I can Change
The world
within me
मेरे प्यारे दोस्तों,

त्योहारों की इस विशेष बेला में मैं आपको हार्दिक शुभकामनायें प्रेषित करती हूं एवं ईश्वर से कामना करती हूँ कि हम सब हर्षोल्लास के साथ नवरात्रि, करवाचौथ एवं दीपावली का आयोजन कोरोना सिहत वातावरण में कर पाये।

मैं एक बार फिर हाजिर हूँ Poise का यह अंक लेकर जिसमे हम बात करें खान–पान की! क्या हमारा रहस्य बोलता है हमारे बारे में? हाँ जी हमारा शरीर बताता है कि हम क्या खाते हैं, क्या हम खुशमिजाज हैं, क्या हम साफदिल हैं, क्या हम मस्त हैं...... हमारे चेहरे की चमक एवं रिकन की खूबसूरती हमारे व्यक्तित्व को Reflect करती है।

यह अंक आपको बतायेगा कि आपको भोजन में क्या, कब, कितना एवं कैसे खाना चाहिये फल एवं सब्जियों सीजन की ही खानी चाहिये। कॉन सा तेल खाना चाहिये। कितना नमक लेना चाहिये। आपकी खाने की प्लेट Colorful होनी चाहिये।

क्या आप जानते है......

स्वास्थ्य सबसे बड़ा उपहार है......

संतोष सबसे बड़ा धन है......

वफादारी सबसे बड़ा सम्मान है।

इस प्लेटफार्म से कुछ विनती आप लोगो से :-

Please don't waste food.
Don’t use plastic.
Don’t waste water.
Don’t litter environment.
Don’t encroach roads.

Do Plantation and Save Environment

मैं अपने दोस्तों का धन्यवाद करती हूँ जिनके सहयोग से इस Poise को आप तक पहुँचा या रही है। ये विशेष रूप से डॉ. इला एवं डॉ. सुभाषिनी का।

पुनः एक बार प्रार्थना उन सभी Societies से Club 35+ प्रारम्भ करने की एवं हम लोगो का हिस्सा बनने की जो अभी तक इस कार्य में असमर्थ रहे हैं।

आपकी

-आर्ती
Most of us DO know what healthy eating is all about: less fried food, less sugar and more vegetables and fruits. When it comes to having good nutrition, however, too many of us don't know the full details of the benefits of good nutrition and how to go about achieving it.

For women, menopause is a reality check that body is changing. This is a time to take care of yourself by making healthy lifestyle choices. Eating well and being physically active will make this midlife transition easier.

**Weight Gain with Menopause**

Due to lowering hormone levels and the natural aging process, many women find it harder to keep extra pounds off in their 40s and 50s. Often women lose muscle and gain fat, mainly in the belly area. Lifestyle factors come into play, too — menopausal women tend to be less active and eat more calories than they may need.

Weight gain may be uncomfortable and may cause low self esteem. It can be related to health issues including high cholesterol, high blood pressure and insulin resistance and lead to high risk for cardiovascular disease, Diabetes mellitus, and cancers.

*How to avoid "Midlife Metabolic Crisis"?*

There is a very good information centre created by NIN- National institute of Nutrition at Hyderabad' NUTRITION INFORMATION COMMUNICATION AND EDUCATION (NICE) PORTAL'.

**count What you Eat:** Developed by NIN's BioInformatics Centre (BMIC) in 2016. This provides a pathway to healthy life by way of a powerful online platform. This is a user-friendly online tool that has a wealth of information on nutrition.

India's population has low rates of *Alzheimers, cancer, childhood allergies*, and *asthma*—as well as highly frequent *bowel movements*—why are they so much healthier? It may be because a larger portion of the population consumes a plant-based diet.

The Indian gooseberry, or *amla*, is among the *most antioxidant-rich food on Earth*. These berries have been shown to decrease *cholesterol, inflammation, and cancer* cell growth in vitro. Indian gooseberries were shown to *decrease breast cancer cell spread* in a laboratory model of metastasis as much as a chemotherapy drug.

Of course we do have various macro and micro nutrition deficiencies at various stages of life. I appreciate Dr AArti for bringing out such an important topic for public awareness through POISE magazine.

I wish all the best to club 35 team

**Prof. Dr. Ambuja Choranur**

President Indian Menopause society
Dear IMS Family & Friends Club 35+,

Hope this issue of “POISE” finds you all in good health and peace. Let’s wish this COVID pandemic be over and we all come back to our normal routine life.

As we all know IMS aims to look after health and well being of elderly, mature women, where diet and nutrition has an important role. This also is the theme of the present issue of “POISE”.

It is said “Your diet is a bank account,
Good food choices are good investments.” – Frankes.

So don’t always count your calories and don’t starve yourself.

Eating a healthy diet full of fruits and vegetables, less processed food, less of salt and sugar, fats & carbohydrates and more of proteins would definitely help you to maintain healthy weight, delay ageing and look young.

Dr Arti Gupta is a very active, energetic and enthusiastic committee chairperson. She is doing so many activities along with other societies and spreading awareness amongst Club 35+ members in her own unique style. She has worked hard in collecting all invited articles, editing them and compiling this issue. Hope you all enjoy reading this.

Warm Regards

Dr. Sudhaa Sharma
Secretary General, IMS
<table>
<thead>
<tr>
<th>Topic</th>
<th>Author</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nutrition needs at Menopause</td>
<td>Dr. Harpreet Kaur</td>
</tr>
<tr>
<td>Glycemic Index</td>
<td>Dietician Rachna Agarwal</td>
</tr>
<tr>
<td>How To Use Mangoes For Weight Loss</td>
<td>Dietician Rekha Gupta</td>
</tr>
<tr>
<td>Which OIL</td>
<td>Dr. Bhavana Seth</td>
</tr>
<tr>
<td>Veggies in Diet</td>
<td>Dr. Renu Tandon</td>
</tr>
<tr>
<td>ऑक्सफेंट स्वास्थ्य के लिये खातरण</td>
<td>Dr. Keerti Mathur</td>
</tr>
<tr>
<td>23 Soups Advantages</td>
<td>Dr. Lata Jethwani</td>
</tr>
<tr>
<td>Milk</td>
<td>Dr. Preeti Niranjan</td>
</tr>
<tr>
<td>What about Spices</td>
<td>Dr. Shubra Singh</td>
</tr>
<tr>
<td>How to Cook Vegetables to Achieve Maximum Nutritive Value</td>
<td>Dr. Jigna R. Ganatra</td>
</tr>
<tr>
<td>Oil Combination</td>
<td>Dr. Madanjeet Pasricha</td>
</tr>
<tr>
<td>Health Benefits of Vegetables</td>
<td>Dr. Archana M Dwivedi</td>
</tr>
<tr>
<td>Use of Eno /Baking soda in food</td>
<td>Dr. Ushma Maniar</td>
</tr>
<tr>
<td>Seasonal Fruits and Vegetables:</td>
<td>Dr. Shweta Shah</td>
</tr>
<tr>
<td>Which and How Should We Eat Seasonal?</td>
<td>Dr. Shahenaz Jiruwala</td>
</tr>
<tr>
<td>How to make 50 to 70 grams of protein from food at home</td>
<td>Dr. Kripal Bhalara</td>
</tr>
<tr>
<td>Protein from Non Vegetarian Diet</td>
<td>Dr. Ami Mehta</td>
</tr>
<tr>
<td>Salt</td>
<td>Dr. Sangita Chaturvedi</td>
</tr>
<tr>
<td>Sugars</td>
<td>Dr. Malini Bhaumik</td>
</tr>
<tr>
<td>Iron Rich Practically Available Foods</td>
<td>Dr. Jamuna Devi Gudi</td>
</tr>
<tr>
<td>Diet to build muscles</td>
<td>Dietician Rachna Agarwal</td>
</tr>
<tr>
<td>Food &amp; Dental Care</td>
<td>Dr. Malini Bhaumik</td>
</tr>
<tr>
<td>Thyroid Disease &amp; Diet</td>
<td>Dr. Vani Agrawal</td>
</tr>
<tr>
<td>Diet for Eye Health</td>
<td>Dr. Kamini Khurana</td>
</tr>
<tr>
<td>DIET IN RENAL DISEASES</td>
<td>Dr. Ishita Raka Pandit</td>
</tr>
<tr>
<td>Healthy Skin</td>
<td>Dr. Bela Mohan</td>
</tr>
<tr>
<td>Obesity &amp; Weight Management Through DIET</td>
<td>Dr. Laxmi Rathna</td>
</tr>
<tr>
<td>Benefits of Tea Coffee and Dark Choclate</td>
<td>Dietitian Simmi Khanna</td>
</tr>
<tr>
<td>Are They Good In Menopause ??</td>
<td>Dr. Sangita Chaturvedi</td>
</tr>
</tbody>
</table>
Nutritional needs at Menopause

Dr. Harpreet Kaur

Menopause is the time when periods stop. It is defined as occurring 12 months after the last menstrual period and usually happens between the ages of 45-55 years. Before a female attains menopause, she undergoes a transition phase known as perimenopause leading to various changes inside the female body. The female’s hormone levels fall down, causing irregular periods, weight gain, hot flushes, night sweats, anxiety, irritability, joint pains, frequent headaches, vaginal dryness etc. The range and severity of symptoms for each woman differ. Certain biochemical changes also take place including increased blood pressure, impaired cholesterol levels and increased risk of osteoporosis. Making certain dietary modification and lifestyle changes helps to reduce the severity of menopausal symptoms.

