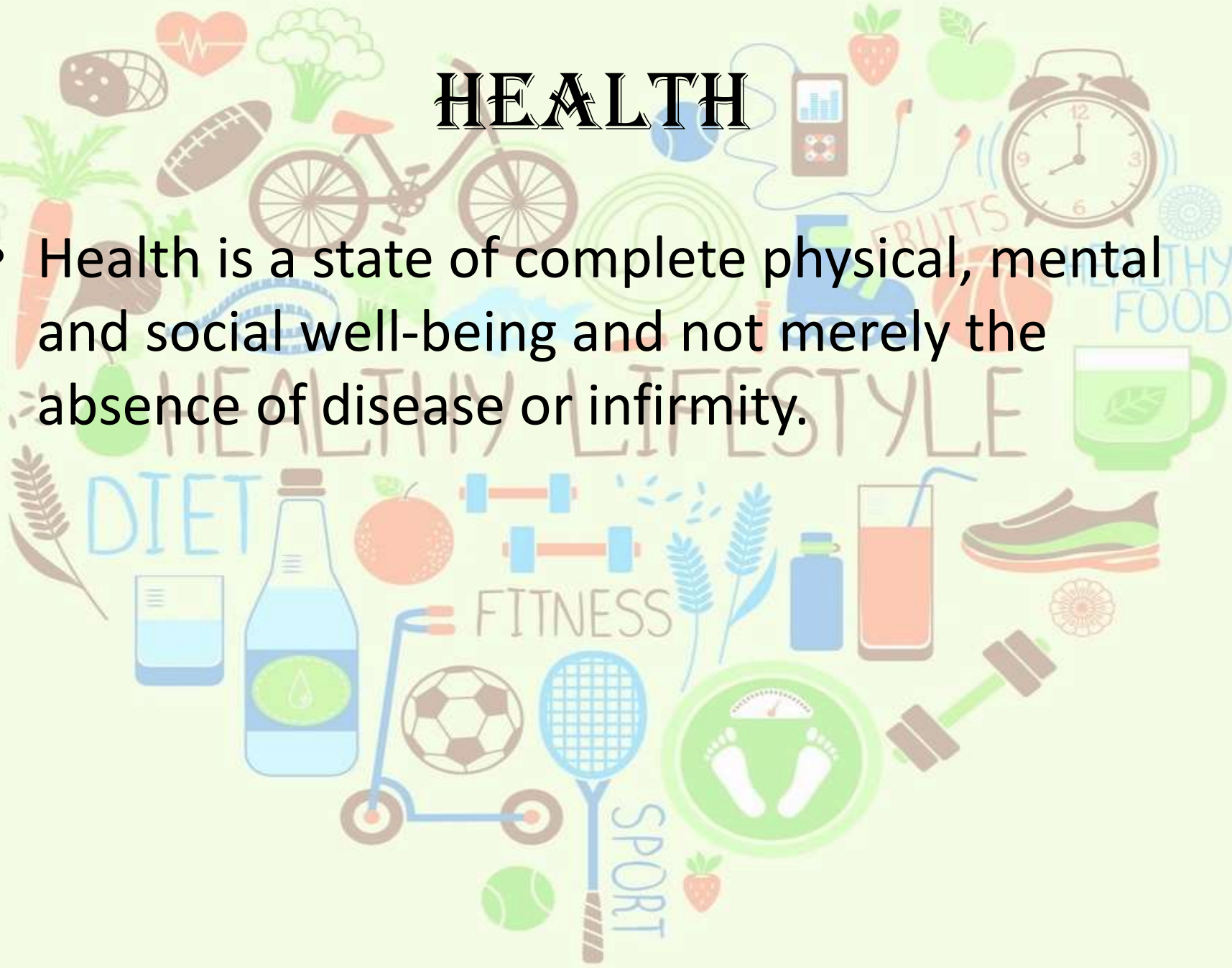
ADOPT HEALTHY LIFESTYLE



HEALTH

- Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.



