

## GLIMPSES OF THE DEPARTMENT



"Students Induction Programme"



Workshop on "Aptitude Made Easy"



"Inauguration of the Symposium"



Students attention on "Food & Mood"



"National level online workshop"



"An Array of Navadhaniyam"



"Judges evaluating the Palak recipes"



"NAAC Peer Team member with the faculty members"



"Interaction with NAAC Peer Team member"

# NUTRI GALAXY



NEWS LETTER

VOLUME-1

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 III B. Sc Nutrition and Dietetics



## Department of Nutrition and Dietetics

VELLALAR COLLEGE FOR WOMEN (AUTONOMOUS)

College with Potential for Excellence

(Re-accredited with A\* Grade by NAAC & Affiliated to Bharathiar University, Coimbatore-46)

Erode-638 012



## About the Institution

Vellalar College for Women traces its roots to the year 1970 when the farsighted visionaries of the soil led a mission to educate and empower the first generation women scholars of the locale, specifically those from rural, underprivileged sections of the society to become leaders and contributors to every sector of the society.

## About the Department

The Department of Nutrition and Dietetics was established in the year 1989-90, with the introduction of the UG programme and upgraded with research programmes for M.Phil. and Ph.D. in Foods & Nutrition and is vibrant and dynamic in its journey of 33 years. The department has 04 faculty members and 01 adhoc faculty. Our work focuses towards nurturing the students in solving the nutritional issues and setbacks faced by the community to forge a society with fitness and finesse. The Department has been recognized as DST-FIST sponsored department and has been supported by the Star College Scheme of DBT.

### Programmes organized

- Online Student Induction Programme organized on 09.09.2021 for freshers.
- Online Workshop on "Balancing Diet for Sweet Life" was organized on, 23.09.2021. Dr.Garima Upadhyay, Associate Professor, Home Science (Food & Nutrition), Vasant Kanya Mahavidyalaya, Kamaccha, Varanasi, Uttar Pradesh was the resource person.
- Symposium on "Augmenting Nutrition Security and Health Care Standards Using AI & IoT" was organized on 30.03.2022 with the following resource persons,
  - Dr.P.B.Pankajavalli, Assistant Professor, Department of Computer Science Bharathiar University, Coimbatore, Topic : Impact of IoT in Our Lives
  - Mrs. A.Vaideghy, Assistant Professor, Department of Computer Technology, PSG College of Arts and Science, Coimbatore, Topic : Transformation of Technologies
  - Dr.S.Kalaiselvi, Assistant Professor, Department of Computer Technology, Kongu Engineering College, Perundurai, Topic : Cyber Security and its Challenges
- Workshop on "Aptitude Made Easy" was organized on 19.03.2022, with Dr. N.Loganathan, Director, Mullai Academy as the resource person.
- Special meeting on " Food and Mood" was organized on 31.03.2022,with Dr.N.Jeyashanthi, Professor, Department of Biomedical Engineering, Velalar College of Engineering and Technology, Erode,as the resource person.
- Association Competitions
  - Cookery competition based on "Spinach" held on 28.03.2022.
  - Speech Contest on "On the spot Topic in Nutrition" held on 28.03.2022
- Parent Teacher Meeting was organized (Odd semester- Online in the month of October, Even semester- Offline in the month of April) to discuss about the academic performance of their ward.
- Interactive session on "Alumni Interaction on Career Perspectives in Nutrition and Dietetics" on 11th of April 2022 (Monday, through offline mode) with our Alumni as resource person Dr. K. Anusuya Devi, (Alumni: 1995-98 Batch) Assistant Professor, Department of Nutrition & Dietetics, PSG College of Arts & Science, Coimbatore
- Deworming campaign was organized by the Health and Wellness club.

