

EATING IS NECESSITY, BUT TO EAT INTELLIGENTLY IS AN ART

NUTRILICIOUS



DEPARMENT OF PG STUDIES
IN FOOD SCIENCE & NUTRITION
ALVAS COLLEGE MOODIBIDRE



ALVA'S

VOLUME 3

JANUARY 2021

The Editorial Desk

It is rightly said that the good nutrition is the key for maintaining good health. Nutrition facts and figures at the research and practice levels have to be evidence based, so that they lead to concrete health and developmental outcomes. This series of newsletter endeavours to make such hard-core evidence easily available to the individuals. The current issue Nutrilicious facilitates our commitment to enhance your performance in daily regime.

We hope you find this issue interesting to read and we look forward to your valuable feedbacks and comments.

Happy reading!!!

Chief Editor

Dr. Archana Prabhat

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**Ms. Prajna V. Rao
Ms. Ashwini K
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**Mr. Sreenoob S
Mr. Jobin Joseph
Ms. Haritha Das.M
Ms. Rohini Badiger
Ms. D Pallavi**

Health is a Daily Practice Not a 30 Day Diet.

FRUIT OF THE MONTH

CITRUS FRUITS

HEALTH BENEFITS

- ▲ Boosts immunity
- ▲ Helps prevent iron deficiency
- ▲ May lower your risk of heart disease
- ▲ May reduce your risk of chronic disease
- ▲ Protects your memory and thinking as you age
- ▲ Reduces skin aging

NUTRITIVE VALUE

| NUTRIENTS | VALUE |
|-------------------|-------|
| Energy (Kcal) | 48 |
| Protein (g) | 0.7 |
| Fat (g) | 0.2 |
| Carbohydrates (g) | 10.9 |
| Dietary fiber (g) | 0.3 |
| Calcium (mg) | 26 |
| Phosphorous (mg) | 20 |
| Iron (mg) | 0.3 |
| Vitamin C (µg) | 52.3 |

QUERCETIN AND VITAMIN C AN EXPERIMENTAL, SYNERGISTIC THERAPY FOR THE PREVENTION AND TREATMENT OF SARS.CO.V 2 RELATED DISEASE (COVID-19)

Severe Acute Respiratory Syndrome Coronavirus-2 (SARS-CoV-2) represents an emergent global threat which is straining worldwide healthcare capacity. SARS-CoV-2 (COVID-19) has resulted in more than 340,000 deaths worldwide, with 100,000 deaths in US alone. Ascorbic acid is a crucial vitamin necessary for the correct functioning of the immune system and stress response of critically ill patients.

Quercetin is a well known flavonoid exerts a synergistic antiviral action when co-administered with vitamin c and due to overlapping antiviral and immunomodulatory properties, the capacity of recycling quercetin increases its efficacy. The current evidence supports the use of vitamin c and quercetin in high risk populations and also for the treatment of covid 19 patients.

Source: Frontiers in Immunology 11, 1451, 2020

- JOBIN JOSEPH, II MSc(FSN)

MEN'S INTAKE OF VITAMIN C AND BETA-CAROTENE IS POSITIVELY RELATED TO FERTILIZATION RATE BUT NOT LIVE BIRTH RATE IN COUPLES UNDERGOING INFERTILITY TREATMENT

A prospective cohort of men in couples who underwent infertility treatment with Assisted Reproductive Technology (ART) using their own gametes underwent 294 autologous ART cycles for infertility treatment. Diet was assessed in both partners using a Food Frequency Questionnaire (FFQ). The primary study outcome was the probability of achieving a live birth as a result of infertility treatment. Secondary outcomes were fertilization, implantation and clinical pregnancy rates.

Men's vitamin c intake was positively associated with fertilization rate (81%). Men's beta-carotene intake was positively associated with fertilization rate in sperm injection cycles but not in vitro fertilization cycles.

