



EAT FIT, EAT SMART, EAT HEALTHY

**Date**

February 19th, 2026 (Thursday)

**Time**

12:30 pm - 1:30 pm

**Venue**

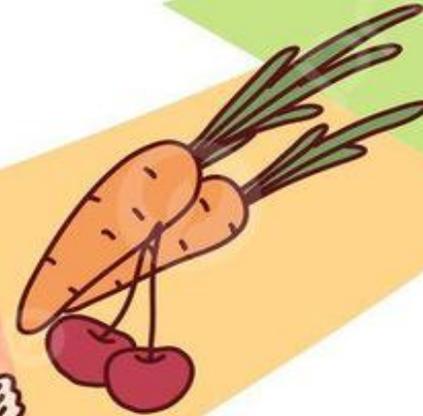
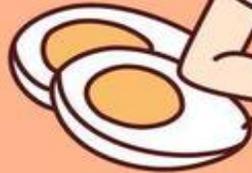
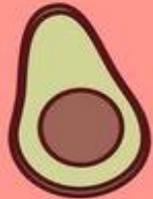
Road Number 25, MP and MLAs Colony, Jubilee Hills,
Hyderabad, Telangana 500033



Speaker
**Dr. Jaggumanthri
Madhulika**
Clinical Dietician, AIG Hospitals

**SPOC: Venkat
9154 026 369**

EAT FIT
EAT SMART
EAT HEALTHY

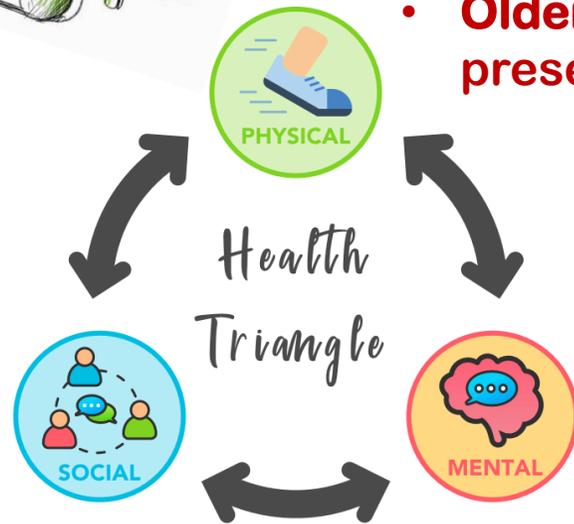


J.Madhulika
Clinical Dietician
AIG Hospitals
Gachibowli

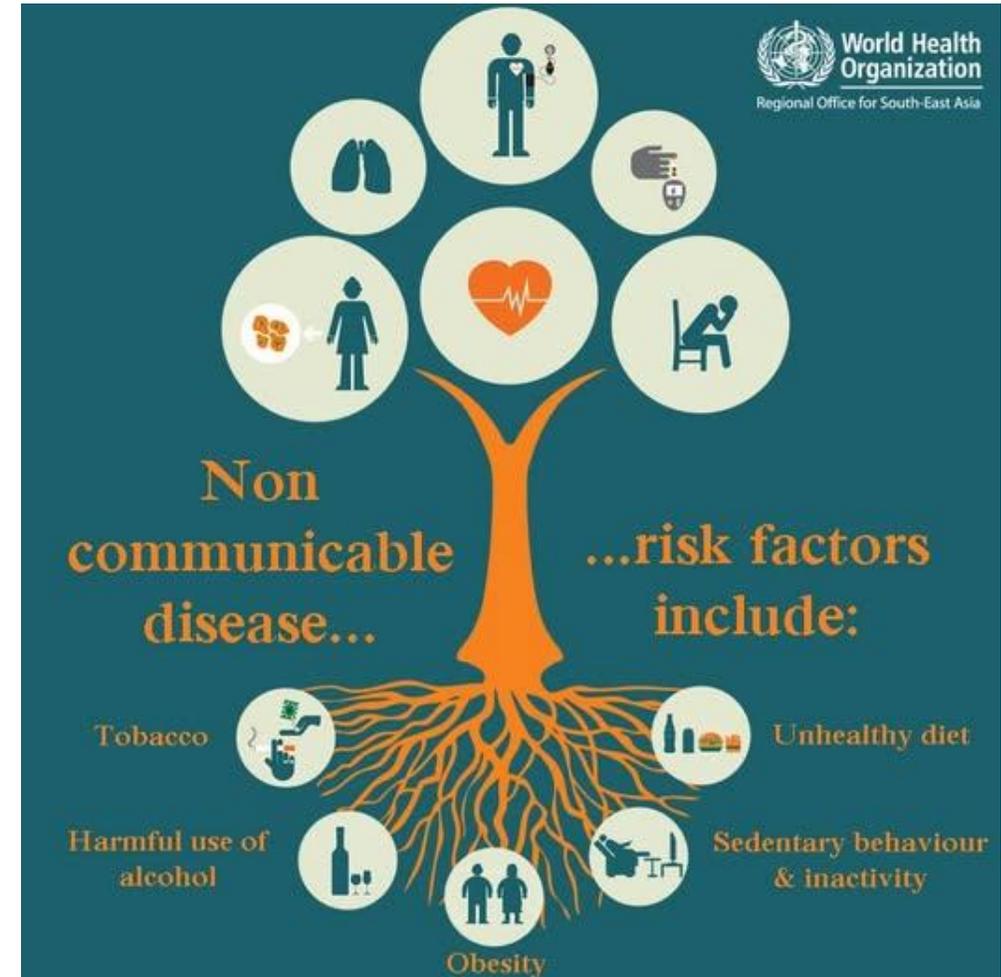
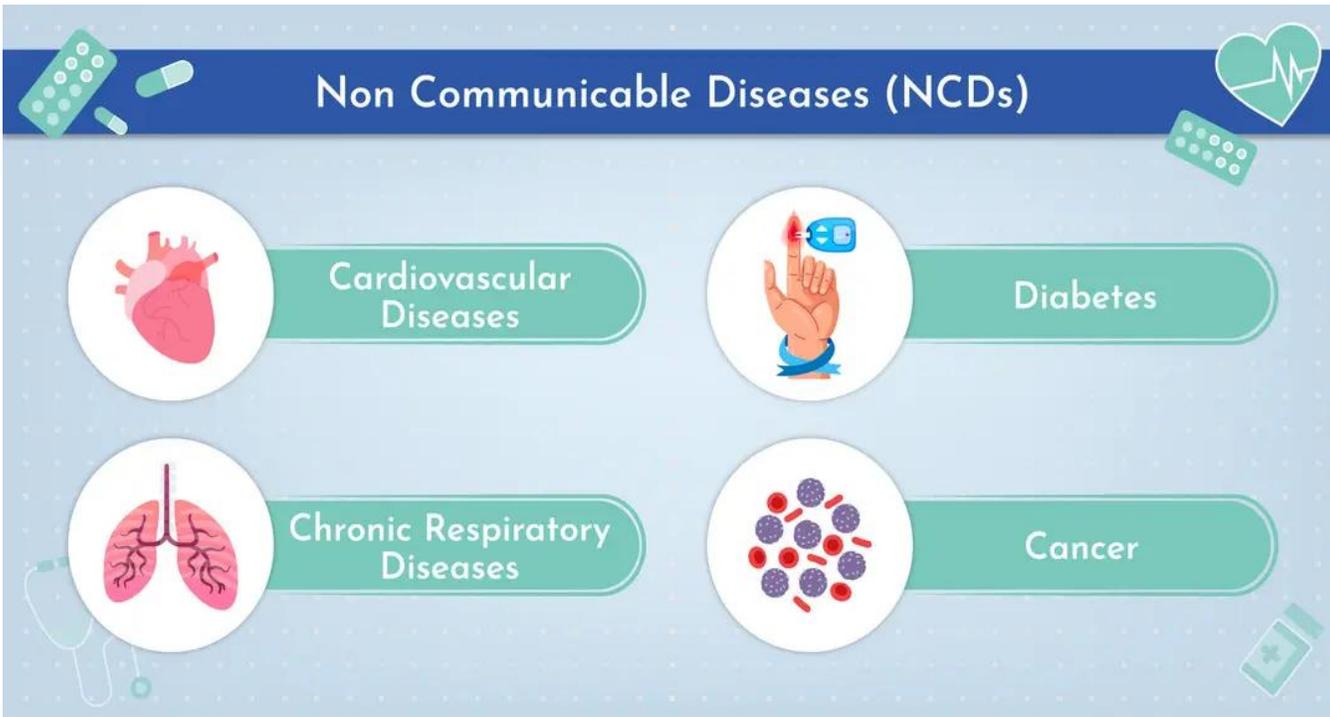
WHY DOES NUTRITION MATTER ?

