



NATIONAL NUTRITION MONTH

PRESENTED BY
GOKHALE MEMORIAL GIRLS'
COLLEGE
"CLINICAL NUTRITION AND
DIETETICS DEPARTMENT"
3RD SEMESTER

Special Thanks to our faculty

Mrs. Pratyasha Agrawal

Every month has a national responsibility, so does the month of September in India as “Poshan Maah”

We as a Clinical Nutrition and Dietetics student firmly believe in the maxim –

“YATHA ANNAM TATHA MANNAM”, which means our mental and intellectual development is directly related to the quality of our food intake.

This year in the situation of pandemic, the “Poshan Maah” was celebrated at an individual level by the students.



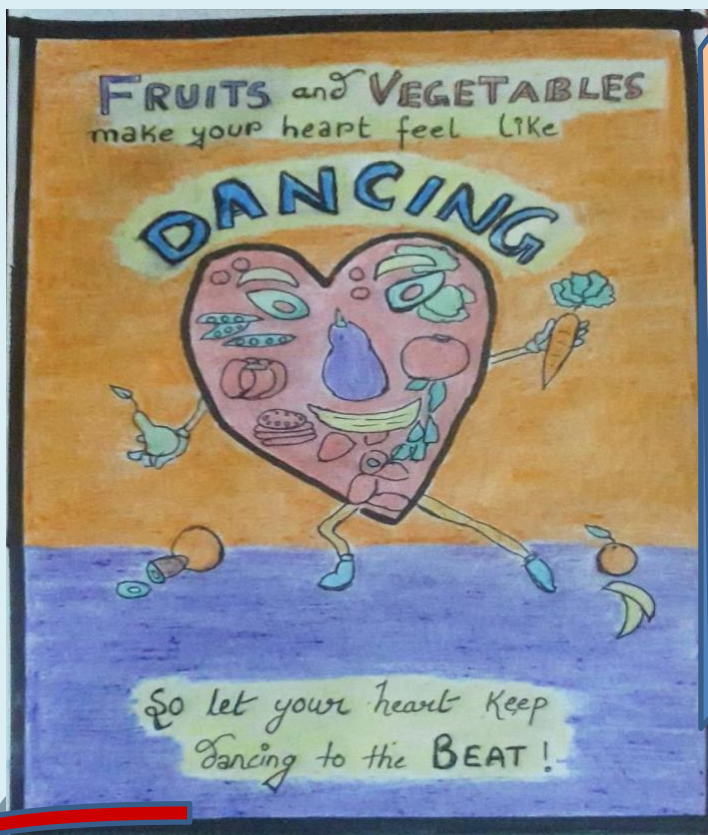
**When diet is wrong,
medicine is of no use.
When diet is correct,
medicine is of no need!**

By Ritika Biswas 3rd Semester

**“BEING HEALTHY
OR FIT ISN'T A
FAD OR TREND,
IT'S A
LIFESTYLE”**



By Ritika Biswas 3rd Semester



Fruits and vegetables packed with essential phytonutrients and functional properties contains several micronutrients like vitamin A, C, D, K, and fibers which besides boosting immunity plays an important role in overcoming micronutrient deficiencies.

Hence always have half our platter filled with different colors of fruits and vegetable ensuring a RAINBOW eating.

By Nikhat Khatoon 3rd semester

BY SHALMOLI NAG, 3RD SEMESTER



The necessity of healthy lifestyle is all we should realize. From the infant to the geriatric lifespan the vitality of maintaining a balanced lifestyle should be ensured.

The recipes prepared by the departmental students ensures a healthy food with the balance of flavors and nutrients.



The balance of durum wheat flour (semolina), with groundnuts, *moong dal*, carrot, spinach and banana favors the requirement of protein, calories, and micronutrients like iron, calcium, B vitamins and other essential requirements in a cost effective way for the marginalized section of our society.

