

R_x FOR A **HEALTHY LIFE**



Obesity



↑ BP



↑ Glucose



↑ Lipids



Metabolic Syndrome or Syndrome X

Increases your risk of developing

Type 2 diabetes, Stroke and Heart disease

Control your **BLOOD SUGAR** Reduce your Risk **Live a Healthy LIFE**



Type 2 diabetes (also called type 2 diabetes mellitus) is a long lasting disorder that is characterized by high blood glucose/sugar. It occurs when body resists the effect of insulin (a hormone to maintain movement of sugar in body) or/when body is not producing enough insulin.

Compared with people who do not have diabetes, people who have diabetes are 2 to 3 times more likely to have a heart attack or a stroke or kidney disease. If not controlled, it may also cause eye diseases that lead to vision loss or blindness, and nerve damage that can cause numbness or pain in the hands and feet

Know Your Numbers

Condition	Fasting Blood Glucose/Sugar (FBG/FBS) mg/dl	Post-Prandial Blood Glucose/Sugar (PPBG/PPBS) mg/dl	Glycated haemoglobin (A1C) test (3-months average)	Random Glucose Test mg/dl
Normal	<100	<140	<5.7%	<200
Pre-diabetes	100 - 126	140 - 199	5.7 – 6.5%	-
Diabetes	>126	>200	>6.5%	>200



Know What is Good for YOU



FOOD ITEMS YOU CAN EASILY CONSUME IN DIABETES

Cereals	Brown rice, Oat meal, Broken wheat, Ragi, Quinoa
Pulses	Chickpeas, Kidney beans, moong dal, masoor dal, soybeans
Vegetables	All gourds-bitter gourd, snake gourd, ridge gourd, bottle gourd, ivy gourd, ladies finger, green leafy vegetables
Fruits	Apple, Pears, Watermelon, Oranges
Milk and Milk products	Skim milk, Paneer, Cottage Cheese, Yoghurt
Meat, Fish and Egg	Lean Meat, Chicken Breast, Tuna, Salmon, Tilapia, Sword fish , Cod
Oil	1.5 Tbsp./ day (Olive oil, Mustard Oil, Rice bran Oil, Canola oil)
Sugar	1 Tsp./ day



DIABETIC DIET CHART FOR NORTH-INDIA

	Typical Meal	Modified Meal for Diabetes
BREAKFAST 	1 cup Tea / whole milk with sugar 1 potato paratha 1 teaspoon butter 1 tsp. Pickle	1 cup tea with skim milk - No calorie sweetener 2 whole wheat toast 1 teaspoon butter
LUNCH 	2 roti with 1 teaspoon ghee 1 cup kidney beans (rajma) - (or chicken curry) ½ cup spinach and potato subji ½ cup onion and cucumber salad 1 roasted papad	2 roti - no ghee 1 cup low fat kidney beans curry (rajma) - (or low fat chicken curry) ½ cup spinach subji ½ cup onion and cucumber salad 1 roasted papad
TEA TIME 	1 cup Tea / whole milk with sugar ½ cup namkeen (fried snack) 1 laddu (sweet)	1 cup Tea with skim milk no calorie sweetener 30grams mixed nuts 1 Banana
DINNER 	2 parathas 1 cup chole (1 cup Kheema) 1 cup potato and pea subji ½ cup curd (whole milk yogurt)	2 roti-no ghee ½ cup chole (or ½ cup low fat kheema) 1 cup cauliflower subji ½ cup curd (fat free)

