

Rotary



SERVE TO
CHANGE LIVES

Rotaract
District 3150



EXPAND YOUR WINGS



Villa Marie Degree College For Women
(Affiliated to Osmania University)
Somajiguda, Hyderabad
An ISO 9001:2015 Certified Institution



Time And health are two precious
assets that we don't recognize and
appreciate until they have been
depleted.

- Denis Witley

**ROTARACT CLUB of Villa Marie Degree College
{VICAS - Villa Marie's Initiatives towards
Community Awareness and Services}**

Presents

NUTRITION FAIR

Date: 15th September, 2022

Time: 11:00am to 11:30am

Target Audience: II and III year Students

Venue: Villa Marie College STAGE



VILLA MARIE DEGREE COLLEGE FOR WOMEN

(AFFILIATED TO OSMANIA UNIVERSITY)

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E-mail:villamarieedu@gmail.com www.villamariecollege.com

AN ISO 9001:2015 CERTIFIED INSTITUTION

AN INITIATIVE OF INTERNAL QUALITY ASSURANCE CELL (IQAC)

VICAS

Villa Initiatives Towards Community Awareness And Services

GIVING IS NOT JUST ABOUT MAKING DONATION, IT'S ABOUT MAKING A DIFFERENCE



SLURP FOOD FOR PREGNANCY *

Leaf vegetable		Milk		Calories in Cooked dal (100 gm.)	
Overview	Nutrition Facts	Overview	Nutrition Facts	Overview	Nutrition Facts
Spinach		Milk, 1% fat		Bengal Gram	
Amount Per 100 grams		Amount Per 100 grams		Amount Per 100 grams	
Calories 23		Calories 42		Calories 90.45 Kcal	
% Daily Value*		% Daily Value*		% Daily Value*	
Total Fat 0.4 g	0%	Total Fat 1 g	2%	Protein 4.68 gm	9%
Saturated fat 0.1 g	0%	Saturated fat 0.6 g	12%	Fat 3.24 gm	6%
Cholesterol 0 mg	0%	Cholesterol 5 mg	10%	Saturated Fat 0.11 gm	0%
Sodium 79 mg	3%	Sodium 64 mg	1%	Carbohydrates 10.18 gm	20%
Potassium 500 mg	15%	Potassium 150 mg	3%	Fiber 3.45 gm	7%
Total Carbohydrate 3.8 g	8%	Total Carbohydrate 5 g	10%	Sodium 5.02 mg	0%
Dietary fiber 2.2 g	8%	Dietary fiber 0 g	0%	Potassium 220.40 mg	4%
Sugar 0.4 g	0%	Sugar 5 g	10%	Calcium 13.85 mg	3%
Protein 2.9 g	6%	Protein 3.4 g	7%	Iron 1.48 mg	17%
Vitamin C 48%	96%	Vitamin C 0%	0%	Zinc 0.80 mg	16%
Vitamin E 15%	30%	Vitamin E 0%	0%		
Vitamin B6 10%	20%	Vitamin B6 0%	0%		
Magnesium 19%	38%	Magnesium 2%	4%		

Egg		Nutrition Facts	
Overview	Nutrition Facts	Overview	Nutrition Facts
Egg, boiled		Mixed Vegetable Salad	
Amount Per 100 grams		Amount Per Serving	
Calories 155		Calories from Fat 61	
% Daily Value*		% Daily Value*	
Total Fat 11 g	22%	Total Fat 5.8g	12%
Saturated fat 3.3 g	6%	Saturated Fat 1.6g	3%
Cholesterol 373 mg	74%	Total Fat 0.1g	0%
Sodium 128 mg	3%	Unsaturated Fat 3.3g	6%
Potassium 126 mg	3%	Cholesterol 5.2mg	10%
Total Carbohydrate 1.1 g	0%	Sodium 375mg	7%
Dietary fiber 0 g	0%	Potassium 30mg	0%
Sugar 1.1 g	2%	Total Carbohydrates 11g	2%
Protein 13 g	26%	Dietary Fiber 2.7g	5%
Vitamin C 0%	0%	Sugars 0.3g	0%
Vitamin E 15%	30%	Protein 2.7g	5%
Vitamin B6 10%	20%	Vitamin A 60%	120%
Magnesium 19%	38%	Vitamin C 97%	194%
		Calcium 7.4%	15%
		Iron 5.1%	102%

