

## 1. Details of Module and its structure

Module Detail	
Subject Name	Food, Nutrition for Healthy Living
Course Name	Food, Nutrition for Healthy Living
Module Name/Title	Healthy Lifestyle: Eating Behaviour
Module Id	FNHL_101013
Pre-requisites	General knowledge about food, nutrition and hygiene
Objectives	After going through this lesson, the learners will be able to understand the following : <ul style="list-style-type: none"><li>• Introduction to healthy Lifestyle</li><li>• Healthy Eating</li><li>• Faulty Eating Habits</li></ul>
Keywords	Lifestyle, Healthy Eating, Skipping Breakfast, Snacking

## 2. Development Team

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### 1. Introduction to Healthy Lifestyle

Over 50 years ago, the World Health Organization (WHO) defined health as "a state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity". In recent years, public health experts have identified wellness as "a sense of well-being" and "quality of life." Health and wellness are multidimensional. It include the emotional (mental), intellectual, physical, social, and spiritual well-being of an individual.

A WELL person excels in his/her work, is spiritually fulfilled, enjoys leisure time, is physically fit & active, is socially involved, and has a positive emotional-mental outlook. Such kind of a person is always happy and fulfilled. It is believed that a positive outlook is the key mantra for wellness. In short, wellness widens the opportunity of an individual to live and work effectively. It also helps in bringing positive contribution to the society.

Wellness is the integration of many different components (mental, social, emotional, spiritual, and physical) that expand one's potential to live (quality of life) and work effectively and to make a significant contribution to society. Wellness reflects how one feels (a sense of well-being) about life as well as one's ability to function effectively. Wellness, as opposed to illness (a negative), is sometimes described as the positive component of good health.

Eating patterns that begin in childhood affect the well-being across the lifespan. The culture of eating has changed significantly in recent decades, especially in parts of the world where processed foods dominate our dietary intake. A balanced diet and a healthy lifestyle is the corner stone of good health. Various research work show that by improving and establishing good eating habits, rapid changes in one's health can be observed. Thus, a focus on children and young adolescents is the primary prevention of health risks and disorders related to lifestyle such as obesity, diabetes, cancer, hypertension and other cardiovascular diseases are important issues in both developed and developing countries. Primary prevention of diseases among young population is an important issue in our society. Regular physical activity, sound nutrition, and stress management are considered to be priority of healthy lifestyles.

There are several reasons for placing these as priority on lifestyles. Firstly, they are behaviors that affect the lives of all people secondly, they are lifestyles in which large numbers of people can make improvement and finally, slight changes in these behaviors can make dramatic improvements in individual health.

For example, people who consume high fat diets, lead sedentary lifestyle, use tobacco, indulge in smoking, consume alcohol or consume drugs abuse drugs (including alcohol) etc can have an immediate and dramatic effect on health by changing their behaviors.

## 2. Healthy Eating

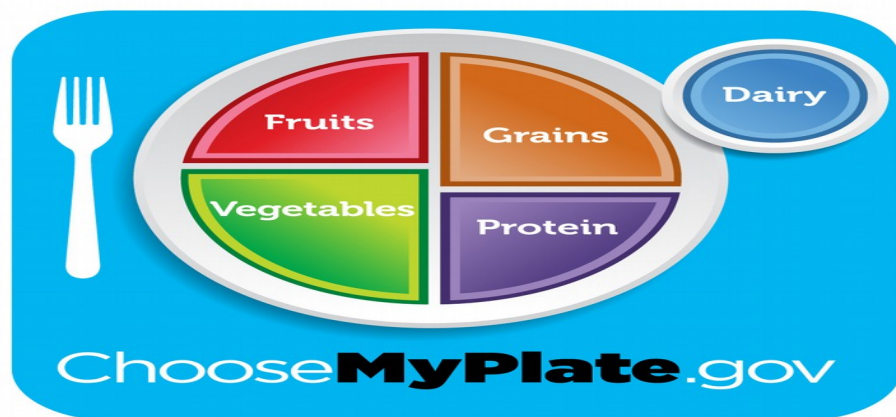
Nutrition is a basic human need and a prerequisite for healthy life. A balanced diet is essential from the very early stages of life for proper growth, development and to remain active. Apart from supplying nutrients, food provides a host of other components like phytochemicals, which have a positive impact on health benefits beyond nutrition. For people consume food, it is essential to advocate nutrition in terms of foods, rather than nutrients. Therefore, our first focus on what should we eat for a healthy lifestyle?