DIABETIC DIET CHART FOR EAST-INDIA

	Typical Meal	Modified Meal for Diabetes
BREAKFAST 	1 cup tea with whole milk and sugar 1 cup chuda (puffed rice), upma	1 cup tea with skim milk and with no sugar (preferable) 2 slices of whole wheat roti/ bread toast. 2 table spoon of chutney
LUNCH 	3 cups of cooked rice 60gm of meat or fish 1 cup of daal (lentils) 1 cup of stir-fried vegetables - Ghee, pickles	1 ½ cups of cooked brown rice ½ cup of daal 1 cup of stir-fried vegetables 60 gm. of fish (low fat) or meat (white, lean) 1 cup low fat yogurt
TEA TIME 	1 cup tea with whole milk and sugar 2 cups of Mudhi (puffed rice) and mixture (fried nuts and legumes)	1 fresh fruit
DINNER 	3 cups of cooked rice 1 cup of daal 85 gm. of meat or fish 1 cup of stir-fried vegetables 1 cup of curry (mixed vegetable and chickpeas) - Pickles	½ cup cooked brown rice 1 roti 1 cup stir-fried vegetables 60 gm. of chicken / mutton/ pork or fish 1 cup raw salad



DIABETIC DIET CHART FOR WEST-INDIA

	Typical Meal	Modified Meal for Diabetes
BREAKFAST 	1 cup Tea with whole milk and sugar 1 bowl poha 2 Theplas / 2 Parathas 1 banana	1 cup Tea with skim milk 1 bowl poha 1 Thepla / 2 plain Khakhra / 1 Paratha 1 apple
LUNCH 	2 cups white rice 2 chapattis (wheat /rice) / 4 rotlis / 2 parathas with oil or ghee 1 cup toor dal with jaggery and tamarind 1 plate dal-baati with ghee, jaggery - If non-veg, 1 cup mutton, deep fried fish & sea food ½ cup Potato curry ¼ cup cucumber salad 1 cup yogurt or buttermilk - Coconut / Ground-nut / Sunflower / Mustard oil in cooking	½ cup Salad with lemon 1 Sookhi Roti / Paratha – no ghee ½ cup Toor Daal – no jaggery ½ cup peas / pulses ½ cup fresh vegetable preferably without potato - Lightly stir-fried mutton / fish ½ cup rice (cooked rice) ½ cup curd / buttermilk (skim milk)
TEA TIME 	1 cup Tea with whole milk and sugar 1 cup fried or lightly roasted snacks	1 cup Tea with skim milk - Roasted or steamed snacks 1 fresh fruit
DINNER 	1 cup white rice / daal-khichdi 2 chapattis with oil or ghee / 2-3 bhakhris with ghee 1 cup mung dal with spices 1 serving of fried fish / seafood 1 cup kadhi 1 Fried Papad 1 cup curry with potato 1 cup Buttermilk - Sweet / Sour Pickles	½ cup brown rice 2 roti's / bhakhris without oil or ghee 1 cup mung dal with less oil 1 serving barbecued fish / seafood with very little oil ½ cup Salad ½ cup Palak with low-fat Paneer or Tofu ½ cup Curd / Buttermilk (skim milk)

DIABETIC DIET CHART FOR SOUTH-INDIA

	Typical Meal	Modified Meal for Diabetes
BREAKFAST 	1 cup coffee with whole milk 3 Idlis or 1 plate of Upma 2 tbsp. of coconut chutney	1 cup of coffee with skim milk 2 Slices of whole wheat or multi grain toast 2 small Idlis OR 1 cup of cracked wheat upma with 2 tbsp. of tomato /veg or daal - chutney
LUNCH 	3 cups of White rice 1 cup Sāmbhar 1 cup Rasam 1 cup green plantain (banana) curry 1 cup mixed veg. 1 cup curds/whole milk yogurt 1 or 2 fried papadums or potato chips 2 tsp. ghee - Pickles	2 cups of Brown rice OR 2 small rotis with cup of brown rice 1 cup Sāmbhar or dhal 1 cup Rasam 1 cup green beans curry - Shredded Carrot Salad with lemon juice ½ cup fat free yogurt 1 small roasted pappad/
TEA TIME 	2 murukkus/chaklis (pretzel like fried) - Coffee with whole milk	½ cup dry cereal mix (made with puffed rice, puffed wheat and nuts) 1 Cup coffee with fat free milk
DINNER 	3 cups of cooked white rice 90grams of fish, chicken, or lamb (Non vegetarians) 1 cup Sāmbhar or dhal based vegetables 1 cup fried vegetables such as Potato or Jackfruit 1 cup whole milk yogurt - Pickles/fried pappads etc. 1 cup curry with potato 1 cup Buttermilk	1 cup cooked brown rice or cracked wheat 90 grams fish or white meat chicken (Non vegetarians) OR 1 cup whole gram dhal or chick peas 1 cup spinach curry (dry or wet) 1 cup Raita with grated cucumber (low fat yogurt) 2 tsp. oil in cooking



