APPENDICES
APPENDICES

INTERVIEW SCHEDULE

GENERAL INFORMATION OF THE RESPONDENT:

(1) Name of the Respondent.
(2) Address.
(3) Age
(4) Education:
   (i) Illiterate (ii) Primary (iii) Middle (iv) High School (v) Above
5. Caste:
   (i) Upper caste (ii) Middle Caste (iii) Lower caste
6. Marital Status:
   (i) Married (ii) Unmarried
7. Type of family:
   (i) Nuclear (ii) Joint
9. Occupational Status
   (i) Service (ii) Business (iii) Housewife (iv) Labour
10. Total Income per month:

<table>
<thead>
<tr>
<th>Service</th>
<th>Business</th>
<th>Labour</th>
<th>Land holding</th>
<th>Animal Source</th>
<th>Any other</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

11. Per Capita income.
12 Material possession
i  Pressure cooker
ii  Washing machine
iii  Cooking gas
iv.  Tape recorder
v.   Sofaset
vi.  Almirah
vii. Television
viii Refrigerator
ix  Sewing machine
x  Others

ANTHROPOMETRIC ASSESSMENT ·

i  Height
ii.  Weight
iii  Body mass index
CLINICAL ASSESSMENT

1. General appearance
   i. Healthy
   ii. Unwell
   iii. III

2. Hair
   i. Normal
   ii. Lack of Luster
   iii. Thinness or sparseness
   iv. Dispigmentation of hair
   v. Easy pluckability

3. Face
   i. Normal
   ii. Diffuse depigmentation
   iii. Moon face
   iv. Pale
   v. Naso labial blyssibcia

4. Eyes
   i. Normal
   ii. Pale conjunctiva
   iii. Bitot's Spot
   iv. Itching
   v. Xerophthalmia

5. Lips
   i. Normal
   ii. Fissuring at corners
   iii. Swollen
   iv. Puffy

6. Tongue
   i. Normal
   ii. Oedema of tongue
   iii. Scarlet and raw tongue
   iv. Atrophic papillae
7. Teeth
   i. Normal
   ii. Mottled enamel
   iii. Carries

8. Gums
   i. Normal
   ii. Spongy
   iii. Bleeding gums

9. Skin
   i. Healthy
   ii. Dryness
   iii. Flaky
   iv. Pellagrous dermatitis

10. Nails
    i. Normal
    ii. Brittle
    iii. Rridged
    iv. Spoon shaped

11. Posture
    i. Normal
    ii. Knock-Knee
    iii. Bowed legs
    iv. Fleeting joint pain
### ASSESSMENT OF MORBIDITY PATTERN

<table>
<thead>
<tr>
<th>Disease</th>
<th>Frequently</th>
<th>Occasional</th>
<th>Never</th>
</tr>
</thead>
<tbody>
<tr>
<td>Headache</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cold &amp; Cough</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Backache</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Indigestion/Gastric problem</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fever</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Joint pain</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Other severe problem</td>
<td></td>
<td></td>
<td></td>
</tr>
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</table>

### FOOD FREQUENCY TABLE

<table>
<thead>
<tr>
<th>Food groups</th>
<th>Daily</th>
<th>Twice in a week</th>
<th>Once in a week</th>
<th>Occasionally</th>
<th>Rarely</th>
<th>Never</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cereals</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pulses</td>
<td></td>
<td></td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>GLV</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Roots and tubers</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Other vegetables</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fruits</td>
<td></td>
<td></td>
<td></td>
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<td></td>
<td></td>
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<tr>
<td>Fats and oils</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Milk</td>
<td></td>
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<td></td>
<td></td>
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<tr>
<td>Flesh foods</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Egg</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sugar and Jaggery</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
1. Do you know, you comes in which category? Yes/No
   (i) Sedentary (ii) Moderate (iii) Heavy

2. Do you know, how much energy is required to you according to your work? Yes/No
   (i) 1875 kcal (ii) 2225 kcal (iii) 2925 kcal (iv) 1200 kcal

3. Do you know from which sources you receive energy in your diet? Yes/No
   (i) Fruits (ii) Vegetables (iii) Cereals (iv) None of these

4. Do you know how much protein is needed to you according to your work? Yes/No
   (i) 50 gm (ii) 40 gm (iii) 30 gm (iv) 20 gm

5. Do you know dietary sources of protein? Yes/No
   (i) Pulses and legumes (ii) Meat and fish (iii) Milk (iv) All of these

6. Have you heard about Thiamin? Yes/No
   (i) Protein (ii) Vitamin (iii) Carbohydrate (iv) Fat

7. What are the dietary sources of Thiamin? Yes/No
   (i) Cereal and grains (ii) Nuts and pulses (iii) Meat (iv) All of these

8. Do you know which disease occur due to deficiency of Thiamin? Yes/No
   (i) Beriberi (ii) Scurvy (iii) Night blindness (iv) Goitre

9. Do you know dietary sources of Iodin? Yes/No
   (i) Salt (ii) Milk (iii) Cereals (iv) Pulses

10. Do you know which disease occur due to deficiency of Iodine? Yes/No
    (i) Goiter (ii) Anemia (iii) Night blindness (iv) Rickets

11. Do you know which nutrient is needed in more by pregnant and lactating women as compare to other women? Yes/No
    (i) Calcium (ii) Iron (iii) Folic acid (iv) All of these

