



Deen Dayal Upadhyay Kaushal Kendra (DDU-KK)

*Assorted Cookies*

Vol. II Issue- 2, September 2020

This entire month of September 2020 is being celebrated as "**Rashtriya Poshan Maah**".

"**Poshan Abhiyaan**" aims to address malnutrition with a targeted approach by 2022.

Taking care of health is important.

The Abhiyaan is to spread awareness through camps, workshops and educational programmes to inform people on how food helps with immunity, preparing food right to avoid loss of nutritional value, importance of maintaining a healthy lifestyle that should focus on the importance of making informed food choices and developing sound eating and physical activity habits which can help prevent NCD's (Non communicable diseases) and long-term illnesses.

Faculty at DDU-KK, aim at capacity building of students to manage long and short-term intervention within reach of family and community to achieve the above goals along with awareness on food and nutrition security. The right blend of theory and practical's for the entire new curriculum for post-graduation is structured in the light of vocationalization of Graduate programmes.

The Faculty and management at DDU-KK have been quick in adapting online education options to minimize on the adverse effects of the pandemic on student's education. Wishing the best to the outgoing first batch of students and the Entire faculty for their tremendous efforts to make this course a class apart.



Ms. Priya Chitale

Clinical Dietician, HOD-Dietetics and Nutrition
Apollo Hospital, Indore

**"Diet is the essential key to all successful healing"**

With this notion as its National Nutrition Month, the students of DDU-KK, DAVV, showed their expertise by their creative communication about the latest nutrition issues through e-bulletin "**Assorted Cookies**". DDU-KK aims precisely to encourage adaptive and positive aptitude by fuelling confidence with improving fundamental understanding of core concepts. I anticipate through this compilation readers will get a message which can be implemented in their day to day practice as healthy lifestyle is a major priority in the quest for meaningful living and nutrition is its anchor. I appreciate and give credit to students for their endless efforts and wish them luck for bright future.

Ms. Zainab Nadeem

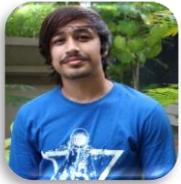
M.Sc. (Food and Nutrition) (Gold Medallist)
Ph.D. Scholar

**Journey of the First 1000 Days
Foundation for a Brighter Future!**

The "First 1000 Days" are a period of rapid physical growth and accelerated mental development which offers a unique opportunity to build lifelong health and intelligence. The baby in the womb is dependent on the mother for nutrition as well as mental, physical and emotional growth. The "First 1000 Days" refers to the period that begins with pregnancy and goes up to when the child reaches her second birthday. Each day of this journey is special and influences the way it develops, grows and learns. During the first 1,000 days, the brain grows more quickly than at any other time in a person's life and a child needs the right nutrients at the right time to feed her brain's rapid development which is primarily fuelled by the nourishment a baby receives. Good nutrition during this period plays a foundational role and provides the fuel that drives a child's early development.



Fatema Raja
B.Voc.(ND) 5th Sem



Aayush jangid
B.Voc.(ND) 5th Sem

EAT RIGHT - BITE BY BITE

Small goals can have a cumulative healthful effect, and every little bit of nutrition, is a step in the right direction towards a healthy lifestyle. It can add up to a big, positive impact on your health. Here are four steps to get you started.

- **Spice it up:-** Spice up your eating habits by adding variety. Incorporating healthy foods from all the food groups is important as different foods give different nutrients.
- **Plan:-** Plan a healthy and balanced diet by incorporating healthy recipes and maintain portion control.
- **Learn:-** Learn new healthy recipes to stick to healthy eating habits.
- **Ask for advice:-** Take guidance from nutritionist in creating a healthy eating plan to help you stay on the road to good health.

SHINE WITH BREAKFAST



Breakfast is the most important meal of the day because it breaks the fast our bodies have experienced during the previous night's sleep. Breakfast is so essential to health and brain functions. It provides the body and brain with fuel after an overnight fast that's where its name originates "Breaking the Fast". Without breakfast you are effectively running on empty, like trying to start the car with no petrol. Breakfast replenishes supply of glucose to boost energy levels and alertness while also providing other essential nutrients required for good health. Eating breakfast has long term health benefits, and can reduce risk of various degenerative diseases like obesity, high blood pressure, heart disease and diabetes. Eating healthy breakfast increases performance and concentration. Researchers suggest that skipping breakfast can cause many harmful effects like lowered metabolic rate and impaired glucose tolerance that is linked with pre-diabetes and diabetes.



Piyusha Pawar
B.Voc.(ND) 5th Sem



Palak Parashar
B.Voc.(ND) 5th Sem

BURSTING FOOD MYTHS

Myth 1: *Losing weight means eliminating certain foods.*

Fact: Our body needs a balanced diet that provides diverse nutrients to keep you fit and energized. Body requires all food groups for its maintenance, nourishment and repair. Eating a wholesome diet with small amounts of high calorie foods will build immune system and help you achieve your goals sensibly.

Myth 2: *Consuming dairy products will make you fat.*

Fact: Low fat dairy products are low in calories, saturated fat, and cholesterol and high in protein and many vitamins and minerals that are good for our health.

Myth 3: *Juices are better than fruits.*

Fact: The fact is that fruits have more fibre when it is eaten whole as peel and pulp are rich in dietary fibre. Consuming them in the form of juice, destroy its fibre content. So always prefer whole fruit rather than juices.

Editorial Team

Ms. Mona Dharamsey
Co-ordinator, DDU-KK

Ms. Anshika Jain
Multi-Tasking Staff, DDU-KK

Anandita Singh Rathore
B.Voc.(ND) 3rd Sem, DDU-KK