



## Assorted Cookies

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India has a rich culinary heritage. A traditional Indian diet has a wide variety of nutrients in a balanced quantity. The Indian traditional foods are scientifically designed to increase immunity. These days children and even adults are having a western influence on their food selection, but now it's time to go back to our traditional foods like amla, haldi, drumsticks, curry leaves, flex seeds, halu seeds, lotus stem., legumes, millets etc in our daily meals. These food items can be added in the form of chutney, pickle, soup, stuffing and various other recipes.

As we all know that covid-19 pandemic is a leading challenge across the world. To fight against this virus, maintaining good nutritional status is mandatory. The objective of this campaign is to make students and citizens more aware about the role of nutrition. Healthy pattern of eating optimise the functions of the immune system and it has a positive impact on covid-19 treatment. It also promote faster recovery and rehabilitation.



**Dr. Vibhooti Trivedi**  
Dietician  
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Indore

### WHAT TO EAT DURING COVID-19 TO BOOST YOUR IMMUNITY

- ✓ GINGER- CONSUME A SMALL PIECES OF GINGER EVERYDAY IN TEAS OR IN DAL TO BOOST IMMUNITY.
- ✓ GARLIC-2-3 CLOVES OF GARLIC INTO CURRY AND SABJIS.
- ✓ AMLA- JUICE OR RAW AMLA PIECES EVERYDAY WILL MEET OUT VITAMIN C AND BOOST IMMUNITY.
- ✓ TULASI- CHEW FRESH TULASI LEAVES EVERYDAY.
- ✓ BLACK PEPPER- PINCH OF BLACK PEPPER ALONG WITH TURMERIC SHOULD BE YOUR GO TO DRINK



### WHAT TO EAT RECOVER COVID-19 PERSON

#### AVOID FOOD

- 1.PROCESSED & PACKED FOOD
- 2.PRESERVATIVE FOOD ITEMS EX- PICKLE CATANI
- 3.MAIDA ITEMS
- 4.RAW CHICKEN & RAW EGG
- 5.HEARTS PATIENT TAKE LOW OIL



### NUTRITION CHECK POINTS

#### PROTEIN AMOUNT SHOULD BE PROPER

SOURCES-DAL, MILK & MILK PRODUCT-CURD, BUTTERMILK, DRY FRUITS, TOFU, SPROUTS, FISH LEAN MEAT

#### VITAMIN -C

SOURCES-CITRUS FRUITS, AMLA, MANGO, WATERMELON, ORANGE, LEMON, GREEN LEAFY VEGETABLES

#### VITAMINE-D

MILK, MASHROOM, FORTIFIED FOOD SELOMEN FISH, EGG, CAULIFLOWER,

#### ZINC

FISH, DARK CHOCOLATE, MEAT, FRUIT -MUSKMELON, POMEGRANATE ETC

Eatwell and do daily 30 min yoga or physical exercise.



बीमारी से डरे,  
टीके से नहीं



**AMIT RATHORE, B.Voc. (ND) IV**

# COVID-19

WHAT IS OUR No. 1 WEAPON TO FIGHT CORONA?

STRONG IMMUNITY

STRONG COMMUNITY

**IMMUNITY**

WHAT BUILTS IMMUNITY

VITAMIN-C

EXERCISE

ZINC

POSITIVE MIND

SPICES

GOOD FOOD

GOOD LIFE

WHAT TO EAT?

Seasonal fruits, green vegetables, dry fruits and seeds, pulses, lemon, dairy products, amla, turmeric and other spices.



THE HEALTHIER YOU EAT THE HEALTHIER YOU WILL BECOME AND THE EASIER IT WILL BE TO OUR BODY TO RECOVER FROM COVID

कोरोना से डरे नहीं लड़े, और वैक्सीन जरूर ले



**DARSHAN DABI, B.Voc. (ND) IV**



# Together we can fight from the COVID-19

**Protect yourself and your families from the corona virus infection**



Avoid contact with people with flu like symptom



Cover your nose and mouth with a tissue when coughing and sneezing or used fixed elbow



Dispose the used tissue immediately in a covered bin



Wash your hand with soap and water or alcohol based hand rub regularly



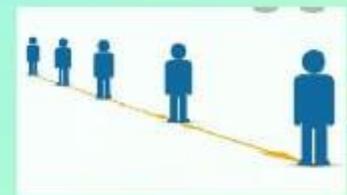
Avoid crowded area if you have to go outside. Refrain from shaking hand

## Way to boost your immunity during COVID-19

- Adequate sleep
- Balanced Diet
- Stay away from stress
- Stay physically active
- Stay hydrated
- Practice yoga and meditation
- Take sunlight



Include immunity Boosting vitamins and minerals like vitamin C, A, E and Zinc



**मास्क पहने,  
समाज के महानायक बने**



**MANISHA CHAWDI, B.Voc. (ND) IV**

## Food and nutrition during COVID- 19

Promote diets which are based on a variety of unprocessed or minimally processed foods, include wholegrains, legumes, nuts and an abundance and variety of fruits and vegetables and which can include moderate amounts of eggs, dairy, poultry and fish, and small amounts of red meat.

