



*Arya Samaj Greater Houston*  
&  
*Vedic Culture Center*  
कृण्वन्तो विश्वमार्यम्  
**Make the World Noble**



# POWER OF DIETARY DISCIPLINE FOR A HEALTHIER LIFE

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**ARYA SAMAJ GREATER HOUSTON - HEALTH FAIR**



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Life - Health = ?



# Hell on Earth



Life - Thought = ?



# Inertia



# 10 Most Common Causes of Death in the US



10. Suicide
9. Kidney Disease
8. Influenza & Pneumonia
7. Diabetes
6. Alzheimer's
5. Stroke
4. Accidents
3. Chronic Respiratory Diseases
2. Cancer



**# 1 Cause Of Death:**

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**Heart Disease**



# Obesity

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Hypertension  
Hyperlipidemia  
Obesity Sleep Apnea  
Diabetes  
Arthritis  
Many other secondary  
diseases





# Power of Dietary Discipline



## *For Better Health*

1. Be sure to do the breathing / stomach exercises before meals.
2. Be free from bad habits and addictions keep less food available at home.
3. Choose only nutritious & healthy foods, preferably home cooked meals. Avoid high sodium and sugary foods and drinks. Always read the labels! Change the ingredients not the menu.
4. Observe one fast per week by observing Meatless Monday or Vegan's Wednesday or fruity Friday or eating one meal in 24 hours. May eat calorie free foods/drinks.



# Power of Dietary Discipline



## *For Better Health*

5. Have more free foods and negative foods at home.
6. Include uncooked, raw food products in daily menu, such as vegetables, fruits, nuts, seeds, etc.
7. Do not eat anything in between meals. If one has to, then drink water ( or juices, smoothies, eat fruits, vegetables.)
8. Eat one salad plate and one fruit plate every day. Instead of sweets, eat a fruit any time.
9. Drink one glass of fruit and vegetable juice every day. When making a smoothie, do not remove skin or seeds from the fruits and/or mixed vegetables.
10. Decrease the amount of processed foods.



