

January 2022

તમારી તબિયત

Your Health

DIET



We Indians love our pendas and puris, but how can we still have that and maintain a healthy, balanced diet to make sure we live long enough to see our great grandchildren? Diet is so important to our health so making small changes to our everyday lifestyle could benefit us in the long run. Here are some of the things you can change or add to your diet:

Oil

Oil is used in everything we cook and it is essential, but we can limit the amount and type of oil we use. Olive oil has been found to contain the least amount of saturated fats which are the most unhealthy types of fats as it can lead to an increase in cholesterol and increase the risk of heart disease and diabetes. Olive oil is higher in monounsaturated fats and studies show that this can actually help reduce sugar levels and risk of these conditions. Try to also use less oil in each dish you prepare and this will contribute to an overall change for the better.

Iron

Iron is an essential part of the diet and low levels can lead to a condition called anaemia where you feel very tired. Being vegetarian can mean you are more likely to be anaemic as iron can come from red meats, however there are a lot of other foods that contain iron such as red kidney beans and chickpeas, spinach and broccoli, a lot of nuts and tofu. People who have anaemia sometimes require iron tablets, but these have side effects and can cause stomach problems, so it is better to get it from food.

Vitamin D

Vitamin D is a vitamin that helps us absorb calcium and other minerals that are essential for our bones and healthy muscles. The majority comes from sunlight and some from foods or supplements. Living in the UK and having a darker skin tone means that we are more likely to have vitamin D deficiency. There are not many food sources of vitamin D naturally, except fatty fish, but a lot of food is fortified with vitamin D such as cereals and milk. It is recommended that we take supplements alongside our diet to ensure we are getting the right amount of vitamins every day.

Fibre

Fibre is a carbohydrate that does not get broken down in the digestive system, but it is still essential for our bodies as it bulks up the contents of our bowels and helps it move along more quickly, preventing constipation. It also helps reduce weight as fibre fills you up more, so you feel satisfied for longer and eat less. It reduces your risks of conditions such as heart disease, diabetes, diverticular disease and even breast cancer. Food that are high in fibre are wholemeal and wholegrain bread, cereal, and pasta as well as beans and pulses. Fruits and vegetables like broccoli, apples and apricots also contain a lot of fibre.

Water

Everyone knows that we should be drinking water but how much and why? It is essential to stay hydrated for your energy levels, skin health, weight loss and they recommend drinking water when you're hungry because a lot of the time, it's the thirst we feel not hunger which can lead to overeating. It can be an alternative for a sugary drink so cutting out on tablespoons of sugar, or if you could add lemon or a tea bag and milk without sugar. Aim for about 2 litres of water altogether a day and you will feel a lot better, more energy and concentration, better memory, and great skin!

We hope this has helped!
Tame 100 varus na sukhi thav - May you live happily to
100 years!
Jai Shri Krishna

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