PALAK SOOJI

PORRIDGE -

LOW COST SUPPLEMENTARY WEANING FOOD FOR INFANTS.
BY NABA KULSUM, 3RD SEMESTER.

THE RECIPES ARE PREPARED BY THE MOTTO OF

“TASTY BHI HEALTHY BHI!”

APPETIZER TOMATO EGG DROP SOUP



ADD 1 TBSP OIL IN A PAN.

ADD CHOPPED, GINGER, GARLIC, AND ONION AND SAUTE WELL.

ADD A FINELY CHOPPED TOMATO, 2 TBSP OF TOMATO KETCHUP.

ADD SUGAR AND SALT TO TASTE, AND MIX EVERYTHING WELL. ADD 2 CUPS OF VEGETABLE STOCK, SOME CORNFLOUR SLURRY AND 2 WHISKED EGGS.

ADD CORIANDER LEAVES AND A SMALL AMOUNT OF VINEGAR AND SERVE HOT.

MAIN COURSE

VEGETABLE DAHLIA KHICDI



ADD A TBSP OF GHEE AND HALF CUP DALIA IN A PAN AND ROAST IN LOW FLAME. IN A PRESSURE COOKER ADD A TBSP OIL, CUMIN SEEDS AND A PINCH OF ASAFOETIDA.

ADD GINGER PASTE AND GREEN ASAFOETIDA TO IT AND SAUTE WELL TOMATO AND COOK IT WELL UNTIL SOFT AND MUSHY ADD VEGETABLES OF YOUR CHOICE, AND HALF A CUP OF PREVIOUSLY SOAKED MOONG DAL. ADD THE ROASTED DALIA, 4 CUPS WATER, AND COOK UPTO 2-3 WHISTELS.

A HEALTHY MAIN COURSE IS ALL READY TO SERVE.

BY TWINKLE DAS, 3RD SEMESTER

BY TWINKLE DAS 3RD SEMESTER

NO OIL PEPPER CHICKEN

.IN A CLEAN BOWL TAKE WASHED CHICKEN PIECES AND ADD 1 TBSP LEMON JUICE,FRESHLY GROUND PEPPER,SALT AND MIX WELL.

.MARINATE FOR 30 MINUTES.

FRY THINLY SLICED ONION IN AN OPEN PAN UNTILL BROWN.

ADD THE MARINATED CHICKEN.

.ADD TURMERIC,GREEN CHILLI,TOMATO PUREE AND 1 TBSP SOYA SAUCE.

.ADD GROUND PEPPER,AND GARAM MASALA,AND THEN TURN OFF THE STOVE AND COVER THE PAN FOR 30 MINUTES.

.READY TO SERVE.



DESSERT- GRANOLA BAR

DRY ROAST ½ CUP OF SUNFLOWER SEEDS,PUMPKIN SEEDS,FLAX SEEDS,ALMONDS,CASHEW,WALNUT AND OATS.

.ADD ALL THE ROASTED SEEDS,DRY FRUITS,ROASTED OATS,TOGETHER,MIX THEM AND LET THE MIXTURE COOL DOWN

.ADD GROUND DATES

.ADD HONEY TO GET A STICKY CONSISTENCY...

.MIX THEM WELL USING CLEAN HANDS.

POUR THE MIXTURE IN A TRAY

.PRESS AND FLATTEN TO SET IT INTO A SLAB.

REFRIGERATE FOR AN HOUR.

CUT INTO BARS.

IT CAN BE STORED IN AN AIRTIGHT CONTAINER WHILE REFRIGERATED, UPTO 2 WEEKS



Nutrition from millets



Ingredients :grated bottle gourd 1/3rdcup, 1/2cup soaked little millet, 1 cup milk(250ml), 1tbsp ghee, 3tbsp jiggery and few finely chopped almonds, cashews and pistachios.