12. How you obtain these nutrients?
    (i) By taking more cereals
    (ii) By taking more pulses
    (iii) By including milk in diet
    (iv) By taking more vegetables
    (v) All of the above
13. Do you know which disease occur due to deficiency of Iron? Yes/No
   (i) Goiter  (ii) Anemia  (iii) Night blindness  (iv) None of these

14. Do you know dietary sources of Iron? Yes/No
   (i) Green leafy vegetables
   (ii) Jaggery
   (iii) Germinated legumes
   (iv) All of the above

15. Do you know utensil of which metal should be use for cooking of green leafy vegetables? Yes/No.
   (i) Iron  (ii) Bronze  (iii) Aluminum  (iv) Steel

16. Do you know why green leafy vegetables should be cook in iron utensils? Yes/No
   (i) To increase iron content in food
   (ii) To increase protein content in food
   (iii) To increase calcium content in food
   (iv) None of these

17. Do you know how iron deficiency anemia can be diagnosed? Yes/No
   (i) Tiredness
   (ii) Breathlessness
   (iii) Paleness of nails and conjunctiva of eyes
   (iv) Low hemoglobin level
   (v) All of the above

18. Do you know dietary sources of Vitamin A? Yes/No
   (i) Green leafy vegetables
   (ii) Yellow fruits like papaya, mango, pumpkin, and carrot
   (iii) Milk and milk products
   (iv) Eggs and fish
   (v) All of the above

19. Do you know which disease occur due to deficiency of Vitamin A? Yes/No
   (i) Goiter  (ii) Anemia  (iii) Night blindness  (iv) None of these

20. Do you know how Vitamin A deficiency can be diagnosed? Yes/No
   (i) Person can not see in dim light
   (ii) Person can not see in day light
(iii) Person can not differentiate color
(iv) All of the above

21. Do you know which vitamin is obtained from Sunlight? Yes/No
   (i) vitamin A  (ii) Vitamin B  (iii) Vitamin C  (iv) Vitamin

22. Which disease occur in adult due to deficiency of Vitamin D?
   (i) Osteomalacia  (ii) gotter  (iii) Both of these  (iv) None of these

23. Do you know what is under nutrition?
   (i) Protein intake is less
   (ii) Energy intake is less
   (iii) Vitamin intake is less
   (iv) All of the above

24. What are the symptoms of under nutrition in a woman?
   (i) Body weight less than normal
   (ii) Anemia due to iron deficiency
   (iii) Night blindness due to Vitamin A deficiency
   (iv) All of the above

25. Do you know which food is known as complete food for a child upto the age of six month? Yes/No
   (i) Mother milk  (ii) Banana  (iii) Dahl  (iv) Khichari

ASSESSMENT OF DIETARY HABIT FOR NUTRITIONAL AWARENESS

Please describe you dietary habit during past one year

1. Who takes the decision regarding meal?

2. How would you describe your food habits? Veg/non-veg

3. If Non-vegetarian, how often you take these food?
   (i) Daily  (ii) Weekly  (iii) Fortnightly  (iv) Monthly

4. Do you take cereal legumes combination? Yes/No

5. If yes, what is its advantage?
   (i) 
   (ii) 

6. Do you take wheat bran in your diet? Yes/No

7. Do you consume salad regularly? Yes/No

8. Do you use reused fried oil? Yes/No

9. How many major meals do you take? 1/2/3/ more
10. How many times in a day you eat snack in between meals?
   (i) Never      (ii) One      (iii) Two or more
11. Which is your heaviest major meal?
   (i) Breakfast   (ii) Lunch    (iii) Dinner
12. Type of cooking method mostly used at home?
   (i) Pressure cooking
   (ii) Frying
   (iii) Roasting
   (iv) Other
13. Do you wash vegetables after peeling/cutting? Yes/No
14. Do you go for favorite food, which are too expensive? Yes/No
15. How often do you eat meals cooked outside your home?
   (i) Never      (ii) Per day    (iii) Weekly    (iv) Monthly
16. Where do you eat your meal?
   (i) In front of T.V
   (ii) In kitchen
   (iii) In Dining room
   (iv) While on the go
17. Do you eat at the same time every day? Yes/No
18. If not why?
   (i) 
   (ii) 
19. If you prepare meals do you plan menu in advance? Yes/No
20. Do your food habits ensure a nutritionally balanced diet? Yes/No
ASSESSMENT OF DIETARY INTAKE

Menu pattern by 24 hour recall method

<table>
<thead>
<tr>
<th>Meal</th>
<th>Menu</th>
<th>Raw ingredients used</th>
<th>Total cooked quantity (household measures)</th>
<th>Quantity consumed by respondent</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Ingredients</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Morning</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Break fast</td>
<td></td>
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<tr>
<td>Mid day</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lunch</td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Tea</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dinner</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bed time</td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>
Interviewer interviewing the non-working women

Interviewer interviewing the working women
Dietary pattern of non working women

Dietary pattern of working women
Clinical assessment of respondent

Measurement of body weight
PREFACE

The first Prime-Minister of India, Jawaharlal Nehru said, “you can tell the condition of a nation by looking at the status of its women”. This is absolutely true. Woman of any nation is the mirror of civilization. If women enjoy good status it shows that the society has reached a level of responsibility, while a decadent Image conjures up if the opposite is true.

