



NUTRITION UPLIFTMENT CAMPAIGN

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NUTRITION UPLIFTMENT CAMPAIGN MANUAL

1. Introduction.

The Nutrition Upliftment Campaign introduced during Shehrullah 1442 H will be conducted in 3 phases. One lifestyle and three dietary guidelines will be introduced every month to be followed by mumineen. These guidelines will help mumineen uplift their health, eradicate malnutrition and live an active healthy life free of diseases. These lifestyle and dietary modification changes are small steps to be taken on a daily basis that when followed consistently over a period of time will show massive improvement in health. The details of the guidelines to be given in each phase has been mentioned below.

Phase

01

Be Grateful

Hydrate

Healthy Start

Ghee is Good

Phase

02

Sound Sleep

An Egg a Day

Honey Kalonji + Dates

Daily Dairy

Phase

03

Be Active

Rainbow Colours

Nuts & Seeds

Snack Time

Phase 01



Guideline 1: Mindful Eating

Guideline 2: Hydration

Guideline 3: Healthy Start

Guideline 4: Ghee is Good



Guideline 1

Be Grateful: (Mindful Eating)

How you eat is more important than what you eat. Recent fads have made one fear food. Be grateful not fearful of food. Make mealtimes pleasant and happy. Eat your food slowly, chewing it well. Eat together as a family or community. This releases good hormones and enzymes that digest and assimilate the nutrients well. This is the most important guideline that will help you gain benefits.



Mindful Eating Tips

1

PONDER

Check with yourself are you actually hungry, bored or stressed?



2

APPRAISE

Take a moment and check the colours, flavours, smell and texture of the food.



3

SLOW DOWN

Pause between bites and enjoy the food to the fullest.



4

PORTION CONTROL

Take small portion sizes, this aids in reducing overeating and wastage.



5

STOP

Stop when you are 80% full, and check if you really need more.



Be Wise About How And What You Eat !!

Guideline 2 Hydration



Water recharges the body, facilitates normal body functions, maintains body temperature, detoxifies and cleanses the body. Drink at least 8-10 glasses daily. Drink your water slowly sipping it throughout the day. Take adequate fluids and fruits to keep yourself hydrated. They provide essential electrolytes that are lost along with water.