Source: USDA Choose my plate.gov

- Limit foods and drinks from the Top Shelf of Food Pyramid. This is the most important Healthy Eating Guideline, as these are high in fat, sugar and salt

- Prepare and cook your meals using fresh ingredients. Ready meals and takeaways



- tend to be high in fat and salt and should not be eaten regularly
- Always read the nutrition label - check for high levels of fat, sugar and salt.
- Eat a variety of 5 or more of different colored fruit and vegetables every day. Choose green leafy vegetables regularly. For e.g., Smoothies and Yogurts can count towards your fruit and vegetable intake, Check for sugar and fat content in it.
- Wholegrain breads, high fiber cereals, especially porridge, potatoes, whole wheat pasta and brown rice satisfy hunger. They are the best foods to fuel your body. These provide a slow release of energy.
- Choose healthier cooking methods like steaming, grilling, baking, roasting and stir-frying instead of frying foods. Limit the consumption of fried foods, such as potato chips, fries etc.
- Eat more fish as it is a good source of protein as well as containing important vitamins and mineral. Fish oil should be used in salads as they are high in omega 3 fatty acids.
- Choose lower fat milks, low fat/no added sugar yoghurts and yoghurt drinks and reduced fat cheese.
- Choose vegetable oils that are high in monounsaturated fats such as rapeseed, rice bran or olive oil. Oils high in polyunsaturated fats such as sunflower or corn oil are also good fats.
- Add as little as possible or no salt to your food during cooking or at the table. Try other flavorings instead such as herbs, spices, pepper, and garlic or lemon juice.
- Try to consume freshly prepared foods as much as possible. Look at the salt content on food labels in canned foods.
- Consume at least 8-10 glasses of water every day.
- Enjoy your meals with your family. Eat slowly and chew your food properly. Eating while watching TV or the computer screen distracts you from the amount of food you eat and you may end up eating more than you need, so do not eat food with screen.
- Always make time to have a breakfast – people who eat breakfast are more likely to be a

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healthy weight.

To eat healthy means to have a balanced diet. No single food can supply all the nutrients in the amounts we need. Healthy eating is enjoying variety of nutritious foods, eating more grains, fruits and vegetables and reducing the amount of fat you eat. Therefore, there is a need to choose a variety of food in your diet. Health professionals recognize that poor eating patterns may result in nutritional problems that can impair adolescent growth and development. Furthermore, eating habits formed in adolescence continue into adulthood; consequently, poor dietary patterns among youth have important implications for health and well-being in adulthood. Healthy eating patterns include eating a variety of foods, having regular meals and snacks, responding to body signals of hunger and fullness, creating a positive environment for meals, and eating family meals together whenever possible. Healthy eating also means taking time to relax, enjoy the food and feel satiety.

### 3. Faulty Eating Habits

In the recent decades major economic and social reforms in developing countries (India) has achieved an improved standard of living because of rapid economic growth. The “dietary transition” is directly linked to the socioeconomic environment, specifically to increase in household income, food availability and food variety in the market place, as well as effects of cultural diffusion and consumption. The key feature of the eating pattern include snacking, breakfast skipping, dieting, adoption of specific diet and fast food eating.

- **Snacking:** Snacks can be defined as any food eaten at times other than a meal. They are typically packed in convenient, ready to eat, single serving sizes and little time is required for most commonly eaten snacks. Snacking represents an increased number of eating episodes and therefore an increased opportunity to select different type of food throughout the day, thus an increase in actual variety of food in the diet. Afternoons, evenings and lunch breaks at school are by far most popular time for snacking. Some of the popular snacks consumed are cookies, biscuits, sweets and candies, chips, ice creams etc. Children and adolescents have been reported to be the most frequent snack eaters, they tend not to conform to a regular three-meal-pattern, and such snacking contributes to energy content in their diets. Snacks, which make-up about one-fourth of the daily intake of the food, do not compensate for missed meals, because the snacks are primarily rich in fats, carbohydrates and sugars or because the intake from snacks is not sufficient to make up for the food missed. Snack food are chosen on basis of the quality (appearance, taste and freshness), a reasonable price and others influence like peer pressure, advertisement etc.