HEALTHY LIFESTYLE

- A way of living that ***LOWERS THE RISK*** of being seriously ill or dying early. Not all illness and disease is preventable; however, a large proportion of deaths, particularly those from coronary heart disease, diabetes and lung cancer, can be avoided by adopting healthy lifestyle.

HEALTHY BEHAVIOUR

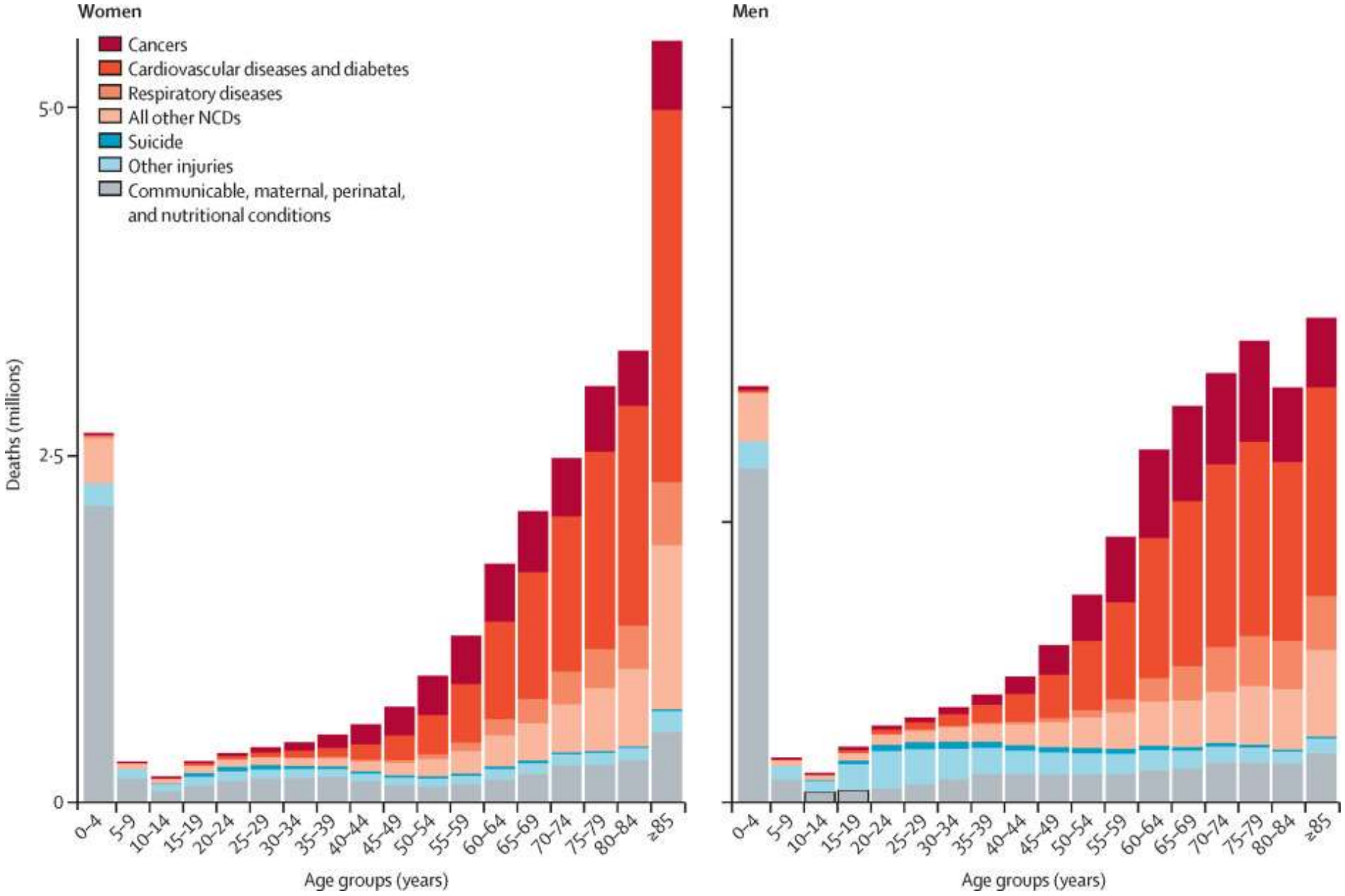
- An action taken by a person to maintain, attain, or regain good health and to prevent illness. Healthy behaviour reflects a person's health beliefs and positive attitude.