1. Cook the grated bottle gourd (lauki) in ghee for about 15 minutes on medium flame until its water is absorbed and softened.
2. Separately cook the soaked little millet in one and half cup water until entire water is absorbed and millet is smashed.
3. In a separate pan boil the milk, add the cooked goured and little millet and cook it for another 10minutes on medium flame. Then add some finely

Little millet and lauki porridge



Ingredients: *ragi millet* , pearl millet & foxtail millet(*kakum*)each 1tbsp; 1tbsp roasted soya flour. 3tbsp powdered jiggery, 1tsp of walnut finely chopped, some finely chopped almonds and pistachios.

Roast all the millets for 5 to 10minutes and grind them well into a powdered form. Add some jaggery and walnuts into the mixture and give it a desired shape by adding few drops of water. Refrigerate it for 10 minutes and enjoy the bars.

Multi millet energy bars

BY NABA KULSUM 3RD SEMESTER

OATS UPMA



½ cup oats soaked in water, finely chopped tomatoes, onions (each 1 tsp), 1 finely chopped green chillies, ½ tsp black mustard seeds, salt to taste 1 tbsp ghee 90 ml of water.

Roast the oats for 2 to 3 minutes on medium flame. In a pan add mustard seeds, ghee, onion and tomatoes and cook it for 2 minutes until slightly color changes. Then to this add the roasted oats, salt, green chilies and water. Cook it for another 5 to 8 minutes and it's ready to serve.

CHICKEN AND CORN SOUP



50 gms of chicken, 15 gms of corns, few lemon grass, finely chopped ginger and garlic 1 tsp, 1 finely chopped green chillies, salt and black pepper as per taste and 3 cups of water.

Boil the chicken along with, garlic & green chillies until soft and tender. Strain the mixture and set aside the drained water. In this water add the corn and lemongrass and cook it for 5 minutes. Then finally add the minced chicken mixture along with salt and pepper and boil the soup for another 5 minutes.

It's ready to serve.

BY NABA KULSUM, 3RD SEMESTER

INDIA a rich heritage of indigenous agriculture can easily contribute in maintaining health, overcoming hunger and malnutrition. Then “why is it so that India is ranked 94th in GLOBAL HUNGER INDEX”? according to UNICEF 2.3 billion population suffers from” HIDDEN HUNGER” i.e. MICRONUTRIENT DEFICIENCY, of which more than half thrives in India. The reason perpetuates largely around poor and marginalized section of our country and in contrary to those of high socio-income status where it is translated into junk foods. This detrimental problem can be systematically solved by fostering nutritional significance of locally available seasonal foods and utilizing the underutilized plants/crops.

Emphasizing *the platter diversity* by including foods present locally and during that specific seasons i.e. those which are naturally grown and harvested and devoid of any unnecessary packaging and processing. Seasonal foods supports diverse climatic transitions and knows how to enhance our physiological systems in that period of time. For instance fruits and veggies in summer are naturally hydrating and cooling, those in winters are for hot sizzling soups and in monsoons are packed with vitamin c against infections. HENCE THERE IS ALWAYS A NATURE’S PLAN AND TAMPERING WITH IT IS WHAT IS LEADING US TO ALL NEW LIFESTYLE DISORDERS.

Having a glance towards above specifics, emphasis should largely be made upon “CULTIVATION OF CROPS IN A SYSTEMIC MANNER BY GARDENING THEM IN A SPACE WITHIN HOUSEHOLD, known as” NUTRITION GARDEN” or” KITCHEN GARDEN.” THIS will not only support the organic , authentic and healthy farming but also ensure physical exertion and cost effectiveness by lowering the budget.



LEMON PLANT



CHICKOO PLANT



MINT LEAVES



ORANGE PLANT

BY NABA KULSUM, 3RD SEMESTER



CURRY LEAVES



BITTER GOURD PLANT



POMELO PLANT



BASIL PLANT & ALOE VERA

It is high time we realized that “ BESIDES A FAMILY DOCTOR to treat a disease, there is a need for a family farmer and a nutritionist to prevent and manage diseases and reduce our dependence on medicines.”