

TUTORIAL

Basice

Kata

Kumite

Nutrition basic for Bangladesh

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our eating habits have a significant impact on how you feel, work and play as well as to your future health. Conceptually, the traditional Bangli diet of rice, daal, fish, vegetable and milk-based dessert is both well balanced and nutritious. However, the modern day menu selection is laden with dishes that have an overdose of ghee/oil, meat, salt, sugar or cream, based on the misconception that the richer the food, the healthier it is. If you care about your health, you should become more Knowledgeable about nutrition, and make changes for the better. This is not easy, because nutrition is a complex subject, and old habits are hard to change. But it is well worth the effort. Calorie counting and fad diets are not the answer; most people just give up on them and hope for the best. What is needed are gradual adjustments that you can live with. Eating for health need not be tasteless, and you really do not have to eat a lot to get the most from your food. Here are some basic guidelines that I am trying to follow, see if you can also benefit from them:

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Eat in moderation, a variety of foods. Stop when one more bite will fill you up.

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Eat more of fresh fruits and vegetables, preferably in natural form. Include yellow, green and starchy vegetables, and ensure that they don't get overcooked. Consume local fruits like Aamra/kamranga etc.

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Fat is the main culprit in your diet, reduce it by eating less of ghee, oil, butter, cream, and red meat.

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When you eat, just eat, don't do anything else. Chew each bite many times(Sunnah & science both suggest 33 times) and consciously enjoy your meals, this way you will get more enjoyment out of less food.

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Get your energy from Carbohydrates (rice, bread,

cereal, noodles, potatoes etc.) rather than from proteins and fats.

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Reduce your intake of sugar, salt, and caffeine in their various forms.

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Drink at least 8 glasses of fluids daily. Fresh, clean water is the best choice.

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Once in a while, eat anything that you desire without feeling guilty.

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Fine-tune your diet based on your age, requirements for energy, and prevalence of diabetes, high blood pressure, and other diseases in your family.

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Nutrition is just one factor in good health, also think about exercise.

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Once again, eat more of fruits, vegetables, and carbohydrates. Consume less of fats and sugar.

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The Balanced Diet

Food Group

Number of servings per day

Milk group (Milk, Cheese, Ice cream, other milk-derived products)

2 - 3

Meat Group (Meat, Fish, poultry, Eggs)

2 - 3

Vegetables (Balance between green, yellow and starchy vegetables)

3 - 5

Fruits

2 - 4

Bread, Cereal, Rice, Noodles, Pasta

6 - 11

Note:

1.

Sweets, salt, and fats should be used as little as possible.

2.

Serving size is meant to be small, for example: a cup of milk, slice of cheese, one egg, one piece of chicken, one apple/banana/mango, one cup of rice, two slices of beans all constitute a serving from the respective group.

3.

Note the emphasis on fruits, vegetables and carbohydrates.