Know the Hidden Sugar



Ketchup



Energy Bars



Canned fruits
and juices



Ready to
eat foods



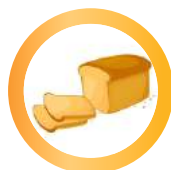
Breakfast
Cereals



Flavoured milk/
yoghurt



Alcohol



Bread/Chapatis/
Idlis/Naan-Paratha



Dry fruits and
popcorn

Know Which Yoga-asans / Exercise is Good for You

YOGA FOR DIABETES



Mankukasana



Pawanmuktasana



Bhujangasana



Supta Matsyendrasana



Vajrasana



Dhanurasana



Paschimottasana



Tadasana

7 Benefits of Yoga for Diabetes

1. Lowering stress levels.
2. Increased Immunity.
3. Improving emotional well-being.
4. Protecting heart health.
5. Build more muscle.
6. Improve the circulation.
7. Improve your nerve function.

7 Yoga for Diabetes

1. Tadasana / Mountain Pose
2. Paschimottasana / Seated Forward Bend
3. Dhanurasana / Bow Pose
4. Vajrasana / Admintine pose
5. Mandukasana / Frog Pose
6. Supta Matsyendrasana / Supine Spinal Twist
7. Pawanmuktasana / Wind-Relieving Pose

Control your **BLOOD PRESSURE (BP)** Reduce your Risk **Live a Healthy LIFE**



Hypertension or High Blood Pressure - Worldwide, hypertension contributes to cardiovascular death more than any other risk factor. It is a common condition that can lead to serious complications if untreated including stroke, heart failure, heart attack, and kidney damage.

Know Your Numbers

Blood Pressure / Risk Category	Normal	Prehypertension	Hypertension (High BP) – Stage 1	Hypertension (High BP) – Stage 2	Hypertensive Crisis (Call for Emergency)
Systolic (mmHg / Upper #)	<120	120-139	140-159	160 or >	>180
	and	or	or	or	or
Diastolic (mmHg / Lower #)	<80	80-89	90-99	100 or >	>110



Control Your Numbers @ Home



Eat Less Salt

Drink Alcohol
Smoke



Eat More Fruits &
Vegetables



Sedentary Lifestyle



Daily physical exercise
for at least 30 minutes



Eat Junk & Unhealthy Food

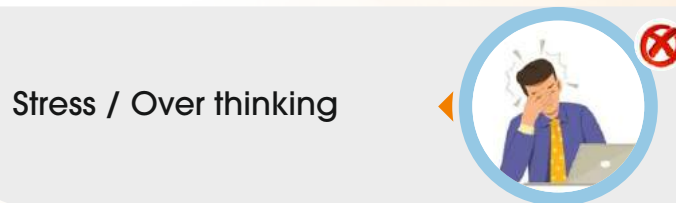
Reduce stress



Night awakening /
Less Sleep



Reduce excess
body weight



Stress / Over thinking

Go for routine check-ups
& consult your physician
for any abnormal
symptoms & signs



Self-Medication



Create a BP Management Chart @ Home



Achieve Your Numbers

Healthy Foods to Eat

High Blood Pressure Diet Chart



TOTAL CALORIES
(kcal/Day)
1600





DASH Diet

Dietary Approaches to Stop Hypertension (DASH) is an eating plan rich in fruits, vegetables, whole grains, fish, poultry, nuts, legumes, and low-fat dairy. These foods are high in key nutrients such as potassium, magnesium, calcium, fiber, and protein.