7 Signs of Dehydration



3 TIPS TO BE WELL HYDRATED

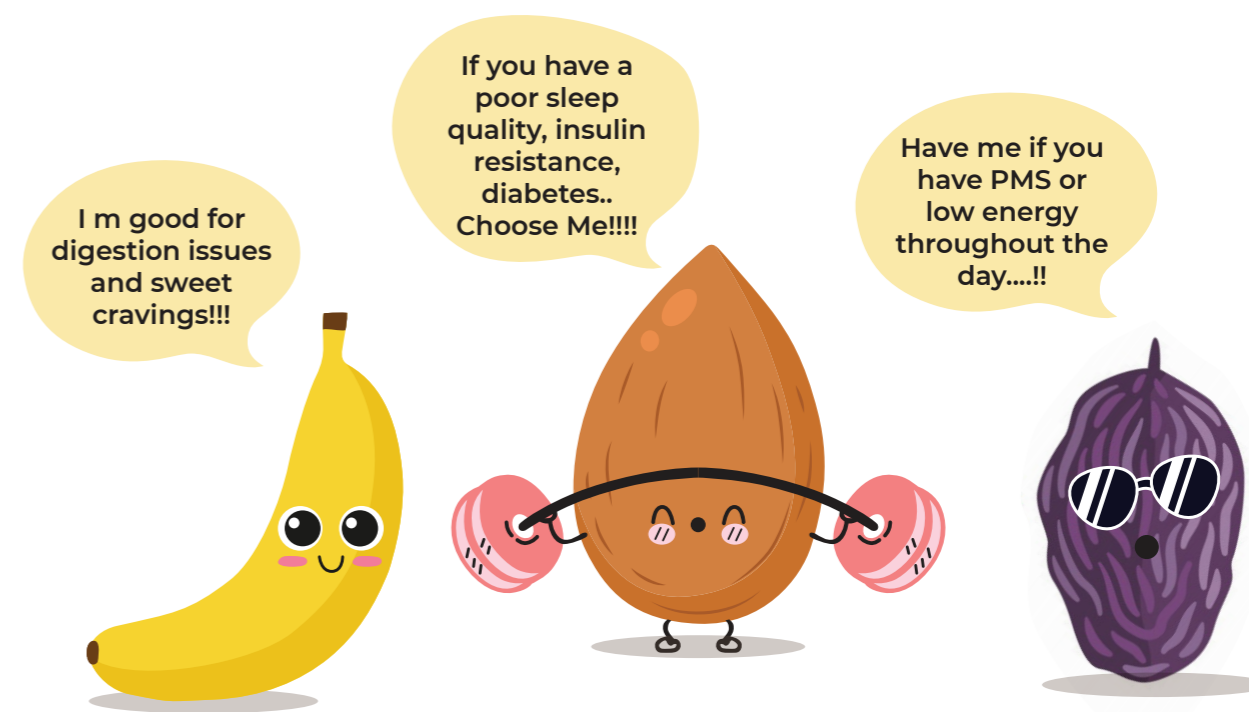
CHOOSE WATER FIRST

EAT HYDRATING FOODS

AVOID CAFFINE AND SUGARY DRINKS

Guideline 3 Healthy Start

Give your day a healthy start with either 21 raisins or banana/ seasonal fruit or soaked almonds. You can also choose to have any two or all of the three options. If you have insulin resistance or diabetes pick soaked almonds. Take this meal within 30 minutes of waking up after water.



For a healthy start begin your day with any of the following:

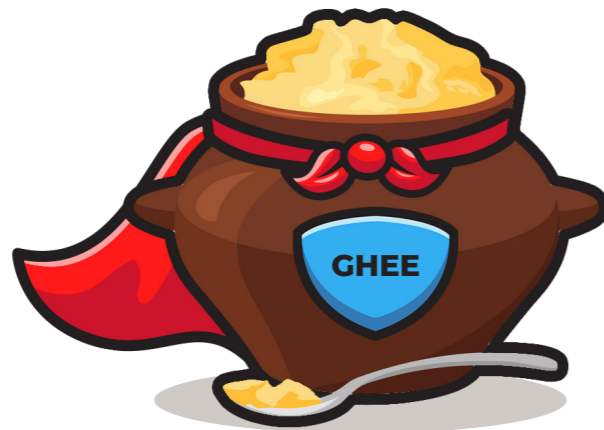
- A Banana
- Any Seasonal Fruit
- Soaked Almonds
- Soaked Raisins with one or two strands of saffron

Guideline 4

Ghee is Good

Add a 1 teaspoon of ghee to breakfast, lunch and dinner. Ghee provides essential fats, improves digestion and maintains healthy body fat. In controlled amount ghee aids in both weight gain and weight loss.

GHEE – THE UNSUNG HERO



Nourishes Skin

Relieves
Constipation

Boosts Immunity

Storehouse of
vitamins A, D, E & K

Improves Strength

For a healthy start begin your day with any of the following:

- Top it on roti or paratha
- Add it in milk
- Use in tadka
- Add it to your rice

2-3 tsp of ghee can be used per day.

Phase 02

Guideline 5: **Sound Sleep**

Guideline 6: **An Egg a Day**

Guideline 7: **Honey, Kalonji + Dates**

Guideline 8: **Daily Dairy**

Guideline 5 Sound Sleep



Good sleep is the essence of a healthy mind and body. Timely and sound sleep helps the body heal and repair. It helps organize information and solve problems. Adequate undisturbed sleep keeps hormones and body functions balanced and regulates normal weight and body functions.

BENEFITS OF SLEEP

- Repairs body tissues
- Increases Productivity
- Boosts immune system
- Improves memory



TIPS TO WAKE UP FRESH



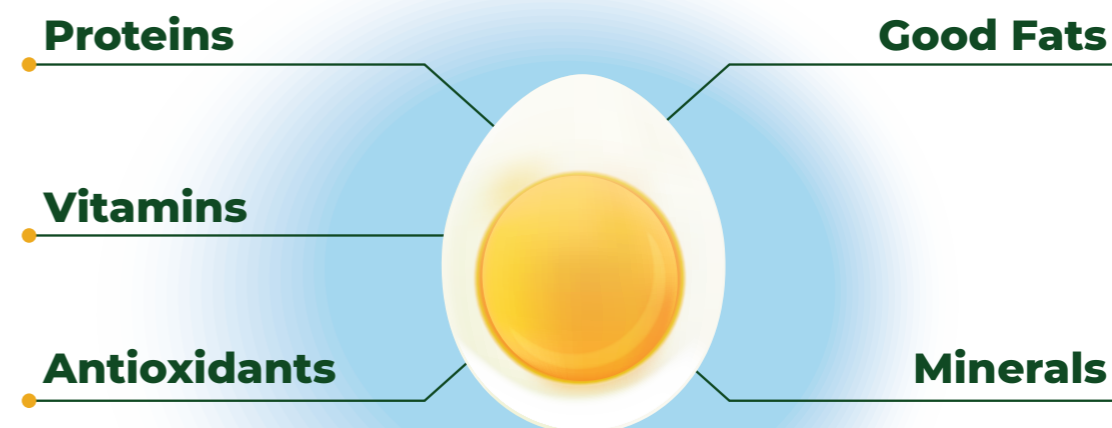
- Keep a regular sleep schedule
- Get rid of your snooze button
- Avoid caffeine in the evening
- Avoid screen time before bed

Guideline 6 An Egg a Day

One egg daily is essential to complete our daily requirements of nutrients. It can be seen as a nutritional supplement that provides essential fats, proteins, vitamins and minerals. It aids in growth, repair, recovery from illness and boosts immunity.

