

# Concept Consciousness & *Leaving With Curiosity*

## About The Foodiet

**Dr Piyush Tailor**

M.B.B.B., M.D. (Biochemistry), C.I.H.

**Professor and Head**

**Department of Biochemistry  
Government Medical College,  
Bhavnagar - Gujarat**



Who need it ?

**EAT BREAKFAST LIKE A KING,  
LUNCH LIKE A PRINCE AND  
DINNER LIKE A PAUPER.**

# What is same in every one?

—Routine—

—Physics—

**Physical Activity**

—Wise - Needs—

— Culture —

— State / Country —

—Genetic & Generation—

—Medical History—

# Calory

- Carbohydrate = 4 kcal / gm
- Protein. = 4 kcal / gm
- Fat = 9 kcal / gm
- Alcohol. = ??????

## Complex Food Composition

- Carbohydrate = Approximate 85 - 90 %
- Protein = Approximate 10 - 15 %
- Fat = Approximate 5 - 10 %

ROTI

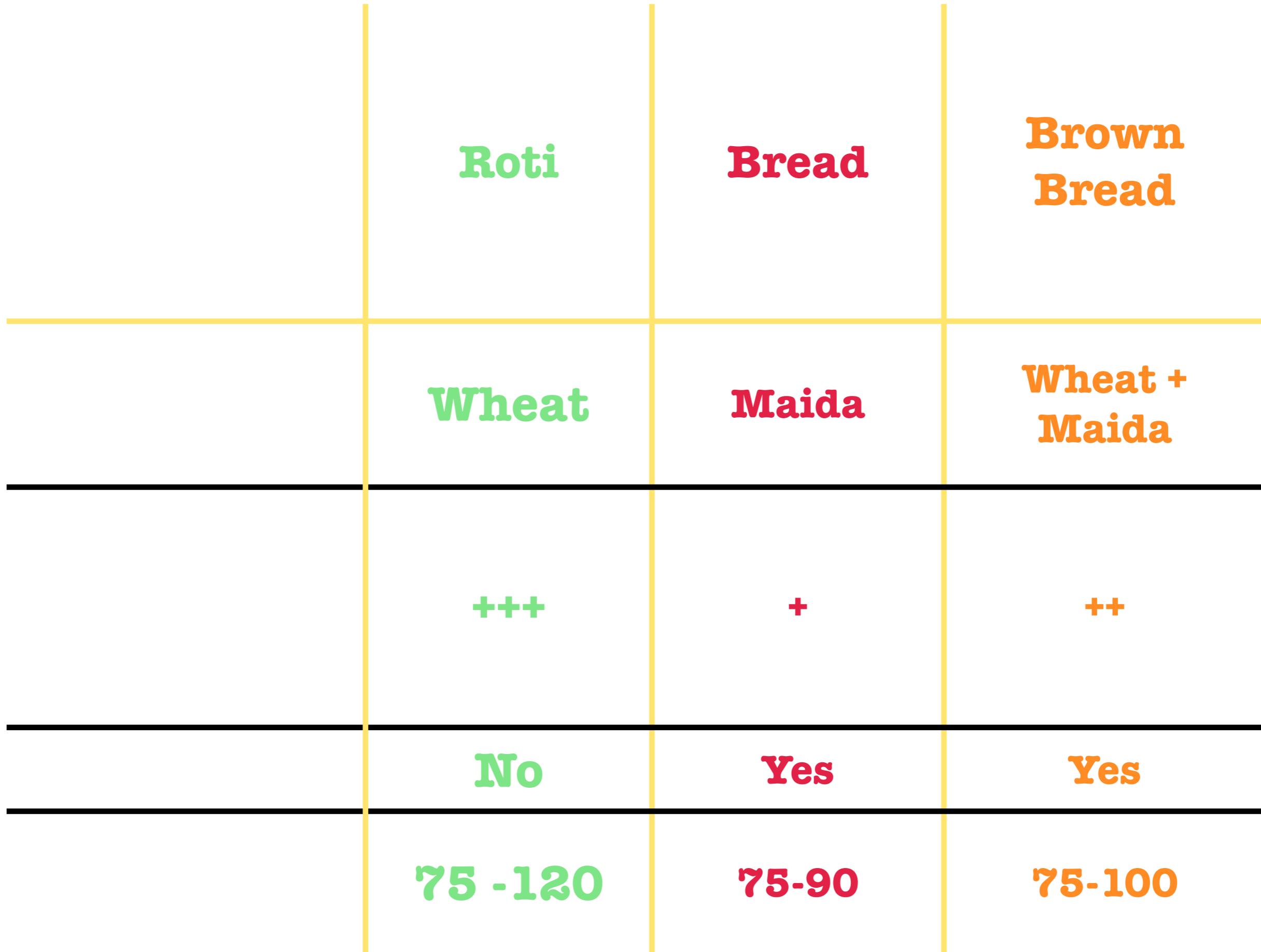


BROWN BREAD



WHITE BREAD





# CALORIES BURNED PER MINUTE

WALKING

RUNNING

CYCLING

4-8

calories/minute

Moderate to Brisk Pace  
(3.5-4 mph)

10-18

calories/minute

Moderate to Fast Pace  
(6-10 mph)

8-15

calories/minute

Moderate to Vigorous  
(12-16 mph)

Based on 155 lb (70 kg) individual. Varies by intensity & weight.

• How Much Time do you spend ?

• How much do you have to run after one Roti / Bread / Brown Bread ?

# Calory

- Carbohydrate = 4 kcal / gm
- Protein. = 4 kcal / gm
- Fat = 9 kcal / gm
- Alcohol. = ??????



Shell we  
believe on  
Celebrity  
???



NUTRIENTS	SERVE SIZE: 12g		