DO’s:
- Include five portions of different colored vegetables especially green leafy vegetables like spinach, kale and fruits in your daily diet regime. Half of your plate should be filled with fruits and vegetables.
- Include plenty of fiber rich cereal foods, unsalted nuts, legumes and Pulses.
- Switch from saturated to unsaturated fat by cutting down on fatty meats and using low saturate oils.
- Choose lower fat dairy and grilling rather than frying your food.
- Include two – three portions of fish like salmon, mackerel and tuna per week as it is rich in Omega 3 fatty acids. You can also include Flax seeds and chia seeds.
- Eat diet rich in Calcium, Magnesium and Vitamin D. For Ex: Greens, Nuts (Specially Pumpkin Seeds, Sunflower seeds, dry beans, whole grains, low fat dairy products, Peanuts, Avocados).
- Moderate Intensity Exercise, especially weight bearing exercise and muscles strengthening exercises 5 days a week and remember to move your body daily for 30 - 45 minutes.
- In case of Nutritional Supplements consult your Doctor and Nutritionist.

DONTS:
- Reduce caffeine and alcohol intake to help manage hot flushes.
- Reduce salt by avoiding Processed and Packaged Foods.
- Cut down the intake of refined sugars like sweets, cakes, cookies, soft drinks.

Summary: Adapt lifestyle changes and dietary modifications to make menopause more manageable.
Dietician Rachna Agarwal

The glycemic index is a scale that measures the quality of carbohydrates in foods from zero to 100, indicating how quickly a food causes a person's blood sugar to rise. Foods high on the glycemic index (GI) can cause harmful blood sugar spikes in people especially with diabetes leading to high levels of insulin which prevents fat burn. High insulin levels can be very harmful to our body in many ways like

- Pigmentation and other skin diseases
- Obesity
- PCOD
- Sluggish liver

Usually people who go on a weight loss diet simply eliminate all types of carbohydrates from the diet which in the long run can lead to malnutrition and weakness. A smarter way to fat loss is to choose healthy complex carbohydrates instead of refined, and reduce the Glycemic index of Carbohydrates present in your diet.

How can we Reduce Glycemic Index(GI) of Food.

It's very important to choose complex carbohydrates over refined carbohydrates for eg brown rice over white rice. Still at times we have to include some semi refined carbohydrates in our diet. The following tips will help us to reduce the Glycemic load of food we eat

- **Eat Raw fats**- adding raw fat like ghee or cold pressed oil to cereals helps to reduce the GI value of cereals and makes them more palatable.
- **Add vegetables**-vegetables are rich in fiber and Polyphenols. Adding edible plant foods, such as fruits, vegetables, cereals, herbs, spices, and leaf extracts in every meal is a must. The fiber in vegetable delays the absorption of glucose directly in the blood and helps to regulate our insulin level.
- **Citric Acid**- Citric acid commonly found in lemons can bring down GI levels of carbohydrates in your food. Take a lemon shot before a heavy meal or mix lemon juice in pulses after cooking. It will prevent bloating as well.
- **Combine carbohydrates with proteins**. Eating carbohydrates alone is not a healthy option so always combine protein along with carbohydrates for eg. dal with rice or roti. Pulses are higher on fiber and low on carbohydrates which maintains the Glycemic load of the food. A cereal pulse combination completes the essential amino acid requirement as well.
Cooking method- Preparation and cooking techniques can affect the GI too. Generally, the longer a food is cooked, the faster its sugars will be digested and absorbed, raising the GI.

Ripeness - Unripe fruit contains complex carbs that break down into sugars as the fruit ripens. The riper the fruit, the higher its GI. For example, an unripe banana has a GI of 30, whereas an overripe banana has a GI of 48. Include raw papaya, banana and mango in diet. Though the ripe fruit has its own nutritional benefits.

Avoid Smoothies, juices and purees- smoothies prevent mastication (chewing) of food which reduces saliva and the food is left undigested in the stomach which ultimately leads to an insulin spike. Coarse wheat or dalia has a low glycemic load in comparison to highly fine flour.

In short The GI of a food or meal is influenced by a number of factors, including the type of sugar it contains, the structure of the starch, the cooking method, and the level of ripeness.

A diet based on low GI foods has many health benefits like

- Weight loss
- Lower cholesterol levels
- Reduces risk of diabetes, heart diseases and cancer
How To Use Mangoes For Weight Loss

Dietician Rekha Gupta

Nothing spells summer indulgence like Mangoes. Often described as the 'King of fruits,' has made many fans across the globe.

Summertime is the best for weight loss and get a good physique. If you are staying away from mangoes because of your strict diet regime, you can rest easy, because we have the perfect solution for you.

Here are some ways you can safely include mangoes in your summer diet:

- **Control your portions:** Mangoes are fat-free, and hence, you can safely eat them even on a diet, provided you eat them in small portions A 100-gm serving of ripe mango has a mere 60 calories! Therefore, you can eat mango if you like, so long as it's in smaller portions.
- **Eat it as a fruit:** A lot of Indians eat mangoes in the form of aam ras, mango shake. Eat it as a fruit. Aam ras has a lot of added sugar and just increases the overall calorie intake of the meal.
- **Don't eat it with lunch:** Eating it with lunch can cause you to consume more calories, without serving any purpose aside from satisfying your appetite.
- **Eat it as a snack:** Indulge in a cup of ripe mango as a healthy snack instead of eating it with lunch. Mangoes are an excellent snack as they're rich in dietary fibre. They can help you stay away from unhealthy fried snack foods.
- **Eat it before working out:** A 100-gm serving of mango has 15-gm carbohydrates and 14-gm sugar, making it function as an energy booster. This makes mango a great pre-workout food. Indulge in some mangoes half an hour before hitting the gym.
- **Avoid adding sweeteners to your mango:** Mango is a very sweet fruit as it is and while eating, it is okay even when you’re on a diet. Adding sugar or other sweeteners to it is definitely going to make you pile on unnecessary calories.
- **Eat it with the skin:** Research has shown that **mango skins have phytochemicals**, which prevent fat formation in the body. So, **chop your mango pulp with the skin still on**, rather than throwing it away.

Any diet is successful if you watch your calorie intake closely and burn what you consume every day. If your diet plan allows you to eat a bit of mango, then you must go ahead and incorporate it in your weight loss diet.

However, if you’re a pre-diabetic or diabetic, you should consult your physician before indulging in mangoes.
Dr. Bhavana Seth

- **Smoke point** refers to the temperature at which oil starts to burn and smoke. *When oil is heated past its smoke point, it creates harmful free radicals.*
- Saturated fats have only single bond in the fatty acid molecules, mono unsaturated fats have one double bond and polyunsaturated fats have more than one.
- Oils high in Unsaturated fats- Sunflower, Safflower, Walnut, Corn, Avocado and several fish oils. Select MUFA over PUFA.
- **MUFA: PUFA** ratio higher the better
  - Unrefined oil is purer with more active ingredients. However it's less stable and likely to become rancid. It has shorter half life, strong odor and colour. It's preferred over refined oil.
  - **Refined oil** - More refined an oil, higher it's Smokepoint. It has greater half life and more stable. It has lost it's original colour and flavour due to heating.
  - Oils that have high Smokepoint - Avocado, Ricebran, Corn, Safflower, Seasame, Sunflower, Coconut oils. These are suited for deep frying.
  - Oils with a low Smokepoint are good for sautéing, steaming, salad dressing- Olive & Flaxseed oils.
- Don't stock Costco sized oil jars.
- Store cooking oils in cool, tight containers, dark room or refrigerator.
- Healthy way is by blending oils.
- Rotate oil every two months.
- Avoid reheating used oil.
- Oil should have zero Transfat.

**Oils in general** - Average 1 tablespoon provides 120 Calories and 13 gms fat. Daily requirement 2 teaspoonful.

Cold pressed oils retain natural Phytogens, plant sterols & Vitamin E.
Availability of oil
Oils which are easily available in particular region and cost effective. In south India and Kerala coconut oil is used. In Andhra Pradesh and Rajasthan sesame oil is used. In North and east India mustard oil is used. In central India and Gujarat ground nut oil is used.
Since a complete dependence on just one vegetable oil does not ensure optimal intake of various fatty acids, use of two or more vegetable oils is recommended. National institution of nutrition recommends a blend of two or more vegetable oils to be used in daily cooking.

Hence, the choice of cooking oil should be as follows:
- Rice bran/ cottonseed + safflower / sunflower soybean
- Sunflower / safflower + palmolein / olive
- Groundnut /sesame / rice bran + Canola
- Safflower / sunflower + groundnut/sesame / rice bran
- Groundnut / sesame/ rice bran + soybean
- Palmolein + soybean
- Safflower / sunflower + palmolein + mustard.

The recommendation for oils should be as follows:
- If single oil is used canola, olive, mustard and rice bran are good recommendations.
- Combination of oils like safflower, sunflower, corn with soy or mustard to maintain a good n6/n3 ratio between 5 and 10 is good recommendation.

An adult should take total 3 to 4 tea spoons (15 ml) of oil in a day that means 500 ml in a month including everything.
Veggies in Diet –
How health benefits can be reaped out from them

Dr. Renu Tandon

“Vegetables are bundle of low calorie, high vitamin and mineral food”

ENERGY GIVING - The roots we eat eg. potato, beetroot, sweet potato, carrots are all rich in starch and hence instant energy giving foods, good for highly active people.

FIBRE RICH - All leafy vegetables eg spinach, cabbage, lettuce, parsley, sarson, chaulai, methi are high in fibre (cellulose) and hence help in lowering cholesterol and clearing of bowel. They are natural laxatives if consumed without much cooking.

COLORED VEGETABLES - Carrot, beetroot, tomato, red, yellow capsicum, radish, swiss chard, pumpkin, purple cabbage, brinjal, are all red and/or yellow and rich in lycopene, lutein, carotene and anthocyanin. These are Good anti oxidants and rich in Vitamin A. They are good for eyes and skin and work as anti aging (antioxidants) agents if consumed regularly.

