of medical drugs. A strong body nourished well and preserved with nutritious and wholesome food supported by healthy habits will contribute to a healthy and long life.

Anwesha Jain
Student Editor

Department of Food
Nutrition and Dietetics.



"If the doctors of today do not become the nutritionists of tomorrow, then the nutritionist of today will become the doctors of tomorrow"
- Rockefeller, Institute of medical research

POMEGRANATE: THE POORMAN'S APPLE

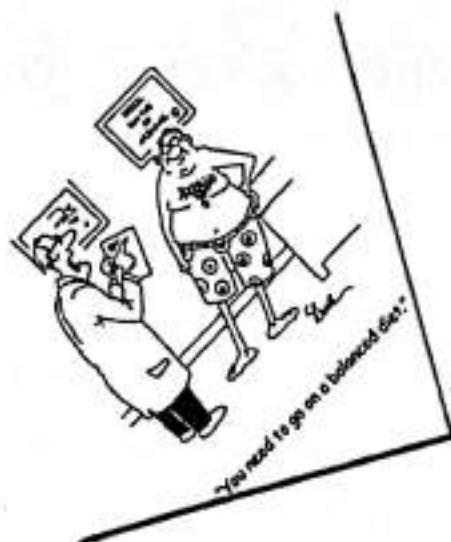


"AN APPLE A DAY KEEPS THE DOCTOR AWAY", is a vintage adu any kid of any age will utter with all the innocence. The pomegranate is old as the apple. The Egyptians buried their kings with them. They were a symbol of fertility and abundance for the ancient Greeks. And some scholars even believe that it was fruit that Eve offered to Adam, not the apple. Now, the pomegranate looks like becoming the next "super-food" following a flurry of scientific studies extolling its health benefits contained in its "polygonal ruby jewels".

Scientists say the pomegranate is stuffed with cancer-fighting properties. A glassful of natural pomegranate juice is said to contain more antioxidants than 10 cups of green tea. More importantly, the pomegranate is said to reach parts the apple can't. It looks after your heart, cuts your risk of skin cancer, protects your baby during pregnancy.

The scientific evidence is also building up. A recent study of people showed that individuals drinking 50 ml of pomegranate juice each day enjoyed an average 35% reduction in the extent of their carotid atherosclerosis over the course of a year. In the UK, a heart foundation has endorsed pomegranate juice, as its favoured drink of choice. In the USA, gourmet magazines are packed with pomegranate recipes, a new pomegranate cocktail called pomi-tint is popping up in bars.

Some scientist say Americans are just looking for the next thing that's good for them. First, it was oatmeal. Then blue berries. The grapefruit. Now its pomegranate, may be, there is a lot to be said in favour of eating a fruit, banana or apple or pomegranate or anything else you can afford.



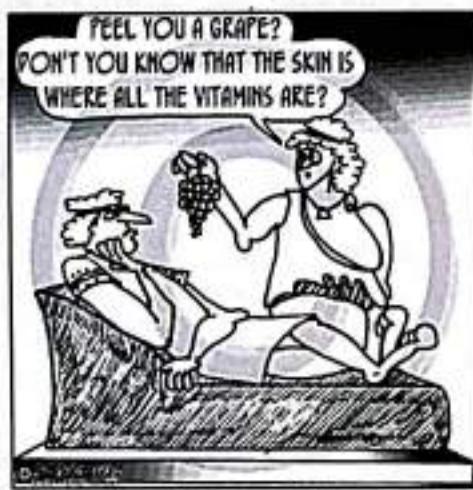
EATING A VARIETY OF FRUIT CUTS LUNG CANCER RISK



Eating five portions of fruit and vegetables per day is one of the means that experts most frequently recommended for preventing cancer. Now, the European EPIC study carried out by researchers from 10 countries has shown that, in the case of lung cancer, the important thing is not just quantity but also the variety of fruit consumed, which can reduce the risk by up to 23%.

"This research looks more deeply into the relationship between diet and lung cancer", according to the study they said "Aside from the amount consumed, it's also important to take into account the variety. A varied diet reduces the risk of developing cancer, above all in smokers". The results of this study, which has been published in the journal cancer epidemiology, Biomarkers and prevention, show that eating "more than eight sub-groups" of vegetables cuts this risk by 23% compared with eating "less than four sub-groups". In addition, this risk falls by a further 4% for each unit added to the diet from another sub-groups. "A significant link was only found in smokers" the researcher stresses. "For every two additional units of different kinds of fruits and vegetables in the diet, the risk of lung cancer falls significantly by 3%. So if smokers increase the variety of fruit they eat they could have a lower risk of developing this type of cancer.

Lung cancer continues to be one of the most common cancers in developed countries. For this reason, despite the encouraging results of this study they concluded that "the most effective way of preventing it continues to be reducing the prevalence of tobacco consumption among the populace". Greater variety in fruit and vegetable consumption is associated with an additional two units of fruit and vegetable consumption leading to a 9% reduction in risk. This effect is clearer among smokers (where the risk falls by 12%).



GARLIC REMEDY AT HAND FOR HYPERTENSION



Garlic may be used in addition to treat high blood pressure, a study suggests. Australian nutritionist enrolled 50 patients in a trial to see if garlic supplements could help those whose blood pressure was high, despite medication. Those given four capsules of garlic extract a day had lower blood pressure than those on placebo, they reported. Garlic supplements have previously been shown to lower cholesterol and reduce high blood pressure in those with untreated hypertension. In the latest study researcher looked at the effect of four capsules a day of a supplement known as aged garlic for 12 weeks. They found systolic blood pressure around 10mm Hg lower in the group given garlic compared with those given a placebo. They finally concluded that 'Garlic supplements have been associated with a blood pressure lowering effect of clinical significance in patient with untreated hypertension'.

