



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Monday 20240513

ICMR releases 17 dietary guidelines

ICMR releases 17 dietary guidelines, says 56.4% of disease burden in India due to unhealthy diets (The Hindu: 20240513)

<https://www.thehindu.com/sci-tech/health/icmr-releases-17-dietary-guidelines-says-564-of-disease-burden-in-india-due-to-unhealthy-diets/article68160148.ece>

The new guidelines recommend restricting salt intake, using oils and fat in moderation, doing proper exercise, minimising sugar and ultra-processed foods.

Estimates show that 56.4% of the total disease burden in India is due to unhealthy diets, the ICMR said on May 8, as it released 17 dietary guidelines to meet the requirements of essential nutrients and prevent non-communicable diseases (NCDs) such as obesity and diabetes.

Explained | Are non-communicable diseases increasing in India?

The National Institute of Nutrition (NIN) under the apex health research body said that healthy diets and physical activity can reduce a substantial proportion of coronary heart disease (CHD) and hypertension (HTN) and prevent up to 80% of type 2 diabetes.

"A significant proportion of premature deaths can be averted by following a healthy lifestyle," it said, adding that the upsurge in the consumption of highly processed foods laden with sugars and fats, coupled with reduced physical activity and limited access to diverse foods, exacerbate micronutrient deficiencies and overweight issues.

The NIN recommended restricting salt intake, using oils and fat in moderation, doing proper exercise, minimising sugar and ultra-processed foods.

ICMR's 17 dietary guidelines

Eat a variety of foods to ensure a balanced diet

Pregnant women and new mothers should have access to extra food and healthcare

Ensure exclusive breastfeeding for the first six months; continue breastfeeding till two years and beyond

After six months of age, the infant should be fed homemade semi-solid complementary foods

Ensure adequate and appropriate diets for children and adolescents in health and sickness

Eat plenty of vegetables and legumes

Use oil/fats in moderation; choose a variety of oil seeds, nuts etc. to meet daily needs of fats and essential fatty acids

Obtain good quality proteins and essential amino acids; avoid protein supplements to build muscle mass

Adopt a health lifestyle to prevent abdominal obesity, overweight and overall obesity

Be physically active, exercise regularly

Restrict salt intake

Consume safe and clean foods

Ensure appropriate pre-cooking and cooking methods are used

Drink plenty of water

Minimise the consumption of ultra-processed foods and high fat, sugar, salt

Prioritise nutrient-rich foods in the diets of elderly people

Read information on food labels

It also suggested adopting a healthy lifestyle to prevent obesity and reading information on food labels to make informed and healthy food choices.

The Dietary Guidelines for Indians (DGIs) has been drafted by a multi-disciplinary committee of experts led by Dr Hemalatha R, Director, ICMR-NIN and has undergone several scientific review.

Seventeen guidelines have been listed in the DGI.

"Through the DGIs, we emphasise that the most logical, sustainable, and long-term solution to all forms of malnutrition is ensuring the availability, accessibility and affordability of nutrient-rich foods while promoting consumption of diverse foods. The guidelines contain in them scientific

evidence-based information that would facilitate the attainment of goals stated in the National Nutrition Policy," Hemlatha said.

The dietary habits of Indians have undergone significant changes over the past few decades, leading to an increase in the prevalence of non-communicable diseases while some of the problems of undernutrition continue to persist, said Dr Rajiv Bahl, Director General, ICMR.

"I am pleased that these guidelines have been made very relevant to the changing food scenario in India with addition of practicable messages and suggestions on handling food safety choosing minimally processed foods, importance of food labels and physical activity. I am sure these will complement the government's efforts to promote holistic nutrition and health of our people," Bahl said.

Referring to the non-communicable diseases, the NIN said that 34% of children between 5-9 years of age suffer from high triglycerides.

A balanced diet should provide not more than 45% calories from cereals, and millets and up to 15% of calories from pulses, beans and meat. Rest of the calories should come from nuts, vegetables, fruits and milk, the guidelines said.

Due to the limited availability and high cost of pulses and meat, a significant proportion of the Indian population relies heavily on cereals, resulting in poor intake of essential macronutrients (essential amino acids and essential fatty acids) and micronutrients, the NIN said.

Low intake of essential nutrients can disrupt metabolism and increase the risk of insulin resistance and associated disorders from a young age, it said.

Covishield side effects

Covishield side effects | Doctors' group urges Centre to review all COVID vaccines (The Hindu: 20240513)

<https://www.thehindu.com/sci-tech/health/covishield-side-effects-doctors-group-urges-govt-to-review-all-covid-vaccines/article68158989.ece>

At a press conference, the doctors, under the banner of the Awaken India Movement (AIM), urged the government to review the science behind all COVID vaccines

The AIM urged the government of India to compensate all the victims of COVID vaccines, including their family members, through a mechanism that involves vaccine manufacturers as well.
File

The AIM urged the government of India to compensate all the victims of COVID vaccines, including their family members, through a mechanism that involves vaccine manufacturers as well.
File | Photo Credit: PTI

In the wake of pharmaceutical giant AstraZeneca admitting in a U.K. court that its COVID vaccine can cause blood clots in rare cases, a group of doctors on May 9 expressed deep concern over the safety of the Covishield vaccine manufactured by the Serum Institute of India.

At a press conference, the doctors, under the banner of the Awaken India Movement (AIM), urged the government to review the science behind all COVID vaccines and audit their commercialisation as well as implementation of active surveillance and monitoring mechanism to ensure vaccine adverse events are identified as early as possible.

‘We need to stop the fear mongering on vaccines’

"The government has wholly ignored the rising number of cases of tragic deaths post-COVID vaccination all the while and continues to promote COVID vaccines as 'safe and effective', without scientific investigation and invoking epidemiology," Dr. Tarun Kothari, a radiologist and an activist, said at the press conference.

The world is learning about a side effect of the COVID vaccine called Thrombosis with Thrombocytopenia Syndrome (TTS), he said.

When the COVID-19 vaccines were being administered, not many people were aware that it was being done without the completion of phase-3 trials. Administration of COVID-19 vaccines was started without the manufacturers having complete information and data on the possible short-term or long-term side effects, or fatalities, said Dr. Sujata Mittal, a gynaecologist and oncologist.

There is an already low awareness around vaccine injuries, especially in India, she said.

Thousands of women reported abnormalities in their menstrual cycles, which was confirmed much later as a side effect of the vaccine in a study published in September 2022, she added.

COVID-19 vaccines: Much ado about known unknowns

"The Awaken India Movement (AIM) has been collecting details of COVID vaccine deaths covered by media/social media in India and sharing them with various high authorities of the country since 2021, when the vaccination began. The government has failed to respond to our repeated requests to investigate deaths and debilitation from adverse effects of vaccination," Dr. Kothari said.

The AIM urged the government of India to compensate all the victims of COVID vaccines, including their family members, through a mechanism that involves vaccine manufacturers as well.

"We also demand establishing fast track courts and vaccine courts to provide swift justice to the vaccine injured and their families," Dr. Mittal said.

Besides, active surveillance and monitoring mechanisms should be implemented to ensure vaccine adverse events are identified as early as possible and early treatment protocols must be created and widely publicised so that lives can be saved, she stated.

"Review science behind all COVID vaccines and audit their commercialisation," Dr. Kothari said.

