

" Let's build wellness, rather than treating disease "

# NUTRILICIOUS

AUGUST | VOLUME 06

## SALUBRIUS RECIPES!

NUTRITION  
RESEARCH TILL DATE

- ➔ Departmental nutri products
- ➔ Departmental activities
- ➔ Myths & facts

EXCLUSIVE!

## NATIONAL CONFERENCE

Let's applaud the gathering!!!



**Nutrigen**

DEPT OF PG STUDIES IN  
FOOD SCIENCE & NUTRITION  
ALVA'S COLLEGE, MOODBIDRI



**A VOYAGE**  
Through our department

**ALVA'S**  
An abundant land for sports

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Departmental website

# THE EDITORIAL DESK



Nutrition decisions at the Clinicians and practitioner's levels have to be evidences based so that they lead to concrete health and developmental outcomes. This series of departmental newsletter **Nutrilicious- Sports** special make such evidence base easily available to the students/ practitioners. We are happy to unleash another maiden issue on this occasion of **National conference on Novel trends in Sports nutrition.**

Sports nutrition is a very highly regarded field of modern sports medicine, which helps athletes to keep their bodies in good condition pre and post exercise, so as to achieve the optimal performance. In that sense, different nutrients are explored for their potential to optimize athletic performance, especially when engaged in high-intensity sports which involve repetitive activity.

In the pursuit, the editorial desk is thankful to all those contributed and extend the immense gratitude to a very dedicated team of student-editors for their relentless and untiring efforts to bring out this issue.

Lastly, my heartfelt thanks to our beloved chairman Dr. Mohan Alva, our trustee Mr. Vivek Alva, Principal and Administrative Officer for their continuous guidance and motivation for the upliftment of our M.Sc programme. Readers will surely find the articles interesting, relevant and intellectually stimulating.

Hope going through this newsletter is as enjoyable for you as it is for us bringing it to you.

**Happy Reading..!!**

**CHIEF EDITOR**

Dr. Archana Prabhat  
Co-ordinator,

**CO - EDITOR**

Aswini .k

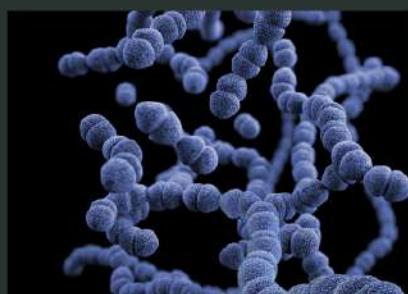
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*"You dont need a silver fork to eat good food"*



## PROBIOTICS



Probiotics are those microorganisms which, when ingested, as part of a food or supplement, survive, and perform beneficial functions to health. The intake of yoghurt and fermented probiotic milks is very advantageous for athletes, especially due to the immune-protective activity exercised by these bacteria, useful in case of particularly intense workouts to reduce the overtraining risk, which could lead to a drop in performance. These bacteria also improve modulating the post workout inflammatory states and preventing possible infections and disorders of the gastrointestinal tract that could occur during some sports activities. Probiotics also get better nutrient absorption, thus improving energy yield, and recent studies report that with probiotics integration can induce positive effects in modulating muscle inflammation, thus facilitating the recovery phase.

### Effects of Daily Probiotics

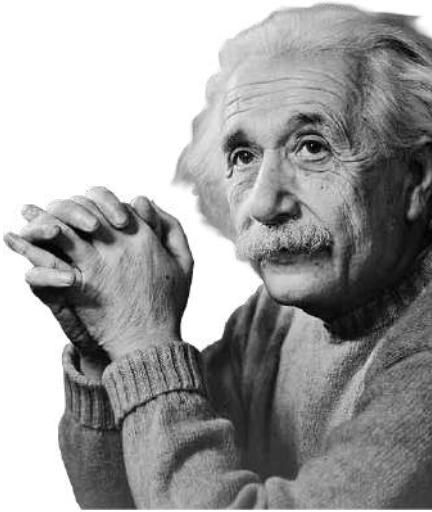
#### Supplementation on Anxiety Induced Physiological Parameters among Competitive Football Players

Competitive football players who undergo strenuous training and frequent competitions are more vulnerable to psychological disorders. Probiotics are capable of reducing these psychological disorders. The randomized, double-blinded, trial was conducted on 20 male footballers who received either probiotics or placebo over eight weeks. The cognitive test reaction time showed significant improvement in the probiotic group compared to the placebo. Findings suggest that daily probiotics supplementation may have the potential to modulate the brain waves namely, relaxation and attention for better training, brain function, and psychological improvement to exercise.

#### Effects of probiotic yogurt on performance, respiratory and digestive systems of young adult female endurance swimmers: a randomized controlled trial

In a randomized controlled trial, 46 endurance swimmers girls were studied. Subjects were randomly assigned into two groups, receiving either 400 ml probiotic yogurt (intervention group) or ordinary yogurt (control group) daily for 8 weeks. At the beginning and at the end of the study, the 400-m free swimming record was done and the Harvard Step test was employed to measure VO<sub>2</sub>max. A reduction in the number of episodes of respiratory infections and duration of some symptoms such as dyspnea and ear pain was observed.