LIFE STYLE RELATED DISEASE

- ***Overweight & Obesity***
- ***HYPERTENSION***
- ***Diabetes***
- ***Heart Disease***
- ***Stroke***
- ***Cancer***
- ***Accidents***
- ***Musculoskeletal Disorders***

WOMEN

MEN


Women
Men
Cancers
Cardiovascular diseases and diabetes
Respiratory diseases
All other NCDs
Suicide
Other injuries
Communicable, maternal, perinatal, and nutritional conditions
Deaths (millions)
5·0
2·5
0
0–4
5–9
10–14
15–19
20–24
25–29
30–34
35–39
40–44
45–49
50–54
55–59
60–64
65–69
70–74
75–79
80–84
≥85
Age groups (years)


WHAT
TO DO
NOW?

OUTLINE OF PRESENTATION

- USE OF MILLETS IN FOOD
- WHOLEGRAINS
- HEALTH BENEFITS OF HERBS/MEDICINAL PLANTS
- ORGANIC AND NATURAL FOODS
- GREEN CLUB

USE OF MILLETS IN FOOD

- Millets are collective group of small seeded annual grasses that are grown as grain crops, primarily on marginal land in dry areas of temperate, sub tropical and tropical regions.
- On March 3, 2021, the United Nations General Assembly (UNGA) adopted a resolution to declare 2023 as the International Year of Millets.

HISTORY OF MILLET

- Little millet (*Panicum sumatrense*) is believed to have been domesticated around 5000 years before present in Indian subcontinent and Kodo millet (*Paspalum scrobiculatum*) around 3700 years before present, also in Indian subcontinent.
- Various millets have been mentioned in some of the Yajurveda texts, identifying foxtail millet (*priyaṅgu*), Barnyard millet (*aṇu*) and black finger millet (*śyāmāka*), indicating that millet cultivation was happening around 1200 BCE in India