### How should I wash fruits and vegetables in time of COVID- 19?

Wash fruit and vegetables the same way you would in any other circumstance. Before handling them, wash your hands with soap and water. Then wash fruits and vegetables thoroughly with clean water, especially if you eat them raw.

### What is the best household disinfected for surfaces?

Regular household cleaning and disinfection products will effectively eliminate the virus from household surfaces. For cleaning and disinfecting households with suspected or confirmed COVID19, products based on ethanol (at least 70%), should be used.

## Myth Buster Myth #1: Chinese food causes COVID-19

**Myth #2: Chicken causes COVID-19.**

**Myth #3: Coronavirus spreads through food.**

**Myth #4: Cold food spreads coronavirus.**



## THREE GOLDEN RULES



Always wear Face-cover/mask



Wash hands frequently and thoroughly with soap and water



Maintain distance from others



STAY  
home  
STAY  
safe



## Immunity Boosters

- Citrus fruits
- Red bell peppers
- Broccoli
- Garlic
- Ginger
- Spinach
- Yogurt
- Almonds
- Sunflower seeds
- Turmeric
- Green tea
- Papaya
- Nuts
- Whole grains
- Pulses
- Dry fruits

## HOW TO MINIMIZE THE RISK OF INFECTION?

- Drink warm water throughout the day.
- Practice Meditation, Yoga Sana, and Pranayama.
- Increase the intake of Turmeric, Cumin, Coriander and garlic.
- Drink herbal tea.
- Avoid sugar and replace it with jaggery if needed.
- Inhale steam with Mint leaves and Caraway seeds.



To ensure good health: eat lightly, breathe deeply, live moderately, cultivate cheerfulness, and maintain an interest in life.

## BOOSTING YOUR IMMUNE SYSTEM AGAINST CORONAVIRUS:

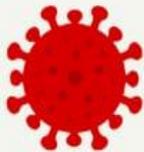
- Improve Your Diet.
- Don't Compromise on Sleep.
- Stay Hydrated.
- Don't Skip on Exercise.
- Destress Yourself.
- Avoid all kinds of non-essential travels.
- Avoid Smoking, alcohol and other addictive substances.
- Practice meditation.

सुरक्षा जीवन का अर्थ है ,  
सुरक्षा के बिना सब व्यर्थ है



NISHITA MULCHANDNANI, B.Voc.

# NUTRITION EDUCATION AID FOR COVID-19 PATIENTS



## EAT FRESH AND UNPROCESSED FOODS

Get vitamins, minerals & proteins to fight COVID



Dark green leafy vegetables, orange/yellow coloured fruit and vegetables, legumes (e.g. lentils, beans), nuts and whole grains (e.g. unprocessed maize, millet, oats, wheat, or starchy tubers or roots such as potatoes), and proteins (e.g. meat, fish, eggs, milk)

# COVID-19 के मरीजों लिए पोषण शिक्षा सहायता



## ताजा और असंसाधित भोजन खाएं

COVID से लड़ने के लिए विटामिन, खनिज और प्रोटीन प्राप्त करें



गहरे हरे रंग की पत्तेदार सब्जियां, नारंगी / पीले रंग के फल और सब्जियां, फलियां (जैसे दाल, बीन्स), नट्स और साबुत अनाज (जैसे कि मक्का, बाजरा, जई, गेहूं, या स्टार्च कंद या आलू जैसे जड़), और प्रोटीन (जैसे मांस, मछली, अंडे, दूध)

## KEEP YOURSELF HYDRATED

DRINK 10-12 GLASS OF  
WATER EVERY DAY.



Water is the best choice, but you can also consume other drinks (e.g. lemon water, soups, buttermilk, coconut water and tea and coffee - not too much), and eat fruits and vegetables that contain water (e.g. cucumber, tomatoes, melon, oranges).

## अपने आप को हाइड्रेटेड रखें

हर दिन दस से बारह  
गिलास पानी पीयें



पानी सबसे अच्छा विकल्प है, लेकिन आप अन्य पेय का भी सेवन कर सकते हैं (जैसे निंबू पानी, सूप, छाछ, नारियल पानी, चाय और कॉफी - बहुत ज्यादा नहीं), और उन फलों और सब्जियों को खाएं जिनमें पानी होता है (जैसे ककड़ी, टमाटर, तरबूज, संतरे, )

## EAT HEALTHY FATS

Consume unsaturated fats (e.g. found in fish, nuts, olive oil, soy, sunflower and corn oils). Eat Flex seeds, pumpkin seeds other melon seeds to have a good fat.



## स्वस्थ वसा खाएं

असंतृप्त वसा खाएं (जैसे मछली, नट्स, जैतून का तेल, सोया, सूरजमुखी और मकई के तेल में पाया जाता है) अलसी का बीज, कद्दू के बीज, अन्य तरबूज के बीज खाएं जो एक अच्छा वसा है.