The DASH diet can lower blood pressure because it has less salt and sugar. The DASH diet cuts out desserts, sweetened beverages, fats, red meat, and processed meats.

Grains: 7-8 daily servings

Vegetables: 4-5 daily servings

Fruits: 4-5 daily servings

Low-fat or fat-free dairy products: 2-3 daily servings

Meat, poultry, and fish: 2 or less daily servings

Nuts, seeds, and dry beans: 4-5 servings per week

Fats and oils: 2-3 daily servings

Sweets: try to limit to less than 5 servings per week

Know Which Yoga-asans / Exercise is Good for You

YOGA FOR HIGH BLOOD PRESSURE



Adho Mukha Svanasana



Balasana



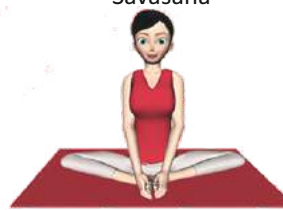
Savasana



Sukhasana



Pashchimottanasana



Baddhakonasana

Why Yoga for High BP?

- Yoga asanas involve breathing consciously and deeply while synchronizing your body movements. They can help control blood pressure naturally, by relieving stress.
- Yoga asanas can soothe the nerves and help slow down an abnormal heart rate.
- Yoga helps in increasing immunity and reducing incidences of heart problems like heart attacks and strokes.
- Yoga helps regularize sleep habits and patterns.
- Obesity can also lead to hypertension. Regular practice of yoga and an improved diet regulates body weight.
- Yoga gives positive energy to the body and mind. It makes you happier and more hopeful in life. In the long run, this helps to regulate blood pressure levels.

Yoga for High BP (Please take advice from your doctor / Practice under the guidance)

1. Sukhasana (Easy Pose)
2. Bound Angle Pose (Baddhakonasana)
3. Balasana (Child Pose)
4. Pashchimottanasana (Seated Forward Bend)
5. Savasana (Corpse Pose)
6. Adho Mukha Svanasana (Downward-Facing Dog pose)

Postures to avoid in high BP—

- Headstand
- Forearm Stand
- Shoulder Stand
- Handstand

Control your **LIPIDS**

Reduce your Risk **Live a Healthy LIFE**



Dyslipidaemia – Is having an abnormal amount of lipids or fats in the blood. Normally it is characterised by a high levels of lipids (fats) in the blood, including cholesterol and triglycerides, but at times also associated with reduced levels of Good Cholesterol (HDL-C).

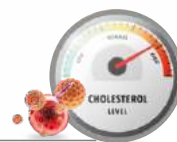
This condition increases fatty deposits in arteries and puts you on the risk of blockages, which is the major cause of cardiovascular events (heart attacks, strokes, and lower extremity or peripheral artery disease)

Know Your Numbers

Lipid Parameters	Desirable (Low)	Acceptable	Borderline High	High	Very High
Total Cholesterol (TC) (mg/dl)	<200	-	200 – 239	>240	-
LDL Cholesterol (LDL-C) (mg/dl)	<100	100 - 129	130 – 159	160 – 189	>190
Triglyceride (TG) (mg/dl)	<150	-	150 – 199	200 – 499	>500

GOOD CHOLESTEROL

HDL Cholesterol (HDL- C) (mg/dl)	Desirable (High)	Acceptable	Low
	>60	40-60	<40



Know the “Good” & “Bad”

Cholesterol - Arteries


HDL Cholesterol
(Good)


LDL Cholesterol
(Bad)



Normal Artery



Artery Narrowed

Good Fats vs. Bad Fats



Control Your Numbers

DO'S



Exercise regularly -
30 minutes a day (like
brisk walking), five
days a week

Include vegetables each
meal and 1 or 2 servings
of fruits per day + Take
high fibre foods + Good
Proteins



Eat Healthy Fats (Olive oil,
Nuts, Avocado)