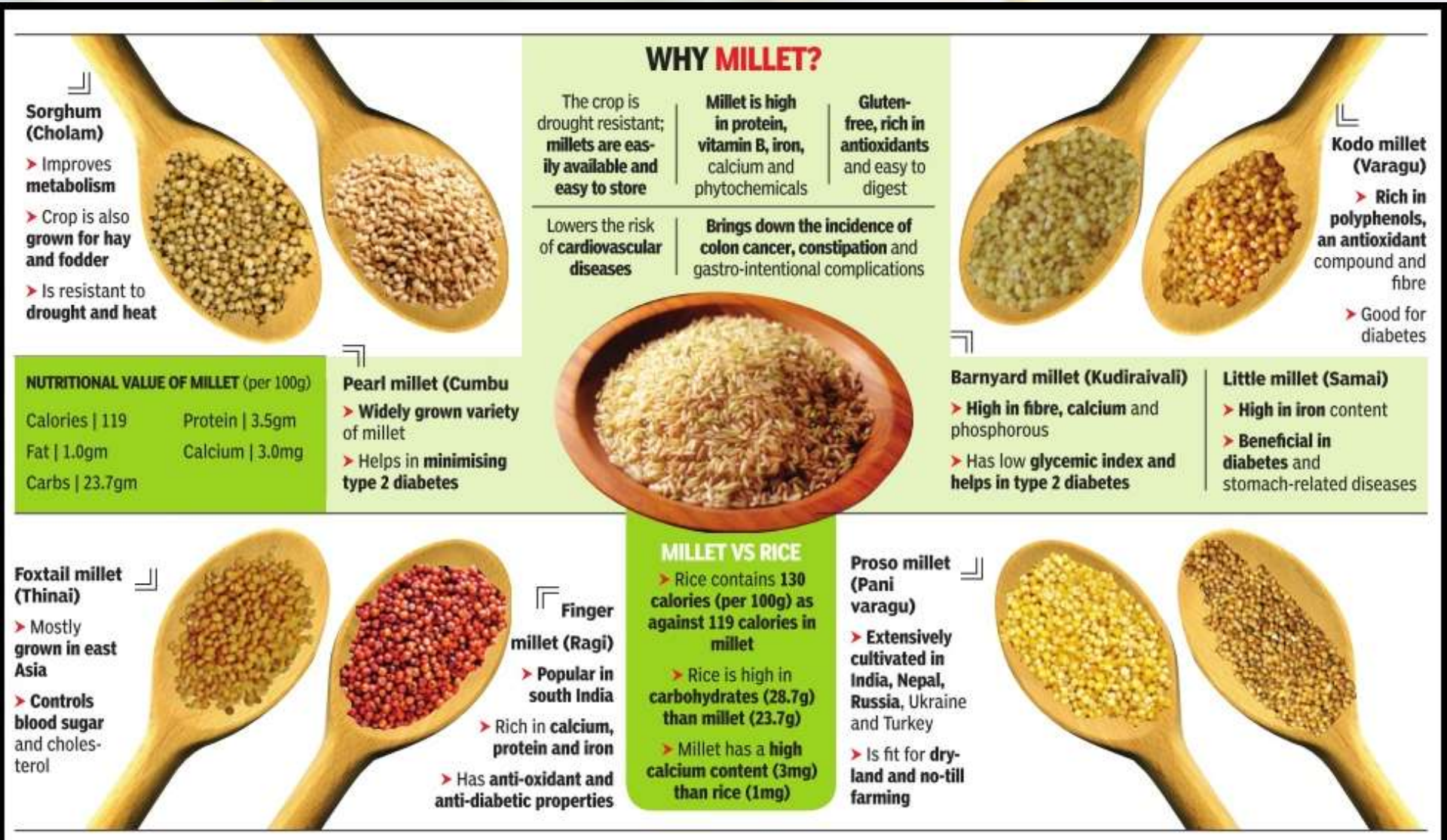
HISTORY OF MILLET

- Following the western model of development, India and other developing nations have lost out on a lot of useful and meaningful things. Food habits have been one of the biggest changes. We are quickly forgetting our indigenous foods and chasing standardization. Millets too have been discarded as being too primitive to be used, forgetting the roots.

HISTORY OF MILLET

- There is a strong resurgence as far as millets are concerned, but from an individual's point of view, it is important to know what one's body is comfortable with, and no drastic change should be made. Millets' popularity is slowly rising again, and many efforts are going on to make them mainstream again.

USE OF MILLETS IN FOOD



MILLET



VS

CEREAL



MILLET		CEREAL
8.5 g	Fiber	1.4 g
2.134 g	Polyunsaturated fat	0.354 g
114 mg	Magnesium	19 mg
0.75 mg	Copper	0.137 mg
0.848 mg	Vitamin B5	0.226 mg
285 mg	Phosphorus	77 mg
195 mg	Potassium	105 mg
2.7 µg	Selenium	6.3 µg
1.68 mg	Zinc	7.6 mg
4.72 mg	Vitamin B3	29.62 mg

ADVANTAGES OF ADOPTING MILLETS

Millets: an approach for sustainable agriculture and healthy world

Food Security	Nutritional Security	Safety from diseases	Economic security
• Sustainable food source for combating hunger in changing world climate • Resistant to climatic stress, pests and diseases	• Rich in micronutrients like calcium, iron, zinc, iodine etc. • Rich in bioactive compounds • Better amino acid profile	• Gluten free: a substitute for wheat in celiac diseases • Low GI: a good food for diabetic persons • Can help to combat cardiovascular diseases, anaemia, calcium deficiency etc.	• Climate resilient crop • Sustainable income source for farmers • Low investment needed for production • Value addition can lead to economic gains