EAT CHOCOLATES TO YOUR HEART'S CONTENT



According to a report published in American chemical society's journal of food chemistry, chocolates boost the production of the 'good cholesterol' (HDL) in the body that protects our heart from disease³. Cocoa, the main ingredients in dark chocolates, increases the HDL in our body and brings down 'bad cholesterol' (LDL). Actually it is polyphenols in cocoa that do the trick. According to a report on the same journal, chocolates also contain powerful antioxidants (flavonoids) that significantly reduce the activity of angiotensin converting enzyme (ACE). This results in lowering your blood pressure. High blood pressure is directly linked to heart disease.

Chocolate also helps ease emotional stress according to the report. The scientist noticed reduction in the levels of stress hormones and other stress related bio-chemical changes in the subjects after eating 40g of dark chocolates for two weeks. These subjects had reported being highly stressed at the start of the study. Stress is an important risk factor in heart disease.

GINGER INHIBITS ONSET OF DIABETIC CATERACT



Common ingredients are increasingly providing to have significant health benefits. Ginger may prevent the development of diabetic cataract via antiglycating activity, according to a study. Researcher from NIN Hyderabad reported the formation of advanced glycation end product (AGE) plays a key role in the pathologies of several conditions related to ageing and diabetes, including arthritis, neuropathy and cataract. In the current trial, diabetes was induced in NIN rats by intraperitoneal injection of streptozotocin (35mg/Kg bodyweight). The diabetic animal received either a standard diet or a diet that included 0.5% or 3% ginger for two months. After the intervention, the animals were sacrificed to evaluate non enzymatic glycation and osmotic stress in the eye lens. Animals consuming ginger had delayed onset and slowed progression of cataract. Molecular analysis found ginger significantly inhibited formation of various AGE products in the eye lens, and helped counter hyperglycemic-induced osmotic stress in the eye.

Onions- worth the tears



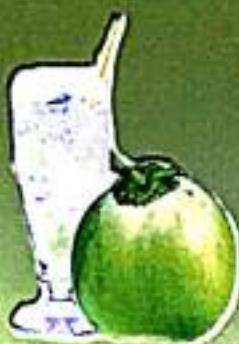
Not only do onions add flavour to our food, but they also impart numerous health benefits. Onions are one of the most popular vegetables throughout the world and are available round the year. They come in various types—brown onions, white onions, red onions and spring onions. The more pungent varieties of onion possess the greatest concentration of health-promoting phytochemicals.

Medicinal properties :-

Ancient people were aware of the health benefits of this vegetable and hence, consumed it regularly.

- Onions help improve cardiovascular health by aiding thinning of the blood, which in turn, prevents the red blood cells from forming clumps or plaques.
- The flavonoids like quercetin present in onions helps inhibit the oxidation of low-density lipoprotein [bad cholesterol] and increase high-density lipoprotein. This helps in preventing diseases like atherosclerosis and coronary heart disease.
- Apart from helping in diabetes control, onions are also beneficial in the treatment of urinary tract disorders. Boil an onion in water, filter the water, cool it and drink it to cure any urinary infection. It also helps reduce the burning sensations experienced while passing urine if there is a staphylococcus-induced infection. Further, having onion-sugar syrup regularly provides instant relief from unnecessary urine retention in the bladder.
- Eating onions helps improve several stomach anxieties.
- The Vitamin C present in onions helps kill harmful bacteria, relieve the inflammatory congestion and at the same time improves the efficiency of our immune system. Onions help drain out mucus from cavities and facilitate the melting of phlegm, alleviating the symptoms of sinus.
- The vitamin C and quercetin lend onions anti-inflammatory properties that provide relief in conditions like arthritis.

COCONUT WATER: Cool and refreshing



"Losing just 1-2% of your body's water content is enough to cause dehydration."

Coconut water - the "wonder drink" - is the answer to your stifling summers. Water from a young coconut provided a refreshing drink in hot countries, but in times of medical emergency it was used as a substitute for glucose. During World War II, coconut water became the emergency glucose supply when there was no other sterile glucose available. Within a clean self-contained vessel, the coconut water is free of impurities.

Health benefits :-

1. Good for feeding infants suffering from intestinal disturbances.
2. Oral re-hydration medium. It also helps in digestion.
3. Contains organic compounds containing growth-promoting properties.
4. Keeps the body cool.
5. Application on the body prevents prickly heat and summer boils and subsides the rashes caused by small pox, chicken pox and measles.
6. Presence of saline and albumin makes it a good drink in cholera cases.
7. Excellent tonic for the old and the sick.
8. Diuretic [a substance which tends to increase flow of urine].
9. Can be injected intravenously in emergency cases such as cholera and dysentery when other pyrogen-free fluids are not available.
10. Can be used as a blood plasma substitute because it is sterile, pyrogen — free and does not produce heat, and does not destroy blood cells.
11. It's the quick absorption of drugs and makes their peak concentration in the blood easier by its electrolyte effect.
12. Antiseptic and eliminates poisons in case of mineral poisoning.
13. Regular face cleaning with coconut water removes black marks and pimples.