## WORD SEARCH

K	E	M	I	L	L	E	T	S	T	U	N	X
S	S	D	O	O	F	Y	H	S	E	L	F	A
X	H	I	U	E	S	M	I	O	N	A	G	A
M	C	B	A	T	E	S	X	K	V	P	K	S
O	K	L	I	M	P	Z	L	N	M	U	N	D
M	J	U	F	K	V	U	K	A	Y	I	O	S
B	R	O	A	R	U	O	L	P	E	E	I	A
F	S	N	T	U	H	V	O	S	R	R	R	J
C	O	P	S	E	L	B	A	T	E	G	E	V
M	H	B	A	E	S	A	E	I	U	S	B	C

### Food Groups

Cereals  
Pulses  
Millets  
Vegetables  
Fruits  
Milk  
Fats  
Oils  
Nuts  
Fleshy foods

-K. Subha Sree & G. Sobhana II B. Sc Nutrition & Dietetics

## UPCOMING TRENDS FOR FOOD SECURITY !

### DIARY PRODUCTS FROM MICROBES

Israeli entrepreneurs – Aviv Wolff and Ori Cohari have ventured with "Remilk" – milk with no lactose, no cholesterol, no growth hormones and without exploiting much of our natural resources. The process microbial fermentation is used to craft remilk by copying genes from real cows and cutting down the entire process to a single microbe. In short, remilk replaces milk by retaining similarities and most importantly without damaging the environment.

### EDIBLE MEAT FROM CHICKEN FEATHER

In Thailand a guy named Sorawut Kittibanthorn took an initiative to recycle waste and hence the cruelty- free food, shaped out. He found feathers are chemically similar to meat. There by feathers were cleaned, pulverized and treated with enzyme keratinase and flavoured finally as desired. It will turn into real looking and real tasting meat.

### 3D PRINTED PLANT BASED MEAT

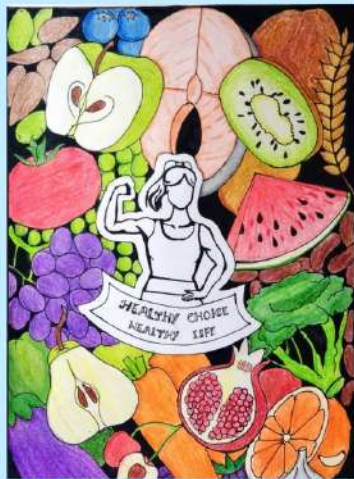
In Israel two men named Eshchar Ben-Shitrit and Adam Lahavwho realized that the meat they loves destroys the planet. A team of engineers and scientists worked together for few years and found a machine that can reproduce a meat from mix of pea protein, soy, beetroot, chick pea and coconut fat it is like a printer but with veggie food cartridges instead of ink. So, it can copy real texture of meat and print it. We can eat meat without ruining our planet.

### HONEY WITHOUT BEE

Honey – the natural sweetener with dense nutrients, with antibacterial and antiseptic properties. This unique sweetening agent's quality could be reduced and contaminated during extraction from honey comb.Bee-io introduces a ground-breaking, bee-free honey production technology that ensures year-round supply of pure honey at reasonable price.

S. Keerthana-III B. Sc Nutrition and Dietetics





- N. Niveethitha II Bsc Nutrition and Dietetics

## Nutrifacts ABC...

### Almonds

Eating four almonds a day can help to lower cholesterol, improve hair quality, prevents heart disease, helps with weight loss and improves brain activity.

### Bananas

Having two bananas provides enough energy for a 90 minutes workout. Antioxidants & potassium present in banana helps in preventing cramps.

### Cucumbers

Holding a slice of cucumber on the roof of the mouth with your tongue for 90 seconds can stop bad breath. The phytochemicals of the cucumber can help to kill the bacteria that cause bad breath.

- V. Naganandhini II Bsc Nutrition and Dietetics

## KETOGENIC DIET

In short, keto diet insists in low carbohydrate, high fat with moderate protein. In keto diet, cells are replenished with energy that is derived from fat instead of carbohydrate. This diet might have benefits against Type-2 Diabetes Mellitus, childhood epilepsy, brain injuries, PCOS and aids in weight loss.

### FOODS TO EAT

Meat, fatty fishes, eggs, butter and cream, cheese, nuts and seeds, healthy oils, avocados, low carb veggies, condiments.

### FOODS TO AVOID

Sugary foods, grains (or) starches, fruits, beans (or) legumes, low fat (or) diet products, some condiments (or) sauces, unhealthy fats, alcohol, sugar - free diet foods.