# Power of Dietary Discipline

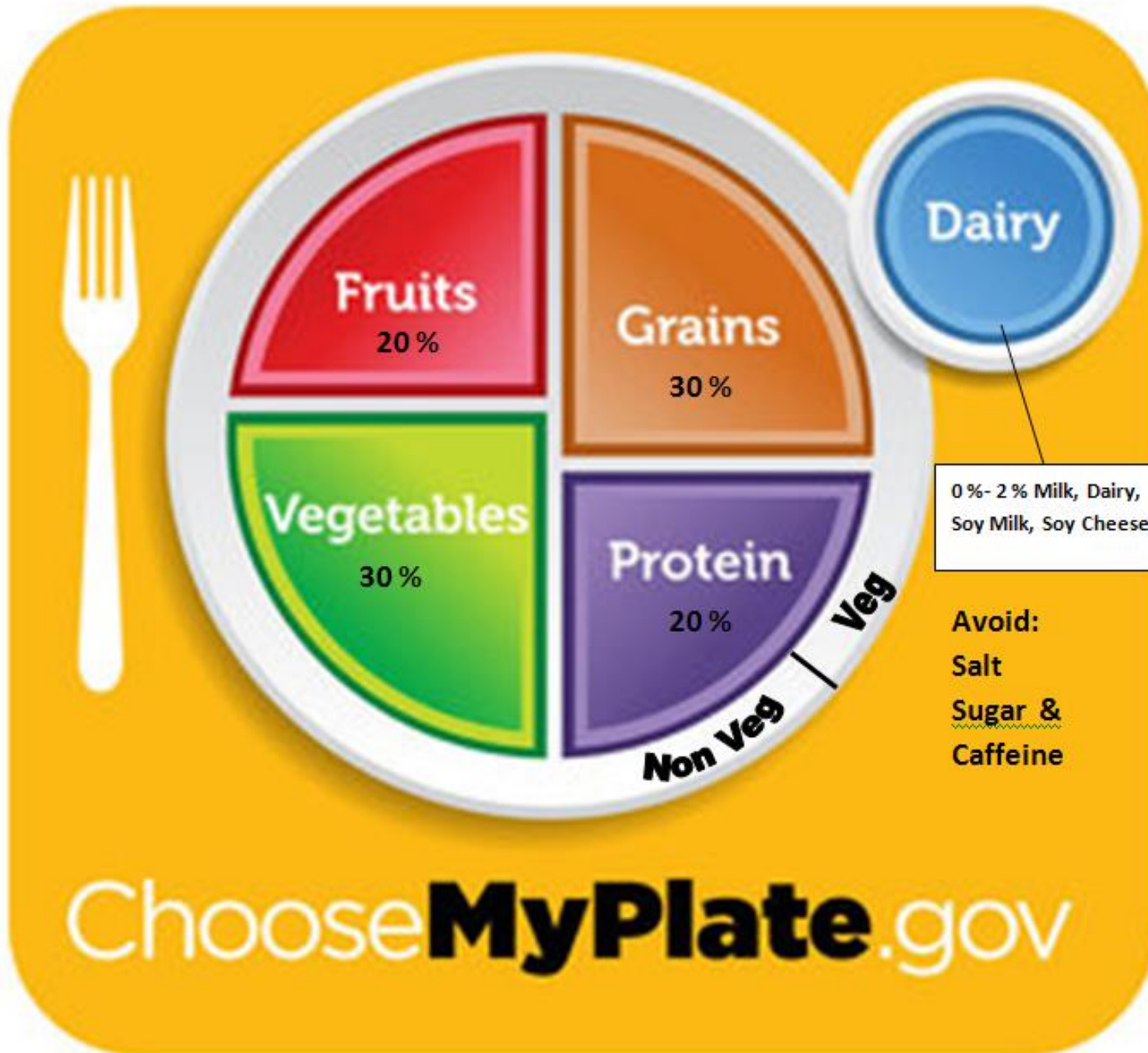


## *For Better Health*

11. While eating, chew 60 times before swallowing and space out meals about six to eight hours. Drink solids and eat liquids.
12. Always leave some space in the stomach before getting up after the meal (remember there is always a next time to eat). ie: cut meal size to 2/3 to 3/4 size, such that there is no discomfort or uneasiness after a meal.
13. Allow ample time to eat the meal.
14. Avoid arguments and derogatory discussions during the meal. Make it a most pleasant event.