The water-of-coconut is rich in mineral, carbohydrates, proteins, staple fibres and vitamins. Tender coconut water contains most of the minerals such as potassium [290 mg], Sodium [42 mg], calcium [44 mg], magnesium [10 mg], phosphorus [9.2 mg], iron [106 mg], and copper [26 mg].

"Water is the most neglected nutrient in your diet, but one of the most vital" - Julia child

A Wonder herb –Turmeric



Ayurveda proclaims that to keep one's immune system intact and prevent diseases, one needs to consume a variety of tastes daily - so, turmeric, cumin, ginger, clove, pepper, sweet, salt, sour etc., have been advocated. From time immemorial, turmeric has been extensively used in every Indian kitchen. And today turmeric is making waves in the scientific world. Be it cancer research or Alzheimer's disease, one hears a lot about the magical therapeutic effects of turmeric.

Therapeutically, turmeric is a versatile drug-diet against micro-organisms inclusive of viruses, bacteria, chlamydia, and fungus. It has been advocated in heart problems, diabetes, skin afflictions, leprosy, infection of ear, eye, nose, throat, digestive disorders, in neoplasm [benign tumours], allergies, fevers etc., Researchers today have found that turmeric is an anti-oxidant, anti-inflammatory, anti-cancer, anti-microbial. It may also slow down the development of Alzheimer's disease. Pharmacologically, curcumin has been found to be safe. Human clinical trials indicate no dose-limiting toxicity when turmeric is administered at doses of up to 10 gm/day.

Uses of Turmeric :-

#Anti-inflammatory: Turmeric and its volatile oil possess anti-inflammatory properties. In general, turmeric is comparable to cortisone as an anti-inflammatory. Its advantage is that it has virtually no toxicity. It can also be used topically and internally.

#Cardiovascular effects: The effects of turmeric on the cardiovascular system include lowering of cholesterol levels and inhibition of platelet aggregation. This helps prevent atherosclerosis [clogging of arteries] and its complications. If one is not diabetic, it is advisable to take turmeric powder with sugar.

#Liver: Turmeric exhibits liver protection properties because of its potent anti-oxidant properties. It is traditionally used for liver disorders. It may be used with organic licorice extract to form a powerful synergy for liver protection and rejuvenation.

#Diabetes: Ayurveda recommends turmeric with amla [Embalica officinalis] to control blood glucose and also avoid complications of diabetes.

#Alzheimer's disease: In India, only 1 per cent of those aged 65 and older contract this degenerative brain condition. Many scientific reports point towards the lavish use of turmeric in various preparations, such as curries, which is the staple diet for millions in the subcontinent. A team from the University of California at Los Angeles, US, believes that turmeric may play a role in slowing down the progression of the neuro-degenerative disease.

#Arthritis: A study was conducted among patients with rheumatoid arthritis to compare turmeric [1,200 mg per day] with phenylbutazone [300 mg per day]. The results showed that the improvements in the duration of morning stiffness, walking time, and joint swelling were comparable in both groups. Turmeric has a great advantage, because it does not produce any adverse side-effects, whereas phenylbutazone has significant adverse effects.



Guava: God, it's good!

The anti-oxidant, lycopene, enhances our skins natural SPF. Tomato, watermelon, pink grape fruit and guava are some of its sources.

This green-coloured tropical fruit has two main varieties—one having a yellow-white flesh and the other pink-red in colour. Depending on the area of cultivation, the shape of the guava fruit varies from round to apple- or pear-shaped.

Health benefits :-

- Guava is high in vitamin C and helps maintain gum and teeth health. It also helps strengthen immunity and treat scurvy. The content of vitamin C in guava is 228mg/100g of the fruit, which is almost five times that of an orange.
- The rind of guava is rich in anti-oxidants, particularly lycopene. This anti-oxidant helps protect against cancers of the cervix and prostate and also has anti-ageing properties. Eating guava is also helps improve skin texture and that's why its extracts are commonly used in cosmetics.
- Guava pulp contains generous doses of vitamin A in the form of carotenoids. It is also effective in raising haemoglobin levels because of its iron and folate content.
- Guavas are a good fruit to eat if you're suffering from diarrhoea or constipation. That's because its skin has high quality fibre and the pulp helps easy passage of stools.
- It is low in calories, fats and sugar content. This gives you one more fruit option to snack on if you are weight-conscious.
- The pulp contains potassium, lending it blood pressure- and cholesterol-lowering properties. It's also good for nerve health. If you suffer from frequent cramps, nerve twitching or calf pain, make sure you include guava in your diet.
- If you've bitten into a firm, partially ripe guava fruit, you're probably familiar with the peculiar feeling it leaves in your mouth. That's because guava has astringent properties that are good for teeth and gums—the reason why guava extracts are used in preparing herbal toothpaste.
- It's not just the fruit of guava that has all the goodness. Extracts from the guava leaves are gaining immense popularity in recent times. Known to have potent anti-bacterial, anti-oxidant and anti-inflammatory properties, they are used to treat diabetes and aid weight loss. Studies have shown that guava leaf extract also has a protective action on the liver.
- Dried and powdered guava leaves are used to treat psoriasis, eczema and sun burns. They are also an important ingredient in herbal tea preparations.

“He who takes medicine and neglects diet wastes the skills of the physician”



5 super foods for women



Here are five foods loaded with nutrients that will keep women healthy and happy.

A woman's body has unique nutritional requirements, which can be easily met by choosing the right kinds of food. And there are plenty of foods that are packed with nutrients specifically beneficial to women. Here we list five of them.