Wholegrains

- Wheat, barely, rye, oats and rice
- 3 layers;
  - Fibre rich outer layer (bran)
  - Nutrient packed inner area (germ)
  - Central starchy part (endosperm)



- Processing removes the bran and germ → white variety
- Soluble & non-soluble fibre to prevent constipation, lower cholesterol and encourage healthy gut bacteria

- May ↓ risk of type 2 diabetes, heart disease and some cancers
- Aim for 3 servings daily
- Low 'GI' (slow release of energy) which may keep you fuller for longer
- Look out for 'Whole' before the name of the cereal

Ideas:

  - Wholegrain cereals and cereal bars with yoghurt or milk for breakfast or as snacks
  - Wholemeal, granary, multigrain bread instead of white
  - Oatmeal and whole-oats to make flapjack
  - Quinoa, bulgur wheat, brown rice in salads or with curries

HEALTH BENEFITS OF MEDICINAL PLANTS/HERBS

Plant name	Parts used	Medicinal use
Amla	Fruit	Cure Vitamin 'C" deficiency diseases like Scurvy. Improve immunity.
Tulsi	Leaves, seed	Cough, cold, bronchitis, expectorant.
Aloe	Leaves	Laxative, wound healing, skin burns and ulcer.
Neem	Bark, leaf and seed	Skin diseases
Turmeric	Rhizome	helps body to fight foreign invaders,



Health Benefits of Herbs

Organic Facts

Strengthen immune system

Beneficial in treating arthritis & ulcerative colitis



Help reduce blood sugar levels & cholesterol

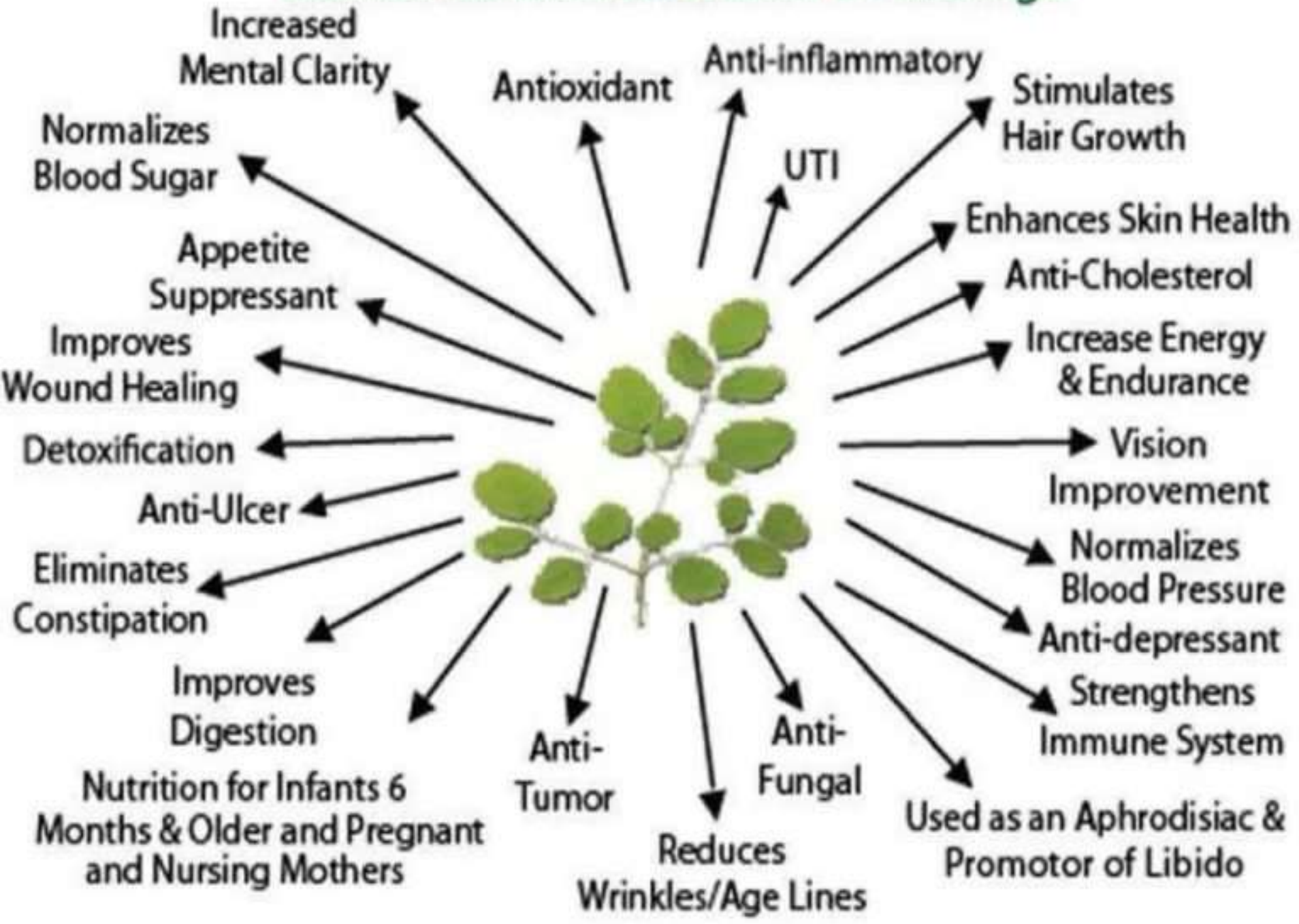
Reduce risk of cancer & Alzheimer's disease