AstraZeneca to withdraw COVID-19 vaccine globally as demand falls

The United Kingdom-based AstraZeneca has started global withdrawal of its COVID-19 vaccine, which was provided in India as 'Covishield' in partnership with the Serum Institute of India, days after it admitted to rare side effects of blood clotting and lowering of platelet counts.

The withdrawal has been initiated due to a surplus of available updated vaccines since the pandemic, the company said in a statement.

In India, the company's partner Serum Institute of India said it has stopped the manufacturing and supply of additional doses of Covishield since December 2021 while reiterating that it had disclosed all rare to very rare side effects, including TTS, in the packaging insert in 2021.

AstraZeneca had partnered with Oxford University to develop the COVID-19 vaccine, which was sold as Vaxzevria in Europe.

Climate hazards on women, children

Study shows impact of climate hazards on women, children (The Hindu: 20240513)

<https://www.thehindu.com/sci-tech/health/study-shows-impact-of-climate-hazards-on-women-children/article68164791.ece>

A study by M.S. Swaminathan Research Foundation says children exposed to climate hazards are more likely to be stunted, underweight, and more vulnerable to early pregnancies

The issue of climate-change impact on women and children is under-researched and often overlooked in policy formulation.

The issue of climate-change impact on women and children is under-researched and often overlooked in policy formulation. | Photo Credit: KVS Giri

Women and children in Bihar, Gujarat, Uttar Pradesh, Maharashtra, Madhya Pradesh, Andhra Pradesh, West Bengal and Telangana are particularly vulnerable to climate change-related disasters, reveals an internal study commissioned by Ministry of Women and Child Development. Children exposed to climate hazards are more likely to be stunted, underweight, and more vulnerable to early pregnancies, it further says.

The study exclusively accessed by The Hindu identifies climate and health hotspots in order to specifically understand the impact of floods, cyclones and droughts on health of women and children. Titled “How does climate change impact women and children across agro-ecological zones in India - A scoping study”, it was conducted by the non-profit M.S. Swaminathan Research Foundation (MSSRF).

Addressing India’s malnutrition landscape

“The issue of climate-change impact on women and children is under-researched and often overlooked in policy formulation. In our scoping study we realised that up to 70% of Indian districts are at very high risk of floods, droughts, and cyclones. Women and children’s undernutrition, teenage pregnancy and domestic violence indicators in these hotspots are also very stark,” Soumya Swaminathan, chairperson, MSSRF and former chief scientist of World Health Organization told The Hindu on the sidelines of the WomenLift Health Global Conference 2024 at Dar-es-Salaam, Tanzania, in April earlier this year.

Overall, 183 districts were vulnerable to hydro-meteorological disasters such as cyclones and floods while 349 districts witnessed drought. The study was able to generate certain spatial hotspots where high exposure to hydro-met hazards such as floods, cyclones and droughts significantly co-exists with a higher prevalence of poor health variables such as underweight women and child marriage.

In northern areas of Bihar and Gujarat, the geospatial maps show hotspots where exposure to drought, flood, and cyclone co-exists with stunting and underweight children. In terms of women’s nutritional indicators too, these States need immediate attention, the study says. The northern parts of both States are flood-prone areas battered by heavy rainfall.

Also read: Fixing India’s malnutrition problem

The study also points out that the northern plains, including parts of Uttar Pradesh, have hotspots for stunting, while parts of north Maharashtra and south Madhya Pradesh are hotspots for underweight children. Children are 6% more likely to be stunted, 24% more likely to be underweight, experience 35% reduction in minimum diet diversity, and there is a 12% increase in likelihood of deaths if they are under five years of age and exposed to drought, the report said.

“Also, it should be noted that southern India and parts of coastal belts in Odisha have high exposure scores to hydro-met hazards but perform better in terms of child stunting and underweight, highlighting the role of stronger health systems,” the study points out.

As India’s summer begins, understanding the heat and health conundrum

The study further goes on to identify major hotspots in terms of impact on women and young girls in areas exposed to drought, floods and cyclones - northern Bihar and parts of Uttar Pradesh, southern West Bengal, Andhra Pradesh and parts of Telangana, eastern Maharashtra, parts of northern Madhya Pradesh and southern Uttar Pradesh.

“Exposure to drought events increases the likelihood of prevalence of underweight women by 35%, child marriage by 37%, teenage pregnancy by 17% and intimate partner violence by up to 50%,” the study states.

The climate change hotspots have been identified by spatio-temporal analysis encompassing 50 years of data on frequency and intensity of floods, cyclones and droughts and by using district-level climate vulnerability exposure scores published in 2021 by the Council on Energy, Environment and Water (CEEW).

For health indicators of women and children, mapping and statistical analysis had been conducted by using the fifth National Family Health Survey (NFHS-5) which cites data of 2019-21.

The study recognises that each hazard has different implication and it is difficult to attribute effects of sudden and short-term hazards like flood and cyclone on various parameters. Contrarily, slow and long-term hazards like droughts are likely to have more chronic and long-lasting effects.

The document submitted to Ministry states that the study’s limitations include reliance on secondary data sources, with limited empirical insights into the health aspects of women affected by climate change.

The recommendation to Ministry also states that there is a key gap in evidence, in order to understand differential factors behind children’s vulnerability to heatwaves and develop a systematic method to measure children’s exposure to heatwaves, and relatively less research attention has been paid to this area of inquiry, particularly in India.

“Excess deaths due to heat are not recognised and every State and city should make a heat action plan to tackle the effects of heatwaves. There should be accountability for who is responsible for co-ordination, who will finance, how will messages be disseminated in case of heat stroke and so on. It is a multi-sectoral effort. For instance, the labour department should enforce laws to give a break to construction labour from 12 p.m. to 4 p.m.,” Dr. Swaminathan said.

There is also an absence of national-level data on climate vulnerability considering all hazards. There is a need to study the extent of exposure of women and children at the individual, household, and community levels to seven types of hazards - floods, cyclones, droughts, rainfall variability, heatwaves, air pollution, and cold waves, the recommendation to Ministry points out.

“To identify statistically significant hotspots highlighting the prevalence of heatwaves or prolonged heat and poor health variables, there is a need to generate detailed district-wise monthly temperature data that is currently lacking,” the study document states.

World Health Assembly

Developing countries under pressure to accept One Health approach ahead of World Health Assembly (The Hindu: 20240513)

<https://www.thehindu.com/sci-tech/health/developing-countries-under-pressure-to-accept-one-health-approach-ahead-of-world-health-assembly/article68164786.ece>

Critics of the proposed approach that ‘aims to sustainably balance and optimise the health of people, animals, and ecosystems’ say it not only reinforces inequity but also undermines existing international obligations

“During more than two years of intensive negotiations, WHO’s Member States have shown unwavering commitment to forging a generational agreement to protect the world from a repeat of the horrors caused by the COVID-19 pandemic,” Tedros Adhanom Ghebreyesus, WHO Director-General, said in a statement. File photo: cdn.who.int

“During more than two years of intensive negotiations, WHO’s Member States have shown unwavering commitment to forging a generational agreement to protect the world from a repeat of the horrors caused by the COVID-19 pandemic,” Tedros Adhanom Ghebreyesus, WHO Director-General, said in a statement. File photo: cdn.who.int

Developing countries are under pressure to accept the proposal of a legally binding pandemic treaty on a ‘One Health’ approach as pressure mounts to conclude negotiations ahead of the 77th World Health Assembly commencing on May 27, health experts said following the negotiations.