From time immemorial, the women in this land of ours were treated as a sort of thing which society was not at par with other human being. She has no rights. She cannot move nor will. In Hindu Shastras, she has been branded just like animals. From the verses of Ram Charit Manas by Mr. Tulsi Das, “Dhol, ganvar, shudra, pashi, naari—Ye sab tadan ke adhikari,” connotations as to what status has been granted to our mothers. But in the modern era the situation has changed. The women have left the secured domain of their home to empower themselves by pursuing such a situation provision of nutritious recipes involving minimum cooking time, dietary fulfill physiological needs of women would help them to great extent. This package about dietary guidelines for healthy eating, food pyramid for women and food groups in it which will help in maintaining normal health. Recipes that are incorporated in this pack criteria of minimal cooking time, cost and convenience. It is hoped that this package will and non-working women in maintaining their health.
DIETARY TIPS FOR WOMEN TO LIVE A HEALTHY LIFE

- RDA for working and non-working women
- Nutritional problems among working and non-working women.
- Dietary guidelines for women
- Healthy eating: the basics in carbohydrates, protein and fat.
- Food pyramid for women.
- Food groups in balanced healthy diets
- Ideal diet for working women
- Tips and strategies for a healthy eating plan.
- Recipes for working and non-working women.
- Advantages of suggested recipes
- Suggestions
WOMAN

In Oxford dictionary a woman is defined as female of man, the female sex, a female servant important for supporting the growing body and for preventing future health problems and to produce defined as –

W - Wife, Wealth, Woeful, Worship, Warden, Weak, Weapon
O - Obedient, Omnipotence, Odalisque
M - Mother, Malnourished, Merciful, Morbid, Mature
A - Aspiration, Anemic, Attractive, Authority, Assistant.
N - Nurture, Neglected, Necessity, Novel
<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Sedentary</th>
<th>Moderate</th>
<th>Heavy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Energy (Kcal)</td>
<td>1875</td>
<td>2225</td>
<td>2925</td>
</tr>
<tr>
<td>Protein (g)</td>
<td>50</td>
<td>50</td>
<td>50</td>
</tr>
<tr>
<td>Fat (g)</td>
<td>20</td>
<td>20</td>
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</tr>
<tr>
<td>Calcium (mg)</td>
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<td>400</td>
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</tr>
<tr>
<td>Iron (mg)</td>
<td>30</td>
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<td>30</td>
</tr>
<tr>
<td>Vitamin A (µg)</td>
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<td>600</td>
<td>600</td>
</tr>
<tr>
<td>β-carotene (µg)</td>
<td>2400</td>
<td>2400</td>
<td>2400</td>
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<tr>
<td>Thiamine (mg)</td>
<td>0.9</td>
<td>1.1</td>
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</tr>
<tr>
<td>Riboflavin (mg)</td>
<td>1.1</td>
<td>1.3</td>
<td>1.5</td>
</tr>
<tr>
<td>Niacin (mg)</td>
<td>12</td>
<td>14</td>
<td>16</td>
</tr>
<tr>
<td>Pyridoxine (mg)</td>
<td>2.0</td>
<td>2.0</td>
<td>2.0</td>
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<tr>
<td>Ascorbic acid (mg)</td>
<td>40</td>
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<td>40</td>
</tr>
<tr>
<td>Folic acid (µg)</td>
<td>100</td>
<td>100</td>
<td>100</td>
</tr>
<tr>
<td>Vitamin B₁₂ (µg)</td>
<td>1</td>
<td>1</td>
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</table>
Nutritional Problems Among Working and Non-Working Women

Women are more likely to suffer from nutritional deficiencies than men are, for reasons including biology, low social status, poverty and lack of education. This nutritional deficiency has two major consequences: first, they become anemic and second they never achieve their full growth, which leads to an unending cycle of malnourished women cannot give birth to a healthy baby.

Major nutritional deficiency disorders among women are:

1. Iron deficiency anemia: Iron deficiency and anemia are the most prevalent nutritional deficiencies. Iron is used by the body to produce hemoglobin, a protein that transports oxygen from the lungs to the tissues. Iron deficiency anemia is defined as having a hemoglobin level (less than 12 grams per deciliter of blood [gm/dl] in women). Most women in less developed countries are not consuming enough iron-rich foods to meet their body's needs. Malaria can also cause anemia and in some areas, there is an endemic anemia in some areas. Other causes of anemia include HIV/AIDS, other micronutrient deficiencies. Iron deficiency anemia decreases the body's capacity, and make people more susceptible to infection.
2. **Iodine deficiency disorder**: Failing to meet the body's iodine requirements impairs mental function (swelling of the thyroid gland) and hypothyroidism, a condition marked by poor growth. Among adolescent girls, iodine deficiency may cause mental impairment, stunted development, and harm school performance. Although programs to improve the prevalence of iodine deficiency disorders dramatically in the past have occurred, the variation in household access to iodized salt. At least 130 countries have iodine deficiency disorders.

3. **Vitamin A deficiency disorder**: VAD can cause growth retardation and impaired vision remains a major public health problem among populations that do not consume enough vitamin A, which is found in certain fruits, including mangoes. Severe VAD causes blindness, limits the immune system, making people more susceptible to infection and putting them at risk of death. Concurrent infection with parasites and illnesses such as diarrhoea or sickle-cell anaemia, or pregnancies too close together, can exacerbate VAD.
Dietary Guidelines for Working and Non-Working Workers

Healthy eating begins with learning how to “eat smart”. It’s not just what you eat, but how you eat and choosing foods that are both nourishing and enjoyable helps support an overall healthy diet.

- **Take time to chew your food**: Chew your food slowly, savoring every bite. We tend to rush through our meals, actually taste the flavors and feel the textures of what is in our mouths. Reconnect with the joy of eating.