	PER 100g	PER 12g	% DV <sup>a</sup> PER 12g
ENERGY (kcal)	469	56	3
TOTAL CARBOHYDRATES (g)	70	8	
TOTAL SUGARS (g)	3.7	0.4	
ADDED SUGARS (g)	2.4	0.3	1
DIETARY FIBRE (g)	3	0.4	
PROTEIN (g)	8.7	1	
TOTAL FAT (g)	17	2	3
SATURATED FAT (g)	7.8	0.9	4
MONO UNSATURATED FAT (g)	6.9	0.8	
POLY UNSATURATED FAT (g)	2.3	0.3	
TRANS FAT (g)	0.1	0.01	1
CHOLESTEROL (mg)	0	0	
SODIUM (mg)	720	90	5

<sup>a</sup>APPROXIMATE VALUES  
PERCENT DAILY VALUES ARE BASED ON A 2000 kcal



GOODNESS OF  
MULTIGRAINS

→GREAT TASTE  
LESS GUILT←

→DON'T HOLD BACK.  
MUNCH ON←

## INGREDIENTS

Corn Flour (33.3%), Whole Wheat Flour (Atta) (23%), Rice Flour (19%), Edible Vegetable Oil (Palmolein Oil), Seasoning [Sugar, Iodised Salt, <sup>a</sup>Spices & Condiments (Contains Onion), Acidity Regulator (INS 330), Tomato Powder (4%), Anticaking Agent (INS 551), Antioxidant (INS 319), Natural and Nature Identical Flavouring Substances], Gram Flour (5.1%), Oats (1.1%), Anticaking Agent (INS 170), Colour (INS 150d).

<sup>a</sup>Used as natural flavouring agent

ALLERGEN ADVICE: CONTAINS WHEAT AND OATS  
MAY CONTAIN MILK, SOYA, MUSTARD AND SULPHITE

FOR MFG. UNIT ADDRESS & LIC NO., READ THE FIRST TWO LETTERS OF THE BATCH NUMBER AND SEE BELOW

### MANUFACTURED BY

M4-HEEMANKSHI BAKERS PVT. LTD., SY. NO. 709, J. P. DARGA ROAD, MEKAGUDA VILLAGE, NANDIGAMA MANDAL, RANGA REDDY DISTRICT- 509 228, TELANGANA (INDIA).  
LIC.NO. 10014047000100