1. Soy

Soy contains isoflavones and has an antioxidant property. It is also a rich source of proteins and therefore extremely healthy for vegetarians. Soy also has good amounts of vitamins B-complex, minerals like calcium and iron and fibre. Soy flour is rich in calcium, proteins and fibre along with the isoflavones. Overall, soy lowers cholesterol, prevents cancer [especially breast cancer], regulates female hormones that are beneficial during menopause and prevents osteoporosis.

Preferred intake: 25g of soy daily.

2. Nachni/ragi

Also known as finger millet, ragi is rich in proteins, essential amino acids, vitamin A, B, fibre and phosphorous. Ragi also contains high amounts of calcium and iron having no parallel among cereals for these minerals.

Ragi is good for children, pregnant and lactating women due to its high calcium and iron content. The fibre lowers cholesterol, maintains blood sugar levels and aids in weight loss. It also regulates the digestive system and prevents constipation. It also has a high glycemic index and is good for people with diabetes. According to ayurveda, ragi is an excellent antacid and helps in improving blood production.

Preferred intake: Replace wheat with ragi to make rotis thrice a week.

3. Flaxseeds

Flaxseeds are commonly available; unfortunately, they are not made best use of. Flaxseeds are not grains but have a nutrient composition similar to that of grains. They are rich in B-vitamins, fibre, iron, calcium, magnesium, manganese and omega-3 fatty acids—all these nutrients are extremely important for a woman's body. Flaxseeds also have a low-carbohydrate value. Due to the healthy combination of fat and fibre in this seed, it helps in weight loss by increasing satiety.

Flaxseeds have also shown beneficial effects in reducing cholesterol and maintaining a healthy heart due to its omega-3 fatty acid content. The fibre in flaxseeds helps in regulating the digestive system and stabilising blood sugar levels. Flaxseeds contain phytochemicals, which act as antioxidants and helps regulates female hormones.

Preferred intake: 1 tsp daily.

4. Broccoli

Broccoli looks similar to a cauliflower but has much smaller florets. It is low in saturated fat, cholesterol and calories, and high in dietary fibre, vitamins A, E, C, K, potassium, selenium and phosphorous.

It aids in digestion and due to its antioxidant properties prevents occurrences of harmful diseases. Research shows that broccoli aids in maintaining the heart of post-menopausal women. It also helps balance female hormones.

Preferred intake: A small floret or two, thrice a week.

5. Green tea

Green tea can be used to treat a host of illnesses—right from headache to depression. It is rich in catechins polyphenols, which are a rich source of antioxidants. In contrast to the regular black tea, green tea is made by steaming, which in turn locks the beneficial polyphenols.

Overall, green tea reduces cholesterol and blood sugar levels, increases metabolic rate, balances females hormone, protects the heart against cardiovascular diseases, aids in rheumatoid arthritis and fights infection.

Preferred intake: Two cups every day. Avoid having green tea at bed time; its caffeine content will keep you awake.



Eat for your mouth

- Like the hygiene rituals, some foods are good for your oral health too. Foods that are high in fibre help release more saliva into your mouth, which helps regulate the pH in your mouth.
- Foods that are high in vitamin C are good for your gums and teeth. These include kiwis, strawberries and apples. Crunchy vegetables like carrots and broccoli also help clean the teeth and strengthen the gums. Other vegetables that are recommended include pumpkin, celery and sweet potatoes. You can also eat eggs, green tea, sesame seeds, and milk products like yoghurt and cheese. Eat onions raw. The sulphur compounds in the onions have antibacterial and antifungal properties.
- Food introduces bacteria into the mouth. Limit your intake of sugar-heavy foods as they stick to the teeth helping bacteria breed. Also avoid consuming carbohydrates [cooked starches in particular] like potato chips, as they damage teeth.
- Avoid consuming processed fruit juices, soft drinks and vinegar in excess. The acids in such drinks demineralise the enamel of the teeth by bringing down the pH levels in the mouth.
- Chew gum from time to time. The chewing helps move the saliva around the mouth facilitating oral irrigation, which helps remove stuck particles from hard-to-reach corners and prevents the mouth from drying up. However, do not chew gum if you have loose fillings or if your teeth are in poor health. It will increase the damage.

Know the pH factor of your food



pH is an index to measure the acidity or alkalinity of the body. A pH value more than 7 is considered alkaline, while less than 7 is considered acidic. Water has a pH of 7 and is considered neutral.

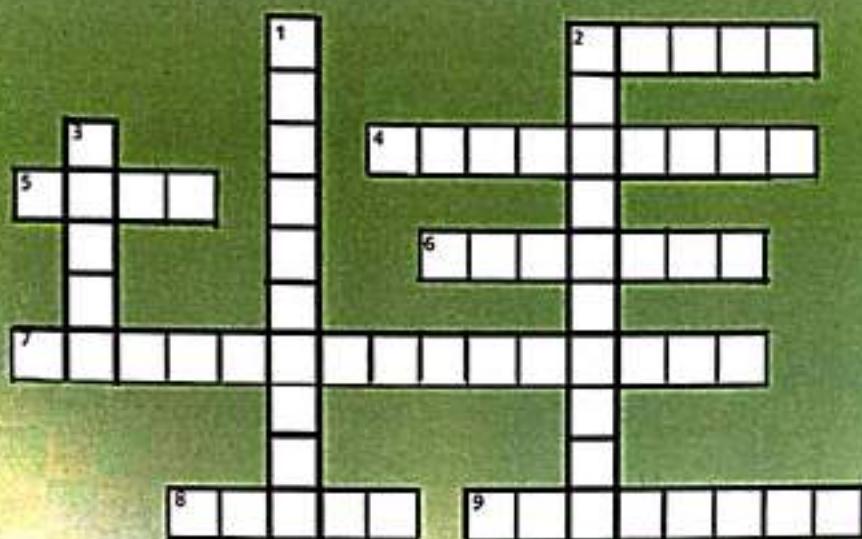
The ideal pH levels required for optimal functioning of the body is between 7.3 and 7.4. Any imbalance in this level creates problems in the body.