One Health is an integrated, unifying approach that aims to sustainably balance and optimise the health of people, animals, and ecosystems. It recognises that the health of humans, domestic and wild animals, plants, and the wider environment (including ecosystems) are closely linked and interdependent, the World Health Organization (WHO) states.

“The proposed One Health approach not only reinforces inequity but also undermines the existing international obligations. By imposing legal obligations to share data on pathogens or genetic resources, the proposal may undermine State sovereignty over genetic resources and bypass the obligations to share the benefit emerging out of research and development (R&D) on genetic resources and their data. Another concern is the use of such data to impose import restrictions

citing sanitary and phytosanitary (SPS) measures. SPS is one of the frequently used trade measures by the World Trade Organization's (WTO) members," K.M. Gopakumar, legal advisor and senior researcher with the Third World Network (TWN), said.

According to many developing country negotiators, developed countries have threatened that if One Health is not endorsed, they (developed countries) would block the proposal to establish the Pathogen Access and Benefit Sharing (PABS) system meant to facilitate equitable sharing of benefits emerging from R&D on pandemic-related pathogens, TWN, an independent non-profit international research and advocacy organisation, says.

The WHO has also issued a statement noting that the talks over the proposed pandemic agreement are set to continue in hybrid and in-person discussions over coming weeks to advance work on critical issues, including around a proposed new global system for pathogen access and benefits sharing (that is, life-saving vaccines, treatments and diagnostics), pandemic prevention, and One Health, and the financial coordination needed to scale up countries' capacities to prepare for and respond to pandemics.

"During more than two years of intensive negotiations, WHO's Member States have shown unwavering commitment to forging a generational agreement to protect the world from a repeat of the horrors caused by the COVID-19 pandemic," Tedros Adhanom Ghebreyesus, WHO Director-General, said in a statement.

The Member State-led Intergovernmental Negotiating Body (INB) was established over two years ago to take this effort forward. The Bureau of the INB, which is guiding the process, will submit its outcome for consideration at the World Health Assembly.

In March 2021, heads of state and governments from two dozen countries issued a statement of commitment, calling for global collaboration on pandemics. In December 2021, WHO Member States decided to launch a global process to draft a legally binding international instrument to strengthen pandemic prevention, preparedness and response.

Avoid protein supplements

Avoid protein supplements: top medical body in dietary guidelines for Indians

The ICMR recommended restricting salt intake, minimising sugar and ultra-processed foods (The Hindu: 20240513)

<https://www.thehindu.com/sci-tech/health/avoid-protein-supplements-says-icmr-in-dietary-guidelines-for-indians/article68158977.ece>

The Hyderabad-based National Institute of Nutrition has released revised ‘Dietary Guidelines for Indians (DGIs)’ to meet the requirements of essential nutrients and prevent non-communicable diseases. Photo: main.icmr.nic.in

The Hyderabad-based National Institute of Nutrition has released revised ‘Dietary Guidelines for Indians (DGIs)’ to meet the requirements of essential nutrients and prevent non-communicable diseases. Photo: main.icmr.nic.in

In their latest Dietary Guidelines, the Indian Council for Medical Research (ICMR) advised against the consumption of protein supplements (or protein powders) on a “regular basis”. It explained that protein powders may contain added sugars, non-caloric sweeteners and additives such as artificial flavouring, hence, are not advisable to be consumed on a regular basis.

Protein powders are usually made from either eggs or dairy milk or whey – which is a byproduct of cheese or paneer. They could also be made from plant sources such as soyabeans, peas and rice. ICMR, in the revised 'Dietary Guidelines for Indians (DGIs)', mentioned that whey protein is rich in branched-chain amino acids (BCAAs). Further, based on recent evidence, ICMR cautioned that BCAAs may increase the risk of certain non-communicable diseases (NCDs).

Heatstroke and heat-related deaths

Health Ministry issues guidelines for confirming heatstroke and heat-related deaths (The Hindu: 20240513)

<https://www.thehindu.com/sci-tech/health/health-ministry-issues-guidelines-for-confirming-heatstroke-and-heat-related-deaths/article68161683.ece>

Amid heat waves in several parts of India, the set of guidelines aims at helping hospitals become aware of the criteria to label a death as heat-related/ heat stroke and bring in evidence-based medical decision-making processes

Climate change is raising risks to human health by increasing exposure and vulnerability to extreme heat events.

Climate change is raising risks to human health by increasing exposure and vulnerability to extreme heat events. | Photo Credit: MOHD ARIF

The Union Health Ministry has issued standardised guidelines for confirming heatstroke and heat-related deaths in the country. Prepared by the National Programme on Climate Change and Human Health (NPCCHH) and National Centre for Disease Control (NCDC), the set of guidelines is aimed at helping hospitals become aware of the criteria to label a death as heat-related/ heat stroke and bring in evidence-based medical decision-making processes.

Protein supplements, highly processed foods, and items containing high sugar, salt and trans fats

Read information on food labels carefully, make healthy food choices: latest Dietary Guidelines for Indians(The Hindu: 20240513)

Stay away from protein supplements, highly processed foods, alcohol, said the latest Dietary Guidelines for Indians

<https://www.thehindu.com/sci-tech/health/read-information-on-food-labels-carefully-make-healthy-food-choices-latest-dietary-guidelines-for-indians/article68161321.ece>

Protein supplements, highly processed foods, and items containing high sugar, salt and trans fats — have all made it to the ‘restricted’, ‘cautionary intake’ or ‘eliminate list’ of the recently released revised Dietary Guidelines for Indians (DGIs) issued by the Indian Council of Medical Research (ICMR)-National Institute of Nutrition (NIN), Hyderabad. It has also advised people to make informed and healthy food choices and read information on food labels carefully.

DGIs have recommended cutting down consumption of sugar, salt, excess refined oil, deep fried foods and refined foods and advocated avoiding soft drinks and alcohol and increasing consumption of fruits, vegetables and pulses while preferring whole grains and millets to refined grains/ultra-processed foods.

It also advises minimising non-essential screen time, healthy sleeping patterns (7–8 hours/day) to avoid unhealthy eating behaviours and resultant weight gain. Additionally, it said that repeated use of oils used for frying should be avoided and already used oils should not be mixed with fresh oils and reused for cooking.

The revised guidelines also state that earthen pots are the safest cookware while stating that the best way to stay healthy is to eat a variety of nutrient-rich foods, ensure regular physical activity and consume adequate water to avoid dehydration.

“The upsurge in the consumption of highly processed foods laden with sugars and fats, coupled with reduced physical activity and the limited access to diverse foods, exacerbate micronutrient deficiencies and the overweight/obesity problems,” said the report adding that a large chunk of family income is spent on buying such unhealthy foods.

This faulty dietary pattern contributes to deficiencies in iron and folic acid, resulting in anaemia and in the higher prevalence of obesity among population groups.

It noted that due to limited availability and high cost of pulses and meat, a significant proportion of the Indian population relies heavily on cereals, resulting in poor intake of essential macronutrients (essential amino acids and essential fatty acids) and micronutrients, said the report.

Label claims on packaged food could be misleading

Label claims on packaged food could be misleading: Indian Council of Medical Research

It also points out that sugar-free foods maybe loaded with fats, while packed fruit juices may contain only 10 per cent fruit pulp (The Tribune: 20240513)

<https://www.tribuneindia.com/news/india/label-claims-on-packaged-food-could-be-misleading-icmr-620502>

Label claims on packaged food could be misleading: Indian Council of Medical Research

Health claims on packaged food are designed to catch the consumer attention and convince them that the product is healthy. iStock

Food labels on packaged items can be misleading, apex health research body ICMR has said stressing that consumers should read the information carefully to make informed and healthy choices.