Take regular and
balanced diet



DON'TS



Sedentary Lifestyle
Sleeping immediately
after taking meals



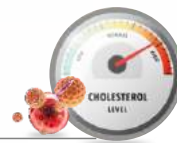
Eat Large amounts of
Processed foods &
Saturated Fats, Junk &
Oily Food



Cholesterol Intake
(Cheese, Whole milk,
High-fat red meat)



Drink alcohol
Smoke



Take Prescribed Medications Regularly

Self-Medication
Change Diet or medicines without physician approval



Achieve healthy weight, control blood pressure & blood glucose



Expect Quicker Results



Consult your physician for any abnormal symptoms & signs or complications

Be Afraid / Stressed out / Depressed / Discouraged

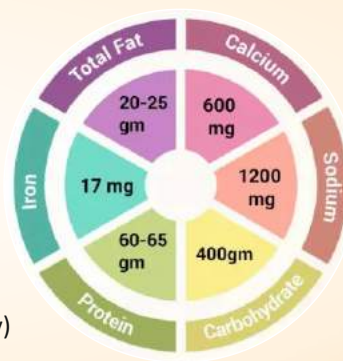


Achieve Your Numbers

High Cholesterol Diet Chart



TOTAL CALORIES (kcal/Day)
2000-2200



Food Items You Can Easily Consume

Cereals	Brown rice, whole wheat, oats, jowar, bajra, ragi
Pulses	Red gram, green gram, black gram, bengal gram
Vegetables	All gourds-bitter gourd, snake gourd, ridge gourd, bottle gourd, ivy gourd, ladies finger, green leafy vegetables
Fruits	Banana, citrus fruits-orange, grape fruit, lemon; berries-strawberry, blueberry, black berry; cranberry, cherries, papaya, pineapple, avocado, guava
Milk and Milk products	Low fat milk, low fat curd, low fat paneer.
Meat, Fish and Egg	Skin out chicken, egg white, fish like salmon, sardines, trout, mackerel, tuna
Oil	2 tsp (10ml)
Sugar	2 tsp (10gm)
Other beverages	Green tea

Control your **WEIGHT**

Reduce your Risk **Live a Healthy LIFE**



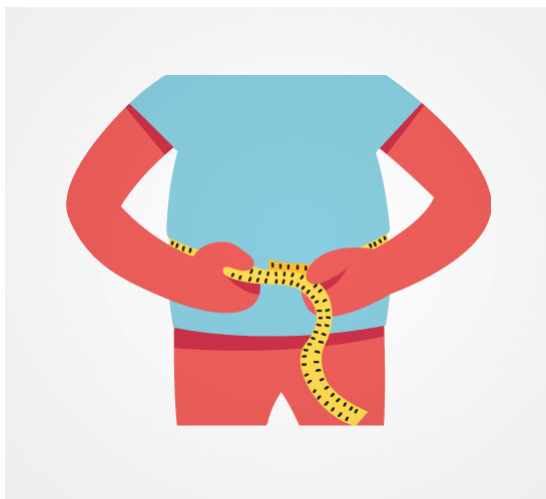
Obesity – Excess body weight is an ongoing epidemic and is linked to a wide range of co-morbidities and associated with reduced physical and psychological quality of life for patients.

Obese patients have the highest risk for developing numerous illnesses like Type 2 diabetes, Hypertension, Heart Disease, Gallbladder disease, Liver disease, Osteoarthritis, Pulmonary (breathing) problems, Reproductive problems & infertility, Gastroesophageal reflux/heartburn, Depression and many more!