Nutrition is foundational for health, growth, and disease prevention at every life stage

- **Infancy and Early Childhood:** Brain development, physical growth, and a strong immune system
- **Adolescence :** Fuels the high-energy demands
- **Adulthood:** metabolic health and preventing the onset of chronic diseases
- **Older Adulthood :** bone density and muscle mass to preserve physical independence and cognitive function



65-65 % OF ALL DEATHS IN INDIA RISING FROM 37.9% TO OVER 63% BY 2023



TRIPLE BURDEN OF MALNUTRITION

HIDDEN HUNGER MICRONUTRIENT DEFICIENCY

 IRON	 IODINE	 ZINC
 VITAMIN A	 VITAMIN B ₁₂ DEFICIENCY	 FOLATE DEFICIENCY
 VITAMIN D DEFICIENCY	 CALCIUM DEFICIENCY	 MAGNESIUM DEFICIENCY



Prevalence of overweight and obesity

- Males - 44.02% and
- Females – 41.16 %

OBESITY CAUSES

- Medication
- Stress
- Gut Hormones
- Unhealthy diet
- Lack of Sleep
- InActive
- Sweetened Drinks
- Sweetetic

@Fitness Hopes

WHERE DO YOU STAND ?

What are the criteria for metabolic syndrome?



Low levels of HDL cholesterol.



Elevated blood sugar levels.



High blood pressure.



Excess weight in abdomen.

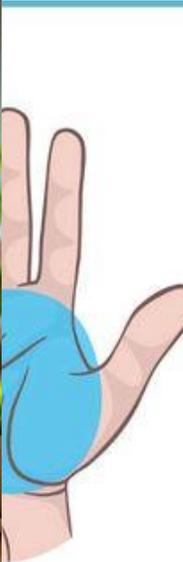


Hypertriglyceridemia.

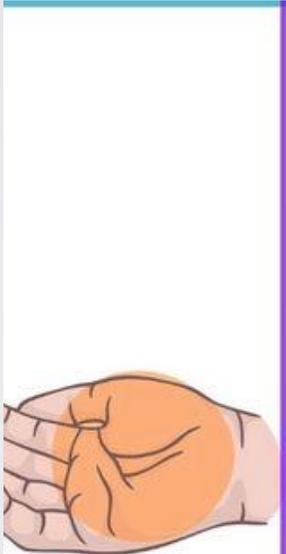
CATEGORY	BMI
UNDERWEIGHT	< 18.5 kg/m ²
NORMAL WEIGHT	18.5 – 22.9 kg/m ²
OVER WEIGHT	23.0 – 24.9 kg/m ²
OBESITY	≥25.0 kg/m ²

WAIST CIRCUMFERENCE	REFERENCE RANGE
MALE	≥90 cm
FEMALE	≥80 cm

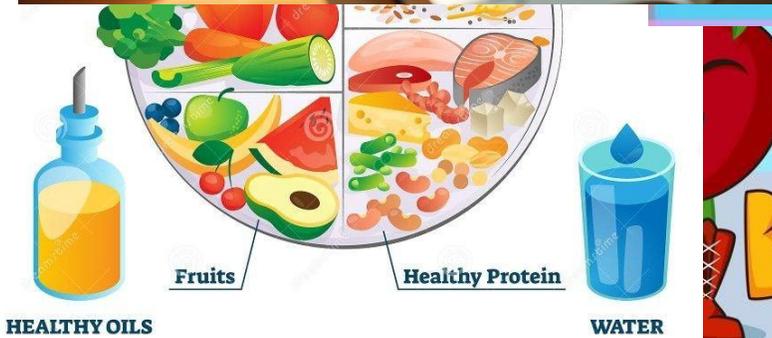
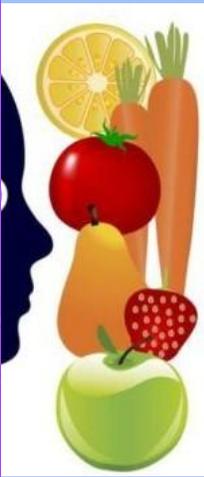