HEART FRIENDLY - Onion and garlic are rich in “organic sulphur compounds” and good for keeping the heart vessels from getting blocked by bad cholesterol. They are also rich in antioxidants and help boost immunity.

ANTI DEPRESSANT - Food rich in beta carotene eg. brocolli, carrots, pumpkin, spinach, sweet potato can help keep depression at bay. Also vegetables rich in Vitamin C eg tomato, broccclli, banana and cocoa help.

HB Booster - Leaves rich in iron eg. spinach, broccclli, cabbage, kale, asparagus, peas, brussel sprouts help correct anaemia if included in diet.

CALCIUM - Artichokes, broccclli, avocado, kale, cauliflower, mustard greens, beetroot, okra, sweet potato, are good for bone health.

VITAMINS - All green vegetables are good source of folic acid, riboflavin, B6, Vitamin C. But vit B and C being water soluble are lost to drain if we wash vegetables after cutting or throw the water they are cooked in. Using a lid to prevent loss in vapours is also good.

MINERALS - Vegetables are good source of essential minerals for our body. Besides iron and calcium, we get magnesium (okra), zinc, phosphorus, potassium in broccoli, cabbage, cauliflower and turmeric.

PROTEIN RICH – All pods eg green peas, beans (especially SOYABEAN) are major source of protein for a vegetarian. Corn, avocado, asparagus, mushroom, potato and sprouts are also protein rich.

“RAINBOW IN A PLATE COMPLETES OUR VEGETABLES NEED”
द्रॉस्फेट 
क्वालिटी के लिये खात्रुक्लाक

डॉ. रागिनी अग्रवाल

द्रॉस्फेट एक स्वास्थ्य के लिये खतरनाक किस्म की वसा है जो कि दिल का दोष और बीमारी से प्रस्त कर सकता है। आइए इसके बारे में और जानकारी करें।
द्रॉस्फेट दो किस्म के होते हैं—

प्रौकृतिक— जो कि दूध और कुछ त्रिक्क किस्म के मांस में मिलते हैं।
कृत्रिम— वेजीटेबल आयल के हाइड्रोजनीकरण से बना गया। आमतौर पर हम इसे डालडा के नाम से जानते हैं। इसमें तेल जो एक द्रव होता है थी की तरह जम जाता है।

Nov. 2013 पर इसे पूर्णतया से इंसान के लिये खाने योग्य न होने करार कर दिया गया परन्तु अभी भी अधिकतर खाने की सामग्री में इसका इस्तेमाल होता है।
आखिर क्यूँ?
ब्ल्यूकि यह सरस होता है। फूड चेन, रेस्टरांट बार बार एक ही तेल को गरम करके डीप फ्राई करते हैं और यह वसा मनुष्य की सेहत के लिये हानिकारक होती है।
इससे बुरा कोलेस्ट्रोल जिसे LDL कहते हैं बढ़ जाता है। और अच्छा कोलेस्ट्रोल जिसे HDL कहते हैं कम हो जाता है। दिल के दोष की समाधाना बढ़ जाती है और डायबिटीज भी हो सकती है। पेक्षेज्ड फूड से लेकर, अधिकतर तले भुने बाजार के खाने में इसकी मात्रा अधिक रहती है।

हमेशा पेकेट पर लिखा होता है हाईड्रोजीनेटेड तेल अगर इसकी मात्रा अधिक हो तो नहीं खाना चाहिये। खाने को गरम से निम्नलिखित रोड तो इससे भरे होते हैं। इसकी मात्रा न के बराबर होनी चाहिए। गैल फ्राइ से खाना चाहिए और सेटरेटेड वसा भी 7% से कम होनी चाहिए।
अपने खाने में फल, सब्जियों, पूरा अनाज, मेवे, अंडा, लो फेड मिल्क को ज्यादा महत्व दे।प्रोसेस फूड न खाये। तिलहर वाले तेल जैसे कनोला, सरसो, सोयाबीन और अलिव आयल का इस्तेमाल करें।
हमेशा पेकेट के उपर लिखे डिटेल्स पढ़े।

LDL
HDL
गोभी/के ले सूप में कई तत्त्व होते हैं जो कैंसर से मुकाबला कर सकते हैं। लहसुन का एलिसिन तथा कैन्सर कोशिकाओं को फेल न कर सकता है। प्याज में भीजूदब तथा ट्यूमर रोकने में लाभकारी पाया है। डिब्बा बंद सूप से बचना चाहिए, इसमें भ्रमण प्रिज्वेंटिब्स कैंसर जनित हो सकते हैं।
Milk

Dr. Lata Jethwani

Question: Which milk - cow / buffalo / packed / toned milk?

Milk is a wonderful nutritious drink.

Health benefits: Improves bone mineral density, reduces risk of heart disease & type 2 diabetes, keeps teeth healthy, prevents obesity.

Types of milk

- **Cow's milk**: contains 90% water, 3-4% fat, 8.25% non fat milk solids, more vitamin D & B, minerals & 148 calories/cup. so low fat, easily digestible.
- **Buffalo milk**: contains 8% fat, more calcium and minerals like phosphate, magnesium, potassium, more proteins & 237 calories/cup. It is heat resistant, more creamy, high in calories so difficult to digest, not good for infants and old
- **Packed milk**: stable for up to 6 months. It's creamier and thicker.
- **Toned milk**: contains 3% fat, nutritionally comparable to cow's milk, made by diluting buffalo/cow’s milk with water & skim milk, the process being developed in India. Already pasteurized so no need to reheat. It has full cream with different fat fractions - amul gold 4.5% fat, amul shakti 3% fat, amul taaza 1.5% fat Rest nutrients are the same.
- **Full cream milk**: is better for children and bodybuilders.
- **Single toned milk**: contains 3% fat with 120 calories/cup, to be taken by pregnant women and those who are dieting
- **Skimmed milk**: contains 0.3% fat with 80 calories/cup, more suitable for people having obesity, hypertension, heart disease & high cholesterol.

Those who are lactose intolerant can take plant based milk.

For health benefits, make milk a regular part of your diet according to your digestibility and tolerance.
Dr. Preeti Niranjan

Spices are such an integral part of Indian cuisine, used in all shapes and forms. So be it in powder form, whole, blend of several spices. Indian cooking is nothing without all the aromatic, warming and (believe it or not) cooling spices.

Dried roots, bark and seeds in crushed or powdered or as whole, blend of several spices, in paste form used. Routinely used are Fennel Seeds, Black Cumin, Turmeric, Asafoetid, Cumin seeds, Clove, Fenugreek Seeds Ginger Carom seeds. Many herbs have calming, anti-spasmodic, and Soothing effect on digestive system.

Basil, mint, rosemary, Celery, Lemongrass included in day to day recipes. Few gives sour taste to food preparations. Anardana, amchur, tamarind and Kokum from konkan belt not only gives taste to food and can be used by Interstitial Cystitis patients in moderate amount. Indian dishes are full with variety of spices. Each spice is having its unique property helping our taste buds and digestion.

Turmeric, we love its yellow colour! Turmeric is very diverse and powerful in disease fighting capabilities with anti-inflammatory analgesic properties.

Hing’s aroma is due to abundance of sulphur in it. Its relieves symptoms of IBS is well documented.

Methi seeds lowers blood sugar level can counter constipation, diarrhea and some allergic conditions. Fennel, Ginger, dried ginger, south has got anti-inflammatory properties.

Spices have medicinal activity like diuretic, eccoptropic, carminative, expectorant and holistic effects on human health. The rough ethanolic concentrate of cinnamon, cloves, turmeric, cardamom and cumin indicated in critical antibacterial movement against all the clinical disconnects of enterococci. Indian spices as a biotherapy are involved in the control of immune system.

Spices play big role in kitchen and health.
How to Cook Vegetables to Achieve Maximum Nutritive Value

Dr. Shubra Singh

“A recipe has no soul. You as a cook, must bring soul to the recipe.”

Vegetables are treasure trove of several nutrients and protect us from various diseases. Cooking renders the food palatable by improving the appearance, taste, texture and flavor.

Here are some evidence based cooking method tips for healthy vegetable cooking.

- Wash vegetables thoroughly with palatable water before cutting.
- Cut vegetables in preferably longer or bigger pieces as this minimizes the surface area which lessens vitamin loss due to oxidation.
- Do not soak in water for long and use only sufficient water for cooking. Avoid use of baking soda and artificial colours.
- Recommended methods of cooking are boiling, steaming, roasting, grilling, stewing, broiling or making sautéed or poached preparations. Prefer pressure cooking or steam cooking to deep frying or roasting.
- If frying is unavoidable, go for shallow frying and use blotting paper to drain out the excess oil.
- Microwave cooking is quick and helps food retain more nutrients, but the cooking or reheating is uneven and can leave some cold spots for bacterial entry. So, avoid cutting bigger pieces if cooking in microwave. Cook with limited amount of cooking oil (0.5 liter /person/month, i.e. approximately 2 tbsp. or 15gms /person/day). Don’t cook with reheated or left over oil. If oil is reheated, it may be used only for seasoning of vegetables.
- Do not overcook the vegetables and cook them in small quantities and as close as possible to the serving time.
- If any vegetable has to be cooked ahead, undercook slightly and chill rapidly.
Oils and fats form an important part of the healthy diet. Cooking oils (liquid) and solid fats together are referred as fats. Fats contribute to texture, flavour and taste and increase the palatability of the diet.