# DID YOU KNOW?



*Raw oysters are still alive when you eat them*

Oysters deteriorate so fast that they need to be served very quickly — while they're still alive. Some varieties of the shellfish can survive out of the water for up to two weeks, which is why oysters are stored under particularly regulated condition. Once they die, they are no longer safe to eat.



*The Aztecs used chocolate as currency.*

The Aztecs may be known for their love of chocolate, but according to the International Cocoa Organization, they also used cocoa beans as currency. People under Aztec rule could use cocoa to pay their taxes.

*Ripe cranberries will bounce like rubber balls.*

Cranberries are commonly referred to as "bounce berries" because they bounce when they're ripe. In fact, bouncing cranberries is a common ripeness test for farmers and consumers alike.



*The curious case of coffee.*

Coffee was introduced to India during the late seventeenth century. The story goes that an Indian pilgrim to Mecca — known as Baba Budan — smuggled seven beans back to India from Yemen in 1670 (it was illegal to take coffee seeds out of Arabia at the time) and planted them in the Chandragiri hills of Karnataka.

# TAKE A BREAK!

Have a Watery Bite..!



## 1. PEACHES

High in vitamin C and antioxidants



## 2. PLUM

Rich in Calcium, Magnesium and Vitamin A,C,K



## 3. CHERRIES

High in antioxidants like Beta carotene and anthocyanins



## 4. JAMUN

Rich in phosphorus, flavonoids and calcium



## 5. ICE APPLE

Rich in calcium & phytonutrients



## 6. GRAPEFRUIT

Rich in Vitamin C, Strengthens immune system

" Good nutrition unlocks your potential "

# RECENT UPDATES...

## Dostarlimab- A wonder drug

Dostarlimab sold under the brand Jemperli, is a monoclonal antibody used as a medication for the treatment of endometrial cancer. Dostarlimab unmasks cancer cells allowing immune system to identify and destroy them.

Recommendation: 1000mg /6 weeks.

## Anti inflammatory response of Greek yoghurt in Female athletes

Greek yoghurt may support anti inflammatory response during periods of intensified training in adolescent female athletes. This research has shown that providing isolated single protein and whole dairy foods after exercise support muscle recovery in adult athletes.

## Echinacea ; an immunomodulator

Echinacea an anti-immunostimulant has been a go-to herb, used by athletes to stave off winter infections, especially for the common cold. It has antiviral, antibacterial, antifungal, antioxidant and anti-inflammatory effects. In addition it also been suggested to be an ergogenic aid in sporting circles,

and is used as such by athletes in an attempt to improve performance. It improve the oxygen carrying capacity of the blood by increasing erythropoietin.

## ***Rhodiola rosea* Supplementation on Exercise and Sports**

*Rhodiola rosea* (Golden Root Extract; RR) is a herb which has positive pharmacological effects on health. Some studies have evaluated the effects of RR as an exercise supplement for sport and physical activity. The use of RR extract by professional athletes increases physical performance and endurance.

## **Beta-Alanine more buffering, less suffering**

Beta-Alanine is one of two amino acids that make up carnosine which is considered to be as a physiological buffer. This provides the body more raw materials for the synthesis of carnosine, will improve the capacity to regulate intra muscular pH.

Source: FSNMAG

# Best of Departmental Seminars



## Slow food movement

Slow Food movement was initiated in 1986 in the town of Bra (Italy), as the Arci Gola.

Slow Food has become an eco-gastronomic non-profit Organization. The philosophy of slow food is “good, clean and fair food”. Many studies have done to gain knowledge of the philosophy of “clean, fair, healthy food” in slow food movement.

Source: Progress in Nutrition 2019; Vol.00, N. 0: 752-761

## Bactericidal activity of wasabi (Wasabia japonica) against Helicobacter pylori

Bacterial activity of Korean and Japanese wasabi -root, stem and leaves against Helicobacter pylori were examined. AIT is the major component in detection of bactericidal activity (Allyl isothiocyanate) it is estimated using gas chromatography. The leaves of both wasabi plant shows highest bactericidal activity against H.pylori in minimum bactericidal concentration against 3 major strains of H.pylori.

Source: International journal of Food microbiology 94 (2004)

## Antidiabetic activity of aqueous extract of Chinese mugwort in alloxan-induced diabetic rats

Oral administration of aqueous extract of Artemisia argyi (Chinese mugwort) significantly reduced the blood glucose, but significantly increased insulin and C-peptide levels. The extract produced a hypolipidemic effect by significantly reducing total cholesterol (TC) and serum TG. The hypoglycaemic and hypolipidemic effects of the extract were dose-dependent.