How can I achieve a healthy pH balance?

A few modifications in your lifestyle and nutrition can go a long way in moving the acid and alkaline balance in a positive direction:

- Soak acid-forming foods such as whole grains and legumes before cooking.
- Chew complex carbohydrates like grains, vegetables, and legumes thoroughly to mix them well with saliva, the alkaline fluid that begins the digestive process.
- Do not drink liquids in excess while eating, as it disturbs the digestive process.
- When cooking leafy vegetables, keep the cooking pan uncovered for initial few minutes to let the volatile acids escape.
- Avoid adding cooking soda while cooking legumes and dals.
- Instead of salt, add a few drops of lemon when cooking rice.
- Drink plenty of water through the day.
- Sleep well, and exercise for at least 20 – 30 minutes daily.

Nutri Sips



Guess the drinks that helps to beat the nutrisips

Down

- 1) Liquid left behind after churning butter out of cream (10)
- 2) Squeezed from a fruit to get lots of vitamin C (5, 5)
- 3) A mixture raw mango, sugar/ jaggery and water (5)

Across

- 2) Blend curds with water or milk to get this. It comes in sweet and salty variant (5)
- 4) A cooling drink made from almonds, milk and sugar, adding cardamom powder and rose water (5, 4)
- 5) A traditional drink made with ground millet (boiled in water) and buttermilk (4)
- 6) A cold drink made with a mixture of almonds, fennel seeds, rose petals. Khus khus, cardamom, saffron, milk and sugar (7)
- 7) This extract from a round fruit (green on the outside and red inside) makes your summer super cool. (10, 5)
- 8) A refreshing tangy drink a favorite among konkanis(5)
- 9) Traditional water based iced fruit drinks popularized in the Indian subcontinent by the Mughal ruler (8)



"Ease up on the dinosaur meat and eat more whole grains."



"It finally happened. The school hired a nutritionist and I really did flunk lunch."

Staff achievements

Mrs. Archana prabhat attended two days national workshop on 'COMPUTER BASED STATISTICAL TOOLS FOR MEDICAL AND BIOLOGICAL SCIENCES' held at government college Ananthapur, Andra Pradesh.

Mrs. Archana prabhat presented a paper in free communication poster session at 43rd annual national conference of Indian Dietetic Association held at National Institute of Nutrition, Hyderabad.

Miss Sowndarya and Miss Ashitha attended the 43rd annual national conference of Indian Dietetic Association held at National Institute of Nutrition, Hyderabad.

Mrs. Archana prabhat presented her research paper in international conference held at Salem, Tamilnadu, January 2011.

Mrs. Archana prabhat, Miss Sowndarya and Miss Ashitha participated as delegates in national level workshop on 'SHAPING YOUR LIFESTYLE WITH THE BLEND OF TRADITIONAL AND INNOVATIVE TECHNIQUES' held at Justice K.S. Hegde Charitable Hospital, Manglore, February 2011.

Miss Ashitha has participated as delegate in the UGC sponsored National conference on 'QUALITY HEALTH CARE FOR BETTER LINING' held at Besent Women's college Mangalore, January 2011.



OUR OUTREACH PROGRAMS.....



Program on 'HEALTH STATUS AND NUTRITIONAL EDUCATION AMOUNG MIDDLE AGE WOMEN' at jayceret wing, Moodbidri by Mrs. Archana Prabhat HOD department of FND, July 2010.

On account of 'WORLD BREAST FEEDING WEEK' a program was organized on importance of breastfeeding at anganwadi center, Ghandi nagar and Handel, Moodbidre, August 2011.

A program on importance of weaning food and distribution of the same was organized on the account of nutrition week celebration at anganwadi center, Beluwai, Moodbidre. September 2011.

A guest lecture on ADOLECENT NUTRITION was arranged which was followed by DIET CAMP for students of Alvas high school on 19th December 2010.

A camp on 'ANTROPOMETRY MEASUREMENT AND HAEMOGLOBIN ASSESSMENT' was conducted at Jain high school , Moodbire on July 2011.

UPDATING KNOWLEDGE OF STUDENTS...

Workshop on **TABLE ETIQUETTE** by Mr. Sharath alva, lecture, Udupi College of hospitality management and tourism. July 2010.

A talk was organized on '**SPORTS NUTRITION**' by Miss Jothi, research nutritionist, BGS Apollo hospital, Bangalore, on September 2010.

A competition '**COOKING WITHOUT FIRE**' was conducted for the students of Alvas College, September 2010.

A talk on '**FOOD BEHAVIOUR AMONG ADOLESCENTS**' by Dr Pallavi, consultant homeopath, Ramakrishna mission, Mangalore was organized on February 2011.

