‘Eat with your doc’: A joint initiative by HCFI & IMA to encourage healthy eating practices

The event sought to advocate the role of a healthy diet for disease prevention, maintaining a healthy weight and quality of life.

New Delhi, Feb 21, 2017: The most important foundation of good health is on your plate. A nutritious, well-balanced diet, good physical activity and refraining from smoking are indispensable for healthy living. To reinforce the concept of healthy diet, a workshop on ‘Eat with your Doc”, was organized by Dr Veena Aggarwal, Vice President and Mrs Geeta Anand, Director, Heart Care Foundation of India (HCFI).

The workshop saw an outstanding attendance of over 60 guests who shared in healthy exotic recipes, seminars on balanced diet and fun-filled activities. A buffet of healthy yet delectable items including zucchini salad, ‘strawberries in pasta’ salad, broccoli and beetroot sandwiches along with fruit salads, apple and pomegranate kheer, was served and enjoyed by the guests. These items were made with fresh and wholesome ingredients known for their antioxidant and nutritive properties.

Dr Veena Aggarwal Vice President, HCFI & Mrs. Geeta Anand Director HCFI, in a joint statement said, “The nutrients in the foods you consume support daily activities, protect your organs from harmful agents and repair any damage that might have occurred at the cellular level. Proteins are important as they rebuild injured tissues and bolster the body’s defense system. Carbohydrates and fats act as necessary fuels while micronutrients like vitamins and minerals execute a myriad of repair and maintenance functions throughout the body. Vitamins A, C and E act as antioxidants and prevent cellular damage against toxins. B vitamins are crucial for extracting the essence of energy from our diet. Elements like calcium and phosphorus maintain bone health while sodium and potassium help in transmitting nerve signals. A healthy diet is composed of all these aforementioned elements in adequate optimal amounts. Without such a healthy well balanced diet, you risk compromising the quality of basic bodily functions.”

Padma Shri Awardee Dr K K Aggarwal, National President Indian Medical Association (IMA) and President Heart Care Foundation of India (HCFI), said, “In today’s fast paced corporate lifestyle, it is safe to assume that most of us are not getting our share of a healthy diet. This goes similarly for working youngsters. Ironically, these people need to pay the most attention to their diet. If you are not used to a well-balanced diet, or have simply lost touch with healthy eating, making gradual changes can help you improve the way you eat in the long run. For instance, begin by substituting your sugary beverages with plain filtered water, switching from a full-fat to low-fat dairy items and selecting lean meats instead of fatty cuts and whole-wheat grains instead of refined grains. This will lower your intake of unhealthy fats and increase your dietary fiber intake. Studies have also shown that the major onslaught of calories comes from snacking, which then becomes the major dietary risk factor for lifestyle disorders like diabetes, hypertension and heart diseases. Opt for fresh fruits and vegetables as they contain less sodium than chips and biscuits.”

The workshop emphasized on the fact that our food choices on a daily basis affect our health and how we feel today, tomorrow, and in the future. Making smart choices about food is the best health investment we can make.
Following are some healthy eating goals:

- Half your plate should be filled with fresh fruits and vegetables: Choose red, orange, and dark-green vegetables like tomatoes, sweet potatoes, and broccoli. The more colorful your plate is, the more essential dietary components you acquire.
- Half the grains you eat should be whole grains: An easy way to obtain dietary fiber is to switch from a refined-grain food to a whole-grain food.
- Switch to fat-free or low-fat (1%) milk: Both products contain the same amount of calcium and other essential nutrients as whole milk, but fewer calories and less saturated fat. The choice clearly is a no-brainer.
- Choose a variety of lean protein foods: Meat, poultry, seafood, dry beans or peas, eggs, nuts, and seeds make good sources of these dietary building blocks.
- Compare sodium content in foods: Check labels while buying packed or canned items.
- Hydrate well and sleep well
- Exercise daily and just keep moving, whenever you get a chance.

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About Heart Care Foundation of India

Initiated in 1986, the Heart Care Foundation of India is a leading National NGO working in the field of creating mass health awareness among people from all walks of life and providing solutions for India’s everyday healthcare needs. The NGO uses consumer based entertainment modules to impart health education and increase awareness amongst people. A leading example of this is the Perfect Health Mela, an annual event started in 1993 that is attended by over 2-3 lakh people each year. The Mela showcases activities across categories such as health education seminars and checkups, entertainment programs, lifestyle exhibitions, lectures, workshops and competitions. In addition to this, the NGO conducts programs and camps to train people on the technique of hands only CPR through its CPR 10 mantra for revival after a sudden cardiac arrest. They currently hold three Limca book of world records for the maximum number of people trained in hands only CPR in one go. Keeping article 21 of the Indian constitution in mind, which guarantees a person Right to Life, Heart Care Foundation of India has also recently initiated a project called the Sameer Malik Heart Care Foundation Fund to ensure that no one dies of a heart disease just because they cannot afford treatment.

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