It also pointed out that sugar-free foods maybe loaded with fats, while packed fruit juices may contain only 10 per cent fruit pulp.

In its recently issued dietary guidelines, the Indian Council of Medical Research (ICMR) said health claims on packaged food are designed to catch the consumer attention and convince them that the product is healthy.

"Though the Food Safety and Standard Authority of India (FSSAI) has strict norms, the information presented in labels could be misleading," the dietary guidelines for Indians issued by the Hyderabad-based National Institute of Nutrition (NIN) under the apex health research body said on Wednesday.

Giving some examples, the NIN said a food product can be called 'natural' if it doesn't have added colours and flavours or artificial substances and goes through minimal processing.

"This term is often used rather loosely. It is often used by manufacturers to identify one or two natural ingredients in the mix and this can be misleading," it said, urging people to read the label, specifically the ingredients and other information carefully to cross-check the claims.

The NIN presented some examples of statements on labels that could be misleading.

For the claim 'real fruit or fruit juice', the NIN said that according to the FSSAI regulation, any food item with even a small amount, for example, fruit juices containing only 10 or less per cent of fruit added to a product is allowed to state that the product is made with real fruit pulp or juice.

But the product claiming to have real fruit may have added sugar and other additives with only 10 per cent actual fruit pulp.

As for 'Made with whole grain', it said these words could be misinterpreted. Such a statement does not necessarily imply that the food items are not tertiary or ultra-processed.

When a food label says 'organic', it may simply mean that it is free of all artificial preservatives, flavours and colours and that the food ingredients are free from pesticides and chemical fertilisers.

If both the above are met, then the label can state 100 per cent organic and have the 'Jaivik Bharat' logo approved by the FSSAI.

Further, it said that people often associate sugar-free foods with lower calories and perceive these to be beneficial for diabetics and weight watchers.

"Sugar-free foods may be loaded with fats, refined cereals (white flour, starch) and even hidden sugars (maltitol, fructose, corn syrup, molasses). These would imply high glycemic index and high calories in the food item," the NIN stated.

Although nutrition and health claims are regulated by FSSAI, consumers are advised to exercise caution by cross-checking the claims with ingredients and nutrition information on the label, the guidelines recommended.

According to the guidelines, manufacturers also use labels to make incorrect and incomplete claims about their food products.

There is a general misconception that 'nutrition facts' and 'nutrition/nutrient claims' are the same.

Nutrition claims refer to any statement which suggests or implies that a food has particular nutritional properties.

Claims like 'low calorie', 'high fibre', 'low fat' or 'low sodium' is not complete information. These have to be substantiated by providing the actual values or nutritional facts about the product.

The guidelines also recommended the 'date of manufacture' and 'use-by date' indicates that the product's quality and safety could deteriorate and consumption beyond that date would increase the risk of food poisoning.

In the label, under the words 'nutrition facts, there is a statement on the 'serving size'. This is one of the most important pieces of information on the label because all of the nutrition information shown is based on the referred serving size, the guidelines stated.

The serving size could be described in a few different ways in the label and depends on the food item being referred to. The most common measures are grams, cups, scoops and pieces. Grams tend to be listed most of the time even when the serving size may also be listed in a different way.

The guidelines also asked people to check the net weight of the packet. This is the total amount of product contained in the packet. The nutrition facts label information is generally based on one serving per 100g/100ml, but many packages may contain more than one serving or more than 100g or 100ml.

"Check how many servings per ml/g is being used against the number of serving unit used for presenting nutrition facts. According to the amount of food item being used, assess calories and other nutrients in the portion being used," it said.

The Dietary Guidelines for Indians (DGIs) has been drafted by a multi-disciplinary committee of experts led by Dr Hemalatha R, Director, ICMR-NIN, and has undergone several scientific reviews.

Heart failure

Heart failure patients who have taken Covid vaccine likely to live longer: Study

Heart failure patients who have taken Covid vaccine likely to live longer: Study (The Tribune:20240513)

<https://www.tribuneindia.com/news/health/heart-failure-patients-who-have-taken-covid-vaccine-likely-to-live-longer-study-620214>

Patients with heart failure who are vaccinated against Covid-19 are 82 per cent more likely to live longer than those who are not vaccinated, a new study said on Saturday.

The study presented at Heart Failure 2024, a scientific congress of the European Society of Cardiology (ESC), used the Korean National Health Insurance Service database to obtain information on vaccinations and clinical outcomes.

Participants who received two or more doses of the Covid-19 vaccine were described as "vaccinated", and those who were not vaccinated or had received just one dose were defined as "unvaccinated".

Heart Failure is a life-threatening syndrome affecting more than 64 million people globally.

“In this large study of patients with heart failure, Covid-19 vaccination was associated with a lower likelihood of contracting the infection, being admitted to hospital because of heart failure, or dying from any cause during a six-month period compared with remaining unvaccinated,” said study author Dr Kyeong-Hyeon Chun of the National Health Insurance Service Ilsan Hospital, Republic of Korea.

The study comprised 651,127 heart failure patients over the age of 18. The average age was 69.5 years, and 50 per cent were female. Of the whole study population, 538,434 (83 per cent) were classified as vaccinated, and 112,693 (17 per cent) as unvaccinated.

The researchers found that vaccination was associated with an 82 per cent lower risk of all-cause mortality, 47 per cent lower risk of hospitalisation for heart failure, and 13 per cent reduced risk of Covid-19 infection compared with no vaccination.

Regarding cardiovascular complications, vaccination was associated with significantly lower risks of stroke, heart attack, myocarditis/pericarditis, and venous thromboembolism compared to no vaccination, the researchers mentioned.

"The study provides strong evidence to support vaccination in patients with heart failure. However, this evidence may not be applicable to all patients with heart failure, and the risks of vaccination should be considered in patients with unstable conditions," Chun said.

Ice cream-Gulab Jamun to date and milk: 7 wrong food combinations

Ice cream-Gulab Jamun to date and milk: 7 wrong food combinations you must avoid as per Ayurveda (Hindustan Times :20240513)

<https://www.hindustantimes.com/lifestyle/health/ice-cream-gulab-jamun-to-date-and-milk-7-wrong-food-combinations-you-must-avoid-as-per-ayurveda-101715578066316.html>

Mixing hot and cold foods, or iron-rich and calcium foods may not be a good idea as per Ayurveda, an expert warns.

Are you suffering from digestive troubles, deficiencies or skin allergies? As per Ayurveda, what you eat can have a significant impact on your health. Your meal could have all what your body requires to keep you healthy, yet you may not be able to absorb these nutrients if you are eating

them in wrong combination. 'Viruddha Ahaar', according to Ayurveda can lead to accumulation of ama meaning toxins or undigested metabolic waste which can wreak havoc on your health. (Also read: Cucumber raita or lauki raita; which is better for your health as per Ayurveda?)

Nutritionist and Yoga teacher Juhi Kapoor shares 7 wrong food combinations as per Ayurveda that may be ruining your health.(Pinterest)

Nutritionist and Yoga teacher Juhi Kapoor shares 7 wrong food combinations as per Ayurveda that may be ruining your health.(Pinterest)

There are certain foods that work well in combination and even enhance nutrition absorption of each other. A dash of lemon in dal or ghee on top of chapati are examples of good food combos. Wonder what Ayurveda has to say about the combination of palak paneer or date and milk. Here's what an expert says.