A talk was organized on '**PLASTICS-ITS BENEFITS AND HAZARDS**' by Mr. Manjunath Shetty, environmental engineer, MCC, Mangalore on August 2011.



Nutri web.....

- 1) American Institute of Child Nutrition- www.faseb.org
- 2) American Public Health Assositaitn Food and Nutrition Division-www.apha.org
- 3) American Diabetic Association-www.eatright.org
- 4) American Diabetic Association-www.diabetes.org
- 5) Healthy receipts and nutritional facts-www.nutrition.about.com/healthnutrition
- 6) Health and nutrition guide-www.healthrecipes.com
- 7) Health Canada nutrition-www.hc-sc.gc.ca/hppb/nutrition
- 8) Lifelines nutrition and fitness links-www.lifelines.com/ntal.html
- 9) UN world food programme-www.wfp.org
- 10) Nutrition foundation of India-www.nutritionfoundation.in.org
- 11) Nutrition and weight maintenance-www.niddk.nih.gov/health/nutria.htm

Our comfort zone

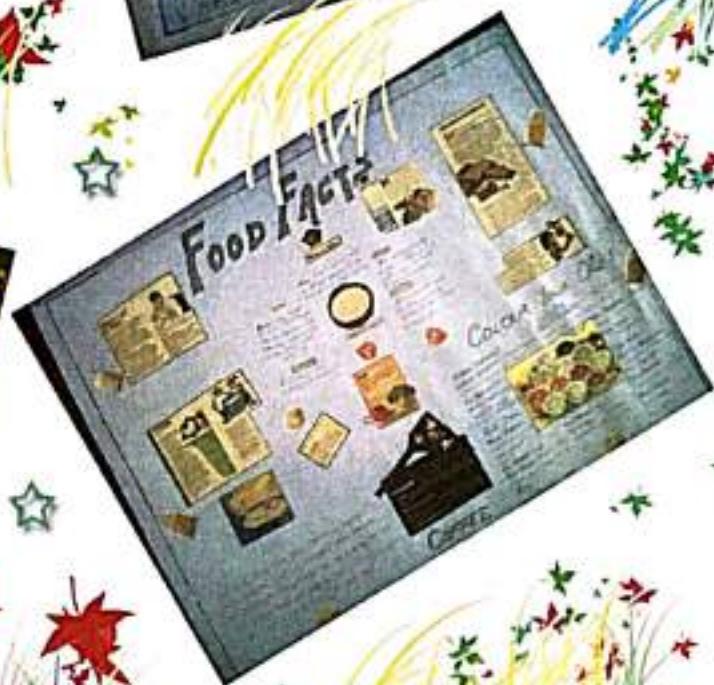
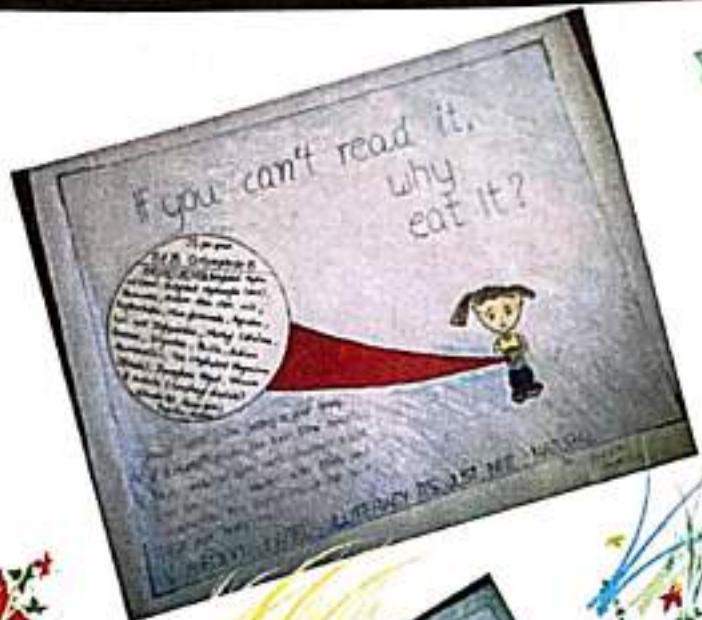
- # Become a Dietitian in a hospital
- # Join in new product development of food industries
- # Join gym and work at health and sports club as sports nutritionist
- # Work in food, pharmaceutical hotel industries
- # Join in hotel industries
- # Diet consultant in fitness centers and as health club coordinators in star hotels
- # Join as Nutrition Expert in international organization such as UNICEF, WHO, and FAO
- # As a research Asst. for organic food industries
- # Take up teaching as career after completing postgraduate and passing eligibility test conducted by U.G.C
- # As a food technologist in food industries
- # Work in Child and Woman welfare department (CDPO)