- **Avoid stress while eating**: When we are stressed, our digestion can be compromised, causing heartburn. Avoid eating while working, driving, arguing, or watching TV (especially disturbing programs). Taking some deep breaths prior to beginning your meal, or light candles and play soothing music to set a calming atmosphere.

- **Listen to your body**: Ask yourself if you are really hungry, and stop eating when you feel full. It takes about 20 minutes for your brain to tell your body that it has had enough food, so eat slowly. Eating just the right amount will help you remain alert, relaxed and feeling your best, rather than stuffing yourself into a “food coma.”

- **Eat early, eat often**: Starting your day with a healthy breakfast can jumpstart your metabolism, and eating your daily caloric allotment early in the day gives your body time to work those calories off. Also, spread out your eating throughout the day, rather than the standard three large meals, can help keep your metabolism moving and prevent energy slumps and sugar crashes and attacks.
Healthy eating: The basics on carbohydrates, protein and fat

Despite what certain fad diets would have you believe, we all need a balance of carbohydrates, protein, and fat to sustain a healthy body. But what exactly is a carb? And how much protein is too much? Understanding the basics is the first step in developing your own healthy eating plan.

Carbohydrates

Carbohydrates—food composed of some combination of starches, sugar and fiber—provide the energy you need for physical activity by breaking down into glucose, a type of sugar our cells use as a universal energy source.

Fiber

Fiber is a special kind of the carbohydrates that your body is unable to digest. A diet rich in fiber—vegetables, fruits—lowers your risk of diabetes, heart disease, and digestive problems like constipation and irregularity; it also helps keep triglycerides in the blood. Fiber helps support a healthy diet by:

- Helping you feel fuller faster and longer
- Keeping blood sugar levels even
- Maintaining a healthy colon

The bottom line: Carbohydrates are a great source of tasty, inexpensive energy. But overeating carbs—like weight gain—whatever is not needed for bodily functions and energy will end up being stored as fat—so eat them in moderation.
Protein needs

Our bodies need protein to maintain our cells, tissues and organs. Getting the right amount of protein is important: eat too little and your body may start to break down its own tissues; eat too much and it can damage your kidneys. Therefore, choose protein sources that contain the highest amounts of protein with the lowest amount of saturated fat within a healthy serving size.

Fat

We’ve been taught to fear fats and oils, but fresh, high quality fats are absolutely essential to good health. They do everything from building cell membranes to performing key functions in the brain, eyes and lungs, and they are essential to “good” fats (unsaturated, mono-saturated, poly-unsaturated, omega 3 and 6) in different places depending on what the body needs them to do.

Good Fats: Essential to Healthy Eating

The “bad” fats – trans and saturated fats – increase the risk for certain diseases. Trans fats, or “processed food sexy guys” of the nutrition world – and they can be sneaky villains, hiding out in places you would never expect. The most common way of adding hydrogen to liquid vegetable oils to make them more solid, trans fats give foods a longer shelf life and are beneficial to processed food manufacturers, trans fats are detrimental to you—they raise bad (LDL) and lower good (HDL) cholesterol, putting you at increased risk for heart disease.

The bottom line: The key to healthful diet plan is to substitute good (monounsaturated, polyunsaturated) fats for bad fats (saturated and trans fats).
FOOD PYRAMID FOR WOMEN

Eat in small amounts
Oil, Margarine,
Reduced fat spreads, Butter, Sugar

Eat moderately
Lean meat, Eggs, Fish,
Chicken, sauce, Milk,
Yoghurt, Cheese

Eat Most
Vegetables,
Dried peas, Beans
and Lentils
Cereals,
Bread,
Fruit,
Nuts

Optimal health through food variety and physical activity
Food Groups In Balanced Healthy Diet

To ensure that you get a well-balanced diet that provides the daily nutrients you need, the Harvard School of Public Health recommends you focus your diet on the following six basic food groups.

Vegetables and Fruits: Vitamin, antioxidant and fiber powerhouses

Women need 5 to 9 servings of fruits and vegetables per day. Dark green and brightly coloured fruits and vegetables contain many antioxidants and bioflavonoid in addition to vitamins, minerals and fiber.

Serving Information: One serving is equal to 2 cups for a dark green low-starch vegetable like broccoli or leafy greens. One fruit serving is typically equal to one small to medium sized fruit or ½ cup berries.

Food Sources: Sources for fruits and vegetables include dark green and brightly coloured vegetables, leafy greens, apples, oranges, avocado (yes it's a fruit!) etc. Calorie counts vary significantly, so keep track of how much you're eating.

Choose: Go for the bright the deeper the colour, the greater the concentration of vitamins, minerals, fiber. Mustard greens, butternut squash and sweet potatoes are several excellent choices. For fruits, choose a variety. Berries are cancer-fighting, apples provide fiber, oranges and mangoes offer vitamin C, and so on.
Avoid: Fruit juices can contain up to 10 teaspoons of sugar per cup; avoid or dilute with water. Canned fruit, syrup, and dried fruit, while an excellent source of fiber, can be high in calories. Avoid fried veggies or sauces—you may still get the vitamins, but you’ll be getting a lot of unhealthy fat and extra calories as well.

Whole grains for long-lasting, healthy carbohydrate energy

The words stone-ground, multi-grain, 100% wheat, or bran, don’t necessarily mean that a product is whole grain. Look for the words “whole grain” or “100% whole wheat”, and check the ingredients to make sure each grain listed is specified as whole grain. Women should eat five or six 1-ounce (30g) servings of grains per day.