Fats are essential for meeting some nutritional needs like essential fatty acids (linoleic acid n-6 and alphaolenic acid n – 3) and serve as rich sources of energy. Therefore fats should be consumed in moderation. Fats also promotes absorption of the four fat soluble vitamins (A, D, E and K) impart a feeling of fullness and satisfaction and thus delay the onset of hunger. Total fat in diet should provide between 20-30% of total calories.

There are many types of oils available in market. Choice of cooking oils depends on

- **Smoking point of oil**
  Also referred to as burning point is the temperature at which an oil or fat begins to produce a continuous bluish smoke. The oils which are having low smoke point can be used in salad dressing and with high smoke point are used for cooking and frying.

- **Processing of oil**
  How oil is processed. We recommend cold pressed oil as important nutrients are not lost. While in refining process some of useful substances are lost.

- **Types of fat present in oil**
  Fatty acids are the primary constituents of all dietary fats. Based on their chemical nature the fatty acid are broadly grouped as saturated (SFA), mono unsaturated (MUFA) and polyunsaturated (PUFA) there are several fatty acids in each group. Saturated fats are not very good for heart. They raise cholesterol level and increases the risk of heart disease. Oils from sources such as palm, groundnut, sesame and olive are rich in mono unsaturated fatty acids as compare to other oil. All vegetable oils are good sources of linoleic (n – 6) acid. Soybean, rapeseed and mustard oils are good sources alpha linoleic acid (n-3).
Dr. Madanjeet Pasricha

Ghee is a treasure house of nutrients. Its usage has been deeply rooted with different cultures in India. A rich source of amino acids that help mobilize fats, ghee is the natural and perfect option for diet-conscious people.

Ghee is a good source of:

- Vitamin A
- Vitamin C
- Vitamin D
- Vitamin K
- Vitamin E

Antioxidants like Vitamin E have been linked to lowering the risk of cancer, arthritis, and cataracts. Also help reduce the risk of heart disease.

Ghee keeps gut, bone, skin, hair and joints healthy. It has Antiviral and antifungal also. Ghee contains butyrate, a fatty acid that has known anti-inflammatory properties. Ghee is a significant source of conjugated linoleic acid, or CLA. Which help combat obesity.

How much?

One can add 1 tsp of ghee to each of the three complete meals: breakfast, lunch and dinner. Eating this much of ghee can be beneficial for women with PCOS, people with heart disease, high blood pressure, constipation, weak joints and inflammatory bowel syndrome (IBS).

A dollop of ghee in lunch can work wonders for reducing junk food cravings and desserts later in evening. An extra tsp along with 1 tsp of ghee in dinner can prevent constipation and indigestion, improves sleep quality.

Which one?

**Cow Ghee:** helps in keeping the cholesterol in control, anti-carcinogenic the body. Good for migraine patients and strengthens the immune system.

**Buffalo Ghee:** Rich in vitamin A, keep eyes healthy. Contains carotenoids in the form of antioxidants that help to eliminate free radicals and reduce the chances of macular degeneration and cataract.
Health Benefits of Vegetables

Dr. Megha Gupta

Eating a diet rich in vegetables may reduce risk of disease including Heart Attack and stroke.
It may protect against certain types of Cancers.
Vegetables contains fibres, which may reduce the Risk of Diabetes Mellitus, Obesity and Heart Disease.
Vegetable rich in Potassium may lower Blood Pressure and may also reduce the risk of developing kidney stones and helps to decrease bone loss.

FUNCTIONAL PROPERTIES OF VEGETABLES.

**BROCCOLI**: Rich in fibre, Pro vit A, vit C and K helps in detoxifying carcinogens thus helps preventing stomach and colon cancer. Broccoli and Cabbage are greatest protection against bladder cancer.

**CAULIFLOWER**: Contains glucobrassicin. It has action against cancer by stimulating activity of enzymes that detoxify carcinogens thus protecting against breast cancer.

**ROOTS AND TUBORS:**

**CARROT**: It contains terpenol which causes cell cycle arrest in cancer cell.

**BETA CAROTINE**: Reduces inflammation therefore helpful in asthma, Rheumatoid arthritis, osteoarthritis.

They help to inhibit Breast cancer, skin lung and Stomach Cancer. It also helps in preventing macular degeneration (eye protection).

**RADDISH**: contains anti cancer properties

**BEETROOT/SWEET POTATO**: It helps in removing plaques thus preventing cardiovascular diseases.

**BELL PEPPER** (Shimla Mirch): It contains p-coumaric acid. High in Red and Green Bell pepper Antioxidants helps in preventing stomach cancer, also has Anti inflammatory properties.

**TOMATO** powerful antioxidant, it contains Lycopene which protect against skin UV light reduces LDL, decreases risk of lung, bladder, cervix, prostate and colorectal cancer.
**SQUASH / PUMPKIN/ PETHA** : It contains Beta carotene and protect against Cardiovascular Diseases, pulmonary function problems.

**BITTER GOURD** (karela) contains charantin (strong hypoglycemic-agent), hence used in treatment of Diabetes.

**CABBAGE** - helps against bladder, cervical cancer, prostrate and breast cancer, contains anthocyanin (Red Cabbage) They contribute to maintain heart health and brain function.

**CELERY** : Help in lowering Blood pressure, lower risk of colon and breast cancer.

**SPINACH** : Maintaining healthy skin, hair, strong bones as well as good for digestion, lowering risk of heart attacks and improves blood glucose.

**CUCUMBER** : Anti inflammatory, Antioxidants and Anti Cancer benefits. It also has good hydrating properties.

**KALE** : It is a good source of Vit k, calcium, good for heart, lowers Blood Pressure. It helps in weight management and digestion. It is good for brain and cholesterol management.
Baking powder/eno is a common ingredient used to add volume and lighten the texture of baked goods. The only ingredient in baking soda is sodium bicarbonate. Eno Fruit Salt recent formulation is made by mixing citric acid with sodium bicarbonate, sodium carbonate, and citrus flavoring. Eno is about 60% baking soda and 40% citric acid.

In small quantities, it can have alkalizing benefits. In larger or frequent quantities, the alkaline substance will neutralize your stomach acid, and you'll stop digesting your food. If you don't digest your food, you won't receive the vitamins and minerals it contains.

Overuse is very harmful for you. It activates regeneration of cancer cells. It is better to avoid those foods which contain baking soda, like bakery products or fruit-salt (Eno). Do not use baking soda in your regular cooking.

It can become dangerous for those who are on a low-sodium diet. According to the USDA, 1/2 teaspoon of baking soda contains 629 milligrams of sodium. Considering that many recipes for baked goods call for this amount, it’s not that bad once you break it down into servings.

The American Heart Association says a diet that's high in sodium can increase the risk of stroke and heart disease because of sodium's effect on blood pressure. The high sodium concentration can lead to seizures, kidney failure and dehydration.

Here are 10 great substitutes for baking powder/eno with health benefits:

- Buttermilk
- Cream of Tartar
- Lemon Juice
- Whipped Egg Whites
- Plain Yogurt
- Sour Milk
- Club Soda
- Molasses
- Vinegar
- Self-Rising Flour

Judicious use of eno or baking soda for taste and texture of food items may give your taste buds satiety but as homemaker choose wisely and make healthy choices will give you longlasting, satisfied and healthy lifestyle.
As kids, whenever we visited the local market in summer, we were hit with the delicious, sweet, inviting aroma of fresh alphonso mangoes, that would immediately trigger the endorphin release in our body, alleviating the terrible summer heat. Just after Diwali, the soothing scent of the Shimla apples mingling with the sweet and sour smell of ripening oranges, sweet limes and grapes would make us drool with saliva and make our tummies go wild with hunger. In the Hindu culture, fasting means to have FAL-AHAAR (fruit diet) to detoxify the body. This is a very scientific ritual and extremely convenient for the overworked housewives, for, it advocates the consumption of fresh fruits at regular intervals without cooking or processing them.

The American Cancer Society recommends eating five servings of unprocessed, fresh, seasonal fruits and vegetables daily to help reduce the risk of cancer, as they contain important vitamins, minerals, phytochemicals and antioxidants and they are low in calories. Those with the most colour – dark green, red, yellow and orange have the most nutrients. In her book ‘The Six Great Benefits of Eating What’s in Season’ Naturopath Claire Georgion recommends;

1. Naturally ripened veggies harvested at the right time have much more flavour and nutrition as compared to canned foods.
2. Locally sourced food is cheaper as transport and storage as well as processing aren’t required.
3. Seasonal food is consumed closer to harvesting hence higher in nutritional value, antioxidants for example Vitamin C, Carotenes and Folic acid. Storage depletes these vital nutrients. Fresh produce also appears brighter.
4. Produce from faraway places are more likely to be contaminated.
5. Seasonal fruits and veggies offer satiety as per the climatic requirements example winter veggies are perfect for hot meals and soups whereas summer fruits such as mangoes provide extra beta-carotenes for protection against sun damage.
6. Fresh products are more environment friendly due to less transportation, refrigeration, greenhouse effect and irradiation. So, eat green, eat fresh and keep your wallet full for your next shopping trip. Dump your canned, preserved, salted grocery bags and turn yourself into a Diva with fresh, local grown, crunchy, scrumptious fruits and veggies.

Have a healthy and fruitful life.
How to make 50 to 70 grams of protein from food at home

Dr. Shweta Shah

Protein makes up the building blocks of organs, muscles, skins, and hormones. Our body needs protein to maintain and repair tissues. Children need it for growth.

**Protein containing foods**

**High Protein**: Meat, poultry, fish, eggs, tofu.

Some protein: Legumes, nut butters, seeds, seed butters, milk, cheese, cottage cheese, soy beverage, yogurt.

**Little protein**: Whole grain breads, rice, pasta, quinoa, barley.

Adult need 0.8 grams of protein for every kilogram of body weight.