LIMIT YOUR  
SALT INTAKE



LIMIT YOUR  
SUGAR INTAKE



CONSUME  
ENOUGH FIBRE



AVOID  
ALCOHOL



नमक का सेवन  
सीमित मात्रा में  
करें।



चीनी का सेवन  
सीमित मात्रा में  
करें।



फाइबर का सेवन  
पर्याप्त मात्रा में  
करें।



शराब का  
सेवन ना करें।

## FOODS FOR IMMUNITY



Good sources include: amla, orange, capsicum, lemon, kinu, Eggs, Mushrooms, Soyabean, Sesame Seeds, Amaranth (Rajgira), Walnuts, Ragi (Nachni), Corn, Lentils & Pulses. These provide Vitamin C, D, Zinc to support immunity.

## HERBS AND SPICES THE HEROS



Indian ministry of ayurveda, yoga & naturopathy recommended herbs to be included such as holy basil (tulsi), ginger turmeric.

## रोगप्रतिरोधक क्षमता बढ़ाने हेतु खाद्य पदार्थ



भोजन के अच्छे स्रोतों में शामिल हैं: आंवला, अमरूद, नारंगी, शिमला मिर्च, खट्टे नींबू, अंडे, मशरूम, सोयाबीन, तिल, राजगीरा, अखरोट, रागी (नचनी), मक्का, दाल। ये प्रतिरक्षा को समर्थन देने के लिए विटामिन सी, डी, जिंक प्रदान करते हैं।

## जड़ी बूटियों और मसालों का साथ



भारतीय आयुर्वेद मंत्रालय: योग और प्राकृतिक चिकित्सा में जड़ी बूटियों में पवित्र तुलसी (तुलसी), अदरक, हल्दी के रूप में शामिल का की सलाह दी।

PLEASE



WEAR YOUR MASK & WASH YOUR HANDS



Ref. - WHO, IDA

कृपया



कृपया मास्क पहनें & अपने हाथ धोएं



Ref. - WHO, IDA

बीमारी न बन जाए मज़बूरी  
इसलिए टिका है जरूरी



PRACHI KHANUJA, B.Voc. (ND) IV

#SPREAD FACT, NOT FEAR



# NUTRITION AID FOR COVID-19 PATIENTS



PROPER NUTRITION AND HYDRATION ARE VITAL. PEOPLE WHO EAT A WELL-BALANCED DIET TEND TO BE HEALTHIER WITH A STRONGER IMMUNE SYSTEM AND A LOWER RISK OF CHRONIC ILLNESSES AND INFECTIOUS DISEASES. THERE ARE NO MAGIC FORMULAS TO "BOOST" YOUR IMMUNE SYSTEM, BUT A BALANCED DIET WILL SUPPORT YOUR IMMUNE SYSTEM.



Eat **fresh** and **unprocessed** food every day  
Have a variety and balance diet



Stay away from **crash diet**

Eat **nutrients** proven to support your immune system.

**Vitamin C** e.g. kiwi, orange, papaya, shimla mirch and palak



**Vitamin E** e.g. seeds(sunflower seeds), nuts(Almonds, peanut)



**Zinc** e.g. Meat, fish, seeds, nuts



**Vitamin D** Sun exposure, Vitamin D3 Foods such as fortified dairy, fish and egg yolk.



Drink enough **Water** every day  
Drink 8-10 Glass of water every day



Eat less **salt** and **sugar**



**Avoid** nutrient deficiencies by eating a **rainbow diet** every day.(coloured fruits and vegetables)

**Maintain** a good sleep hygiene



**Counselling** and **psychosocial** support e.g. listening to soft music may help in boosting the mental health during covid-19.

**Avoid eating out**

e.g. Eat at home to reduce your rate of contact with other people and lower your chance of being exposed to COVID-19. Maintain a distance of at least 2 meters from others.



TRY TO FOLLOW FOOD PYRAMID



## STAY HOME, STAY SAFE



WEAR MASK



SOCIAL DISTANCING



HAND WASH



GET VACCINATED

कोरोना को अपने से रखना है दूर, तो वेक्सीन लगवाओ हज़ूर



VIKRAM SINGH, B.Voc. (ND) IV

# BOOST YOUR IMMUNITY

Good nutrition

Social distancing

Wear mask

Get vaccinated



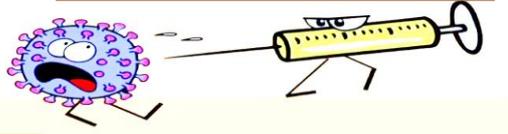
omega 3 fatty acid	zinc	protein	vitamin c	Hydration
Enhance the function of immune cells	Helps to fight against viral infection	Play a role in body healing and recovery	Stimulate antibodies formation	It helps to relief congestion and flushing of toxins
Chia seeds, walnut, pumpkin seeds ,sunflower seeds	Whole grain, oats, pulses, soyabeans, sunflower seeds	Soyabean chunks, milk, pulses, egg, beans	Lemon, guavas, papaya, tomato, orange	Cucumber, tomatoes, watermelon, spinach, coconut water, drinking water



आओ टीकाकरण कराये,  
रोगो से मुक्ति पाए



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