Men's intake of antioxidants and biologically related compounds like vitamin c and beta-carotene are positively related to fertilization rate but this does not translate into higher pregnancy or live birth rates in couples undergoing infertility treatment.

Source: The Journal of Nutrition, 149(11), 1977-1984

- JOBIN JOSEPH, II MSc(FSN)

Improve your food to boost your mood

FOOD FACTS



Food to Avoid in UTI

Urinary tract infection can bring excruciating pain especially every time you urinate, apart from drinking plenty of water and taking antibiotics exactly as prescribed, one way you can treat is by avoiding certain foods such as chocolates, caffeinated drinks, spicy food & citrus fruits.

- ARUN SHAJI, I MSc(FSN)

No Overcooking of Mushrooms!!!

A special polymer in the cell walls of mushrooms ensures a tender taste. If you manage to overcook mushrooms, you are exceptionally a bad cook

- HARITHA DAS M, II MSc(FSN)



A Quarter Of The World's Hazelnuts Are Used For Nutella!

Nutella has become such a popular brand that 1 in 4 of every hazelnut on this planet makes its way into those jars of heavenly goodness. The demand for hazelnuts has grown so much that universities are trying to grow them in labs to fight against global shortages.

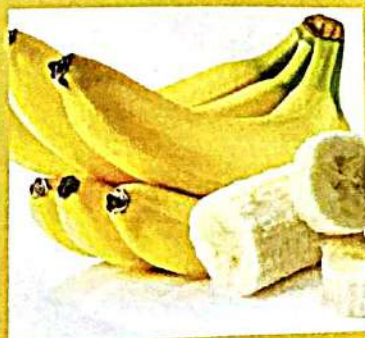
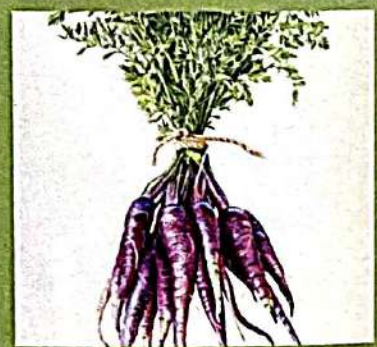
- HARITHA DAS M, II MSc(FSN)

Carrots were originally purple

The first carrots looked nothing like they do today. Originally these vegetables were purple or white with a thin root. The orange carrots we know and eat today are actually the result of a genetic mutation in the late 16th century that won out over the original color.

Source: National Carrot Museum in the UK,

- HARITHA DAS M, II MSc(FSN)



Humans Share 60% of Our DNA with Bananas

As it turns out, humans aren't as unique as we thought we were. At least, not according to our DNA, 3 billion base pairs of DNA inside us, and much of our human genome is coded to function similarly to other organisms, i.e., 96 % genetically similar to chimps and 60 % similar to that of humble banana.

- HARITHA DAS M, II MSc(FSN)

A healthy outside starts from inside

RESEARCH UPDATES

Chemical compounds in foods can inhibit a key SARS-CoV-2 enzyme

Proteases are important to the health and viability of cells and viruses. If proteases are inhibited, cells cannot perform important functions, for eg, replication.

Plant chemical compounds are known for their potent anti-inflammatory and antioxidant properties.

"M protease in SARS-CoV-2 is required for the virus to replicate. If this replication is inhibited or deactivated, the virus will die.

The chemical compounds in green tea and muscadine grapes were successful at inhibiting Mpro's function; chemical compounds in cocoa powder and dark chocolate reduced Mpro activity.

"Green tea and muscadine grapes contain these inhibitory chemicals in their leaves, skins and seeds. Thereby its not surprising that plant contain these beneficial compounds."

SOURCE: North Carolina state university, Frontiers in plant science,2020

- ROHINI BADIGER, II MSc(FSN)

Mango effective in preventing, stopping certain colon, breast cancer cells

The mango is an ancient fruit heavily consumed in many parts of the world, little has been known about its health aspects. It has about four to five times less antioxidant capacity than an average wine grape, and it still holds up fairly well in anticancer activity. If you look at it from the physiological and nutritional standpoint, taking everything together, it would be a high-ranking super food.