Serving Information: One serving is equal to one slice of low carb bread (30g), 30g or ½ cup of low carb breakfast cereal, 1 ounce of carb controlled pasta, or ¼ cup steel cut dry oats.

Food Sources: Sources for whole grains include brown rice, stone ground whole grain bread and pasta, and amaranth.

Choose: Dark breads, whole wheat, brown rice, oatmeal, barley, millet, toasted wheat cereals.

Avoid: Refined grains (breads, pastas, and breakfast cereals that are not specified as whole grain), “whole” that also contain a lot of sugar (example: whole grain Cookie Crisp cereal).
Healthy Fats and Oils to support brain and body functions

Women need to consume healthy fats every day. Fats are an important source of essential fatty acids, such as vitamin E. It is important to consume sufficient Omega 3 oils such as fish and flax and to reduce consumption of saturated fat found in red meats, and trans fat or hydrogenated oils found in processed foods.

Serving Information: One serving is equal to one teaspoon. Women need up to 7 servings of healthy fats per day, which are already found in much of the food we eat.

Food Sources: Sources for healthy fats include fish, flax, seeds, nuts, vegetable oils like olive oil, peanut oil, and some nuts such as walnut and almond.

Choose: Vegetable oils (Olive, canola, peanut) avocados, fatty fish (salmon), nuts, and seeds.

Avoid Damaging” good fats by exposing them to heat, light or air for example, keep your bottles of oil in the refrigerator. Avoid trans fats and saturated fats.

Nuts, Seeds and Beans: Healthy protein alternatives

These plant foods are excellent sources of protein, fiber, vitamins, and minerals.

Choose: Good choices include black beans, navy beans and lentils and nuts like almonds, walnuts and pecans. Soy products are great for protein.
Avoid: Salted or sugary nuts; refried beans.

Fish, Poultry and Eggs: The best animal protein sources

Eating omega-3 fatty acid-rich fish can reduce the risk of heart disease. Good choices also include chicken, turkey and eggs (Vegetarians and vegans can substitute vegetable protein for these sources, but may want to consider an omega-3 supplement). Most women need a minimum of four to six ounces of meat, legumes or other protein sources per day.

Serving Information: According to the USDA, one serving is equal to ½ ounce. Other sources consider 2 ounces to be one serving size.

Food Sources: Sources for proteins include meats, poultry, fish, seafood, dry beans, nuts and seeds.

Choose: Lean, white meat; egg whites; fatty fish like mackerel, lake trout, herring, sardines, canned salmon

Avoid: Fish that’s high in mercury such as shark, swordfish, king mackerel, tilefish and albacore tuna.

Milk and other dairy products for calcium and vitamin D

Dairy products provide a rich source of calcium, necessary for bone health. Most are fortified with vitamin D, which helps the small intestine absorb calcium.
Women should consume about 3 cups of dairy products, or milk-alternatives each day because dairy is a source of calcium which can help you lose the fat around your belly. Low fat or reduced fat dairy products is a good choice not to consume dairy products, alternative calcium sources include sardines, tofu, and calcium-fortified

Serving Information: One serving is equal to 1 cup of milk, 1 cup of yogurt, 1½ ounces of cheese.

Sugars

Sugar and sweets add excess calories and very little nutrition. Women do not require any sugar on a regular basis

Serving Information: One serving is equal to one teaspoon

Food sources: Sources for sugar and sweets include soft drinks, candy, starches such as potatoes, breads, all sugars, syrups, honey and molasses

Salt

Women need less than 2300 mg per day of sodium, so be sure to read the labels of prepackaged and

Serving Information: One serving is equal to one dash of salt, which contains 155 mg of sodium.

Food sources: Sources for salt or sodium include processed foods, canned vegetables, salt and prepared
Ideal Diet For Working Women

Is there such a thing as ideal diet? And where do you find it? The answers surprisingly lies within a balanced approach to food. All the nutrients to make you experience a vibrant good-looking body and keep you healthy and consistent. It should leave you free from a nagging concern over extra pounds and extra inches. The diet should be able to stabilize to an optimum level unimpelled by toxic waste; which is assimilated into the body after incorpo rating the food.

This diet is based on consumption of a lot of fresh fruits and vegetables as they contain a lot of water. Water is an important component in our body cells is water. So these fresh fruits and vegetables can be most easily digested by the body which would provide energy for our day to day activities. The more processed, denatured and dead the food you have, the more energy the body require to digest it.

This diet programme does not believe in starvation or crash dieting to lose weight. The base is sufficient to keeping making energy available for body activities other than digestion. Once on this diet programme, the body would be able to eliminate the undigested food—whereas a wrong combination of food consumption would result in weight gain and toxicity in the body resulting in weight gain and toxicity.

Wholesome fresh foods brimming with nutrients can nourish your body and reflect the effects on your skin, additionally help solving symptoms of problems regarding digestion, constipation, allergies, headaches, arthritis, eczema, heart problems and other diseases; if followed religiously. If these exciting andinning weight loss are followed you will reward yourself abundantly with a youthful, slender body, beauty, vitality and spiritual health.