### EARLY SYMPTOMS

At the start, the Ketogenic diet, may show some initial side effects till our body adapts. Poor energy and mental function, increased hunger, constipation, sleep issues, nausea, digestive discomfort, decreased exercise performance. Follow the low carbohydrate diet for first few weeks, this will help the body to burn more fats.

### RISKS

When the keto diet is followed over prolonged period the risk of low protein in the blood, extra fat in the liver, kidney stones and micronutrient deficiencies may occur. This diet may be followed only in consultation with a Physician and Dietician.

D. Vaishnavi III Bsc Nutrition and Dietetics

## SUPERFOODS : Nutrient dense foods

### 1. MIXED NUTS

HEALS: Heart diseases, Cholesterol, Cancer, Low energy, Anaemia, Weight gain, Diabetes.

NUTS are great source of heart healthy fats, along with some protein. They also have some fibre, calcium or magnesium. Almonds, for example, have 75 mg of calcium in a 28 g serving. Walnuts are high in antioxidants, which helps to prevent certain cancers.

### 2. SPINACH

HEALS: Eye conditions, Heart disease, Cancer, Bone health, Constipation, Immunity.

SPINACH is an excellent source of carotenoids, such as lutein, beta carotene and zeaxanthin. These phytochemicals have anti-inflammatory and anti-cancerous properties. Its high vitamin A content makes spinach particularly helpful for healthy eyesight. It is also rich in iron, which helps red blood cells carry oxygen in the body, and is an excellent source of vitamin C, K, folate, manganese and magnesium which is essential for healthy bones.

### 3. POMEGRANATE

HEALS: Inflammation, Cancer, Hypertension, Heart disease, Bones, Ageing skin, Weight gain.

POMEGRANATES are like a pharmacy in themselves. They contain three times the antioxidants found in red wine and green tea, and helps reverse arterial plaque and maintain general cardiovascular health, fight inflammation and assist in weight management. Available almost all year round, pomegranates are also full of fibre and rich in vitamins C, K, some B vitamins and minerals such as calcium, potassium and iron. They prevent skin damage and ageing, as well as certain types of cancers.

### 4. GARLIC

HEALS: High blood pressure, Atherosclerosis, Colorectal cancers, Heart disease, Infections.

GARLIC is wonderful for keeping high blood pressure at bay. One of the most underrated properties of garlic is its antifungal ability. It can be used to treat athlete's foot or even frequent urinary tract infections as a result of yeast overgrowth. It is believed that garlic can reduce the risk of various cancers, as well as prevent cognitive decline.

### 5. AVOCADO

HEALS: High cholesterol, Heart disease, Insulin resistance, Cancer, Blood-sugar swings.

AVOCADOS have been shown to help improve cardiovascular health and can significantly lower total cholesterol and triglyceride levels, because of their mono-unsaturated and poly unsaturated fat content. These fatty acids have been shown to improve cognitive function, depression, anxiety and brain fog. Avocados also contain essential fat-soluble vitamins A, E and K and important electrolytes such as magnesium and potassium.

A. N. Noorul Hudha-II B. Sc Nutrition and Dietetics

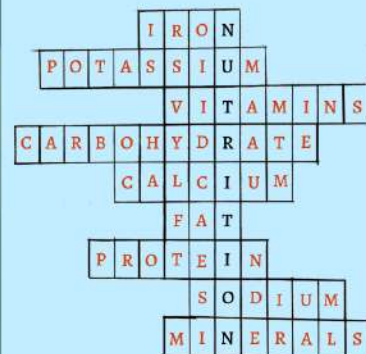
## NUTRITIONAL FACTS

- Sports drinks are composed mostly of water, but their second biggest ingredient is sugar.
- Fruit is better than the juice.
- Sugary soft drinks, sugary cereals, white bread and white rice break down quickly in the body, making you hungry soon after .
- Eating fibre makes you feel fuller and it's healthy for your heart.
- Added sugar (added during processing) does not provide any nutrients other than calories.
- Our body needs good oils and fats to give your muscles quick energy.
- Fish, chicken and other lean meats and meat alternatives such as beans and tofu are filled with protein that helps to keep muscles strong.

- K. Yazhini  
III Bsc Nutrition and  
Dietetics



## Nutrients in Nutrition



- V. Naganandhini II Bsc Nutrition and Dietetics