For example, if you need about 55g of protein per day.

Plant-based protein foods can provide more fibre and less saturated fat and good for heart.

Nuts, seeds and their butters can make great afternoon snacks and yummy additions to salad, cereal and yogurt.

Eggs, low-fat cheese, yogurt and milk are good animal protein sources. Vegans can enjoy beans, lentils, dried peas, tofu, nuts and seeds.

Vegetarian diets have been linked to lower risk for obesity, heart disease and some types of cancer.

Eating protein can also help lose weight and belly fat while increasing muscle mass and strength. A diet that is high in protein may also help lower blood pressure, fight diabetes, and more.

The Reference Daily intake (RDI) for protein is 46 grams for women and 56 grams for men.
Protein from Non Vegetarian Diet

Dr. Shahenaz Jiruwala

Sources of protein for non-vegetarians are different from sources of protein for vegetarians. Non-vegetarian foods that contain mainly include a mix of all kinds of meat, egg and other animal products.

_The protein found in meat is complete, high biological value protein, which means the protein are more easily absorbed and utilized by the body._

It also helps to maintain body stamina, hemoglobin and rich sources of VIT B. Protein from animal sources have the highest amount of all types of amino acids crucial for our body, some amino acids are really difficult to be extracted from plant sources and not consuming it would might lead to several disorders in a longer run, which on the counter part is readily available in animal diet.

_Non-Vegetarian diet is rich in antioxidants, essential fats, and good cholesterol, Non-vegetarian diet contributed immensely to anabolic processes occurring in the body._

Available dietary protein is much higher in non-vegetarianism diet compared to vegetarian diet. Having an animal-based component in the diet would gradually increase the lean body mass (LBM) which is directly correlated to muscle strength.

The truth is that all proteins, whether animal or plant sources are composed of amino acids - although the amount and type of each amino acid vary based on the source of protein. Regularly eating protein-rich foods has been linked to lower body weight, improved satiety, and better weight loss.
Salt is mineral primarily composed of sodium and chloride, a chemical compound belonging to large class of salts. Neither of those elements occur separately in nature, but are found bound together as compound sodium chloride. Sodium is essential for nerves, muscle function and regulation of fluid in body. It also controls blood pressure and volume. More salt intake can lead to high blood pressure, heart failure, kidney problem, stroke and osteoporosis.

According to WHO daily requirement of salt is 5gm/day (1 teaspoon/day)
Dietary intake of sodium from various sources like pickles, chutneys, namkeens, papad, bakery items, potato chips, salty biscuits, preserved food, soup cheese and fast food should be limited
So, let's see Different types of salts are:-

**Ionized salt:** (Tata salt, Ashirwad salt)-this is the most easily available salt. It gets dissolved in the food easily. Deficiency of iodine leads to thyroid gland issues and it is essential for healthy brain development of a child.

**Pink Salt:** (Himalaya rock salt, Tata rock salt): - It has high mineral content and reduces muscle cramps. It also promotes circulation, maintains Ph balance within cell, has laxative properties and also helps in digestion as well as bloating.

Low sodium salt:(Tata Lite)-the key ingredient in this type of salt is potassium, it contains 30% less sodium than normal salt hence it helpful for those with high blood pressure problem.

**Sea salt:** (Sendha Namak)-Sea salt is made by evaporating sea water, it is rich in minerals and contains magnesium, calcium, potassium, iron, zinc and iodine.

Kosher salt (cooking salt): - It is flaky and has longer grains. It does not contain any additives like iodine

So, Salt is essential for health, wellness and cooking, and while not all salts are created equal in terms of taste and texture, all salts are equally healthy when consumed in normal amount. The sodium content of different salts is same only difference in trace mineral content.

Try using various salts in specific dishes to reach an optimal degree of safety and taste.

Don't keep salt bottle on table and don't add salt once food is cooked
Sugars

Sugar is the main fuel of the life, which we call as Carbohydrate. We cannot imagine life without sugar. Sugars are of two types. Natural sugar and added sugar. Sugar in whatever form we are adding in our diet - white sugar, brown sugar, honey, jaggery/Gur, high fructose corn syrup, maple syrup - they all are called added sugar. And those sugars are already present in our natural food like fruits, grains or vegetables are natural sugars.

As we all are aware that one gram of carbohydrate given us 4 calories. Female’s daily intake of sugar should not exceed more then 6 teaspoon (25 gram) as the added sugar, which given 100 calories. Because all added sugar will cause fast peak of blood sugar, will result in rapid increase in insulin, it will be digested very fast and person will not feel full, so it will lead to more and more craving for eating resulting in weight gain, obesity, diabetes, hypertension and heart disease.

Added sugar are abundant in processed food like cola, energy drinks, fruit juices tetra pack, smoothies, flavored milk, bakery item, yogurt, sauces, tomato catchup, salad dressing, dried frozen & canned fruits, all sugar syrup, instant oatmeal, ready to eat dressing and energy bars.

Always read label, anything ends with 'ose' is sugar- sucrose, maltose, dextrose, lactose - all are different form of sugar so always look at contents, and try to avoid them.

One cane of cold drink containing 300 ml has 8-10 teaspoon of sugar and empty 150 calories, which is more than our daily requirement of added sugar...!

Sugar from natural sources from fruits, nuts and vegetables are low in calories, they have water, Fibers, minerals and vitamins, and because of fiber there is slow insulin spike, gradual release of glucose and energy and will give more feeling of satiety.
Let us understand the different type of Sugars.

White sugar is prepared from sugar cane juice by process of filtration, crystallization, and it’s 1 teaspoon contains 15.6 calories.

Brown sugar is whole sugar along with molasses which are by-product of sugar production. It has brown color and little less sweetness, also contains few minerals like iron, calcium and phosphorus but has little less (0.25%) caloric value compared to white sugar. 1 teaspoon of brown sugar contain 14.8 calories.

Honey is sweeter, with more nutrients and antioxidants, absorbed slightly slowly because it has large portion of fructose, so use it with caution, one should not take it more than 2-3 teaspoon. It’s 1 teaspoon will give 20 calories.

Jaggery is unrefined sugar made by boiling concentrated sugar-cane juice, until it gets solidified. It contains many nutrients like iron, potassium and magnesium. So, it is better option but it is ultimately added sugar. It’s 1 teaspoon contain 15.2 calories.

Artificial sweeteners available in market as aspartame, Sucralose - are linked to cause imbalance of gut bacteria which may lead to poor sugar control, increase food cravings and weight gain. So it should be avoided.

Stevia, Allulose, Agare are another sweeteners, naturally prepared, and are under still research.

So one should use whole fresh fruits, berries, cherries. We must use dates, banana, mango as sweetening agent. Plain yogurt with fresh fruits, avoid sugar dressing, always use tea/coffee without sugar/sweeteners. Use water instead of juices, Colas/Soda. One can add cinnamon, nutmeg, ginger, lime in water to make it palatable. Minimum use of ketchup, barbeque sauce, sweet chilly sauce.

so every sweeteners resembling sugar has calories of sugar so use it cautiously, not more than 6 teaspoon (25 gram per day), for female. WHO recommends less than 5% of calories from added sugar.

Stay alert and be healthy.
चावल पर चर्चा

डॉ. रागिनी अग्रवाल

चावल हमारे देश में खाने का एक महत्वपूर्ण हिस्सा है। केरल से लेकर कर्नाटक तक, बंगाल, बिहार, नार्थ इंडिया सभी जगह चावल ही खाया जाता है। चावल और स्वास्थ्य के बीच एक छत्तीस का आंकडा रहता है। सादा सफेद पोशित चावल बासमती हो या न हो एक सा ही असर करते है। इसमें सिंफोनी स्टार्च होने से एक दम से पच जाता है। और खूब में शुगर की मात्रा ऊपर नीचे कर देता है।

चावल कई प्रकार के होते है।

सफेद चावल- इस पर से छिलका उतर दिया जाता है। हस्त, ब्रान, और जम्ब तेज़ जाने के कारण इसकी गुणवत्ता कम हो जाती है। ये टाने के साइज से नापा जाता है। बासमती और जास्मिन चावल इसके पूर्णरूप ब्रांड है।

इसमें पचन की ज्यादा संभावना के कारण कमजोर, पेट की बीमारी, बच्चे व बुजुर्ग लोगों के लिए एक अच्छा विकल्प है। २०० ग्राम चावल में ६.६ ग्राम ग्लिकोज होता है।

ब्राउन राइस- जब सफेद राइस से सिर्फ सबसे बहरी परत हो हटाते हैं तो ब्राउन राइस कहलाता है।

४.२ ग्राम ग्लिकोज प्रति १०० ग्राम चावल में होता है। इसमें सैकड़ोगियम , आयरन , जिक, विटामिन बी, कार्बनाइक्स अच्छी मात्रा में होता है। हाई फाइबर कंटेंट होता है और आयरन भी मिलता है। कुल फाइबर इसे खाने में जोड़ने से आप एक हैल्टी खाना कहते हैं। ये धीरे धीरे पयात है तो पेट काफी देर तक भरा रहता है।

कारा चावल- ये एक डिफरेंट वेगायटी है। इसको खाने में ज्यादा समय लगता है। इसमें एंटीऑक्सिडेंट , एंटी इन्फ़ेमेंटोरी गुण होते हैं। फाइबर भी काफी मात्रा में होता है।

रेड राइस- ऐल्जाइमर गाम के तत्व के कारण इसका रंग लाल होता है। यह एक एंटी ऑक्सिडेंट होता है।

ये बाहरी परत के साथ अधिक हादसा होने की चमगाड़ी बोली तरह से मिलता है।

ऐल्जाइमर के ६ से भरपूर होने से साथ साथ एंटी ऑक्सिडेंट की कमी भी पूरी करता है। खून में शर्करा व इन्सुलिन की मात्रा को भी रखते करता है। इसमें ५ ग्राम प्रोटीन, २ ग्राम फाइबर प्रति १०० ग्राम चावल होता है।

पार बोयल्ड चावल या सेला परमल या उसका उच्च चावल, सफेद चावल ही है। बस एक प्रक्रिया के दूर भूंसे में ही ज्यादा लिया जाता है तब भूंसे से अलग करने पर ये कड़ा व पारदर्शी दिखता है।

आपकी सेला करना है। और इसके काफी मुट्टीएंस बच जाते हैं। यह ब्राउन राइस के बाबर गुणवत्ता में होता है। दक्षिणी भारत में इसका इस्तेमाल ज्यादा होता है।

चावल की अनूठी वैश्विकता है। हर समय अपनी अपनी जगह है। संतुलित आहार ही सबसे महत्वपूर्ण है। खासकर मीनोंढ के बाद, उग बढ़ने के साथ साथ पाचक शक्ति कम हो जाती है। महिलाओं को अपने खाने पाने पर भूल ध्यान रखना चाहिए।
Iron is an essential micronutrient. It has multiple important functions in our body, mainly manufacturing red blood cells, which are oxygen carriers in blood. Deficiency of iron leads to anemia with myriad of symptoms commonly fatigue, weakness, breathlessness, dizziness etc.