Nutrition Facts	
Overview	Nutrition Facts
Mixed Vegetable Salad	
Amount Per Serving	
Calories from Fat 61	
% Daily Value*	
Total Fat 5.8g	12%
Saturated Fat 1.6g	3%
Unsaturated Fat 3.3g	6%
Cholesterol 5.2mg	10%
Sodium 375mg	7%
Potassium 30mg	0%
Total Carbohydrates 11g	2%
Dietary Fiber 2.7g	5%
Sugars 0.3g	0%
Protein 2.7g	5%
Vitamin A 60%	120%
Vitamin C 97%	194%
Calcium 7.4%	15%
Iron 5.1%	102%

G. PooJA
B2021AC1

HOW TO DECODE A NUTRITION LABEL?

SERVING SIZE: Check to see if the serving size is realistic for the amount you are going to eat.

PERCENT DAILY VALUES: For 100% of essential nutrients, you should aim for 100%.

FIBRE IS A CARB: Most carbs are what gets digested at dinner (except for wheat). Total carbs = fibre + what gets digested.

READ PROTEIN (EGG, MILK, YOGURT): Food labels with high protein are best (about 10g per 100g).

MINIMIZE SUGAR: Don't eat high-sugar foods.

SLOW DOWN! Eat slowly and chew well.

GO! Eat a variety of grain-light foods everyday.

DRINK plenty water & healthy juices!

Eat your greens!

Have a healthy breakfast (oatmeal).

Mindful & healthy eating keeps your mind & heart peaceful & awake!

TRAFFIC LIGHT FOODS

STOP! Don't eat high-sugar foods.

SLOW DOWN! Eat slowly and chew well.

GO! Eat a variety of grain-light foods everyday.

DRINK plenty water & healthy juices!

Eat your greens!

Have a healthy breakfast (oatmeal).

Mindful & healthy eating keeps your mind & heart peaceful & awake!

I AM A CYSTER!!

(PCOD/PCOS AWARENESS)

DO'S ✓

- Drink plenty water & healthy juices!
- Eat your greens!
- Have a healthy breakfast (oatmeal).
- Mindful & healthy eating keeps your mind & heart peaceful & awake!

DON'T'S ✗

- Don't eat high-sugar foods.
- Don't eat high-fat foods.
- Don't eat processed foods.

Polycystic ovary

THE KEY TO A HEALTHY BODY

— SANA FATIMA BBA 2021AC1

The c... est | BP 00

VITAMIN

There are many types of Vitamin's has follows,
Vitamin 'A', 'C', 'D', 'E', 'K', 'B1', 'B2', and 'B3'

There are Two types in the soluble of Vitamins
* Water soluble :- 'B' & 'C'
* Fat soluble :- 'A', 'D', 'E', 'K'

Vitamin B & C are like Milk, Juices, Lemon and Etc.

Vitamin A, D, E, K are like fruits, and Many more

Vitamin's are very Important to body, In daily lifestyle the vitamin gives lots of Energy.

G. Chandini B.com (3C1)

"Remember when your body is hungry, it wants nutrients not calories."

"You are what you eat, so don't be fat, cheap, easy or fake."

DID YOU KNOW?

- * During the 1800's, ketchup was said to have medicinal properties. People thought it would cure diarrhea, indigestion, jaundice & rheumatism.
- * Watermelon is the official vegetable of 'Oklahoma'. Yes, Oklahomans consider watermelon to be a vegetable (another fun fact: it's a part of the cucumber family).
- * Eggplants aren't vegetables; they're actually berries.
- * Almonds are seeds, not nuts; also actually a "drupe"
- * Artificial vanilla contains castoreum, which is a product that comes from a gland in a beaver's butt.

MINERALS

What are Minerals?

Minerals are those elements in the earth and in foods that our bodies need to develop and function normally.

Why are minerals important in food?

Minerals are necessary for three main reasons:

1. Building strong bones and teeth.
2. Controlling body fluids inside and outside cells.
3. Turning the food you eat into energy.

What are the 7 minerals in food?

They include calcium, phosphorus, magnesium, sodium, potassium, chloride and sulfur.