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Fruit and milk do not go well together as per Ayurveda and can cause bloating and indigestion. Palak Paneer may be one of your favourite dishes, but paneer being rich in calcium can hinder absorption of iron from palak and reduce overall nutrition appeal of your food. Lemon honey tea may not be a good idea too as honey in hot water can lead to production of ama. And if you love to have ice cream with gulab jamun, it may very well explain why you may be having acidity and bloating issues frequently.

WRONG FOOD COMBOS YOU MUST AVOID

Nutritionist and Yoga teacher Juhi Kapoor in her recent Instagram post shares 7 wrong food combinations as per Ayurveda that may be ruining your health.

1. Fruit and milk: Ayurveda suggests to avoid combining fruit and milk because it can lead to digestive issues. This combination may cause the fruit to ferment in the stomach, leading to bloating and discomfort for some individuals. Only mangoes are allowed with milk, that too, if they are sweet.

2. Palak and paneer: Although palak (spinach) and paneer (Indian cheese) are both nutritious foods on their own, combining them might not be ideal. The calcium in paneer can interfere with the absorption of iron from spinach, reducing the overall nutritional benefits of the meal.

3. Honey and hot water: Heating honey can destroy its beneficial enzymes and antioxidants, making it less nutritious. Additionally, mixing honey with very hot water may create harmful

compounds as per Ayurveda. It's generally recommended to consume honey in lukewarm or room temperature water to preserve its health benefits.

4. Date and milk: When you pair foods rich in calcium with those high in iron, like milk and dates, there's a concern that the calcium might inhibit the absorption of iron. Calcium from milk can interfere with the body's ability to absorb iron from dates. This could potentially reduce the overall iron uptake from the meal. Specially, if you are anaemic, this combination will hinder iron absorption. Occasionally it's fine but don't make it a habit.

5. Ice cream and Gulab Jamun: Hot and cold food do not well together. When you consume hot food, your body increases blood flow to the stomach to aid in digestion and to dissipate the heat. Conversely, cold foods can slow down digestion and cause constriction of blood vessels in the stomach. The combination can lead to bloating, gas, or discomfort.

6. Tea with meals: Tea contains antinutrients like tannin and caffeine. This hinders absorption of iron and calcium in the body. So, do not take tea with breakfast or snacks.

7. Milk and fish: As per Ayurveda, milk and fish are Viruddha Ahaar. When combined with incompatible, the combination becomes indigestible and causes the build-up of harmful toxins in the body.

Allergy survival essentials

Allergy survival essentials: Check out these tips to help minimise effect of allergens on your well-being(Hindustan Times :20240513)

<https://www.hindustantimes.com/lifestyle/health/allergy-survival-essentials-check-out-these-tips-to-help-minimise-effect-of-allergens-on-your-wellbeing-101715504017344.html>

As we prepare for the hot season, allergy triggers may increase. Take these proactive steps to minimise the impact of allergens on your well-being

As you gear up for the warmer weather, it is essential to prepare for possible spikes in allergens and how they can disrupt your overall well-being. This season is notorious for bringing a surge of pollen into the air, triggering allergic reactions in many people and the higher levels of allergens in the air don't necessarily disappear at night!

Allergy survival essentials: Check out these tips to help minimise effect of allergens on your well-being (Image by Freepik)

Allergy survival essentials: Check out these tips to help minimise effect of allergens on your well-being (Image by Freepik)

How allergies affect you?

Did you know that indoor air can be more polluted than outdoor air? One may think that when you are indoors, you are safe from allergies but unfortunately, this is not true and allergies can affect you in various ways, from nasal congestion and sneezing to worsened asthma symptoms and skin flare-ups.

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How many times has Virat Kohli been dismissed for a duck in IPL matches?

Pollen and other allergens in the air can trigger reactions in susceptible individuals, leading to discomfort in the respiratory system and skin. Eye allergies, characterised by itching, redness and watery discharge, often accompany these symptoms, emphasising the interconnected nature of seasonal allergies.

As we prepare for this year's hot season—when allergy triggers may increase—it is crucial to take proactive steps to avoid getting caught up in allergies once more. In an interview with HT Lifestyle, Theo Jones, Environmental Care Design Engineer at Dyson, highlighted a few tips that can help you minimise the impact of allergens on your well-being and fully enjoy the season ahead -

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1. Look for potential triggers in your home: With pollen spores being as small and lightweight as they are, and with the continuous air exchange between the indoor and outdoor environment, it is inevitable that outdoor dust particles such as pollen can be found in the house. Pollen particles can stick to one's hair, clothes, and even pets and be brought into the home.

2. Be cautious during spring cleaning: Cleaning often entails shaking out rugs, dusting neglected corners and thoroughly vacuuming carpets—all activities that can send allergens airborne. For allergy sufferers, this can turn a routine deep cleaning session into a sneeze-inducing, congestion-filled ordeal. The very tasks meant to refresh and revitalise your home can end up triggering uncomfortable allergic reactions, making it challenging to enjoy the benefits of a clean living space. As a result, you may need to approach cleaning with extra caution and choose methods that minimise allergen dispersion.

Use damp cloths for dusting instead of dry ones. Dry cloths simply redistribute allergens in the air, while damp cloths trap them.

Use vacuum cleaners equipped with HEPA filters. These effectively trap allergens, preventing them from recirculating in the air. Vacuum cleaners that are equipped with fully sealed HEPA filtration systems play a vital role in eliminating allergens from surfaces often overlooked during cleaning routines. Regularly vacuuming mattresses, sofas and cushions can significantly reduce allergen buildup, contributing to a healthier indoor environment for allergy sufferers.

3. Ventilate your home: While considering ventilating your home by opening windows can invite allergens inside, investing in an air purifier can be a strategic move. Air purifiers efficiently eliminate airborne particles and allergens, ensuring a cleaner and healthier indoor environment.

So, as you embrace the beauty of the warmer season, don't let the spectre of allergies deter you. Instead, equip yourself with the tools and knowledge needed to navigate this season with ease, ensuring that each day begins and ends with the restful sleep you deserve.

Negative thinking

Breaking the cycle of negative thinking: 10 cognitive behavioural techniques for improved mental health (Indian Express :20240513)

10 cognitive behavioural techniques to replace unhelpful thoughts or negative thinking and foster positive emotions and behaviours for improved mental health

Life is simple; it is our thoughts that complicate it and they say, what we think, we become so, if we believe we are weak, we will embody weakness but if we see ourselves as strong, strength follows suit. Founders of various types of cognitive behaviour therapy, Dr Aaron T Beck and Albert Ellis emphasised that it is not the situations but our perception, beliefs and thoughts related to the situation that decides our emotions and behaviours.

Breaking the cycle of negative thinking: 10 cognitive behavioural techniques for improved mental health (Photo by bphope for Bipolar)

Breaking the cycle of negative thinking: 10 cognitive behavioural techniques for improved mental health (Photo by bphope for Bipolar)

In an interview with HT Lifestyle, Shumita Kakkar, Founder and COO at United We Care, shared, “To enhance mental well-being, it's crucial to break the cycle of negative thinking. Cognitive behavior therapy equips us with tools to identify and replace unhelpful thoughts, fostering positive emotions and behaviours.” She suggested these steps you can follow -

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The first step is to be aware of your trigger situations and unhealthy emotions and behaviour.