Source: Tropical journal of pharmaceutical research Vol 19 (2020)

## Revealing the Reversal Effect of Galangal (Alpinia galanga L.) Extract Against Oxidative Stress in Metastatic Breast Cancer Cells

Galangal (Alpinia galanga L.) is known as a spice plant in Asian countries and is mixed as herbal medicine for several diseases. This study intends to explore the potential of galangal extract as a co-chemotherapeutic agent through the analysis of its cytotoxic and migratory effects on metastatic breast cancer cells and found that Galangal has the potential for use as a co-chemotherapeutic agent

Source: Asian Pacific Journal of Cancer Prevention, Vol 21

# SPORTS ACHIEVEMENTS OF ALVASIANS

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Dhanalaxmi S and Shubha V from Alva's was selected for Tokyo Olympics 2020, a proud moment for the institution.

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67th Senior Ball Badminton Championship

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81st All India Inter University Women's Athletics Meet champions.

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In All India University Athletics Championship for Men 2021-22, Students of Alva's have set a new record in different field of sports. Students have represented the college both in National as well as International levels and the records are still unbroken.



## MULTIGRAIN GARLIC MIXTURE

ENERGY	120 kcal
CARBOHYDRATES	6.73g
PROTEIN	5.3g
FAT	3.6g
POTASSIUM	162mg

Rich in protein  
Good source of potassium



## MANGO BURFI

ENERGY	58kcal
CARBOHYDRATES	9.52g
PROTEIN	1.06g
FAT	1.73g
VITAMIN A	144µg

Rich in magnesium  
Rich in vitamin A



## PALAK CHAKLI

ENERGY	64kcal
CARBOHYDRATES	13.15g
PROTEIN	1.86g
FAT	0.42g
IRON	0.33mg

Low glycemic index  
Great food for diabetes  
Aids digestion



## MANGO PEANUT CHIKKI

ENERGY	114 kcal
CARBOHYDRATES	7.13g
PROTEIN	3.68g
FAT	5.77g
VITAMIN A	298µg
MAGNESIUM	28.8mg

Lower diabetes risk  
Reduce inflammation



# DEPARTMENTAL ACTIVITIES



NUTRITION EDUCATION PROGRAM



BRIDGE COURSE

DEPARTMENT OF PG STUDIES IN FOOD SCIENCE AND NUTRITION  
In association with  
DEPARTMENT OF WOMEN & CHILD DEVELOPMENT  
ICDS MANGALORE RURAL

On occasion of  
“WORLD BREAST FEEDING WEEK”



Organizes  
“HANDS ON TRAINING” on  
GALACTAGOGUES  
for Anganwadi Workers / Supervisor

Training Includes  
• SKIT  
• PRESENTATION  
• DEMO ON FOOD PRODUCT

DATE: 22nd JULY 2022  
VENUE: ANGANWADI CENTRE,  
HANDELU  
TIME: 10 AM – 1 PM

All are cordially invited



“Let's build wellness rather than treating disease”

# DEPARTMENTAL ACTIVITIES



**ALVA'S COLLEGE**  
A unit of Alva's Education Foundation (R)  
Affiliated to Mangalore University

DEPARTMENT OF PG STUDIES IN  
**FOOD SCIENCE & NUTRITION**  
celebrates

**INTERNATIONAL WOMEN'S DAY**  
→ (A PROGRAMME UNDER IQAC)

**SREEMATHY VENKATRAMAN**  
Clinical Dietitian & Wellness nutritionist  
Gut Health practitioner  
Certified Bariatric Nutritionist  
National Office Bearer - Central committee  
IAPEN-INDIA  
Certified Diabetes Educator - UK International  
Founder- Mithaahara - Eat to live

**>>> TOPIC : RIGHT NUTRITION FOR WOMEN'S HEALTH**

**PRESENCE**  
Mr. VIVEK ALVA, MANAGING TRUSTEE, AEF (R)  
Dr. KURIAN, PRINCIPAL, ALVAS COLLEGE

4th MARCH 2022  
11 AM  
KUVEMPU SEMINAR HALL

All Are Welcome

Scan the QR code

To visit our Department we

HOD / CO ORDINATOR IQAC CO ORDINATOR PRINCIPAL



*" The first wealth is health "*



# MYTHS



# FACTS

-  A large serving of protein will improve muscle recovery after training and competition
-  Dietary protein will result in the protein being used as fuel instead of muscle building
-  sugar should be avoided before training and competition.
-  sugar eaten before competition increases blood levels of glucose and insulin.
-  Vitamin supplements gives you energy
-  Vitamin supplements won't help you run faster or jump higher or give you more energy.
-  Milk protein is not as effective as whey protein for recovery
-  Both milk and whey protein are high quality protein sources that provide essential amino acids which is effective in generation of new muscle protein
-  Athletes lose only water when they sweat
-  sweat contains mainly sodium, chloride and other electrolytes. Due to sodium loss muscles are more likely to cramp up.

*" Veggies don't cause wedges "*