

DRINK TO YOUR HEALTH-DRINK HEALTHY!

WATER IS THE WINNER! Water is the most precious yet perhaps it is the most misunderstood also in terms of how much it benefits our health. It restores fluids lost from body, satisfies our thirst like no other drink and rehydrates our system. As children play and are active and lose moisture from the body, they need plenty of water.



1. Fruit juices :They are a concentrated source of many vitamins and few minerals as well; but usually deliver more energy . They also do not have the fibre of whole fruit. They are however more convenient to have sometimes. When rushing for school, children may drink juice and not have time for fruit.



2. Whole milk is a good source of calcium and vitamin D, has healthy saturated fat. Overweight children can have skim milk with the fat removed. Flavored milks, chocolate milk and milk shakes are liked by children and increase their overall milk and nutrient intake, especially of calcium. They may contain some sugar and at times be rich in calories, but for growing children who are active, this is not a cause for worry



3. Soya milk-It is usually fortified with vitamins and minerals and delicious.

4. Tea -Polyphenols in tea have antioxidant properties which are beneficial; they are also shown to protect against gastric and other cancers according to some studies. Brew your tea for at least 3 - 5 minutes to bring out the beneficial polyphenols Tea also has less caffeine content compared to coffee: 1 cup has about 40 mg caffeine compared to 85 mg in a coffee cup.



5. Green tea: Overall health benefits are believed to be more if one has green tea over black tea.



6. Coffee-This popular beverage is an important source of anti-oxidants; whether it is caffeinated or decaffeinated. However, it also has a lot of caffeine. It is better to get your anti-oxidants from fruits and vegetables and relish tea or coffee in limited amounts.



7. Energy drinks are beverages like Red Bull, Venom, ISOSprint, contain large doses of caffeine and other 'allowed' stimulants like ephedrine, guarana, and ginseng. They may contain as much as 80 mg of caffeine, like in a cup of coffee. Energy drinks' stimulating properties can boost the heart rate and blood pressure, may cause palpitations, dehydrate the body, and, prevent sleep. They are totally unnecessary and may even be hazardous



8. Have soups often – they are low calorie, full of nutrients and fibre and delicious. They can be made with several vegetables and children will love hot soup in winter with their favourite healthy snack !



પૌષ્ટિક સુપના સેવનના પાંચ ફાયદા

પૌષ્ટિક સુપ એટલે સીઝનના તાજા શાકભાજીમાંથી બનાવેલો સુપ જેમાં ખાંડ અને મીઠું પ્રમાણસર હોય. બાળકોને નિયમિત સુપ પીવાની ટેવ પાડો. શિયાળામાં ગરમા ગરમ સુપ કોને ના ભાવે! તો ચાલો જોઈએ સુપના ફાયદા....

૧. સુપ પ્રવાહી હોવાથી જલ્દી પચી જાય છે. પેટમાં કંઈક તકલીફ હોય કે ભુખ ના લાગી હોય તો તાજુ સુપ બાનવી પીવું યોગ્ય છે.
૨. સુપ અનેક પોષકતત્વોથી ભરપુર છે. વિવિધ શાકભાજી જેવા કે ટામેટા, કોથમીર, દૂધી, ગાજર વિગેરે માંથી બનાવેલા સુપમાં વિવિધ વિટામિન અને મિનરલ હોય છે.
૩. સુપ વિવિધ પ્રકારે બનાવી શકાય છે જેના સ્વાદ અલગ-અલગ હોય છે. બાળકોને પણ જુદા-જુદા સુપ પીવડાવી સ્વાદ સાથે સ્વાસ્થ્ય આપો.
૪. ભાગદોડની જીંદગીમાં સુપ ફટાફટ બની જાય છે. બ્રાઉનબ્રેડ, સેન્ડવીચ કે પુલાવ સાથે પૌષ્ટિક ભોજન બની જાય છે.
૫. બાળકો હોય કે વડીલ - વજન ઉતારવા માટે સુપ એ ઉત્તમ વાનગી છે. કારણ કે તેમા ઓછી કેલરી સાથે ભરપુર પોષણ છે.