Second step is to identify the underlying thoughts like mind reading, catastrophic thinking, personalisation and dispute the thoughts by asking questions like Are my thoughts logical? Are my thoughts helpful? Are my thoughts true?

Third step is to replace them with more helpful, realistic and positive thoughts.

Fourth step is to evaluate your emotions and behaviour as a result of a change in thoughts. To break the cycle of negative thinking you can read about various cognitive behavioural techniques and also reach out to trained Cognitive behaviour therapists for support.

Echoing that the spiral of pessimistic thoughts over a period of time can shape how individuals approach various aspects of life, Akkshitta, Founder and CEO at TheSeekier, said, “An evidence-based approach to addressing these negative thinking patterns is through cognitive behavioural techniques. There are a few steps to this -- the first and foremost being the recognition of negative thought patterns and challenging their validity.”

She added, “Secondly, people should engage in activities they enjoy. The third step is to observe inner thoughts without judgment. Additionally, one should not let societal stigmas hinder oneself from seeking expert help — whether through professional therapy or support groups/trusted confidants. Lastly, we should never underestimate the power of taking small steps in reclaiming agency over mental well-being.”

Sidharrth S Kumar, Founder and Chief Happiness Officer at NumroVani, explained, “Cognitive Behavioural Techniques (CBT) is a type of psychotherapy based core principle that ideas, feelings, and actions of human being are intertwined to each other. The goal of CBT is highly personalized and need to be curated based on the condition of case. However, a general goal includes self-awareness about negative thoughts, reflection about reason for the same and replacement with realistic & balanced thoughts.” According to him, some of the core methods include -

Self-Awareness of Situation: Recognising negative ideas is the first step in cognitive behavioural therapy (CBT). These can be reality distortions and are frequently automatic. The first step in

altering unwanted thoughts is to acknowledge them when they arise. One need to document them in notes form to be able to get a clear picture.

Embrace it and Mindfulness: Mindfulness teaches you to pay attention in the here and now without passing judgment. This can assist you in becoming more conscious of your emotions and ideas without becoming overcome by them.

Behavioural Activation: This method entails doing things that make you happy or fulfilled. Negative thoughts frequently result in less time spent on joyful things, starting a vicious cycle.

Exposure Therapy: If your negative thoughts are associated with certain fears or worries, you might lessen the influence these concerns have over you by progressively exposing yourself to them in a safe and controlled manner.

Reflection and Rewinding Methods: Methods like progressive muscle relaxation, deep breathing, or guided visualization can help lessen the physical signs of tension and anxiety that frequently go hand in hand with negative thinking.

Journaling: You can find patterns and triggers for your negative thinking by keeping a thought diary in which you write down your negative ideas and the circumstances in which they arise.

Mother's Day 2024 health special

Mother's Day 2024 health special: Can older women enjoy motherhood through IVF? Know facts and myths(Hindustan Times :20240513)

<https://www.hindustantimes.com/lifestyle/health/mothers-day-2024-health-special-can-older-women-enjoy-motherhood-through-ivf-know-facts-and-myths-101715486631114.html>

In Vitro Fertilization has improved chances of live birth rate but is it the same when older women choose IVF? This Mother's Day 2024, know facts from myths

The Indian ART law allows In Vitro Fertilization up to 50 years of age for women and though it is advisable to try to get pregnant at an earlier age, this may not always be possible in the current era as women may have other commitments but with the advancement in medical technologies, health and fertility experts reveal that IVF has become a boon to older women to help them conceive. Also, as our knowledge and skills in obstetrics are improving, doctors can take a much more evidence-based approach to the management of pregnant women with advanced maternal age.

Mother's Day 2024 health special: Can older women enjoy motherhood through IVF? Know facts and myths (Image by Freepik)

Mother's Day 2024 health special: Can older women enjoy motherhood through IVF? Know facts and myths (Image by Freepik)

In an interview with HT Lifestyle on Mother's Day 2024, Dr Arunima Haldar, Consultant - IVF and Reproductive Medicine at Manipal Hospital in Whitefield and Varthur, shared that any woman trying to get pregnant above 35 years is considered a woman with advanced maternal age and busted the following myth while stating facts -

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Myth 1: It is difficult to conceive at an older age.

Fact: Although not entirely false, the results often vary from person to person. The reason for a drop in conception rates is the decreased quality and quantity of eggs and asynchronous cycles. There is a good possibility that conception can still occur naturally, especially in the younger lot out of these older women. A doctor can help these patients by understanding their cycles using ultrasound and modifying them slightly to correct minor abnormalities in the cycle. IVF, however, may be required with a quicker decision to undergo IVF as there is a constant decrease in egg quality and quantity and as these patients are usually left with less time.

PROMOTED

Breaking The Cycle Of Domestic Violence in Indonesia

Maddy Baloy, beloved TikToker battling terminal Cancer, dies at 26: 'Her story inspired Millions'

Hindustan Times

Myth 2: IVF fails more often.

Fact: In women of advanced age, it is the egg quality and the quantity that suffers, not the uterus or endometrium. If IVF fails often, it is due to the egg quality or an abnormal chromosome in the egg, which leads to the development of an embryo not sustainable for life. Thus, preimplantation genetic testing (PGT) of embryos is done in these women with advanced maternal age to identify

the compatible embryo and transfer it into the uterus. Donor eggs are a possibility for those in whom self-eggs are not available or pregnancy is not happening despite using the self-eggs in IVF. Donor eggs have an equally good chance for conception as compared to women of younger age. Egg freezing is another viable option that is very commonly used by women who opt for late pregnancy.

Myth 3: Pregnancy is harmful for older women.

Fact: That's not completely wrong; however, not everyone has problems in pregnancy. The common problems are preeclampsia, diabetes, an increased risk of caesarean, and preterm labour. Risk evaluation before conception and in early pregnancy, careful monitoring during pregnancy, and adequate rest can help the doctor and woman to identify problems early.

Myth 4: Pregnancy is harmful to the baby.

Fact: Choosing the correct embryo by PGS is important to have a genetically healthy baby, as mentioned previously. With advanced maternal age and the higher incidence of preeclampsia and diabetes, it can lead to intrauterine growth restriction of the baby. Proper care and rest should be taken during the pregnancy, which may benefit these women. Every woman does not have these complications. However, there is a higher chance of these complications during pregnancy in older women.

Bringing her expertise to the same, Dr Ila Gupta, Clinical Director and Senior Consultant Reproductive Medicine at Fertility IVF and Fertility Clinics in New Delhi, revealed, "Recent improvements in reproductive technology have made it possible for women of all ages to become mothers through In Vitro Fertilization (IVF). Though, this new technology has improved the chances of live birth rate, especially when it comes to older women choosing IVF. Therefore, Some common myths about IVF in older women need to be busted." She elaborated -

1. Myth: Older Women Should Avoid IVF Due to Increased Risk of Birth Defects

Reality: Even though getting older can make a woman less fertile and increase the risk of complications, IVF procedures along with procedure like PGTA is done to check genetically healthy embryo, which lowers the chance of birth defects. It is important to remember that a mother's advanced age does not automatically mean that her baby will have problems if the right safety measures are taken. IVF also offers other options, like freezing of self eggs at right age to use them later to avoid abnormalities. Can Try IVF with donor egg if your egg quality is not good or you have gone into menopause, to increase the chances of having a healthy baby.

2. Myth: IVF Always Results in Multiple Pregnancies

Reality: IVF protocol has changed over the years, making it easier to precisely control how many embryos to be transferred. Transferring single blastocyst reduces the risk of having multiple pregnancy.. This makes pregnancy safer for both the mother and the baby.