EGGS: THE SUPER FOOD

Eggs offer us complete nutrition to stay healthy and fit



Eat Eggs Daily for



- Building Muscles
- Strong Immunity
- Weight Management
- Beautiful Skin and Hair
- Healthy Heart
- Good Eyesight

**Everyone, young and old,
should eat eggs**

Guideline 7

Honey & Kalonji + Dates

1 tsp honey with 7 seeds of Kalonji daily cures your body of all ailments. Take 1-2 dates daily to avoid anemia. Dates contain the right balance of sweetness and fibre that provides sustained energy. Diabetics can take one daily along with breakfast. Combine dates with citrus fruits like orange or sweet lime or lime juice to increase its benefit.



HONEY, KALONJI AND DATES



- 7 Seed of kalonji and 1 tsp of honey should be taken everyday to cure various ailments in the body.
- 2-3 Dates should also be consumed everyday to provide sustained energy

Health Benefits of Dates, Kalonji and Honey



Energizes our body



High antioxidants and improves immunity



Protects heart against diseases

~~Cancer~~

Anti Cancer



Helps boost memory

Guideline 8

Daily Dairy



Include milk and milk products such as curd, paneer, cheese, buttermilk, skim milk powder two to three times a day to fulfill your daily requirements of calcium and protein. It is essential for bone and teeth health. It helps the body grow, repair and recover. Daily 30 minutes exposure to evening/ morning slanting rays of sun will provide vitamin D for the assimilation and utilization of calcium.

DAILY DAIRY



Take 2-3 Servings of dairy daily

Phase 03

Guideline 9: **Be Active**

Guideline 10: **Rainbow Colours**

Guideline 11: **Nuts & Seeds**

Guideline 12: **Snack Time**



Guideline 9 Be Active






Moderate exercise along with an active lifestyle has shown to be linked with longer lifespan. Daily mild exercise in the form of brisk walking, yoga, strength training once a week helps keep you fit and disease free. Keeping yourself active throughout the day by doing your basic daily chores, helping in community services (khidmat) and avoiding long hours of sitting has been linked with longevity.



**BE ACTIVE,
BE HEALTHY**



Benefits of Physical Activity

 Maintains Healthy Body Weight	 Decreases Risk of Diabetes	 Increases Muscle Strength
 Promotes Positive Mental Health	 Decreases Risk of Heart Disease	 Cancer Decreases Risk of Cancer

Guideline 10

Rainbow Colours

Fruits and vegetables provide vitamins, minerals and fibre for optimum body functions and help to fight infections. The rainbow colours provide different antioxidants and nutrients that help keep you active, healthy and disease free. Add two to three colours to your daily meal.

INCLUDE RAINBOW COLOR FRUITS & VEGETABLES



- WHITE**
To improve heart & blood health & support joints
- YELLOW**
To prevent cancer & promote collagen growth
- ORANGE**
Helps your heart, vision, digestion & immune system
- RED**
Powerful detoxers, fight free radicals, improve immune system
- PURPLE**
Improve mineral absorption, powerful antioxidants
- GREEN**
Activate our natural killer cells & reduce cancer risk

Guideline 11

Nuts & Seeds

Nuts and seeds provide essential fats and protein. They contain healthy fats that are beneficial to the heart, brain and immune system. Take a handful of nuts such as groundnuts, almonds, walnuts, cashew nut, coconut or seeds such as sunflower seeds, pumpkin seeds, flaxseeds daily. Chana is especially beneficial for diabetics.

NATURAL SOLUTION FOR GOOD HEALTH

Nuts and seeds provide essential fats and proteins. They contain healthy fats that are beneficial to the:



HEART



IMMUNE SYSTEM



BRAIN

Take a handful of nuts such as groundnuts, almonds, walnuts, cashew nuts, coconut or seeds such as sunflower seeds, pumpkin seeds, flaxseeds daily. Chana is especially beneficial for diabetes.



- Nuts are energy dense foods rich in macronutrients, micronutrients and phytochemicals.
- Promotes healthy heart, great for antioxidants, helpful in preventing anemia and dehydration
- Great for people with type 2 diabetes and prevents chronic inflammation.

- Sesame seeds have calcium and are good for bone health.
- Flaxseeds are another excellent source of soluble fibre.
- Sunflower seeds are rich in Vitamin E.
- Pumpkin seeds are a good source of folate.
- Chia seeds are a good source of iron and folate.



Flax



Sesame



Sunflower



Pumpkin



Chia