The use of fast food for meals or snacks is especially popular among adolescents. So-called fast food includes food from vending machines, self service restaurants, convenience groceries and

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franchise restaurants. The number of fast-food outlets is on rise over the past decade, thus making more convenient for consumers to purchase fast food. Fast-food outlets hold great appeal for the adolescent population. Adolescents want quick, good-tasting, convenient, and low-cost meals which are the main features of fast food.

Ice cream, cookies, chips, soda, and candy make poor snack food choices. In fact, many of these foods tend to cause blood sugar levels to spike and then crash, leading to major food cravings shortly after eating them. Some healthy snack foods are, corn on cob, nuts, fresh fruits and vegetables, sprouts, popcorns, yogurt, steamed traditional foods like dhokla, vegetable idli, paneer, soya, legume wraps etc.

- **Consuming High in Fat, Salt and Sugar Foods (HFSS):** HFSS foods may be defined as foods (any food or drink, packaged or nonpackaged) which contain low amounts of proteins, vitamins, phytochemicals, minerals and dietary fibre but are rich in fat (saturated fatty acids), salt and sugar and high in energy (calories) that are known to have negative impact on health if consumed regularly or in high amounts”. Consumption of HFSS foods is steeply increasing, both in urban and rural areas of India. The ease of availability, taste, low cost, peer pressure and aggressive marketing and advertisements of such food make them popular with children and adolescents, leading to obesity and other lifestyle diseases. As preventive measures government should put ban on the sale of all HFSS foods in school canteens. Private vendors and street vendors should not to be allowed to sell HFSS foods during school timings (7 A.M to 4.00 P.M) within vicinity of 200 meters.

- **Skippping Breakfast:** Breakfast is an important meal to supply energy after an overnight fast for cognitive function and endurance. A good breakfast fuels you up and gets you ready for the day. In general, kids and teens that eat breakfast have more energy, do better in school, and eat healthier throughout the day. Without breakfast, people can get irritable, restless, and tired. Breakfast provides the body and brain with fuel after an overnight fast - that's where its name originates, breaking the fast! Without breakfast you are effectively running on empty, like trying to start the car with no petrol. A healthy breakfast should provide calories in the range of 20-35% of your recommended dietary allowance. Apart from providing energy, breakfast foods are good sources of important nutrients such as calcium, iron and B vitamins as well as protein and fibre. Breakfast should contain a component of cereals and at least a milk product or fruit/juice or a meat/fish/egg product. Regular breakfast eating has been associated with lower blood cholesterol and lower body weight. Literature shows that omitting or improper breakfast interferes with cognition and learning resulting in low academic scores and physical fitness. Breakfast skipping causes high levels of snack food consumption. Breakfast can be good for waistline too, research shows those who eat

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breakfast are less likely to be overweight and more likely to be within their ideal weight range compared with breakfast skippers. If you skip breakfast, you're more likely to reach for high sugar and fatty snacks mid-morning.

#### **4. Eating Disorders**

Eating disorders are marked unhealthy eating patterns with distorted thoughts and emotions about body image. These marked unhealthy eating patterns include dieting, fasting, over exercising, using slimming medication, vomiting or binge eating. Eating disorders frequently appear during adolescence or young adulthood. Women and girls are much more likely than males to develop any eating disorders. Sometimes the desire to be thin and attractive is so strong that extreme eating disorders develop like anorexia nervosa and bulimia nervosa.

**Anorexia Nervosa:** Anorexia nervosa is an eating disorder characterized by low weight, fear of gaining weight, and a strong desire to be thin, resulting in food restriction. Many people with anorexia see themselves as overweight even though they are in fact underweight. It is sometimes referred as starvation sickness. Anorexia is associated with low self esteem and numerous medical conditions: slow heart beat, low blood pressure, osteoporosis, constipation and abdominal distress.

**Bulimia:** This is associated with binge eating. Binge eating involves eating a large amount of food and feeling a 'loss of control' and compensatory behaviors such as self-induced vomiting designed to undo or compensate for the effects of binge eating.

#### **5. Conclusion:**

We need to encourage children and adolescents to develop healthy eating behavior together with healthy attitudes about their weight, body image and self esteem and check the socio-cultural influence that promote eating disorders. Besides a good nutritious diet and healthy eating practice with physical activity plays a vital role in an individual healthy lifestyle. Thus, the road to healthy lifestyle starts with good eating and physical activity habits. Physical activity, importance of good sleep pattern and stress management is discussed in Healthy Lifestyle module part 2.