Provide relief from toothache & bad breath

Help in maintaining healthy skin & hair

www.organicfacts.net

Traditional Medicinal Uses Of Moringa



Organic and Natural Foods

- Organic foods are produced through farming practices that only use natural substances. This means avoiding all artificial chemicals, hormones, antibiotics, and GMOs.
- A natural food or ingredient of a food is not expected to contain, or ever to have contained, an added vitamin, mineral nutrient, artificial flavoring agent or food additive.

Organic food is more delicious

Free from Food Additives



High in Nutrition

Longer Storage period

ORGANIC AND NATURAL FOODS

ORGANIC VS CONVENTIONAL

Vegetables Type of Soil Management	Minerals (in milliequivalents)						
	Calcium	Magnesium	Potassium	Sodium	Manganese	Iron	Copper
Snap Beans							
Organic	40.5	60.0	99.7	8.6	60.0	227.0	69.0
Conventional	15.5	14.8	29.1	0.0	2.0	10.0	3.0
Cabbage							
Organic	60.0	43.6	148.3	20.4	13.0	94.0	48.0
Conventional	17.5	15.6	53.7	0.8	2.0	20.0	0.4
Lettuce							
Organic	71.0	49.3	176.5	12.2	169.0	516.0	60.0
Conventional	16.0	13.1	53.7	0.0	1.0	1.0	3.0
Tomatoes							
Organic	23.0	59.2	148.3	6.5	68.0	1938.0	53.0
Conventional	4.5	4.5	58.6	0.0	1.0	1.0	0.0
Spinach							
Organic	96.0	293.9	257.0	69.5	117.0	1584.0	0.0
Conventional	47.5	46.9	84.0	0.8	1.0	19.0	0.5

Research conducted by Firman E. Bear at Rutgers University in the Natural Gardener's Catalog (1995)

Green Club

- Green Club is a program which encourages people to develop environmental empathy, passions for environmental sustainability, and knowledge about the workings of environmental systems.






Make Everyday
EARTH day


SAY NO
TO
PLASTIC

C OMPOSTING




Thank you!