Complementation Partner



COLLEGE FOR WOMEN

DRIBL... Solutions for your journey

Protein-Rich Foods

with no meat or nuts!

1 cup of lentils 18g	1 cup of black beans 15g	1 cup of chickpeas 16g	1 cup of kidney beans 14g
1/2 cup of tahini 16g	1/2 cup of soybeans 16g	1/2 cup of edamame 17g	1/2 cup of chickpeas 16g
1/2 cup of lentils 18g	1/2 cup of black beans 15g	1/2 cup of chickpeas 16g	1/2 cup of kidney beans 14g

EAT MORE (left side) and **EAT LESS** (right side) are written vertically. The 'EAT MORE' side lists items like Beans, Lentils, Chickpeas, Kidney Beans, Soybeans, Edamame, Tahini, and Soybeans. The 'EAT LESS' side lists items like Bacon, Ham, Beef, Pork, Chicken, Turkey, Fish, Eggs, Dairy, and Grains.

CHOOSE YOUR CARBS!

The food we choose makes a difference.

CARB-LOADED

A CULTURE DYING TO EAT

Fiber

→ Fiber is a type of carbohydrate that your body cannot digest. It adds bulk to your stool and helps you maintain regular bowel movements.

→ In most people, it is important to have enough fiber in your diet to keep your digestive system healthy. It can help you lose weight, lower your cholesterol, and improve your heart health.

→ There are 2 types of fiber - soluble and insoluble.

→ Soluble fiber can be found in fruits, vegetables, and grains. It can help lower cholesterol and regulate blood sugar levels.

→ Insoluble fiber can be found in wheat bran, corn bran, and the skins of fruits and vegetables. It can help prevent constipation and may reduce the risk of heart disease.

→ Many types of soluble fiber can act as prebiotics and feed the good bacteria in your gut, which can help with overall health.

DID YOU KNOW?

- Fats are very high in energy. 1 gram of fat contains 9 Kcal - more than 2x the calories of 1 gm of protein or carbohydrate.
- Adults should get a recommended 20-35% of their energy intake from fat.
- An Active woman, with a daily energy intake of 2,000 Kcal, should eat between 44g - 78g of fat per day.
- The nutrition labels on food packaging can help you cut down on total fat and saturated fat.

High fat - more than 17.5g of fat per 100g.

Low fat - 3g of fat or less per 100g.

Fat-free - 0.5g of fat or less per 100g or 100ml.

PROTEINS

What are Proteins?

Proteins are large, complex molecules that play many critical roles in the body. They do most of the work in cells and are required for the structure, function, and regulation of the body's tissues and organs.

Proteins are made up of chemical 'building blocks' called amino acids. Your body uses amino acids to build and repair muscles and bones and to make hormones and enzymes. They can also be used as an energy source.

Some of the protein sources include - Greek Yogurt, lentils, beans, cottage cheese, chia seeds, Eggs, Almonds etc.

PLANT BASED PROTEIN

Beans	Lentils	Chickpeas	Soybeans
Peas	Edamame	Tofu	Tempeh
Seitan	Mycoprotein	Plant-based milk	Plant-based yogurt

ANIMAL BASED PROTEIN

Eggs	Chicken	Beef	Pork
Salmon	Shrimp	Cheese	Yogurt
Milk	Butter	Ghee	Plant-based meat

CLEAN PROTEINS

Chicken	Salmon	Eggs	Greek Yogurt
Lean Beef	Plant-based protein	Seitan	Quinoa
Edamame	Chickpeas	Lentils	Beans

"A healthy Outside Starts from the inside."
- Robert Ulrich.

FATS

WHAT ARE GOOD FATS?

