



E-Bulletin



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The E - Bulletin is a service provided from the medical team (Specialists, GP's, Nurses & the In-house Training Center) at the CEDARS – Jebel Ali International Hospital in order to raise awareness about health issues.

Diet and Health

Health is state of complete physical, mental and social well being. It means free from illness, injury or pain. The most important determinants of good health are what we eat and how active we are. While our genes, age, surroundings lifestyle, health care and culture strongly influence our health what and how much we eat and how much we move are key to our fitness equation.

A good balanced diet contains adequate amounts of all necessary nutrient required for healthy growth and activity. The right combination of nutrients - fat, carbohydrate, protein, vitamins and minerals are required for good health. Excess amount of any of these nutrients can lead to over nutrition leading to obesity and chronic illness like cardiovascular disease, diabetes, some cancers, stroke and high cholesterol. Whereas low nutrition leads to under nutrition leading to conditions like anaemia, reduced immunity, goitre, rickets in children, osteomalacia in adults, osteoporosis and xerophthalmia.

Though food does not have a direct relationship with work health but inversely effect the personal growth. Good nutrition reduces the health care cost, decreased period of productivity, alertness and work outcome.



What is wellness?

Wellness is an approach towards health, where you aim at recognizing the risk factors that lead to life threatening diseases in the future and thereafter work towards reducing them.

You can make wellness a part of your life by recognizing the health risk factors, annual medical check up, self analysis, lifestyle modifications.

What are the health risk factors?

Check if you have any of these:

- Diabetes
- high blood pressure
- Smoking
- improper nutrition
- lack of activity
- Self-medication
- Obesity
- Stress
- drugs

Self analysis:

- Are you a smoker?
- Do drink within your limits?
- Are you at your ideal body weight?
- Do you exercise regularly?
- Do you have any chronic diseases like diabetes, high blood pressure, high cholesterol?



The way in which we live has a lot to do with our health. Chronic diseases like high BP, diabetes are caused by our unhealthy lifestyle. The lifestyle modification includes healthy diet and optimum physical activity.

CEDARS - Jebel Ali International Hospital, Dubai, UAE. Tel: 04-881-4000 Fax: 04-881-4001

CEDARS - Jebel Ali International Hospital is a full-fledged multi-specialty hospital offering services ranging from Pediatrics to Occupational Health, Laparoscopic Surgery to Internal Medicine. The Hospital is equipped with ICU for medical and surgical emergencies, with two major and one minor operation theatres and runs fully equipped Laboratory and Radiology departments. **CEDARS – Jebel Ali International Hospital** is accredited by TUV and JCI and located next to JAFZA Gate 2.

Diet









It is the food and drink consumed by the person. Today, the kind of food eaten is most likely fast food; rich in fat and carbohydrate. People tend to choose these kinds of foods because of lack of time to prepare homemade meals, or choosiness. Bad eating habits cost us a lot, it:

- Increases health care cost
- Increases inability to work efficiently.
- Deteriorates health and develops secondary conditions. E.g, excessive stress, high sodium and fat intake, less activity lead to hypertension this in turn increases the risk of developing stroke, heart attack.

For good health choose nutritious balanced diet, maintain healthy body weight, get enough physical activity, and keep food safe to avoid any food borne illness.

Each food is rich in particular nutrient, incorporating a combination of food ensures we receive all nutrients that are required by the body of our health and well being. Food is grouped based on their nutritional properties. Balanced diet includes food from all food groups. Each food group has more concentration of a particular nutrient inclusion of food from that particular food group ensure the supply of that nutrient and to some extent the other nutrients based on its composition. Example: fruit is a major source of vitamins minerals and fibre but also contains carbohydrate but in lesser amount compared to cereals. Consuming variety of food within the food group also ensures optimum nutrient intake.

FOOD GROUP	MAIN NUTRIENT SOURCE	FUNCTION
Cereals E.g., Rice, wheat, quinoa, corn, oats, rye	 Carbohydrate	Provides energy, some amount of protein, vitamins and fiber Spares protein for growth and development
Vegetable E.g., All vegetables okra, broccoli, cabbage, squash, beets, radish	 Vitamins and minerals	The vitamins and mineral content of fruits and vegetable helps maintain good health. Eg. vitamin C protects the body from infections, aids in absorption of calcium & iron, maintains blood vessels and helps heal wound. The fiber present in fruits and vegetable is good for intestinal health & lowers cholesterol therefore good for heart health. It also aids in slow absorption of glucose therefore good for diabetics.
Fruits, E.g., Apple, banana, kiwi, grapes, peach, plums	 Vitamins and minerals	
Meat, poultry, egg fish, beans and lentils	 Protein, fat, some vitamins and minerals	Good source of protein and the absorption of iron is more from animal sources when compared to plant sources
Milk, yoghurt, cheese	 It is good source of calcium and protein	Calcium is required to maintain bone health hence advisable for women to prevent osteoporosis risk. Good for growing child.
Fats, oils and sweets Eg., Vegetable oil (sunflower oil, safflower, olive oil), lard, butter, margarine,	 Fat and sugar (simple carbohydrate)	Required for growth and development, brain growth in children, energy purpose. Caution should be taken to consume in limited amounts

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Physical Activity

Well being is not just healthy eating. Regular physical activity promotes health, well being, growth and development. At least 30 minutes to 1 hour of moderate physical activity for 4 - 5 days per week along with healthy diet reduces the risk of chronic diseases. Dancing, stretches, yoga, aerobics, weight lifting, walking and jogging are all different kinds of exercise.

Benefits of exercise:

- Enhances the cardio-respiratory (pulmonary) efficiency: it makes heart muscle strong and increases the efficiency of pumping blood. Increases the capacity of lungs to take in more oxygen and expel carbon dioxide.
- Helps in weight loss and maintaining weight
- Burns more fat, by utilising it for energy purposes.
- Enhances your well being by relieving stress.
- Improves the health condition:
 - Reduces cholesterol and high BP thereby decreases the risk for cardiovascular diseases.
 - Maintains optimum blood sugar level.
 - Improves well being in people with arthritis.
- Improves the mood and keeps you active through out the day.

Healthy eating and active living at any age feel their best, work productively. Lower the risk of some diseases and may even slow ageing! ❖



Eat smart at the end of the day, it is your health.

Medical Consultant for February 2013



Deepa D. Almeida
Nutritionist

Deepa D. Almeida is DHA certified nutritionist at CEDARS – Jebel Ali International where she plans food and nutrition programs to achieve the goals set by the physician for each patient and supervise the preparation and serving of meals to patients. She is also in-charge of the hospital's food services through its cafeteria.

She has previously worked as Nutritionist at Affinity International, Bangalore, India where she took charge of nutritional assessment of individuals based on anthropometry, biochemical parameters and other clinical indicators, prescribed diet, counseling.

She has undergone training and internship in clinical nutrition at St. John's Medical College Hospital, Bangalore, St. Martha's Hospital Bangalore, Sagar Apollo Hospital, Bangalore, Roti Ghar, Sri Jayadeva Institute of Cardiology, Bangalore. She has also undergone industrial training in food and beverage service and production at Le Meridian hotel, Bangalore and Atria Hotel, Bangalore.

Deepa speaks English, Hindi, Kannada and Konkani.

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