Most menstruating women require about 18mg iron per day (RDA). The demand increases in women with peri-menopausal abnormal bleeding. But once the periods cease, the daily requirement is only 8mg. Despite this, the incidence of iron deficiency anemia in menopausal women is as high as 60-80%. This is mainly due to less intake, restricted absorption and associated co-morbid conditions.

TOP 7 IRON RICH FOODS;

- **Beans and Legumes**: Soybean, Rajma, Chana, Moong etc. 1 cup cooked legumes gives 37% of RDA of iron.
- **Seeds/Nuts/Dry Fruits**: Pumpkin seeds, Sunflowers seeds etc. are a good source of iron. Raisins, Dates, Anjeer and nuts like almonds are compact foods rich in iron and other minerals.
- **Millet**: Bajra, Samai, Quinoa—can be added to flour, bhakhri, khichdi etc. to provide a change of taste.
- **Vegetables**: Green leafy (like palak, methi etc.), beetroot
- **Fresh Fruits**: Apple, Pomegranate, Jamun, Banana (caution in diabetes)
- **Jaggery/ Black Strap Molasses**: As gur-chana or sattu
- **Non-Vegetarian Source**: Shellfish/Oysters have very high iron content. Liver of various animals is a rich source of haem-iron.

**What improves Iron Absorption?**

- Mainly Vitamin C. So meals with a glass of nimbu paani/orange juice or adding tomato/tamarind/aamchur while cooking is very effective.

**What reduces Iron Absorption?**

- Tea/ Coffee/ Some medications like calcium tablets and antacids.

*In summary*, add this in your daily diet - one bowl of legumes/ beans, handful of mixed dry fruits, fresh fruit and a glass of nimbu paani.
When we talk of muscle building diet we immediately think of eggs, chicken or protein shakes. Going on a high protein diet like Keto or Atkins is a common practice for athletes, fashion industry or weight watchers. Though a healthy individual is advised 1 to 1.2 gm protein per kg body weight. We often come across cases of high uric acid, creatinine or cholesterol due to an increased level of protein in the diet. Traditionally in India BODY BUILDING was encouraged in the rural areas following the Ayurvedic lifestyle in which the diet was pure vegetarian. For example Olympic Medalist Sushil Kumar who is also a pure vegetarian but has a high lean body muscle mass. Instead of focusing on eating a high protein diet they believe in building muscles with the help of strength training and yoga and eat a traditional, simple home cooked nutritious diet. On highlighting their diet we noticed the following pattern.

- Protein is in the form of sprouts, roasted channa or sattu. Traditional cooking methods of roasting, soaking, fermenting or slow cooking aid in digestion of protein and improves gut health.
- Their Diet is high in fiber. At least 5 to 7 servings of fruits and vegetable, a rich source of phyto chemicals which aid muscle building
- Vitamin C intake is high. Vitamin C which helps in absorption and assimilation of most of the nutrients especially Protein. Common sources of Vitamin C are lemon, lime amla, berries, karonda etc.
- They eat more millets like bajra, raggi and makka instead of cereals like wheat or rice. Millets are higher in micro and macro minerals like zinc magnesium selenium again help in muscle building.
- Diet includes seeds and nuts made in traditional recipes using jaggery, gums and khus khus which are loaded in minerals, proteins and EFA.

*In short we need to focus on assimilation and absorption of all nutrients for Muscle Building.*
Teeth are meant to last a lifetime. They have to be maintained in healthy condition on a daily basis by brushing twice a day, using the correct technique from gum to the tooth.

Diet plays a very important role in dental health. One must eat fibrous foods and some raw vegetables in the form of salad. Raw coconut, corn cob (bhutta), sugarcane etc should be enjoyed in their natural forms. Packaged and processed foods should be avoided. Sugary drinks and fruit juice stick to the surface of teeth and can cause decay if not rinsed off quickly. So these should not be consumed very often.

In middle aged people, the teeth start showing signs of wear. They should avoid eating very cold food like ice cream after eating a hot dinner. This can cause sensitivity. Citrus juices should be drunk with a straw so as to avoid contact with the teeth and avoid sensitivity. This is the age and the stage when life style diseases like diabetes and hypertension begin. The doctors prescribe a healthy diet with lots of fruits, vegetables and nuts. This requires strong gums and teeth.

In conclusion I would say that one can eat anything if one is rinsing the mouth afterwards and brushing at bedtime.
Thyroid is a butterfly shape gland that sits near the base of your neck. It makes and stores thyroid hormone that affects nearly every cell in your body.

Several nutrients are important for optimal thyroid health, the most important is Iodine, an essential mineral that is needed to make thyroid hormone. Selenium and Zinc helps activate thyroid hormones so they can be used by the body.

**Goitrogens** are dietary substances that may affect and interfere with normal function of the thyroid gland. Surprisingly, many common foods contain goitrogens and there is no such thing as hypothyroidism diet that will make you well, eating smart can help you feel better despite the condition.

**List of Foods**

**Soya** Some research does suggest that consumption of soy may interfere with your ability to absorb thyroid medication and too much soy consumption may increase risk for hypothyroidism.

**Cruciferous vegetables** are full of fiber and other nutrients, but they may interfere with the production of thyroid hormone. So its good idea to limit your intake of sprouts, cabbage, cauliflower, kale, turnip, bok choy and make these vegetables less harmful by cooking.

**Gluten rich food** like rice, bread and pasta are high in fiber and other nutrients and help improve bowel irregularity common symptom in hypothyroidism but be sure to choose to whole grain variety. A study published in 2019 found that gluten free diet may have clinical benefits for women with thyroid disease.

**Fatty and Fried Foods** Fats may also interfere with the thyroid's ability to produce hormone as well and it is recommended to cut out all fried foods and reduce intake of fat.
**Sugary foods**  In hypothyroidism the body metabolism is slow down and people tend to gain weight and it is advised to reduce the amount of sugar or try to eliminate it completely from your diet.

**Processed foods in packages and Frozen Aisle**: Processed food tend to have a lot of sodium and people with hypothyroidism should avoid sodium. Underactive thyroid increases a person risk for high blood pressure and too much of sodium further increases this risk.

**Excess Fiber in the diet**: Dietary fiber from whole grains, vegetable, fruits, beans and legumes that go above level affect the digestive system and can interfere with absorption of thyroid hormone replacement drugs.

**Coffee**: Time your first cup carefully in the morning, give a gap of 45mts after taking thyroid medication. Consume medication with water only.

**Alcohol doesn't play well with thyroid**: Alcohol can wreak havoc both thyroid hormone levels in the body and the ability of the thyroid to produce and have toxic effect on the thyroid gland and suppresses the ability of the body to use thyroid hormone. Ideally people with hypothyroidism should cut out alcohol or drink in moderation.

Always check your thyroid levels as advised by your doctor and follow the medication as per the instructions.

*Eat smart and stay healthy!*
The eyes are the windows through which we see this beautiful world. To keep them healthy we need to take a nutritious diet. The main nutrients for eye health are Vitamin A, Vitamin C, Vitamin E, lutein, zeaxanthin, Zinc, Copper and Omega 3 fatty acids. The food items which contain the above are

**Fish and eggs**
Fishes such as salmon and tuna are good source of Omega 3 fatty acids and Vitamin A. Eggs are rich in lutein and zeaxanthin and also contain Vitamin C, Vitamin E and Zinc.

**Nuts, legumes and grains**
They are also rich in omega 3 fatty acids. Nuts especially almonds contains high level of Vitamin E. Sprouting the lentils like green moong and black gram makes them very nutritious and a rich source of proteins, Vitamin C, Vitamin A, zinc, magnesium, selenium and copper.

**Fruits**
Amla, Guavas and Citrus fruits like lemons, oranges and grapefruits are a good source of vitamin C which is a strong antioxidant.
Yellow fruits like mango, dried apricot and papaya are rich in Vitamin A.
Apples have an anti inflammatory and antioxidant effect. Bananas are a rich source of Vitamin B6, Vitamin C and copper.

**Seeds**
Flax seeds, Chia seeds, Sunflower seeds and melon seeds are a good source of Omega 3 fatty acids and Vitamin E.

**Vegetables**
They are rich in lutein, zeaxanthin, Vitamin C, Vitamin A and copper.
Carrots are an excellent source of beta carotene and Vitamin A which is responsible for night vision and tissue health.