TEIN



CARB



HEALTHY OILS

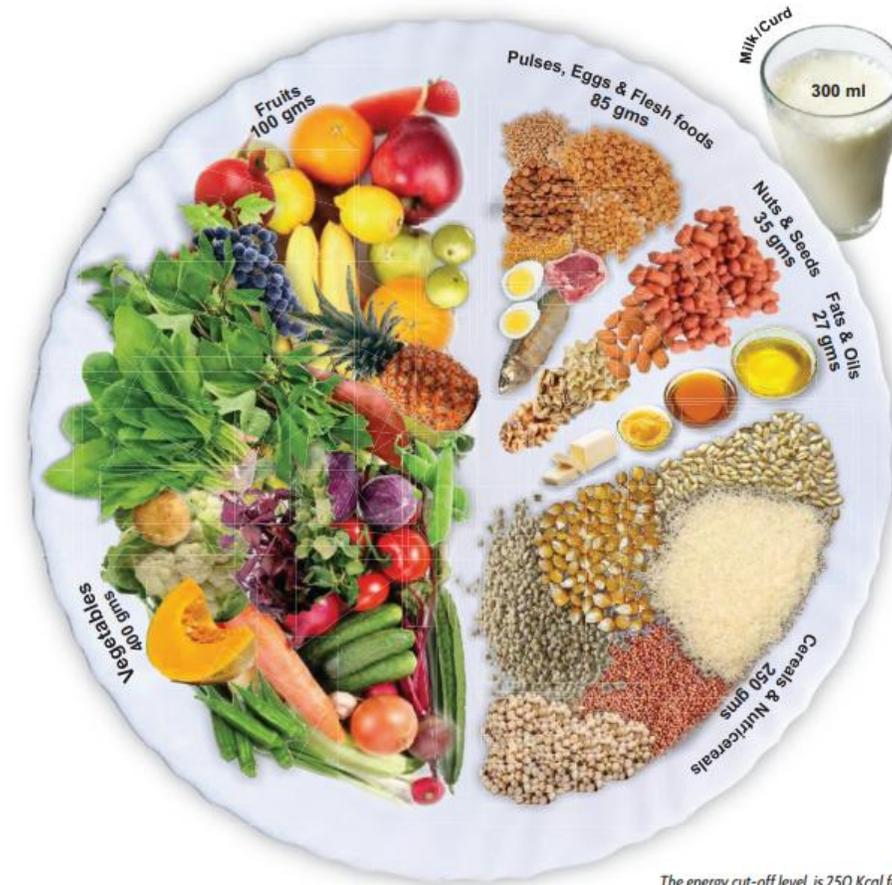
Fruits

Healthy Protein

WATER



BALANCED DIET



The energy cut-off level is 250 Kcal for every 100g of cooked food.

Dietary guidelines for Indians – 2024 - ICMR

Aaj se 'Namak' Thoda Kam



Are we eating too much?

Indians are consuming two times the recommended daily intake i.e. more than 2 tsp of salt, (approximately 10g per day) the recommended daily intake i.e. **1tsp of salt / 5g per day**



- Make gradual reduction in salt intake to let the taste buds adapt better.
- Have more water, Excess sodium will get excreted out with water
- Eat more potassium rich foods like fresh fruits and vegetables (to balance out sodium)
- Don't keep the salt shaker on the table

Aaj se thoda 'cheeni' kam

- Gradually reduce the use of sugar in their daily diet
- Track and monitor
- Use naturally sweet ingredients rather than refined sugars. For example, in fruit-based desserts add more fruits for natural sweetness.
- Limit the intake of cakes, pastries, confectionary and sweets prepared with refined cereals containing high amounts of sugar.
- Instead of drinking fruit juice, eat fresh whole fruits. It provides fibre, which gives a feeling of fullness and fewer calories.
- Prevent children from overindulging chocolates and candies that may put them at risk of obesity, and other non-communicable diseases later in life