A) Breakfast: Begin your day with fresh fruits on an empty stomach—they pass from the stomach to the small intestine at a pace. Digestion, absorption and conversion of food to our energy unit glucose is done...
necessarily supplied in sufficient quantities to our brain cells to let our working be efficient. A heavy breakfast consisting of one, two or three concentrated, processed items like breads, cakes, etc., will have to be diverted to digest this breakfast. This is the cause of you dozing in trains and buses on their morning trip to work. You have put your body to a big load by what you have ingested. Two or three varieties of dry fruits in the midmorning hours for the one who wants to maintain weight or who feel slightly hungry is permissible.

B) Lunch: Lunch can consist of a combination of cereal or pulse with a lot of vegetables-cooked and preferably of brown bread. On the days home a hot clear vegetable soup could be a better alternative. A combination is again to facilitate only limited amount of energy to be diverted for the concentration in office work can be still maintained.

C) Snack: An ideal evening snack, if required, can be a vegetable sandwich containing no cheese. Preferably of brown bread. On the days home a hot clear vegetable soup could be a better alternative.

D) Dinner: For dinner you can have a complete meal of chapatti, vegetable, dal and salad. This meal should be eaten two or three hours before you go to sleep. The amount of food consumed should be decided according to your appetite and not on your taste-bud.

E) Small changes, large benefits: Non-vegetarian foods like meat, chicken, fish, egg etc. can supply us with the energy but it is not essential for gaining strength. The importance of fiber is being stressed these days. Remember meat has no fiber content at all. Milk and non-veg proteins can easily be turned into muscle fiber. It is a good quality protein and when processed is void of allergens and toxins. Milk has proven to be a good source of calcium and iron as well as has a protective effect due to the presence of vitamin D that has an anti-carcinogenic effect.
Tips and Strategies for A Healthy Eating Plan

So, how do you actually implement all this information on healthy eating into your life? The following tips can help you find your way into a healthier diet.

1. **Read the labels** – Always look at the first ingredient listed – seeing sugar, corn syrup, salt, or some other high on the list probably means it isn’t the healthiest choice.

2. **Keep a food diary** – For one week, write down everything (no cheating!) that you eat or drink even if you don’t keep track of serving sizes. At the end of the week, review your diary and decide where you need to make improvements.

3. **Set goals** – Your goal can also be as simple as ordering a salad rather than a less than healthy appetizer or treat when you go out to eat.

4. **Take baby steps** – Try one small change at a time, and build on it. If you aren’t getting enough fruit, consider adding a cup of cereal in your morning. Or switch to low fat dairy, and easily eliminate some saturated fat from your diet.

5. **Make smarter choices within food groups** – For example, choosing whole fruit rather than juice will add extra fiber. Or, switch to whole grain bread or pasta in place of your usual refined carbohydrate choices.

6. **Don’t be the food police** – There’s no need to cut out all of your favourite foods. You can enjoy them in moderation, as long as they are an occasional part of your overall healthy diet. Food is a great source of joy and pleasure, and good for the heart – even if those French fries aren’t!

7. **Get moving** – Exercise will make any healthy eating plan work even better. While a healthful diet can help prevent a lot of diseases, adding regular physical activity can do even more.
LOW COST RECIPES FOR WORKING AND NON-WORKING CLASS
Maize Puttu
1. **MAIZE PUTTU**

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Weight (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Broken maize</td>
<td>35</td>
</tr>
<tr>
<td>Bengal gram dhal</td>
<td>25</td>
</tr>
<tr>
<td>Jaggery</td>
<td>25</td>
</tr>
</tbody>
</table>

**Method** – Roast broken maize and Bengal gram dhal and powder them. Dissolve jaggery in water. Prepare a batter of maize and dal with the jaggery syrup. Steam cook the batter on a piece of cloth using a knife.

**Nutritive value** -

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Protein</td>
<td>9.18 g</td>
</tr>
<tr>
<td>Fat</td>
<td>2.01 g</td>
</tr>
<tr>
<td>Iron</td>
<td>2.78 mg</td>
</tr>
<tr>
<td>Calcium</td>
<td>37.5 mg</td>
</tr>
<tr>
<td>Energy</td>
<td>428 Kcal</td>
</tr>
<tr>
<td>Fibre</td>
<td>1.25 g</td>
</tr>
</tbody>
</table>

**Time of preparation** - 15 minutes
**Cost** - Rs. 3.0 only
Jowar Upma
2. JOWAR UPMA

Ingredients | Weight (g)
--- | ---
Broken jowar | 50
Roasted groundnut | 15
Oil | 7
Seasoning material | As required

Method – Seasoning material is fried in oil, broken jowar is added and fried till slightly brown. Water is added and cooked on medium heat. Roasted groundnuts are added and cooked for a few more minutes.

Nutritive value

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Protein</td>
<td>9.12 g</td>
</tr>
<tr>
<td>Fat</td>
<td>13.92 g</td>
</tr>
<tr>
<td>Iron</td>
<td>2.96 mg</td>
</tr>
<tr>
<td>Calcium</td>
<td>24.05 mg</td>
</tr>
<tr>
<td>Energy</td>
<td>330.00 Kcal</td>
</tr>
<tr>
<td>Fibre</td>
<td>1.26 g</td>
</tr>
</tbody>
</table>

Time of preparation - 10 minutes
Cost - Rs. 2.50 only
3. GROUNDNUT BADA

Ingredients
Rice flour 125
Groundnut 25
Bengal gram dhal 15
Gingelly seeds 20
Oil 10
Zinger 5
Salt 5
Green chilli According to taste

Method – Soak the Bengal gram dhal. Grind groundnut bengal gram dhal, gingelly seeds, and rice flour and make dough with the help of water. Make rolls from dough and fry in oil till light brown.