3. Myth: IVF Guarantees Pregnancy Success

Reality: Success rate for IVF depend on a lot of things, like age, quality, number of embryos, and treatment plan. IVF has helped a lot of women to get pregnant, but it's important to know that to improve the chances of success there are certain additional procedure required especially in older women. Improvements in technology and personalised treatment plans have improved success rate even for older women.

4. Myth: Older Women Can't Carry Pregnancy to Term .

Reality: Even though getting older can make things harder during pregnancy as risk of hypertension and gestational diabetes increases, it doesn't have to stop older women from trying IVF. Many older women can safely carry their pregnancies to term with the right medical care and supervision. When deciding on IVF, it's important to have accurate information and reasonable expectations. By talking to a fertility specialist, you can get personalized information about the risks and benefits of IVF treatment that is based on your unique situation.

It's important to bust the myths about IVF in older women, even though age can affect a woman's ability to get pregnant but IVF is still a good choice for women of older age who want to become mother, thanks to advancement in technology and personalised protocols. Remember that information is power and women can make better decisions about their reproductive health when they know all the facts.

Protein

How to meet protein quota in daily meals? Here are 8 easy ways to do so(Indian Express :20240513)

<https://indianexpress.com/article/health-wellness/pack-protein-meals-easy-ways-increase-intake-9310416/>

Kanika Narang, nutritionist at Indraprastha Apollo Hospitals, New Delhi, on planning your daily intake

protein intake Anywhere between 10 per cent to 35 per cent of your calories should come from protein. (Getty Images)

Protein is often called the king of nutrients because it has a multi-purpose role to play in key body functions, including muscle repair and growth, immunity, hormone regulation and weight management. Whether you're an athlete looking to enhance performance, a fitness enthusiast aiming to build muscle, or simply someone striving for better overall health, ensuring an adequate protein intake is essential. As Indians have carb-heavy meals, it is important to balance daily meals with protein, not just of the right quantity but of the right quality too.

Fortunately, there are several easy and practical ways to increase your protein intake without much hassle. How much protein do you need? Anywhere between 10 per cent to 35 per cent of your calories should come from protein. So, if your needs are 2,000 calories, that's 200–700 calories from protein, or 50–175 grams. An adult needs 0.8 grams of protein per kilogram of body weight.

Calories

What if you could burn calories and lose weight while resting? Here are five exercise combos that work (Indian Express :20240513)

<https://indianexpress.com/article/health-wellness/burn-calories-weight-loss-exercises-physical-activity-9307659/>

Holistic health expert Mickey Mehta on a most effective weight management plan with after-burn routines.

Fitness fundamentals Exercises with free weights and resistance bands can help increase EPOC and speed up metabolism. (Representational)

Ideally your workout routine should be such that your metabolic rate, or the speed at which your body burns calories, can benefit you both at rest and during activity. In other words, your session keeps paying you dividends when you are resting and continues to burn your calories at an increased rate even up to 24 hours after you are done exercising. This way you lose weight consistently.

The after-burn effect is also referred to as excess post-exercise oxygen consumption or EPOC. This is a physiological response to vigorous physical activity that allows the body to continue consuming calories for a number of hours following rest. The after-burn effect guarantees an increased heart rate and respiration for a predetermined amount of time, extra hormone release and muscle cell regeneration and repair. Your body can replenish oxygen and ATP (a chemical that gives the body energy for activities like exercise).

Diabetics,

Diabetics, these two simple expert-approved habits can help you manage blood sugar levels

Incorporate a variety of nutrient-rich foods into your meals, including lean proteins, whole grains, healthy fats, and plenty of vegetables(Indian Express :20240513)

<https://indianexpress.com/article/lifestyle/life-style/2-simple-habits-diabetics-manage-blood-sugar-experts-9313624/>

diabetes Do you have diabetes? Here's what you need to know (Source: Getty Images/Thinkstock)

Following certain lifestyle and diet habits are essential to managing diabetes. But what if we told you that doing just two simple things daily can make a huge difference? If you are wondering what they are, keep reading.

Regular physical activity

Engaging in regular physical activity has numerous benefits for diabetics. “Exercise helps to improve insulin sensitivity, which means your body can utilise insulin more effectively. It also aids in weight management, reduces the risk of heart disease, and boosts overall well-being,” said Dr Rajiv Kovil, head of diabetology, Zandra Healthcare and co-founder, Rang De Neela initiative.

कैंसर के खतरे को बढ़ा सकता है मोटापा, नई स्टडी में हुआ खुलासा

Obesity And Cancer: मोटापे के कारण कई तरह की समस्याएं होती हैं। एक नई स्टडी जिसमें 4.1 मिलियन प्रतिभागियों को शामिल करते शोध में पाया गया है कि कैंसर मोटापे से

संबंधित हो सकता है। (Hindustan :20240513)

<https://www.livehindustan.com/lifestyle/health/story-obesity-may-increase-the-risk-of-cancer-new-study-reveals-9973942.html>

इन दिनों ज्यादातर लोग मोटापे के कारण परेशान हो रहे हैं। खराब खानपान और लाइफस्टाइल के कारण लोगों का वजन बढ़ता जा रहा है। हाल ही में हुई एक

स्टडी के मुताबिक मोटापे के कारण समस्या बढ़ सकती है। स्टडी में पाया गया है कि ज्यादा वजन से कैंसर की संख्या कई गुना बढ़ रही है। हाल ही की स्टडी में

4.1 मिलियन प्रतिभागियों को शामिल किया गया। इस नई स्टडी से पता चला है कि मोटापे से संबंधित कैंसर अब 10 में से 4 लोगों में पाया जा सकता है। अध्ययन

में 30 तरह के कैंसर को मोटापे से भी जोड़ा गया है। पहले मोटापे से जुड़ी 13 तरह की खतरनाक बीमारियां हो सकती थी, हालांकि अब यह संख्या 32 हो गई है।

होम NCR देश जीतें iPhone NEW लोकसभा 2024 IPL लाइव स्कोर मनोरंजन करियर वेब स्टोरी बिजनेस विदेश ध

5/13/24, 11:36 AM Obesity may increase the risk of cancer new study reveals - कैंसर के खतरे को बढ़ा सकता है मोटापा, नई स्टडी में हुआ खुलासा, हेल्थ न्यूज

<https://www.livehindustan.com/lifestyle/health/story-obesity-may-increase-the-risk-of-cancer-new-study-reveals-9973942.html> 1/4

Health Tips In Hindi

लेटेस्ट Hindi News, लोकसभा चुनाव 2024, बॉलीवुड न्यूज, बिजनेस न्यूज, टेक, ऑटो, करियर, और राशिफल, पढ़ने के लिए Live Hindustan App

डाउनलोड करें।

हेल्दी लाइफस्टाइल है जरूरी

भले ही समाज आर्थिक विकास और नए अवसरों में समृद्ध हो रहा है, लेकिन दुनिया भर में बड़ी संख्या में लोगों के बीच डायट पैटर्न कम हेल्दी हो रहा है, जिससे

मोटापे से संबंधित चिंताएं बढ़ रही हैं। जिस तरह से खराब डायट हेल्थ पर भारी पड़ रही है, इसे देखते हुए भारतीय स्वास्थ्य अधिकारियों ने भी हाल ही में रोजाना के