Know Your Numbers

Waist Circumference

Category	Normal (Low Risk)	Increased Risk	High Risk
Men	<94 cm	94-101.9 cm	>102 cm
Women	<80 cm	80-87.9 cm	>88 cm



WHAT IS YOUR BMI?

$$\text{BMI} = \frac{\text{weight in kg}}{(\text{height in m})^2}$$

<18.5	18.5 - 24.9	25 - 29.9	30 - 34.9	35 <
UNDERWEIGHT	NORMAL	OVERWEIGHT	OBESE	EXTREMELY OBESE

Body Mass Index (BMI)

	WHO BMI Classification	WHO Asian BMI Classification
Underweight	<18.5	<18.5
Normal	18.5 – 24.9	18.5 – 22.9
Overweight / Pre-Obese	25 – 29.9	23.0 – 24.9
Obesity Class I	30.0 – 34.9	25.0 – 30.0
Obesity Class II	35.0 – 39.9	>30.0
Obesity Class III	>40	–



Know your “BAD” Habits that make you “Fat”



Eating amnesia
overeating in front of TV



Lack of Sleep- Make you
fell more hungry



After-dinner treats-mindless
eating usually involves
something sweet (desserts)



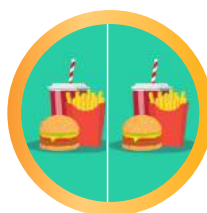
Snacking/ Munching
Continuously or all
the time



Drinking without
thinking



Skipping breakfast



Portion distortion-Not
eating in proportion



Eating too much
sugar

Control your NUMBERS @ Home





Control Your Numbers @ Home

DO'S



Drink More Water

Include vegetables in each meal + Eat 1 fruit every day



Eat Regularly, Control Food Portions, & Eat Slowly

Eat Breakfast



Exercise Daily – Be physically active for at least 30 minutes/day

Get Proper Sleep



Measure Yourself Regularly & Keep a Log of Weight

Consult your physician for any abnormal symptoms & signs or complications



DON'TS

Take Aerated Drinks

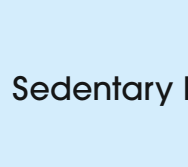


Starve / Crash Dieting / Skip Meals

Drink Alcohol Smoke



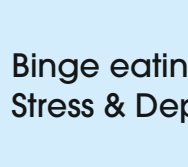
Fried / Packaged food / Refined Sugar Intake



Sedentary Lifestyle



Eat & Watch TV



Binge eating during Stress & Depression



Get helpless



Achieve Your Numbers

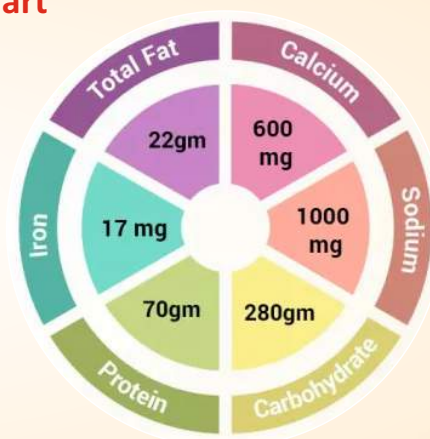
Healthy Foods to Eat

Balanced diet



- Fruits and vegetables
- Fibre-rich carbohydrates
- Protein
- Fats

Obesity Diet Chart



TOTAL CALORIES (kcal/Day) **1600**

Vegetables	Tomatoes, spinach, eggplant, mustard greens, okra, onions, bitter melon, cauliflower, mushrooms, cabbage and more
Fruits	Papaya, pomegranate, guava, oranges, tamarind, lychee, apples, melon, pears, plums
Nuts and seeds	Almonds, peanuts, pistachios, pumpkin seeds, sesame seeds, watermelon seeds
Legumes	Mung beans, black-eyed peas, kidney beans, lentils, pulses and chickpeas
Roots and tubers	Carrots, turnips, yams
Whole grains	Brown rice, millet, buckwheat, quinoa, barley, corn, whole-grain bread, amaranth, sorghum
Dairy	Cheese, yogurt, milk, kefir, ghee
Herbs and spices	Garlic, ginger, cardamom, cumin, coriander, paprika, turmeric, black pepper, fenugreek, basil
Healthy fats	Coconut milk, avocado, coconut oil, mustard oil, olive oil, peanut oil, sesame oil, ghee
Protein sources	Tofu, legumes, dairy, nuts and seeds Eggs, white meat



Vitconnect

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