Nutritive value

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Protein</td>
<td>-</td>
<td>21.60 g</td>
</tr>
<tr>
<td>Fat</td>
<td>-</td>
<td>31.14 g</td>
</tr>
<tr>
<td>Iron</td>
<td>-</td>
<td>4.17 mg</td>
</tr>
<tr>
<td>Calcium</td>
<td>-</td>
<td>327.23 mg</td>
</tr>
<tr>
<td>Energy</td>
<td>-</td>
<td>831.4 Kcal</td>
</tr>
<tr>
<td>Fibre</td>
<td>-</td>
<td>1.78 g</td>
</tr>
</tbody>
</table>

Time of preparation - 15 minutes
Cost - Rs 50 only
Soyabean Potato Cutlet
4. SOYBEAN POTATO CUTLET

Ingredients

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Weight (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Soybean</td>
<td>25</td>
</tr>
<tr>
<td>Potato</td>
<td>50</td>
</tr>
<tr>
<td>Green chilly</td>
<td>2</td>
</tr>
<tr>
<td>Garam Masala</td>
<td>½ teaspoon</td>
</tr>
<tr>
<td>Mango powder</td>
<td>5</td>
</tr>
<tr>
<td>Salt</td>
<td>5</td>
</tr>
<tr>
<td>Oil</td>
<td>10</td>
</tr>
</tbody>
</table>

Method – Soak the soybean in water for 3 hours. Wash it and dehusk and grind. Mix the ground soybean with garam masala, mango powder, coriander leaves and salt and shape them like cutlet, fry until golden brown.

Nutritive value

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Protein</td>
<td>11.6 g</td>
</tr>
<tr>
<td>Fat</td>
<td>14.925 g</td>
</tr>
<tr>
<td>Iron</td>
<td>2.84 mg</td>
</tr>
<tr>
<td>Calcium</td>
<td>65.0 mg</td>
</tr>
<tr>
<td>Energy</td>
<td>246.5 Kcal</td>
</tr>
<tr>
<td>Fibre</td>
<td>2.04 g</td>
</tr>
</tbody>
</table>

Time of preparation - 15 minutes
Cost - Rs. 3.50 only
5. RICE GROUNDNUT BURFI

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Weight (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Puffed rice</td>
<td>25</td>
</tr>
<tr>
<td>Roasted groundnut</td>
<td>25</td>
</tr>
<tr>
<td>Jaggery</td>
<td>25</td>
</tr>
</tbody>
</table>

Method – Roast the puffed rice and mix with groundnuts. Prepare a sticky syrup from jaggery. Add to the rice and groundnut mixture quickly. Spread the above on a greased plate and cut into pieces immediately.

Nutritive value

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Protein</td>
<td>8.53 g</td>
</tr>
<tr>
<td>Fat</td>
<td>10.0 g</td>
</tr>
<tr>
<td>Iron</td>
<td>3.08 mg</td>
</tr>
<tr>
<td>Calcium</td>
<td>45.0 mg</td>
</tr>
<tr>
<td>Energy</td>
<td>320 8 Kcal</td>
</tr>
<tr>
<td>Fibre</td>
<td>6.75 g</td>
</tr>
</tbody>
</table>

Time of preparation - 10 minutes
Cost - Rs. 4.0 only
6. SOYBEAN DHOKLA

Ingredients                       Weight (g)
Soybean dhal                      50
Rice                              50
Curd                              25
Green chilli                      2 in no.
Paneer                            10
Turmeric                          ½ teaspoon
Salt                              According to taste

Method – Soak the rice and soybean dhal overnight, grind it and mix the curd into it. Keep salt and turmeric powder into it. Steam cook it for 15 minutes. Cut it into pieces and serve.

Nutritive value

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Protein</td>
<td>26.93 g</td>
</tr>
<tr>
<td>Fat</td>
<td>13.28 g</td>
</tr>
<tr>
<td>Iron</td>
<td>6.85 mg</td>
</tr>
<tr>
<td>Calcium</td>
<td>192.8 mg</td>
</tr>
<tr>
<td>Energy</td>
<td>430.5 Kcal</td>
</tr>
<tr>
<td>Fibre</td>
<td>2.6 g</td>
</tr>
</tbody>
</table>

Time of preparation - 10 minutes
Cost - Rs. 7.0 only
7. SOYBEAN NUTS

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Weight (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Soybean</td>
<td>25</td>
</tr>
<tr>
<td>Oil</td>
<td>2.5</td>
</tr>
<tr>
<td>Salt</td>
<td>2</td>
</tr>
<tr>
<td>Red chilli powder</td>
<td>2</td>
</tr>
<tr>
<td>Mango powder</td>
<td>2</td>
</tr>
</tbody>
</table>

Method – Roast soybean and add oil, salt, red chilli powder and mango powder and mix

Nutritive value

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Protein</td>
<td>10.8 g</td>
</tr>
<tr>
<td>Fat</td>
<td>4.87 g</td>
</tr>
<tr>
<td>Iron</td>
<td>2.6 mg</td>
</tr>
<tr>
<td>Calcium</td>
<td>60 mg</td>
</tr>
<tr>
<td>Energy</td>
<td>108 Kcal</td>
</tr>
<tr>
<td>Fibre</td>
<td>0.92 g</td>
</tr>
</tbody>
</table>