Aaj se thoda 'Theel' kam - Don't be afraid of fats - Just Get Oil Smart

- Buy and use only a **fixed quantity every month** and try reducing its quantity further.
- **Measure** cooking oil with a **small spoon** rather than pouring freely from the bottle.
- **Change** the type of oil every month.
- Do not repeatedly **reheat oil or re-use** the same oil for frying or cooking.
- Avoid frying as much as possible. Instead **boil, steam, roast or grill food.**
- Moderate the use of butter and ghee. **Avoid** vanaspati, bakery shortenings and margarine as they contain trans fats (bad fat).
- Choose lean meat sources like **chicken or fish** over red meat or organ meat, if you are non-vegetarian



AVOID
VANASPATI
MARGARINE



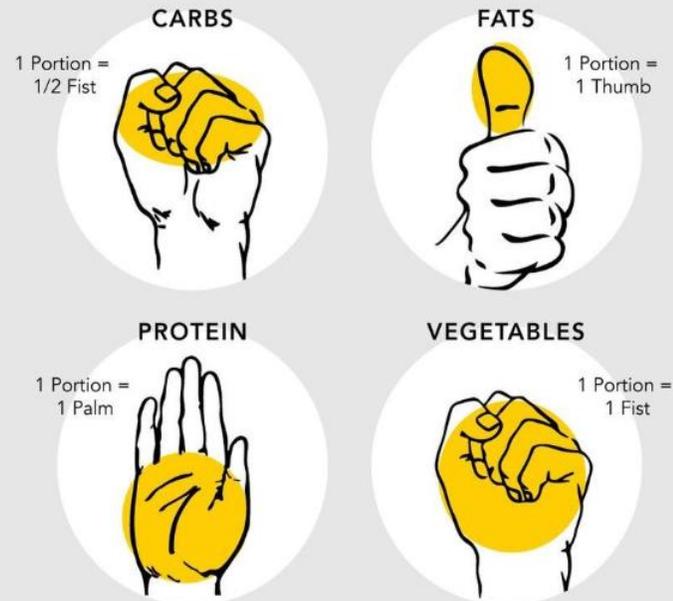
MINDFUL EATING

6 Simple Steps to Eat Mindfully

- 01 Keep Gaps:** Try to eat all your meals within a consistent 10-hour window, and fast for the remaining hours of the 24 hours day. This helps protect from NCD's like Type 2 diabetes, cardiovascular diseases and inflammatory disorders.
- 02 Hydrate well:** Very often what you perceive as hunger is only dehydration. So, before you pick up that cookie, have some water first. Enough water will keep all body systems chugging along.
- 03 Chew More:** Chew your food properly. It takes about 20 minutes for your brain to respond to increased glucose levels (due to the food) and get the "I'm full" message. So if you eat at supersonic speed, you'll end up eating much more than you should. So, to time it right, follow the 20:20 rule. Try chewing each mouthful 20 times until it becomes almost liquid. This also leads to better digestion of food.
- 04 Just eat:** When you are eating, avoid all distractions, and just focus on your food... look at it, taste it, feel it... let your stomach extract the maximum possible nutrients. Otherwise the food you are eating at that time is as good as 'wasted' if your body's energies are concentrated elsewhere as the nutrient absorption gets short-changed extensively.
- 05 Know your portions:** Practice portion control consciously. Your portion could decide just how many extra calories you are wolfing down on a daily basis. When portion size of a dish is too large, share your dish.
- 06 Eat a happy diet:** What you eat has the power to make you feel good or really bad as food affects our emotions directly. Science is clear that when you eat food that you don't enjoy, the nutrient absorption is very low. So, try to eat healthy foods in a way they make you happy.

Hand Portion Control Guide

Your hand is proportionate to your body, its size never changes, and its always with you, making it the perfect tool for measuring food and nutrients-minimal counting required.



THREE LIGHTS OF HEALTHY FOOD SIGNAL

STOP

Before you eat junk food

WAIT

And think about nourishing diet

GO....