# USDA RECOMMENDED DIET



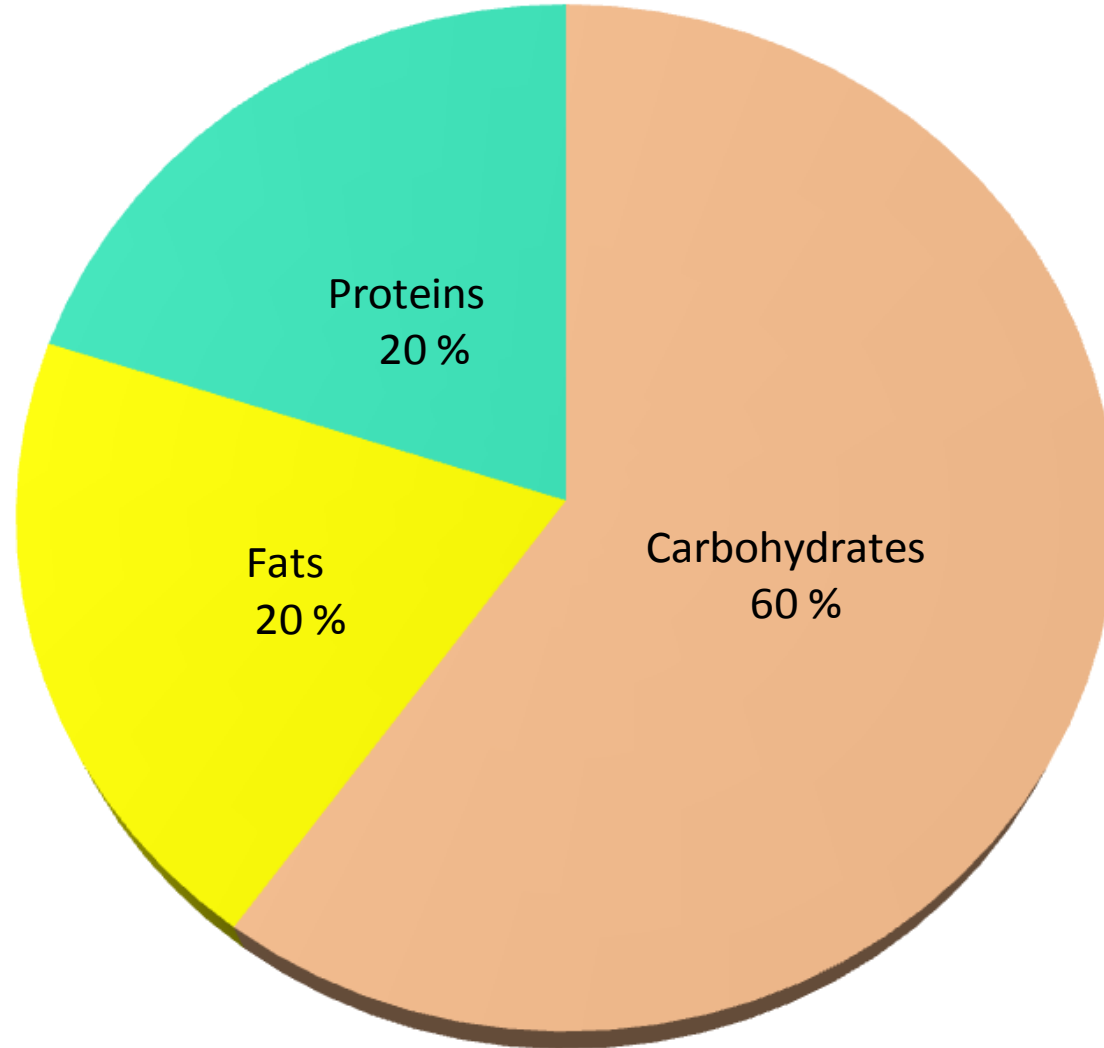




# Recommended Caloric Distribution



## Balanced Calories

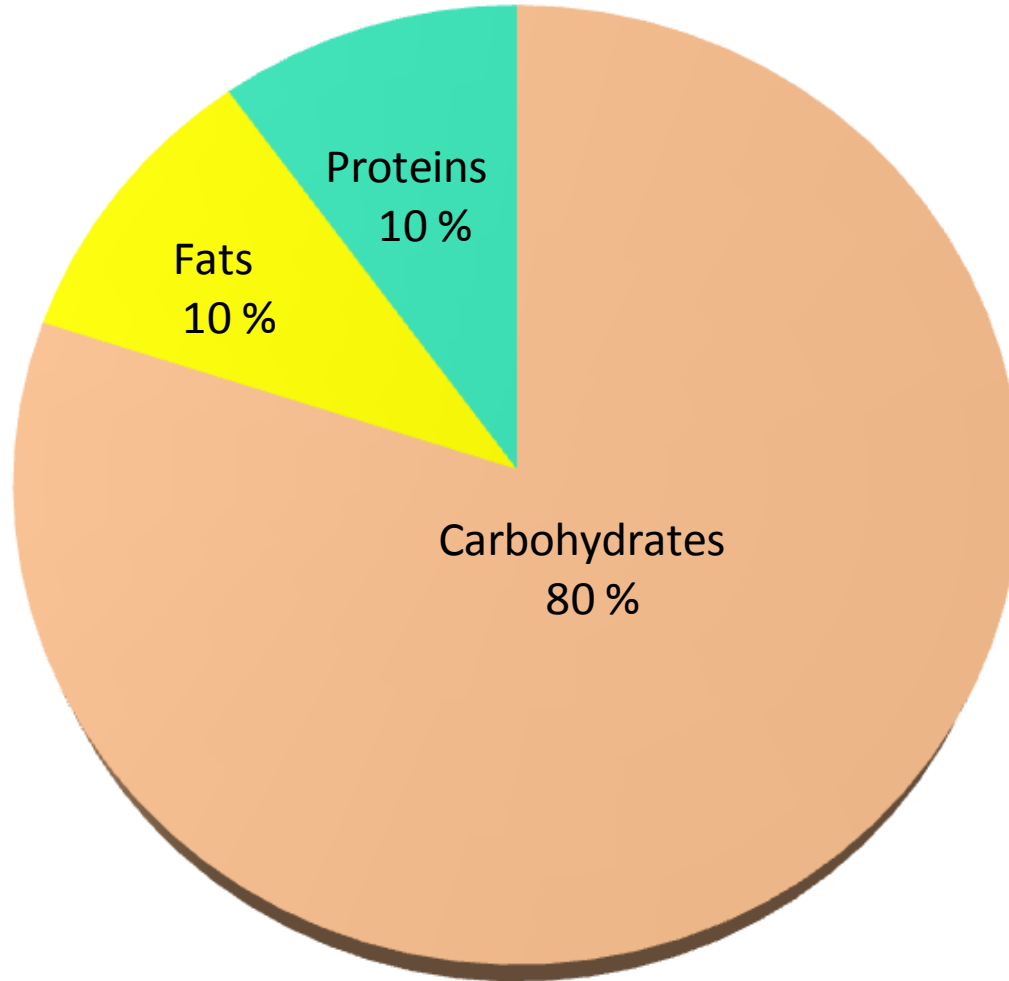




# Unbalanced Calories



## Unbalanced Calories





# Vegetarian Cardiac Diabetic Diet



1. **Mixed Nuts: One's Own Fistful Size Serving Daily. Rx**
2. **Soy Products: Green Soy Beans, Roasted Beans, Milk (Silk), Tofu, Ice Cream (Low Sugar), Chips, Cookies, Soy Cheese Etc. Rx**
3. **Drinks: Juice (All Natural), Milk, Silk, Fruitables, Vegetable Juice. Avoid: All Energy Drinks, Coke, Mountain Dew, Dr. Pepper, Red Bull, Monster, etc. See Caffeinated Foods List. Rx**
4. **Fruits- One Mixed Fruits Serving Daily. Vegetables- One Mixed Vegetables Serving Daily. Please Refer To Separate List. Rx**
5. **Cereal ( Prefer Corn, Whole Wheat, Nuts, Oatmeal), Multigrain Bread Bars Are Okay As Long As Ingredients Are Right. Rx**
6. **Mixed Seeds: One Serving Daily. Rx**



# Vegetarian Cardiac

## Diabetic Diet



7. Flax Seed= One Teaspoon Three Times A Day (Milled), May Add In Milk, Tea/Coffee, Top Of Ice cream & Use It As Spread Over The Bread With Fruit Jam. **Rx**
8. Protein: Beans Family, All Kathols  