**Water**
Adequate hydration is also important for eye health and prevents dryness of the eyes. When stored in a copper vessel it also provides this valuable nutrient.

*A rule of thumb to ensure you are getting enough vitamins to keep your eyes healthy and glowing is to load your plate with colorful fruits and vegetables.*
Dr. Kamini Khurana

Basically kidneys excrete excessive water and salt from the body and thus maintaining the balance of these substances in body. Therefore in renal failure diet plays very important role.

**WATER AND LIQUIDS** - Only permitted quantity of liquids should be taken, otherwise extra fluid gets accumulated in the body. So water to be taken should be calculated according to urine output. eg medicines should be taken with meals only, just to avoid extra intake of water.

**SALT** - Very little amount of salt should be taken ,that too as advised by nephrologist

**POTASSIUM** - Patients of renal disease may have increased levels of potassium in their body and hyperkalemia inturn may cause sudden cardiac arrest. Following foods contain high amount of potassium, so should be taken cautiously-

**SHOULD NOT TAKE** - jaggery, chocolate, Coffee, coco powder Can consume less-Coconut water, turmeric, chili Can certainly take-Sugar, Apple, Honey, Papaya, Blackplum (Jamun)

**CALORIE INTAKE** - If patient is on dialysis his/her calorie intake should be appropriate. Diet should be taken as advised by dietician. Diabetic patients should consume less

**PHOSPHORUS** - Kidney patients can not excrete phosphorus in their urine so they have high phosphorus levels in their blood. Phosphorus mobilizes the calcium from the bones. Therefore patients suffering from kidney diseases should not consume diet rich in phosphorus

*Milk products Cheese, ice cream, milkshakes, cashews, walnut, dry coke, Fanta, maya, carrot, corns, tomatoes.*

**PROTEINS** - Patients suffering from renal disease should not consume non-veg like, yellow of egg, sea fish, flesh of big animals Dialysis patients should take regular protein diet
If you want a healthy skin and spending a major chunk on skin product then stop.

Our diet plays a major role preventing injury and helps healing skin from within and brings much needed glow Main idea is:

- **Skin should be thoroughly clean**
- **It should be well hydrated**

We should consume food that maintains collagen which benefit the skin layer.

Diet should be of low glycemic index that prevents disturbance of hormones which activate oil glands and causes acne.

**There should be protection from UV says.**

### SUPER SKIN FOOD

**Tomatoes** – Packed with Vitamin C and antioxidants protects skin from sun damage.

**Olive oil** – Can be used as cooking oil and in topping of Salads. It reverses sun damage done by UV rays.

Hazelnuts and almonds are rich in Vitamin E. It protects the skin from damage and gives radiant glow.

**Berries** – Large source of vitamins, minerals, fibers and phytoestrogens

Fatty fish salmon and mackerel are rich source of omega-3 fatty acids. It also provides selenium which prevents aging, Fish oil keeps skin hydrated and protects sun related damage.

**Avocados** – It contains essential nutrients vitamin E, prevent skin aging, dark chocolates and wines are also good for skin.

**Water** – minimum 8 glasses of water should be consumed in a day to keep skin hydrated and glowing.

**Collagen enhancing food** – Beans, Bell peppers, pumpkins, oranges strawberries, grapes fruits, lemon, papaya, guava, carrots, tomatoes, Sweet potatoes, Broccoli, Spinach. Collagen keeps skin supple and youthful, green tea, cashew, nuts, egg white enhances body's ability to produce collagen.

**ALWAYS TRY TO PLAY AROUND RAINBOW COLOR, PICKING YOUR VEGGIES WHICH ARE RICH IN COLLAGEN AND ANTIOXIDANTS**
The first step to lose your weight is to plan a weight loss program. The program should be realistic and achievable. There should be no hurry to losing the weight. Fasting is an easy way to lose quickly but the lean body mass is also lost along with at. The diet taken in form of liquids is to be supervised and is not beneficial for long run. A vogue or fad diet is not healthy for weight loss.

The dietary involvement is the main foundation of the weight loss management. The weight loss program focuses containing macronutrients (fats, proteins, carbohydrates) and the energy contents. The person with overweight should reduce at least 400-600 calories and person with I, II and super obesity 600-1000 calories per day. The person can reduce around half a kilogram per week with this rate of reduction.

There are 3 types of diet plan for overweight or obese person:
- **Low calorie diet**
- **Low fat diet**
- **Low carbohydrate diet**

**Low Calorie Diet**

Low calorie diet contains very low percentage of fats (less 20-30%), rich in carbohydrates and fibers. The heavy snacks and alcohol intake should be terminated. There are many packed food, drinks available as replacement of daily energy intake. Around 10% of body weight can be reduced in a span of 4 to 12 months depending on strictness of the meal plan.

**Low Fat Diet**

Fat provides the maximum calorie intake. Low fat diet reduces the daily intake of around 30% of total diet. This counts around 50 gram of fat less diet if a person is taking 200 calorie per day. Apart from 5 to 10 percent loss of the body weight. It also helps to reduce heart related problems.

**Low carbohydrate diet**

The diet with low or very low content of carbohydrates is helpful for a very short time. The body requires energy in absence of a diet with 40-50% less carbohydrates. The glycogen provides the energy and this cause fluid loss. The low carbohydrate diet does not sustain more than a year.
**Weight loss recommendations**
A diet must include a variety of food.
A restricted diet plan should be followed with the help of a valid dietician.
The person should have healthy fat in diet. The intake of mono and poly saturated fats have healthy benefits.
Whole grain like brown bread and rice should be part of diet than white bread or rice. The whole grain are rich in nutrition and fibers. The rich fibers slow the absorption of food.
Diet with variety of fruits and vegetables should be eaten daily 4 to 5 times. This will increase the digestion of body.
The outer food must be restricted. Eat more home cooked food.
The calorie information must be read carefully before consuming the packed food.
Plan the meals in advance so that one can stick to the diet plan and takes the require amount of calories.

**Food to reduce weight**

**Green leafy vegetables**
Spinach, cabbage kale, swiss chard etc. are full of nutrition like vitamins, minerals, antioxidants. They help to burn fat.

**Eggs**
Eggs are very nutritious and help in losing weight.

**Beans & Pulses**
Beans like kidney beans, beans, lentils help to lose weight. These are high in protein and fibers.

**Whole Grains**
Whole grain like brown bread, rice, oats are full of fibers, so absorption by body is slow. They are rich in carbohydrates so, person on low carbohydrate diet should avoid

**Fruits**
Most of the fruits are very helpful in weight loss

**Dairy Products**
Fat free milk and milk products are rich in proteins. They must be a part of diet plan to lose weight.

**Water**
Water is required for surviving. Most of the nutrients require water to dissolve 65% of body is water.
BENEFITS OF TEA COFFEE & DARK CHOCOLATE

are they good in MENOPAUSE??

Dr. Laxmi Rathna

Tea IS THE MOST BELOVED BEVERAGE WHICH COMES FROM LEAVES OF CAMELLIA SINENSIS. Moderate consumption (710ml) is very healthy. Reduces risk of cancer, obesity, diabetes, & heart diseases.

Black tea offers health benefits as it contains anti oxidants which remove free radicles, decrease cell damage in the body, reduces inflammation in the body, decreases risk of stroke, chronic diseases & promote over all health, promotes healthy gut, reduces cholesterol(LDL levels), BP & Sugar levels.

Polyphenols in tea regulates cancer cell growth & reduces new cell development (reduce cancer cell survival), it helps overcome the spread of hormone dependent breast tumors

L-theanine in tea improves alertness & focus as it increases alpha activity in brain

Risks: Tannins, reduce iron absorption, increased anxiety, stress, restlessness, poor sleep, nausea, heart burn, headaches, dizziness, dependence.

DARK CHOCOLATE:

It is nutritious, positive effect on health, contains soluble fiber, high minerals, plenty of potassium, zinc, selenium, phosphorus, fatty acids-olic, stearic, palmolic acid. Choose 1 with high coco content. 50grams contains 300calories, rich in anti oxidants. Coco & dark chocolates have more anti oxidant properties, polyphenols, flavanols than any other fruits example blue berries, acai berries. Flavanols stimulates endothelium of arteries produce nitric oxide which causes arteries to relax so helps in reduce BP. Lowers oxidative damage of LDL, increase HDL, improves insulin activity and lowers heart disease by 57% more than 5 times a week improves blood flow to skin and protects it from sun damage by increasing skin density. Eating high flavonol coco increase cognitive function, blood flow to brain more than 5 times

Warning: Don't consume lots of chocolates, contains lots of calories one should eat 1-2squares after dinner, we can avoid the calories by making a hot cocoa with out cream or sugar, dark chocolate with 70% or high content should be choosen.
Coffee: World's most popular beverage. Caffeine improves energy levels, most psychoactive substance, blocks inhibitory neurotransmitter adenosine. Norepinephrine & dopamine increases leading to enhance firing of neurons thus memory, mood, vigilance, intelligence, reaction times & general mental function. It boosts metabolic rate by 3-11% thus aids in fat burning by 10% in obese & 29% in lean people. It increases epinephrine (flight or fight hormone) which improves physical performance by 5-10%. Single cup of coffee contains riboflavin, manganese, potassium, magnesium & niacin. Reduce risk of Diabetes Mellitus-2 by 23-50%, 65% lower risk of Alzheimer’s diseases, Parkinson’s by 67%, also lowers risk of cirrhosis of liver, depression & risk of suicide. Upto 40% lower risk of liver cancer a 15% of colorectal cancer which are 3rd & 4th leading causes of death. It mildly increases BP. A 20% lower risk of stroke, 20-26% reduced risk of death. Rich in antioxidants.

