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HEALTH INSYNC WITH TELECOM

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Healthy and nutritious diet during the rains

Dr. Nupur Krishnan

Monsoon is the time to have fun, go for long drives, and enjoy the lashing waves at the sea face along with tangy, buttery sweet corn. But as you enjoy all these, you need to take extra care of your health. Doctors suggest that the risk of falling ill in monsoon goes up by seventy five percent. Wet weather attracts many germs and bacteria which can force you to sit at home with an aching stomach or a running nose or high body temperature.

Following are the rules that one must follow:

Water:

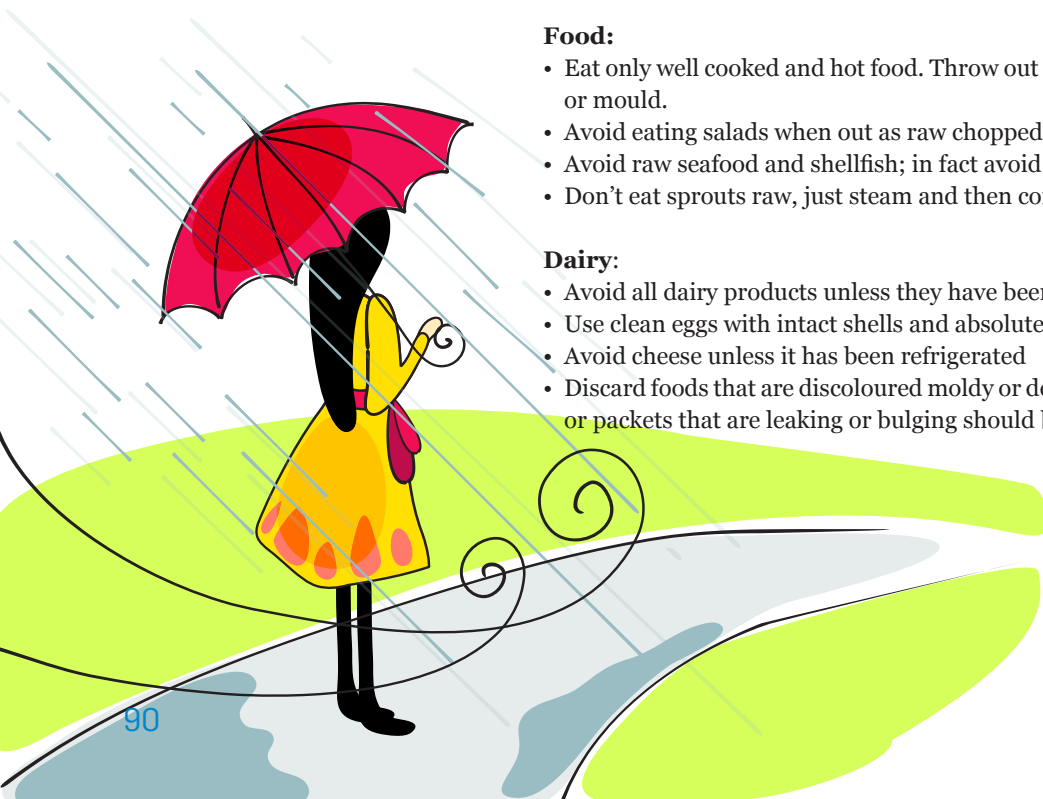
- Monsoon diseases are mostly waterborne; hence the first caution is water.
- Have boiled, bottled and purified water.
- Don't drink beverages made other than from treated boiled water and do not add ice even if they are not chilled to your liking.
- Avoid juices, buttermilk, and lemon juice from street vendors. This also includes golas, kulfis, etc.

Food:

- Eat only well cooked and hot food. Throw out food, which has a strange odour or mould.
- Avoid eating salads when out as raw chopped ingredients spoil fast.
- Avoid raw seafood and shellfish; in fact avoid seafood this season.
- Don't eat sprouts raw, just steam and then consume.

Dairy:

- Avoid all dairy products unless they have been properly pasteurised.
- Use clean eggs with intact shells and absolutely avoid raw eggs.
- Avoid cheese unless it has been refrigerated
- Discard foods that are discoloured moldy or decayed. Check if foods from cans or packets that are leaking or bulging should be thrown.



Antioxidant Soup

Ingredients:

¼ cup basil leaves,
½ tsp oil,
½ cup finely chopped onions,
¼ cup finely chopped French beans,
¼ cup finely chopped carrots,
2 tsp finely chopped celery,
¼ cup boiled spaghetti, broken into 25 mm (1 inch) pieces,
4 cups vegetable stock,
¼ cup finely chopped with skin potatoes,
¼ cup finely chopped cabbage,
salt and freshly ground pepper to taste.
For garnishing
A spring of basil leaves

Method:

1. Blend the basil leaves with ¼ cup of water and keep aside.
2. Heat oil in a deep non stick pan; add the onions, french beans, carrots and celery and sauté on a medium flame for 3 to 4 minutes, stirring continuously.
3. Add the spaghetti and vegetable stock; mix well and simmer for 5 minutes.
4. Add the potatoes and cabbage; mix well and simmer for 10 to 15 minutes, stirring once in between.
5. Add the basil paste, salt and pepper and simmer for another 2-3 minutes, consume hot.

Fruits and vegetables:

- Avoid fresh fruits which have been pre cut or peeled and kept in the open. Mangoes should certainly be avoided once the monsoons start.
- It is strongly recommended to be careful about leafy vegetables due to the presence of mud, dirt and worms. Take special care with vegetables that tend to contain insects and worms like the cauliflower, cabbage, spinach.
- Fruits like pears, peaches, plums, papayas and bananas are available in plenty and are tasty too. Wash well before consuming. Nuts and seeds too can be consumed in small quantities.

Some common tips:

- Fried snacks seem really tempting in the monsoon but have it in moderation.
- Fever is a serious health problem during the monsoon season and do not ignore it if it lasts for more than two days. Remember prevention is better than cure.
- Choose grilled sandwiches instead of cold ones.
- Opt for hot foods like soup and cooked meals instead of cold and raw foods.
- Keep chopping blocks and worktops scrupulously clean.
- Cover all seeds and grains with anti bacterial and anti fungal properties during the monsoon. At the same time make sure to wash them well before consuming to avoid flatulence and discomfort.

Monsoon is the season for binge eating but in many cases it leads to gastroenteritis. Caused by eating and drinking infected food items, gastroenteritis is becoming a cause for concern for parents across the city. Treat every cut or wound immediately. And if fever persists over three days, take a blood test. Fever, chills and body ache is symptomatic of malaria, so avoid open drains and at home, use a mosquito net or repellent.



Dr. Nupur Krishnan

Clinical Nutritionist Dr. Nupur Krishnan is highly qualified in Food & Nutrition with decade of proven experience in the field of Nutrition therapies.

Among many dieticians and nutritionists who recommend diets only for weight loss, Dr. Nupur Krishnan has made a niche in using Nutritional therapies for preventing and controlling Heart attack, Obesity, Diabetes, High Cholesterol, Stroke, Blood pressure, Thyroid, Kidney disorders, Liver disease, Constipation, Aneamia, etc.