Mango showed some impact on lung, leukaemia and prostate cancers but was most effective on the most common breast and colon cancers.

Polyphenolics and more specifically gallotannins as being the class of bioactive compounds (responsible for preventing or stopping cancer cells). Tannins are polyphenols that are often bitter or drying and found in such common foods as grape seed, wine and tea.

Source: National Mango Board commission

- D PALLAVI, II MSc(FSN)

Drink coffee after breakfast but not before- For better metabolic control

For the study, the physiologists at the University of Bath asked 29 healthy men and women to undergo three different overnight experiments in a random order:

In one condition, participants had a normal night's sleep and were asked to consume a sugary drink on waking in the morning. On another occasion, participants experienced a disrupted night's sleep (where the researchers woke them every hour for five minutes) and then upon waking were given the same sugary drink.

On another, participants experienced the same sleep disruption (i.e. being woken throughout the night) but this time they were first given a strong black coffee 30 minutes before consuming the sugary drink.

In each of these tests, blood samples from participants were taken following the glucose drink rich in energy (calories). Their findings highlighted that one night of disrupted sleep did not worsen participants' blood glucose / insulin responses at breakfast, when compared to a normal night's sleep. However, strong black coffee consumed before breakfast substantially increased the blood glucose response to breakfast by around 50%. Previous research has previously demonstrated that caffeine has the potential to cause insulin resistance. This new study therefore reveals that the common remedy of drinking coffee after a bad night's sleep may solve the problem of feeling sleepy but could create another by limiting your body's ability to tolerate the sugar in your breakfast.

Source: British Journal of Nutrition, 2020

- ROHINI BADIGER, II MSc(FSN)

The secret of your success if found in your daily routine

LAUNCHED PRODUCTS OF THE MONTH



BITTERGOURD CHIPS



HEALTH BENEFITS

- ▲ Can help reduce blood sugar
- ▲ Helps in weight loss
- ▲ Could decrease cholesterol levels
- ▲ Has anti inflammatory property

| Nutritive value(30g) | |
|----------------------|------|
| Energy(Kcal) | 18.4 |
| Carbohydrates(g) | 0.31 |
| Protein (g) | 0.10 |
| Fat (g) | 1.86 |

| Nutritive value(30g) | |
|----------------------|-----|
| Energy (Kcal) | 86 |
| Carbohydrates(g) | 09 |
| Protein (g) | 2.1 |
| Fat (g) | 4.6 |
| Potassium (mg) | 94 |

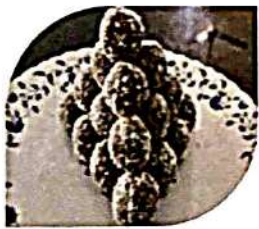
HEALTH BENEFITS

- ▲ Helps to moderate blood sugar level.
- ▲ Potassium and magnesium present in banana are essential for heart health
- ▲ Manganese in banana is good for your skin.

Banana Halwa



Choco Dates Balls



HEALTH BENEFITS

- ▲ Dates helps in lowering cholesterol level.
- ▲ It contains antioxidants like carotenoids improve heart health.
- ▲ It helps to ease the bowel movement.
- ▲ Almonds help in the free flow of oxygen and nutrients through the blood.

| Nutritive value(23g) | |
|----------------------|------|
| Energy(Kcal) | 66.5 |
| Carbohydrates (g) | 7.1 |
| Protein (g) | 1.4 |
| Fat (g) | 3.8 |
| Iron(mg) | 1.5 |

HEALTH BENEFITS

- ▲ Helps in liver detoxification.
- ▲ Aids in digestion
- ▲ Improves tissue health
- ▲ Helps in improving immune health