For healthy food alternatives



READ BEFORE YOU EAT

Nutrition Facts

Serving Size 1 slice (47g)
Servings Per Container 6

Amount Per Serving

Calories 180 Calories from Fat 90

	% Daily Value*
Total Fat 10g	15%
Saturated Fat 2.5g	11%
Trans Fat 2g	
Cholesterol 0mg	0%
Sodium 300mg	12%
Total Carb 15g	5%
Dietary Fiber less than 1g	3%
Sugars 1g	
Protein 3g	
Vitamin A 0%	Vitamin C 4%
Calcium 45%	Iron 6%
Thiamin 8%	Riboflavin 6%
Niacin 6%	

Start here

Check the total calories per serving

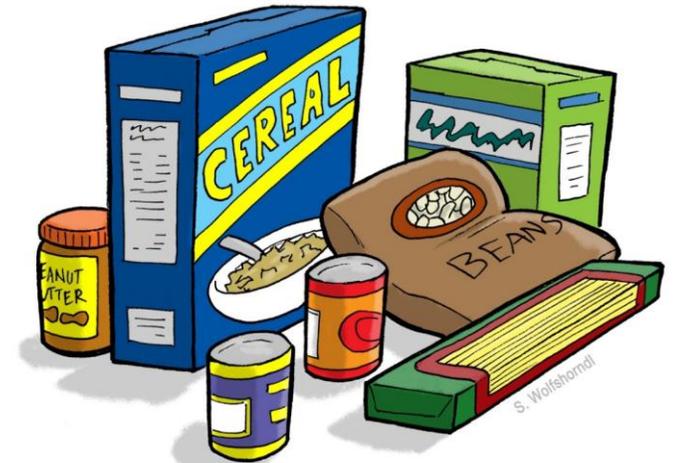
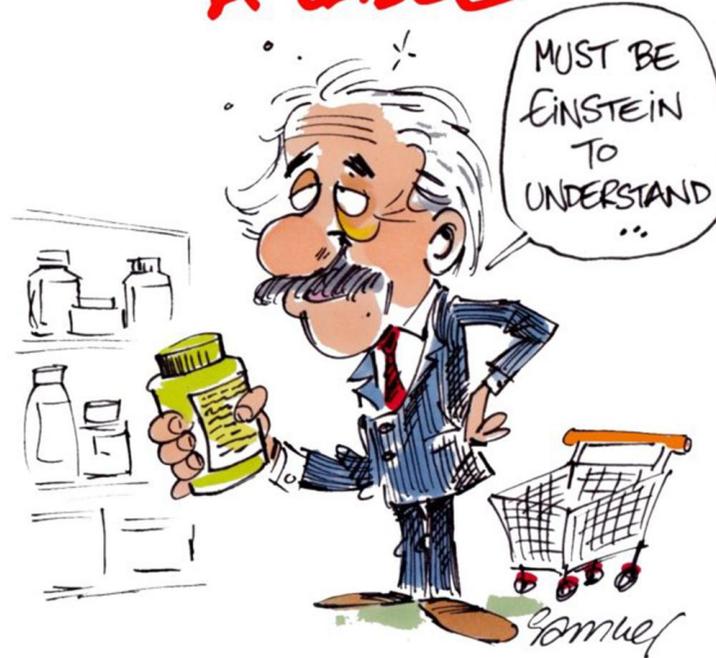
Limit these nutrients

Get enough of these nutrients

Quick Guide to % Daily Value:
5% or less is low
20% or more is high

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

EU: NOT EASY TO READ A LABEL





- **Optimal Weight**
- **Lowers Blood Pressure** by 5–20 mmHg per 10 kg
- (Academy of Nutrition and Dietetics, 2015)

PHYSICAL ACTIVITY

- **Aerobic Activity for at least 30 minutes on most days of the week lowers Blood Pressure** by 4-9 mmHg
(Academy of Nutrition and Dietetics, 2015)