Time of preparation - 10 minutes
Cost - Rs. 2.0 only
8. SPROUTED FRUIT SALAD

Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Weight (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apple (chopped)</td>
<td>20</td>
</tr>
<tr>
<td>Pineapple (chopped)</td>
<td>10</td>
</tr>
<tr>
<td>Papaya (chopped)</td>
<td>20</td>
</tr>
<tr>
<td>Sprouted greengram</td>
<td>10</td>
</tr>
<tr>
<td>Sprouted Bengal gram</td>
<td>10</td>
</tr>
<tr>
<td>Sprouted soybean</td>
<td>10</td>
</tr>
<tr>
<td>Sprouted moth</td>
<td>10</td>
</tr>
<tr>
<td>Sprouted lobia</td>
<td>10</td>
</tr>
<tr>
<td>Sprouted groundnut</td>
<td>10</td>
</tr>
<tr>
<td>Chat Masala</td>
<td>To taste</td>
</tr>
<tr>
<td>Salt</td>
<td>To taste</td>
</tr>
<tr>
<td>Turmeric chutney</td>
<td>15</td>
</tr>
</tbody>
</table>

Method – Add all the sprouts in chopped fruits. Add chat masala, salt and chutney.

Nutritive value

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Protein</td>
<td>26.0 g</td>
</tr>
<tr>
<td>Fat</td>
<td>1.7 g</td>
</tr>
<tr>
<td>Iron</td>
<td>3.25 mg</td>
</tr>
<tr>
<td>Calcium</td>
<td>75.2 mg</td>
</tr>
<tr>
<td>Energy</td>
<td>225 Kcal</td>
</tr>
<tr>
<td>Fibre</td>
<td>1.5 g</td>
</tr>
</tbody>
</table>

Time of preparation - 5 minute

Cost - Rs. 5.0 only
Grilled Nutritious Sandwich
## 9. GRILLED NUTRITIOUS SANDWICH

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Weight (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bread</td>
<td>100</td>
</tr>
<tr>
<td>Potato</td>
<td>100</td>
</tr>
<tr>
<td>Sprouted moong</td>
<td>30</td>
</tr>
<tr>
<td>Carrot (grated)</td>
<td>30</td>
</tr>
<tr>
<td>Coriander &amp; mint chutney</td>
<td>15</td>
</tr>
<tr>
<td>Butter</td>
<td>15</td>
</tr>
<tr>
<td>Salt</td>
<td>To taste</td>
</tr>
</tbody>
</table>

**Method** — Mash potato, add moong, carrot and salt in it. Mix it properly. Add coriander mint chutney mixture. Apply this chutney on bread. Apply potato mixture on another bread and cover it with butter (if not been applied) and make sandwich. Bake this in a grilled sandwich maker.

**Nutritive Value**

<table>
<thead>
<tr>
<th>Protein</th>
<th>16.1 g</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fat</td>
<td>20.25 g</td>
</tr>
<tr>
<td>Iron</td>
<td>2.45 mg</td>
</tr>
<tr>
<td>Calcium</td>
<td>42.0 mg</td>
</tr>
<tr>
<td>Energy</td>
<td>633.0 kcal</td>
</tr>
<tr>
<td>Fibre</td>
<td>3.5 g</td>
</tr>
</tbody>
</table>

**Time of preparation** - minutes

**Cost** - Rs. 6.0 only
10. BEECH TROPIC

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Weight (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mango juice</td>
<td>150</td>
</tr>
<tr>
<td>Pineapple juice</td>
<td>150</td>
</tr>
<tr>
<td>Banana</td>
<td>100</td>
</tr>
<tr>
<td>Sugar</td>
<td>15</td>
</tr>
<tr>
<td>Water</td>
<td>150</td>
</tr>
<tr>
<td>Crushed ice</td>
<td>150</td>
</tr>
</tbody>
</table>

Method – Add all the ingredient in juicer jar and blend it properly. Add

Nutritive value

<table>
<thead>
<tr>
<th>Protein</th>
<th>39.2 g</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fat</td>
<td>45.3 g</td>
</tr>
<tr>
<td>Calorie</td>
<td>375.7 Kcal</td>
</tr>
</tbody>
</table>

Time of preparation - 5 minutes
Cost - Rs. 5.0 only
Advantages of Suggested

- Gives relief in constipation and in abdominal pain
- Enhances iron content in the body.
- Enhances calcium content in the body
- Reduces blood cholesterol level
- Low in Calorie density.
- Rich in nutrients like protein, vitamins and minerals.
- Help in regulating bowel movements.
Suggestions

1. **Eat a variety of foods** – Choose a wide variety of foods you enjoy from the food groups. Select foods within the groups that are consistent with the dietary guidelines.

2. **Balance the food you eat with physical activity maintain or improve your weight** – It can be achieved gradually by exercising more and eating fewer calorie dense foods. If sedentary ensure adequate physical activity.

3. **Choose a diet with plenty of grain products, vegetables and fruits** – The message of the diet is to eat a wide variety of plant foods and dietary fibre. “plenty” is three or more vegetables, two or more fruits, preferably whole, grain products, daily.

4. **Choose a diet low in fat, saturated fat and cholesterol** – To keep total calorie intake low, and limit unhealthy fats, eat plenty of vegetables, fruits and grain products, choose lean meats, fish and low-fat milk products.

5. **Choose a diet moderate in sugars** – It emphasizes sources of complex carbohydrates and restricts simple sugars in the diet.

6. **Choose a diet moderate in salt and sodium** – Diets without added salt and containing low sodium tend to meet this guideline.