Tangy Imli



| Nutritive value(30g) | |
|----------------------|------|
| Energy(Kcal) | 93.3 |
| Carbohydrates (g) | 23.6 |
| Protein (g) | 0.48 |
| Fat (g) | 0.1 |
| Iron(mg) | 0.40 |

Wheat Laddu



HEALTH BENEFITS

- ▲ Wheat helps to lower the risk of heart disease.
- ▲ Helps to reduce the chances of colon cancer.
- ▲ Helps to control type 2 diabetes.
- ▲ Promotes gastrointestinal health

| Nutritive value(30g) | |
|----------------------|-------|
| Energy(Kcal) | 156.1 |
| Carbohydrates (g) | 19 |
| Protein (g) | 3.17 |
| Fat (g) | 6.1 |
| Iron(mg) | 1.04 |
| Dietary Fibre(g) | 0.32 |

You are what you eat, so don't eat fast, cheap, and easy or fake!

Departmental Activities

Alva's College, Moodubidri
 Affiliated to Mangalore University

Department of Food Science and Nutrition
 Centre for PG studies and Research

Organises

National Webinar
 Program under IQAC

ON ACCOUNT OF

WORLD FOOD DAY

THEME ON

GROW, NOURISH, SUSTAIN, TOGETHER
OUR ACTIONS ARE OUR FUTURE.

PRESIDENT : **Dr. Aruna**
 Principal, Alva's College, Moodubidri

PROGRAM CONVENER : **Dr. Archana Prabhat**
 Core Teacher
 PG Studies in Food Science and Nutrition

ORGANISING MEMBERS : **Ms. Prajna V Rao**
Ms. Aravind K
Mrs. Saphya Shirai


October 16, 2020 10:00 AM

ALL ARE CORDIALLY INVITED



Alva's College, Moodubidri

Affiliated to Mangalore University



TECHNICAL SESSIONS

Session 1:

09.30 P.M

**Sustaining nutrition in the food value chain:
From grower to consumer**

Dr. Januana Prabash
Visiting Professor for International Liaison of Food
 Sciences, Kumar Technology in Food
 Department of Food Science, Lening Biotechnology
 Zhejiang Gongshang University, China


Session 2:

01.00 P.M


**Sustainable food safety:
Role of Suppliers & Consumers**

Dr. Priya Puthan
Institute & Consultant
 Olivegro Food Safety Training & Consultancy
 Aerogadpet, Kuttanad, Kerala

Platform



meet.google.com/jbn-gzfm-fmh



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 Dakshina Kannada - 574227, Karnataka, India.**

College Website

<https://alvascollege.edu.in>

**INSTITUTE OF HEALTH INTELLIGENCE
AND RESEARCH**
NELLORE, ANDHRA PRADESH

SKILL DEVELOPMENT COURSE IN MEDICAL TERMINOLOGY

OBJECTIVES:

Upon completion of this course our graduates are expected to:

- > This certificate course is designed to prepare the student to analyze, define, pronounce, and comprehend the medical language. Upon completion of this course the student will be prepared to continue in other health care related courses. This course serves as a prerequisite for various entry level health care positions.
- > To develop students to become health care professionals for services in various fields of health care and related areas such as hospitals, academics, research, industry, community service
- > To develop capacities and abilities and enable them to pursue higher education and research in Clinical Nutrition and Food Science

Achievements

- ▲ Our department signed an MOU with UNIBIOSIS Biotech Research Lab, Kochi, Kerala.
- ▲ Dr. Archana Prabhat won the award under the category “ THE BEST PAPER” -‘Effect of Nutrient intake in the Post-Operative state of Hospitalized patients- A study on weight management’, at the international conference, NITTE

Ongoing projects

- ▲ **Development of tutti-frutti from Cauliflower Stem- A study on waste management**
- ▲ **Formulation of weaning foods enriched with Raw Banana powder**

There is no love sincere than the love for food