M8-AMEYA INC., SP-1036, RIICO INDUSTRIAL AREA, CHOPANKI, BHIWADI, ALWAR, RAJASTHAN - 301 019.  
LIC.NO.10018013001623

M9-GKP SNACKS PRIVATE LIMITED, D4-39/A/NEW, HINDUSTAN GAS COMPANY ROAD-1, MAHESHTALA, KOLKATA - 700 141, SOUTH 24 PARGANAS, WEST BENGAL.  
LIC.NO. 10019031002915

### MARKETED BY

GUILTFREE INDUSTRIES LIMITED,  
DUNCAN HOUSE 1<sup>ST</sup> FLOOR, 31  
NETAJI SUBHAS ROAD,





NUTRITIONAL FACTS*		SERVE SIZE: 12g		
NUTRIENTS	PER 100g	PER 12g	% DV*	PER 12g
ENERGY (kcal)	469	56	3	
TOTAL CARBOHYDRATES (g)	70	8		
TOTAL SUGARS (g)	3.7	0.4		
ADDED SUGARS (g)	2.4	0.3	1	
DIETARY FIBRE (g)	3	0.4		
PROTEIN (g)	8.7	1		
TOTAL FAT (g)	17	2	3	
SATURATED FAT (g)	7.8	0.9	4	
MONO UNSATURATED FAT (g)	6.9	0.8		
POLY UNSATURATED FAT (g)	2.3	0.3		
TRANS FAT (g)	0.1	0.01	1	
CHOLESTEROL (mg)	0	0		
SODIUM (mg)	720	90	5	

# Which one is Best ?

BY: BALAJI WAFERS PRIVATE LIMITED, REGD.  
SURVEY NO. 19, VAJDI (VAD), KALAWAD ROAD,  
DIST. RAJKOT-360021, GUJARAT - INDIA.  
O. 10012021000039. U2: SURVEY NO. 360, SHANKAR  
NEAR DUNGARI VILLAGE, TA. - DIST. VALSAD-396375,  
GUJARAT - INDIA. 396375.

#### INGREDIENTS:

POTATO (88%), EDIBLE VEGETABLE OIL (PALMOLEIN), SUGAR, EDIBLE COMMON SALT, MALTODEXTRIN, SPICES & CONDIMENTS (CHILLI (0.5%), PEPPER), DEHYDRATED VEGETABLE POWDER (ONION, GARLIC (0.1%), TOMATO), MILK SOLIDS (WHEY) (0.1%), HYDROLYZED VEGETABLE PROTEIN (SOYA), ACIDITY REGULATOR (INS 296, INS 334), ANTI-CAKING AGENT (INS 551), MINERAL SALT (INS 340), PAPRIKA EXTRACT (INS 160C), FLAVOUR ENHANCER (INS 627, INS 631), NATURAL & NATURE IDENTICAL FLAVOURING SUBSTANCES (CHILLI).

#### PROPRIETARY FOOD

POTATO WAFERS

INDIAN SNACKS & SAVOURIES

ALLERGEN ADVICE: CONTAINS MILK SOLIDS & SOY.

NUTRITIONAL INFORMATION*	PER 100g	% DAILY VALUE OF RDA <sup>^</sup> PER 30g
ENERGY	545 Kcal	8 %
PROTEIN	7.5 g	
CARBOHYDRATES	55.0 g	
TOTAL SUGARS	3.8 g	
ADDED SUGARS	3.0 g	2 %
TOTAL DIETARY FIBER	9.3 g	
TOTAL FAT	30.7 g	14 %
SATURATED FAT	14.4 g	20 %
TRANS FAT	<0.1 g	<1 %
CHOLESTEROL	<1 mg	
SODIUM	967 mg	15 %

\*APPROXIMATE VALUES | GUIDELINE DAILY AMOUNT ACCORDING TO

<sup>^</sup>RECOMMENDED DIETARY ALLOWANCE FOR AVERAGE ADULT PER DAY (2000 KCAL DIET) AS PER FSSR (LABELLING & DISPLAY).