So considering the benefits and risks we should use these things in moderation.
Our body needs calcium for healthy bones. Not only that, calcium is also very important for proper functioning of our nerves and muscles.

**Tips for upping your calcium intake**

To boost your daily intake, try to include calcium-rich foods in multiple meals or snacks.

**Tips for adding more calcium from dairy to your diet**
- Use milk instead of water when making oatmeal or other hot breakfast cereals.
- Substitute milk for some of the liquid in soups such as tomato, squash, pumpkin, curries, etc.
- Use curd to make a dressing or a dip.
- Add milk or yogurt to a fruit smoothie. You can even freeze blended smoothies for popsicles.
- Make paneer at home and use the whey for making soups.

**Tips for getting more calcium from non-dairy sources**

**Greens can easily be added to soups, casseroles, or stir-fries.**
- Opt for beet greens, broccoli, spinach, methi, bathua and cabbage. Spice up these and other dishes with garlic, basil, thyme, oregano, and rosemary to add more nutrients.

**Eat dark green leafy salads** with your meals.

**Use beans/legumes as part of your meals.** They are wonderful in stews, chili, soup, or as the protein part of a meal. Try tofu, tempeh, black-eyed peas, black beans, and other dried beans even ragi.

**Start your day with oats.** Steel cut oats or rolled oats make a filling breakfast. For an added punch include cinnamon.

**Snack on nuts and seeds** such as almonds.
Dr. Sangita Chaturvedi

If you want a healthy skin and spending a major chunk on skin product then stop
Our diet plays a major role preventing injury and helps healing skin from within and brings much needed glow.

Main idea is:
- Skin should be thoroughly clean.
- It should be well hydrated.
- We should consume food that maintains collagen benefit the skin layer.
- Diet should be of low glycemic index that prevents disturbance of hormones which activate oil glands and cause acne.
- There should be protection from UV rays.

SUPER SKIN FOOD
- **Tomatoes** - Packed with Vitamin C and antioxidants protects skin from sun damage.
- **Olive oil** - Can be used as cooking oil and in topping of Salads. It reverses sun damage done by UV rays.
- **Hazelnuts** and **almonds** are rich in Vitamin E. It protects the skin from damage and gives radiant glow.
- **Berries** - Large source of vitamins, minerals, fibers and phytoestrogens.
- **Fatty Fish** salmon and mackerel are rich source of omega-3 fatty acids. It also provides selenium which prevents aging, Fish oil keeps skin hydrated and protects sun related damage.
- **Avocados** - It contains essential nutrients vitamin E, prevent skin aging, dark chocolates and wines are also good for skin.
- **Water** - minimum 8 glasses of water should be consumed in a day to keep skin hydrated and glowing.
- **Collagen enhancing food** - Beans, Bell peppers, pumpkins, oranges, strawberries, grapes fruits, lemon, papaya, guava, carrots, tomatoes, sweet potatoes, Broccoli, Spinach. Collagen keeps skin supple and youthful, green tea, cashew, nuts, egg white enhances body's ability to produce collagen.

**ALWAYS TRY TO PLAY AROUND RAINBOW COLOR, PICKING YOUR VEGGIES WHICH ARE RICH IN COLLAGEN AND ANTIOXIDANTS.**
Dr. Varsha Prapanna

Fruits along with vegetables are an important part of a well balanced diet. It is suggested that one should eat half a plate full of vegetables and fruits at every meal. This helps lower the risk of high blood pressure, heart disease, stroke and some cancers.

If not handled properly fruits can become a source of food borne infections due to Salmonella, Listeria, or other bacteria.

Having high nutritive value fruits are in high demand, they have a short shelf life and perishable nature, so preservation to maintain the quality of fresh produce is a major challenge to the food industry.

30% of roots are damaged by insects, microorganisms pre and post transportation.

With globalisation and better transport facilities has given way to the use of edible coating as a novel approach to improve the quality of food for consumer acceptance.

Edible coating should be eco-friendly which slows the deterioration of fruits by controlling gas exchange, moisture transfer and maintaining the oxygen. Thus shelf life of fruits is increased with minimal processing, aroma, taste and colour is preserved, delays ripening process and also controls the microbial growth during shipping and storage. Edible coating is a soluble formulation which is made from protein, carbohydrate or lipids base and it is applied as a thin layer on the fruits.

- To avoid harm from cold storage foods
- Avoid refreezing thawed food.
- Check the best before use labels on items.
- Either store below 5 degree Celsius or above 60 degrees Celsius, because between 5 and 60 is the temperature danger zone. Bacteria multiply and grow most at this temperature.
- Keep raw and cooked food separately because bacteria from raw food can contaminate the cooked food. Raw foods should be kept below the cooked foods to avoid liquids or any contaminants spilling down.
- Strong non-toxic food containers with tight fitting lids or foil or cover with thin plastic film should be used for preservation.
You age with grace or get shriveled up with loss of elixir of life. Well, I am talking not about the women in menopause but much revered dry fruits.

Dry fruits are the ripe and preserved fruits in the best form to consume at any time of the day. It generally has a long shelf life, has all the nutrients in high concentration because it is a dehydrated form of the ripened fruit. The dry fruits mainly available to us are Dates, Walnuts, Almonds, Pistachios, Cashew-nuts, Pine-nuts also called Cedar nuts, Apricots, Cranberries, Blueberries, Figs, Prunes and Raisins.

Walnuts, Almonds, Pistachios are great as snacks or toppings. Dates and Apricots are mainly used as quick and handy food, these dry fruits are rich in polyunsaturated fatty acids, calcium, magnesium, potassium and zinc. The nuts are rich source of Omega 3-fatty acids that benefit women by decreasing the frequency of hot flashes and severity of night sweats. The Vit E complex helps in vascular integrity. These nuts are super foods and help ease menopause symptoms by improving sleep pattern, sleep quality, bone density, depressive symptoms, dryness of the skin and most importantly bowel habits.

Figs and cedar nuts are rich in calcium, iron, potassium, boron, copper and manganese. They are good for hot flashes, constipation and easing sexual dysfunctions.

The dry fruits like berries and prunes are rich source of micronutrients like selenium, boron, magnesium, zinc & copper. But majorly lack the water soluble vitamins like Vit C, Thiamine, Niacin, Riboflavin and Pantothenic acid which are prominently present in their fresh counterparts. The minerals found in these dry fruits extent the half-life of Vit D & estrogen, that takes care of our bones and skin elasticity.
Dried berries, raisins, apricots, prunes and dates have favourable amounts of phytoestrogen, much more than their fresh varieties, that helps in better sleep, lower rates of depression, reducing the frequency and intensity of hot flashes and dryness of the vulvovaginal area.
Pistachio, Cedar nuts and Almonds are source of healthy proteins which helps delaying sarcopenia and osteoporosis. Also osteoporosis is markedly reduced in cases of those consuming currants, fig, raisins and apricot. 
Dried fruits are great snacks and very handy. Ready to eat anywhere and anytime. Need no kitchen ware and remain eatable for long time ranging from six months to 2 years.
The dried fruits should be consumed in moderation and most important point to be noted is that dried fruits should not be equated with candied fruits. The dried fruits are a good supplement but should not be considered a substitute to fresh fruits. The benefits of dry fruits are - long shelf life, power packed with energy, compact, portable, readily available round the year and easy to consume. The ill-effects are few and meagre especially related to consumption in large quantities. The best way to consume is to mix them in a fist, that’s handful for a one-time snack.
Also, Cashew-nuts and raisins are generally avoided by elderly due to high glycemic index.
A very important point that needs to be reiterated is that the dieticians always give high points to the dry fruits when counting the glycemic index as compared to their original fruit which has zero points in the Kcal charting. 
So, choose the correct dry fruits and consume it in moderation. And remember to go slow consuming them so as to chew them well to have the best benefits.
Executive Member 2021 – 2022

Dr. Ambuja Choranur
President

Dr. Pushpa Sethi
Vice President

Dr. Sudhaa Sharma
Secretary General

Dr. Jyoti M. Shah
Treasurer

Dr. Jignesh Shah
IPP

Dr. Shobhana Mohandas
President Elect

Dr. Bipasa Sen
Jt. Treasurer

Dr. Lakshmi Rathna
Jt. Secretary

Dr. Anita Shah
Immediate Past Secretary IMS

IMS International Representatives 2021 & 2022

Dr. Ambuja Choranur
International Menopause Society – CAMS

Dr. Atul Munshi
Asia Pacific Menopause Federation – APMF

Dr. Jignesh Shah
South Asian Federation of Menopause Societies – SAFOMS

IMS Committees – Chairpersons 2021 – 2022

Advisory Board, Dr. Jyothi Unni
Finance Committee, Dr. Jyoti M. Shah
Research Committee, Dr. Reeti Mehra
Website Committee, Dr. Jyothika Desai
Rural Committee, Dr. Savita Tyagi
Community Social Responsibility Committee, Dr. Nirmala Pipara
IMS Foundation, Dr. Duru S. Shah

Aesthetic Health Committee, Dr. Ragini Agrawal
Fertility & Aging Committee, Dr. Sushma Baxi

JMH, Chief Editors, Dr. Meeta Singh & Dr. Vashal Tandon
Exam Committee, Dr. Sheela Mane
Education Committee, Dr. Laxmi Shrikhande
Quiz Committee, Dr. Jyoti Jaiswal
Club 35 + Public Awareness Committee, Dr. Arti Gupta
Peer Review Task Force, Dr. Ambuja Choranur & Dr. Ranu Patni
Advocacy Committee: International, Dr. Sunila Khandelwal National, Dr. Ratnabali Chakravorty
Uro Gynaec Committee, Dr. Haran Patnaik
Digital Education Committee, Dr. Vandana Narula