Projects

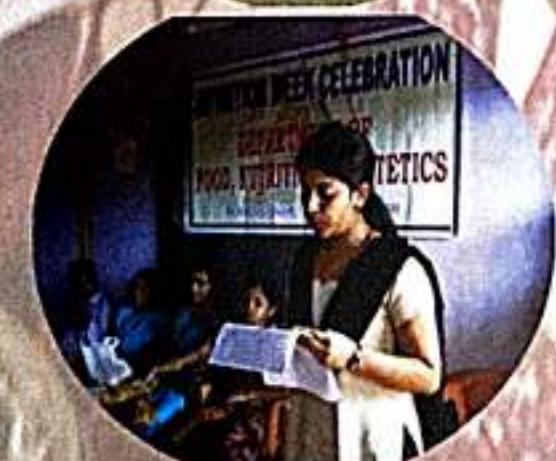
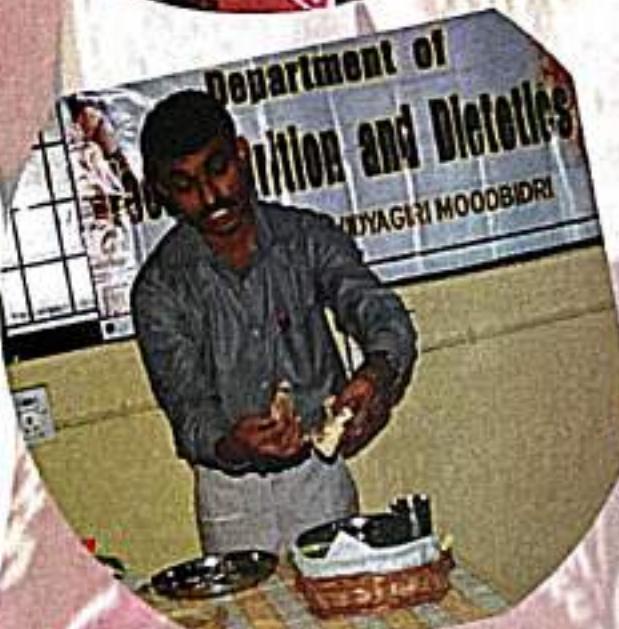
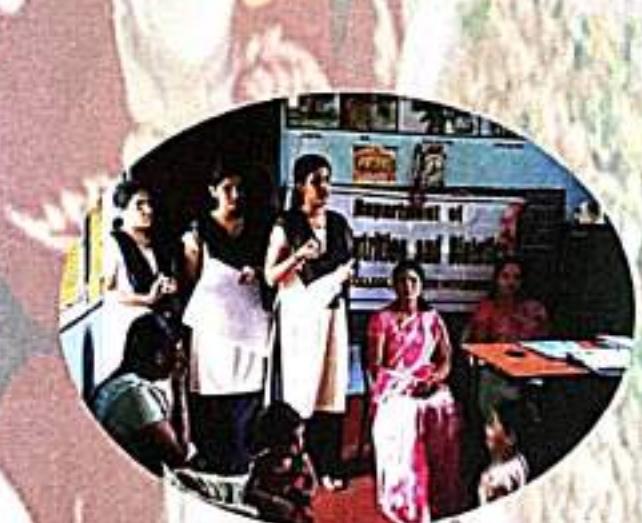
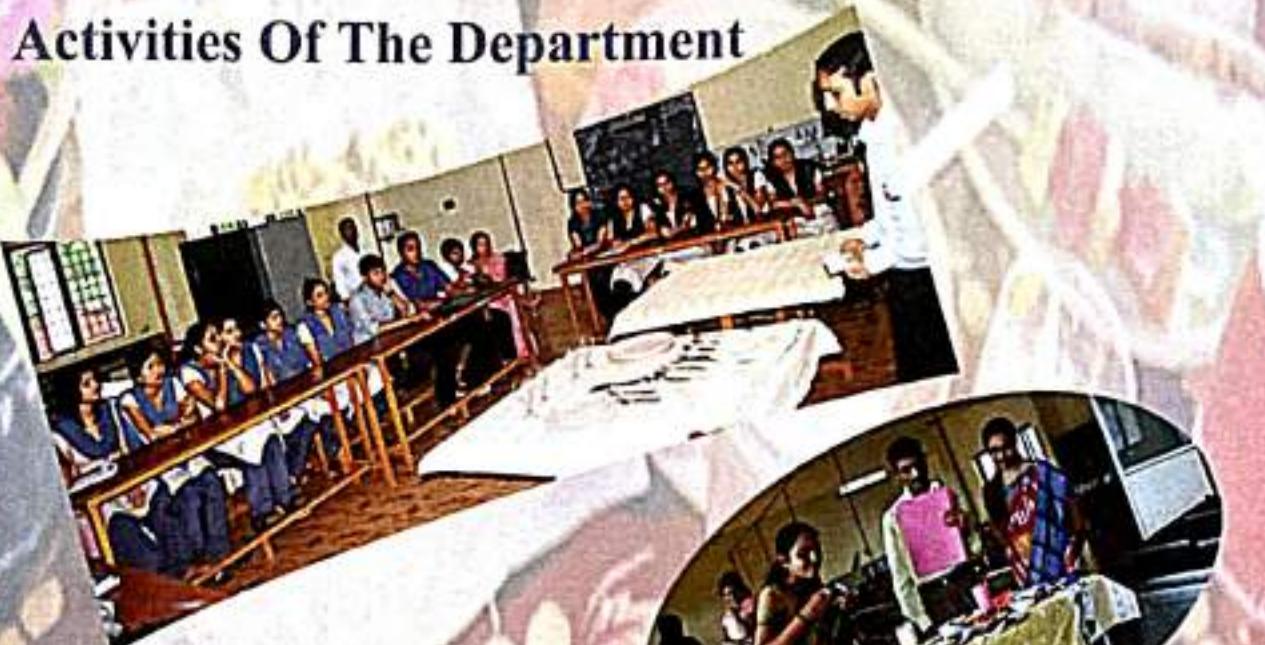
PROJECTS HANDLED BY STUDENTS AT VARIOUS CENTERS