SERVING PER PACKAGE\*: 5

SERVING SIZE: 30g



## Nutrition Facts

Serving Size(100g)

Amount Per Serving

Calories 360 kcal

% Daily Value\*

<b>Total fat</b>	0 g	0%
Saturated Fat	0 g	0%
<b>Cholesterol</b>	0 mg	0%
<b>Total Carbohydrate</b>	83 g	30%
Dietary Fiber	5 g	18%
<b>Total sugar</b>	16 mg	0%
<b>Potassium</b>	580 mg	12%
<b>Calcium</b>	150 mg	2%
<b>Protein</b>	10.2 g	12%
<b>Iron</b>	2.6 mg	14%

\*Percentage Daily value based on 2000 calorie diet.  
Your Daily Values may be higher or lower depending on  
your calorie needs.

# Percentage of Carbohydrate - Protein - Fat

Per 100 gm / 100 ml	Roti	Makhana	Almond	Rice	Curd	Ice-Cream	Milk	Butter Milk
<b>Carbohydrate</b>	46	77.0	22	28.0	5	24.0	5	5
<b>Fat</b>	9	0.1	50	0.3	5	11.0	3	1
<b>Protein</b>	8	10	21	3	3.5	3.5	3	3
<b>Others</b>	37	12.9	7	68.7	86.5	61.5	89	91
<b>Calories</b>	264	347	579	130	61	201	61	40

# Choice for Break Fast

Sugar Tea

vs

Jaggery Tea

vs

Green Tea

vs

MILK

# Choice for Break Fast

Bhakhari

VS

Bread Butter

VS

Gathiya

VS

Omlette

# Should we have to take additional Protein Powder in daily diet ? (Lunch or Dinner)

- Normal Human Need = 0.8 gm / kg weight
- Daily Diet Pattern
- Daily Routine - Physical Activity
- Exercise
- Level of Protein

# Protein in Our Traditional Food

- Roti - Wheat / Juwar / Ragi
- Sabji - Bhindi / Sev Tameta / Potato
- Dal - Tuver Dal
- Salad - Cucumber / Onion / Tomato
- Chas - Butter Milk

# Wheat vs Ragi Atta

**Ingredients: Whole Wheat**  
**Store in a cool & dry place**

## Nutrition Facts\*\*

Nutrient	Per 100g	% RDA <sup>^</sup> /serve
Energy	378kcal	-
Protein	12g	26%
Carbohydrate	71g	
Total Sugars	4g	
Total Fat	2g	3%
Saturated Fat	0.4g	2%
Cholesterol	0mg	0%
Sodium	0.2mg	0%
Zinc	3.5mg	31.8%
Iron	3.9mg	19%

\*\*Approx values. <sup>^</sup>%RDA values based on 2000 kcal diet for adult per day

## Nutritional Content of our Bio-fortified Wheat Seed

Nutrient	Content (ppm)
Zinc (zn)	>43.7 ppm
Iron (Fe)	>50.3 ppm
Copper (Cu)	>5.32 ppm
Manganese (Mn)	>52.1 ppm

**Ingredients: Whole Ragi**  
**Store in a cool & dry place**

## Nutrition Facts\*\*

Nutrient	Per 100g	% RDA <sup>^</sup> /serve
Energy	382kcal	
Protein	11g	22%
Carbohydrate	72g	
Total Sugars	0.6g	
Total Fat	1.5g	
Calcium	410mg	41%
Potassium	436mg	9%
Iron	3.4mg	17%
Zinc	2.2mg	20%

\*\*Approx values. <sup>^</sup>%RDA values based on 2000 kcal diet for adult per day

## Nutritional Content of our Bio-fortified Ragi Seed

Nutrient	Content (ppm)
Zinc (zn)	>24.0 ppm
Iron (Fe)	>38.0 ppm
Calcium	>400.0mg/100g

Based on ICAR published data

# One of Great Combination of The Food



**Roti With Out Oil / Butter**

# One of Great Combination of The Food

- Pizza with Diet Coke
- Tea Without Sugar
- Roti Without Oil / Butter
- Salad = 2-3 Pieces of Onion , Cucumber and Carrot

# My Own Belief

- Do Entertain Advertisement
- Do Not Believe On Product Labels
- Do Not Believe On Words of Out of Syllabus Celebrities
- Find Fact of The Common Recipes / Trends
- Find Fact and Science Behind The Rituals.
- Choose and Compare Food With Sense and Knowledge

# Health is property,

Which “No One” can

Buy It

Sell It

No One Can Give It

No One Can Take It

So

Own it

And

Carry It.