Black Eyed Peas, Chick Peas/ Chanaa, Green Beans, Lima Beans, Pigeon Peas, Mung, Muth, Toor, Adud(Urd), Etc. See Beans List. Veggie Burgers, Veggie Chicken, Veggie Hot Dog Etc. **Rx**
9. Dairy Products: Ice Cream: No Fat, No Sugar (Top With Mixed Nuts Or Flax Seed Powder)
10. Cake/Pie: Sugar Free, Soy Cheese
11. Mexican Foods: Only Beans, Soy Cheese, Fat Free Yogurt & Sauce As Preferred. Taco, Enchilada, Fajita, Tostada (Can Bewhole Wheat Tortilla)





# Vegetarian Cardiac

## Diabetic Diet



12. **Pizza: Avoid All Purpose Dough, Prefer Soy, 100 % Whole Grain Or Multigrain Dough, Soy Cheese, Mixed Vegetables & Fruits**
13. **Preferable Fats/Oils: Corn/Mazola, Smart Balance, I Cant Believe Its Butter, Canola, Sunflower, Olive, Peanut Etc.**
14. **Sweets: Avoid Saturated & Trans Fats Such As Ghee, Dalda, Dairy Creamer Etc. May Eat Angeer & Dates Sweets With Fat Restrictions As Stated.**
15. **Read The Label Or Learn About All The Ingredients In Every Thing You Eat. Be Creative. Enjoy All The Foods As Long As They Are Healthy and fresh. Promise You Won't Die If You Don't Cater To Your Tongue.**
16. **Most Important Point To Remember: Avoid Carbohydrates By Reducing White Wheat And All Purpose Flour Products, Potato, Rice And Sugar.**



# Vegetables with low Calories

(Free Foods)

Prefer to eat as part of weight loss diet

May eat raw or boiled.