- # Project on 'Hypercholesterolemia'-submitted by Anjusha Ramashandra under Ms. Soundarya.S.
- # Project on 'Gout'- submitted by Priyanka Shetty under Mrs. Archana Prabhat.
- # Project on 'Associated factor- diabetes mellitus' submitted by Libia babu under Mrs. Ashitha.
- # Project on 'Nutritional status assessment on elderly hospitalized patients' by Priyanka Shetty under Mrs. Archana Prabhat.
- # Project on 'Dietary pattern of pregnant women attending in antenatal clinics' by Nimisha Paul under Ms. Soundarya.
- # Project on 'Impact of COPD on nutritional status' by Sridevi under Mrs., Ashitha.
- # Project on 'Nutritional status and dietary guidelines for Hemodialysis patients' by k Sonia Devi under Mrs. Archana Prabhat.
- # Dietary project under department of the St. Mary's Hospital, Kerala by Nimisha Paul under Mrs. Archana Prabhat.
- # Project on visiting Anganwadi centers in and out of Kakwa, Manipur by Ningombam Sonia Devi under Mrs. Archana Prabhat,

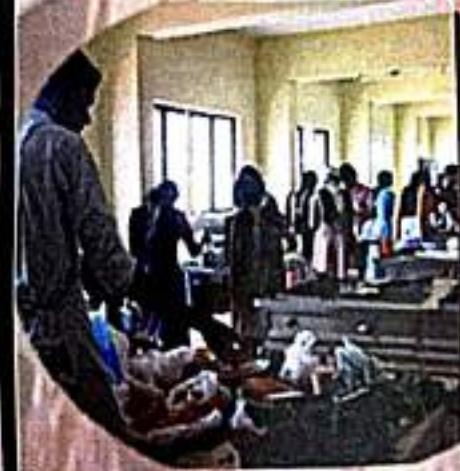


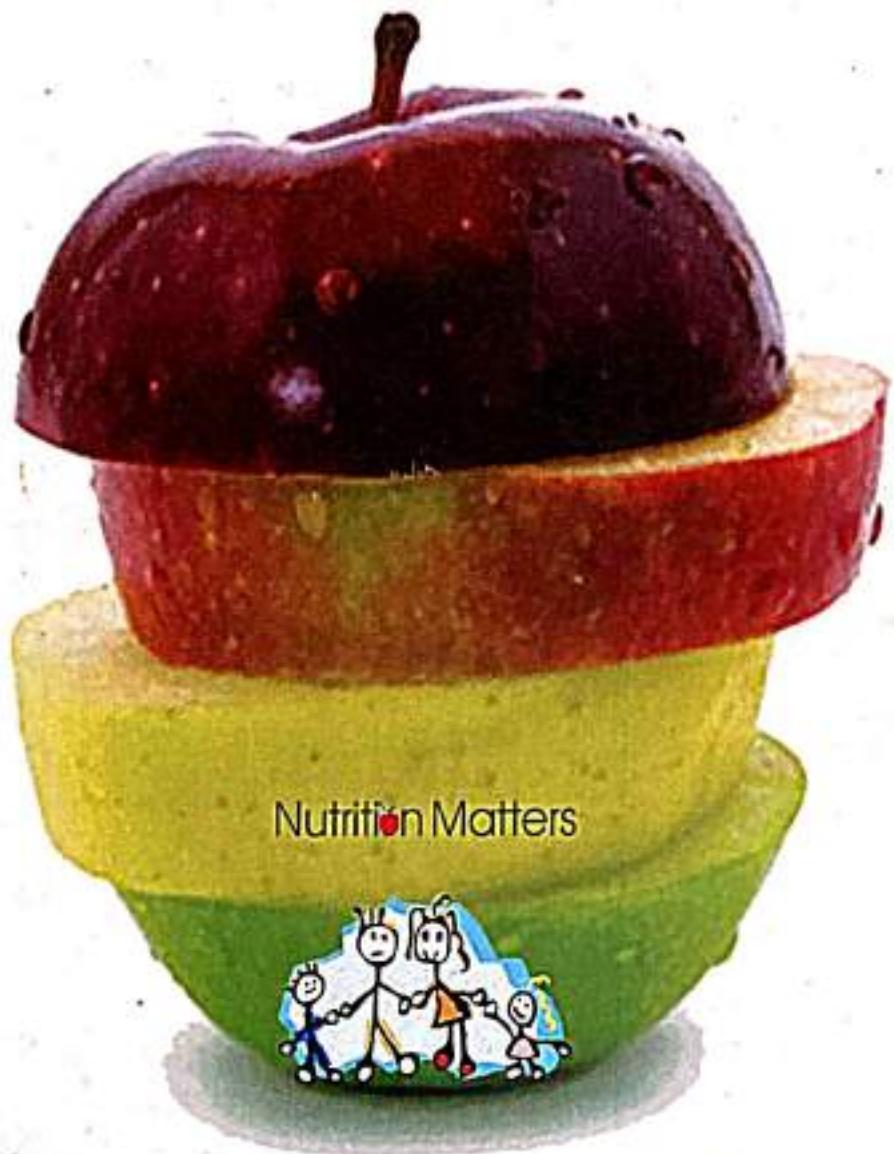
Charts by Students

Activities Of The Department



Activities Of The Department





Nutrilicious, Yearly Newsletter, edited and published by Department of Food, Nutrition & Dietetics, Alva's College, Moodbidri-574227 affiliated to Mangalore University, D.K, Karnataka, India.