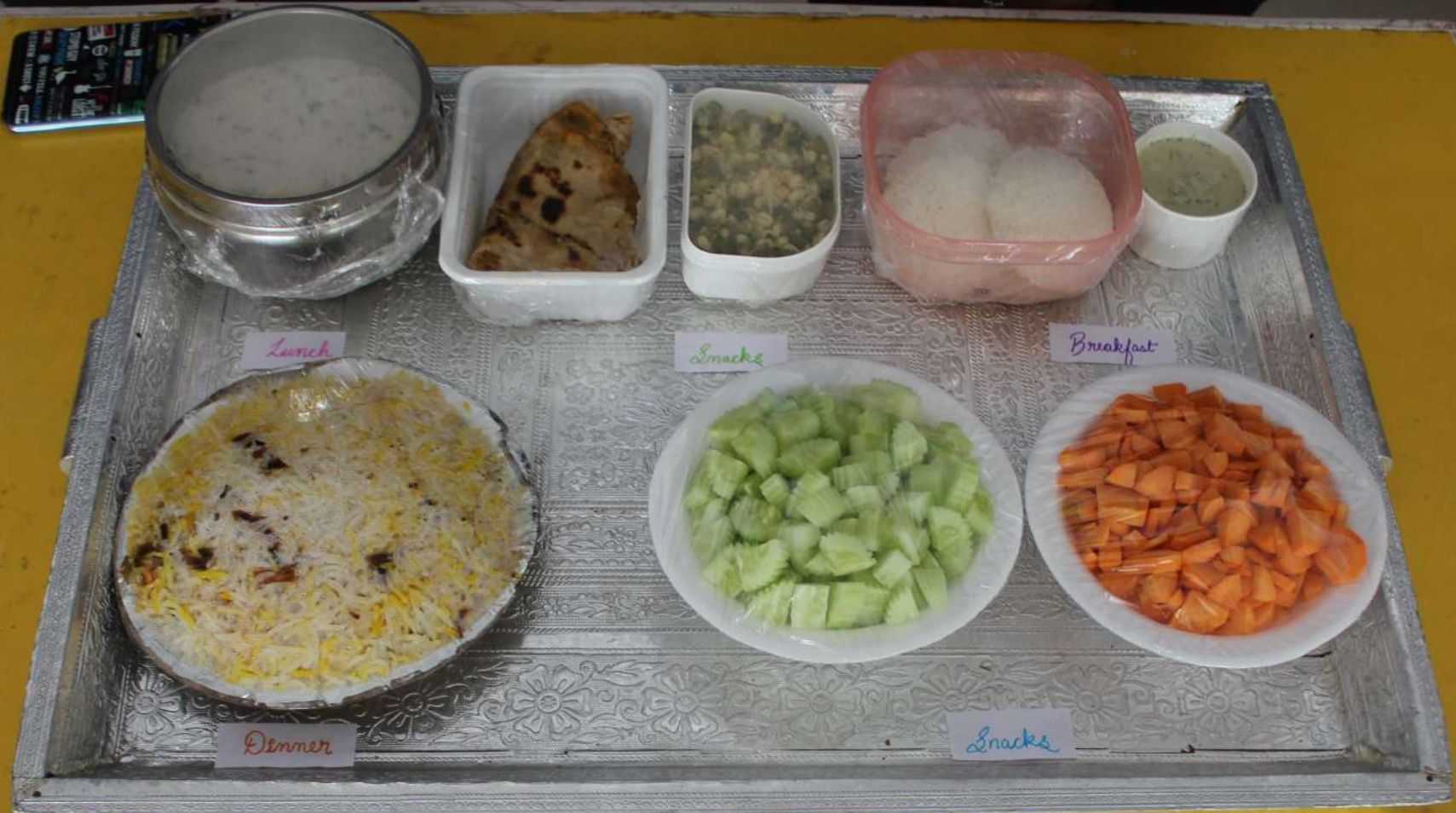
Fat is a type of nutrient, and just like protein & carbs, your body needs some fat for energy, to absorb vitamins.

Choose foods with "Good" unsaturated fats, limit foods high in saturated fat, and avoid "Bad" trans fat.