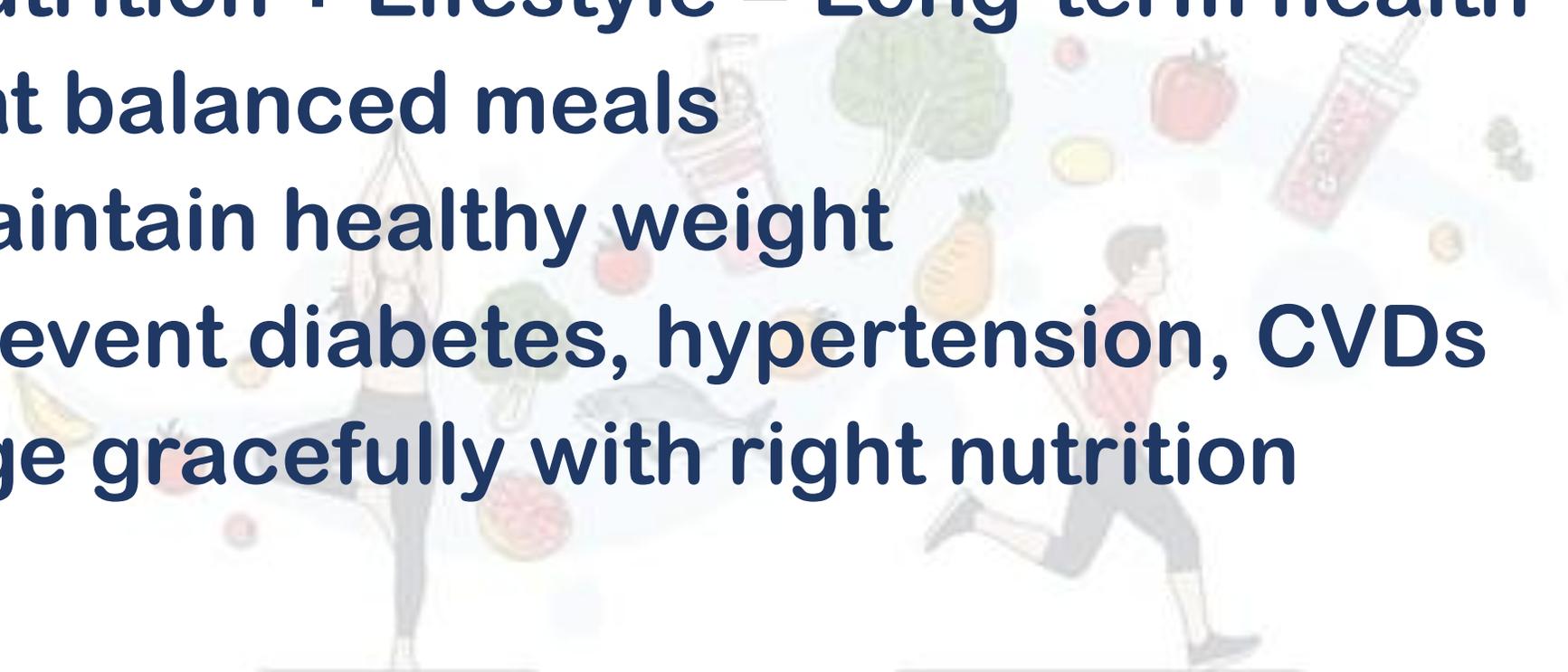


It's not just about the food; it is also about how much you move.....

- We have to move more! ACSM Position Paper for Weight Control makes the following recommendations for adults (Donnelly et al. MSSE 2009):
 - Prevent weight gain = 150-250 min/wk (20-35 min/d)
 - Improve weight loss = 150-250 min/wk (20-35 min/d) + moderate energy restriction
 - Keep weight off after dieting = >250 min/wk
 - 3-5% ↓ in wt can significant ↓ CHD factors
- People who lose wt and keep it off typically exercise at least ~1 h/day (NWCR data)



TAKE HOME MESSAGE

- **Nutrition + Lifestyle = Long-term health**
 - **Eat balanced meals**
 - **Maintain healthy weight**
 - **Prevent diabetes, hypertension, CVDs**
 - **Age gracefully with right nutrition**
- 
- A background illustration showing a woman in a yoga pose on the left and a man running on the right. The scene is surrounded by various fruits and vegetables, including a banana, watermelon, broccoli, carrot, and a smoothie cup, symbolizing health and nutrition.



THANKYOU

A decorative footer bar at the bottom of the page, consisting of a solid blue segment on the left and a solid grey segment on the right.