खाने से जंक फूड को कम करने और हेल्दी लाइफस्टाइल अपनाने की एक सलाह जारी की है।

कैसे हुई स्टडी

स्वीडन के माल्मो में लुंड यूनिवर्सिटी द्वारा किए गए शोध में चार दशकों की अवधि तक 4.1 मिलियन से ज्यादा प्रतिभागियों के वजन और लाइफस्टाइल का

अध्ययन किया गया। शोधकर्ताओं ने एक अध्ययन में बीमारी के 122 प्रकारों और उपप्रकारों की जांच की और मोटापे के संबंध के साथ कैंसर के 32 रूपों को

इंगित किया।

इंटरनेशनल एजेंसी फॉर रिसर्च ऑन कैंसर द्वारा 2016 में स्तन, आंत, गर्भाशय और गुर्दे के कैंसर सहित 13 की पहचान पहले ही कर ली गई थी। इस अध्ययन में

पहली बार मोटापे से संबंधित 19 संभावित कैंसरों में घातक मेलेनोमा, गैस्ट्रिक ट्यूमर, छोटी आंत और पिट्यूटरी ग्रंथियों के कैंसर, साथ ही सिर और गर्दन के

कैंसर, वुल्वर और लिंग के कैंसर की पहचान की गई।

Mint Tea Benefits

Mint Tea Benefits: पुदीनेकी चाय को रूटीन मेंकरेंशामिल, डाइजेशन सेलेकर वेट लॉस मेंहोगी मदद

Mint Tea Benefits: गर्मियों मेंहोनेवाली डाइजेशन सेलेकर डिहाइड्रेशन की समस्या को खत्म करनेके लिए हर दिन पुदीना की चाय को डाइट मेंशामिल करें। येबेहद फायदेमंद हैऔर मेंटल

हेल्थ पर भी असर डालता है।(Hindustan :20240513)

<https://www.livehindustan.com/lifestyle/health/story-8-health-related-benefits-drinking-mint-tea-regularly-including-weight-loss-to-digestion-9966177.html>

भयंकर गर्मी में खान-पान का पूरा ध्यान रखनेकी जरूरत होती है। जिससेना केवल डाइजेशन सही रहे बल्कि शरीर का टेंपरेचर भी ना बढ़े। क्योंकि तापमान बढ़नेसे बॉडी में

कई सारी दिक्कतें पैदा होने लगती है। बॉडी कूल करनेके लिए इस मौसम में काफी सारी नेचुरल चीजें मिलती है। इसी में शामिल है पुदीना। जिसका इस्तेमाल केवल रिफ्रेशिंग

टेस्ट के लिए ही नहीं किया जाता बल्कि ये पूरे शरीर को रिफ्रेश कर देता है। साथ ही बॉडी को अंदर से ठंडा कर देता है। अगर आप हर दिन पुदीनेकी चाय को पीना शुरू कर

देते हैं तो इतने सारे फायदे मिलेंगे। जानें पुदीनेकी चाय पीनेके फायदे।

विज्ञापन

ऐप पर पढ़ें

ई-पेपर शहर चुनें

होम NCR देश जीतें iPhone NEW लोकसभा 2024 IPL लाइव स्कोर मनोरंजन करियर वेब स्टोरी बिजनेस विदेश धर्म

अगला

लेख

5/13/24, 11:38 AM 8 health related benefits drinking mint tea regularly including weight loss to digestion - Mint Tea Benefits: पुदीने की चाय को रूटीन में ...

<https://www.livehindustan.com/lifestyle/health/story-8-health-related-benefits-drinking-mint-tea-regularly-including-weight-loss-to-digestion-9966177.html> 1/7

पेट की खराबी से राहत

गर्मियों में अक्सर डाइजेशन कमजोर हो जाता है। जिसकी वजह से कुछ भी डाइजेस्ट नहीं होता। पुदीनेकी चाय को अगर डाइट में लेना शुरू कर दें तो इससे मेंथॉल ब्लॉटिंग,

अपच, गैस की समस्या को खत्म करेगा। खानेके बाद एक कप पुदीनेकी चाय पीनेसे खाना आसानी से पचना शुरू हो जाता है।

मुंह की बदबू से छुटकारा

पुदीनेकी चाय अगर हर दिन पीते हैं तो इससे मुंह से आनेवाली बदबू से छुटकारा मिलता है। पुदीनेमें नेचुरल एंटी एं बैक्टीरियल प्रॉपर्टीज होती है जो बदबू पैदा करनेवाले

बैक्टीरिया को मुंह में खत्म करती है। साथ ही मिंट की खूबसूरत सुगंध पैदा करती है।

माइंड और बॉडी को रिलैक्स करती है

पुदीना की चाय हर दिन पीनेसेयेबॉडी और माइंड को रिलैक्स करती है। गर्मागर्मपुदीनेकी एक कप चाय हर दिन पीनेसेस्ट्रेस और टेंशन घटानेमेंमदद मिलती है। साथ ही

माइंड रिलैक्स और शांत महसूस करता है।

गलेमेंहो रही खराश खत्म करता है

पुदीना की चाय पीनेसेश्वसन तंत्र पर भी असर पड़ता है। खांसी, जुकाम और सीनेमेंजकड़न महसूस होनेपर पुदीनेकी चाय गर्मियों मेंपिएं।एं येसांस नली को खोलनेऔर

खुलकर सांस लेनेमेंमदद करता है।

पीरियड्स क्रैम्प मेंआराम

पुदीना की चाय मसल्स को रिलैक्स करती है। इसलिए पीरियड्स मेंहो रहेक्रैम्प को कम करनेके लिए इस चाय को पीनेसेराहत मिलती है।

स्किन को भी बनाता हैहेल्दी

हर दिन अगर पुदीना की चाय पी जाए तो इससेस्किन पर ग्लो दिखता है। मौजूद एंटी एं ऑक्सीडेंट्स और एंटी एं इंप्लेमेंटरी प्रॉपर्टीज फ्री रेडिकल्स सेडैमेज होनेसेबचातेहैंऔर

सूजन कम करतेहैं।

वेट लॉस मेंमदद

वेट लॉस मेंमिंट टी के काफी सारेफायदे हैं। इसेपीनेसेभूख कम लगती है, मेटाबॉलिज्म बढ़ता हैऔर साथ ही डाइजेशन मेंमदद होती है। जिसकी वजह सेवजन को कम

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Mint Health Benefits

लेटेस्ट Hindi News, लोकसभा चुनाव 2024, बॉलीवुड न्यूज, बिजनेस न्यूज, टेक, ऑटो, करियर ,और राशिफल, पढ़नेके लिए Live Hindustan App डाउनलोड

करें।

गर्मियों में रखता है हाइड्रेटेड

गर्मियों में शरीर को हाइड्रेटेड रखना बेहद जरूरी होता है। मिंट टी पीने से शरीर में पर्याप्त फ्लूइड पहुंचता है। जिससे शरीर हाइड्रेट रहता है और दिन भर एनर्जी बने रहने में

मदद मिलती है।

गर्मियों में जो खाने से शरीर पर होगा ये असर, जानें कि तने तरीकों से खाएं

गर्मियों में सिर दर्द के लिए जिम्मेदार होते हैं ये कारण, ऐसे पाएं आराम

चेहरे पर हो रहे एक्सेपता चल सकती है हेल्थ समस्याएं, एं जानें कैसे

सुबह उठते ही हाथ-पैरों में होने लगती है झनझनाहट, जानिए ऐसा होने की वजह

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