MONOSATURATED FATS

TRANS FATS

DECEMBER 23RD



Lunch

Snacks

Breakfast

Dinner

Snacks

Indian nutrition Diet



NUTRITION
FAIR



NUTRITION
OF
INDIA

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ONWARDS
STAGE





















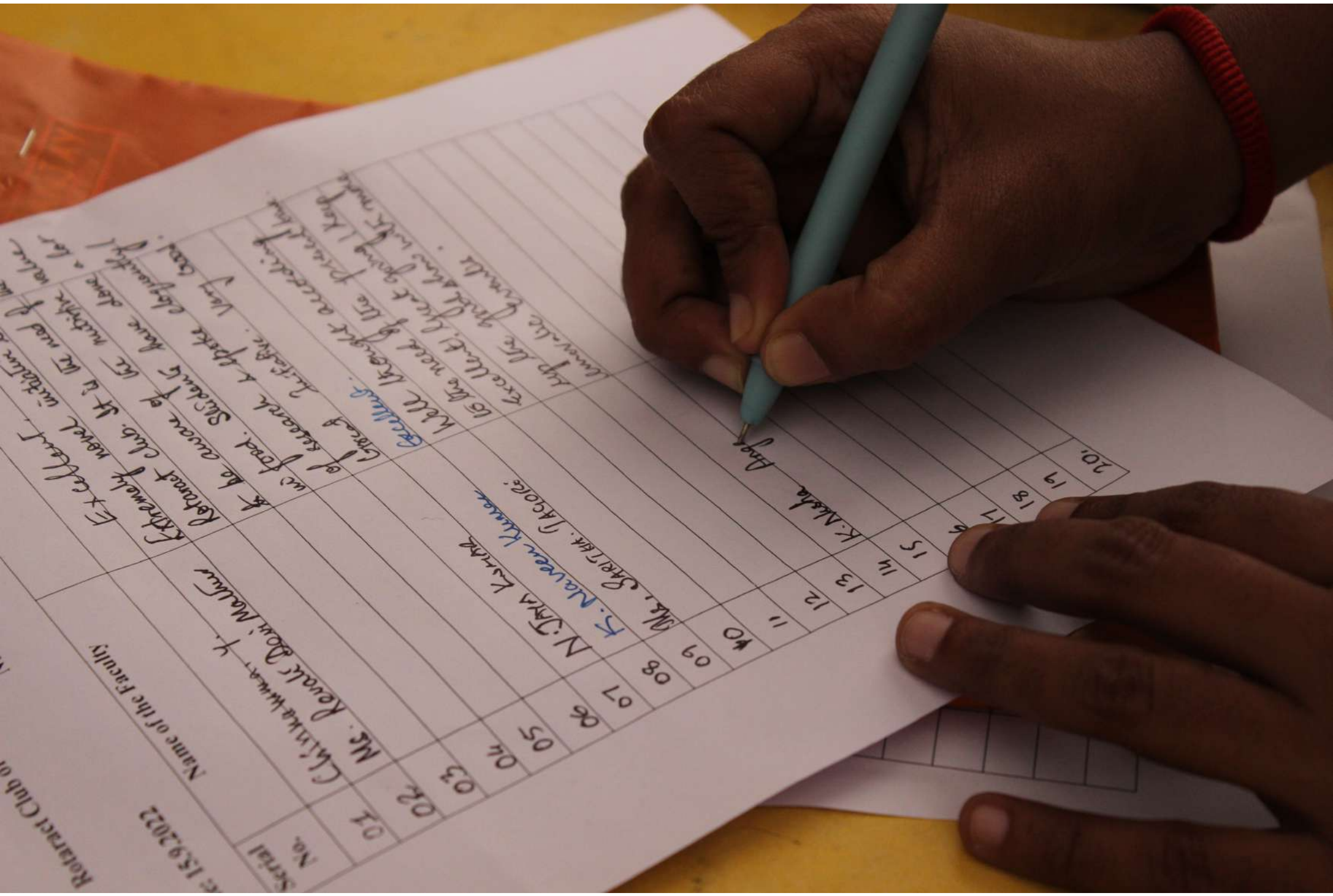












Rotaract Club of ...
 Date: 15.9.2022

Serial No.	Name of the Faculty	
01	Chitra Kumar	<p><i>Excellent! Great going! Keep up the good work!</i></p> <p><i>is the need of the present time</i></p> <p><i>will brought according to the need.</i></p> <p><i>is the need of the present time.</i></p> <p><i>is the need of the present time.</i></p> <p><i>is the need of the present time.</i></p> <p><i>is the need of the present time.</i></p> <p><i>is the need of the present time.</i></p> <p><i>is the need of the present time.</i></p> <p><i>is the need of the present time.</i></p> <p><i>is the need of the present time.</i></p> <p><i>is the need of the present time.</i></p>
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