**ANISE**

**BELL PEPPERS (RED &  
GREEN)**

**BITTER MELON**

**MUSHROOMS**

**BROCCOLI GREENS**

**BRUSSEL SPROUTS**

**CABBAGE**

**CAULIFLOWER**

**CELERY**

**CUCUMBERS**

**DILL WEED**

**EGGPLANT**

**ENDIVE**

**GREEN ONIONS**

**HORSERADISH**

**KALE**

**LEEK**

**LETTUCE**

**MUSHROOMS**

**MUSTARD GREENS**

**OKRA**

**ONIONS**

**RADDISH (RED & WHITE)**

**RHUBARB**

**RUTABAGA**

**SPINACH**

**TOMATILLO**

**TOMATOES**

**TURNIPS (RAW)**



# Vegetables with Higher Calories



**ARTICHOKES**

**ASPARAGUS**

**BEANS**

**BEETS (COOKED)**

**BLACK EYED PEAS**

**CARROTS**

**CHICK PEAS**

**CORN**

**CHESTNUTS**

**GREEN BEANS**

**LIMA BEANS**

**OLIVES**

**PARSNIPS**

**PIGEON PEAS**

**PUMPKIN**

**SOY BEANS**

**SQUASH**

**SWEET POTATOES**

**TARO**

**WATER CHESTNUTS**

**WATERCRESS**

**WINTER SQUASH**

**YAMS**

**ZUCHINNI**



# Fruit List



APPLE

APRICOT

AVACADO

BANANA

BLACKBERRIES

BLUEBERRIES

BOYSENBERRIES

CANTALOUPE

CHERIMOYA

CHERRIES

CRANBERRIES

COCONUT

DRAGONFRUIT

DURIAN

FIGS

GRAPEFRUIT

GRAPES

GUAVA

HONEYDEW

JACKFRUIT

KIWI

LEMON

LIME

DATES

LYCHEE

MANDARIN ORANGES

MANGO

MULBERRY

MUSCADINE GRAPE

NECTARINE

OLIVE

ORANGE

PAPAYA

PASSION FRUIT

PEACH

PEAR

PERSIMMONS

PINEAPPLE

PLUM

POMEGRANATE

PRUNES

RAISINS

RASPBERRIES

STARFRUIT

STRAWBERRIES

TAMARIND

TANGERINE

WATERMELON

\*UNDERLINED AND YELLOW MARKED FRUITS ARE CITRIC



# Multigrain Alternatives For Wheat, Rice and Corn



## Healthy Chips:

**Terra brand original exotic vegetable chips (Walmart and other stores)**

**Terra brand original sweet potato chips (Walmart and other stores)**

**Popcorn Indiana brand Chipins popcorn chips (Walmart and other stores)**

**Kroger brand original sea salt multigrain chips (Krogers)**

**Archer Farms authentic style multigrain tortilla chips (Target)**

**Tostitos multigrain tortilla chips**

**Regenie's multigrain pita chips (Sam's club)**

**Crunchmaster multigrain crackers (Sam's club)**

**Breton multigrain crackers (Walmart)**





# Multigrain Alternatives



## Cereals

**Kellogg's Smart Start Cereal**

**General Mills Multigrain Cheerios**

**Hodgson Mill Multigrain Hot Cereal**

**Nature's Path Organic Multigrain Oat Bran Flakes**

## Tortillas

**Mission brand multigrain wraps**

**Mission brand multigrain flour tortillas**

**Flatout brand multigrain flatbread**



# Multigrain Alternatives



## Bread

Pepperidge Farms Whole Grain 15 grain bread

Pepperidge Farms Light Style 7 grain bread

Pepperidge Farms Deli Flats 7 grain

Pepperidge Farms Ancient Grains multigrain bread

Earthgrains multigrain bread

Earthgrains 7 grain bread

Earthgrains multigrain thin buns

Sara Lee 100 % multigrain bread

Roman Meal multigrain bread, hotdog buns and burger buns



# Multigrain Alternatives



## Home made tortillas (rotis)

Mix a little whole wheat flour, corn, soy, gram (chickpea), urad (lentil), oat, spelt, barley, quinoa, flours with a little water and sunflower, grapeseed, corn, canola, or vegetable oil to make dough. May add chopped spinach, herbs, salt and spices for flavor. Roll out dough into tortillas and cook on stove top.

Available in Indian Grocery Stores: Sujata or Deep brand multigrain flour

## Multigrain Pizza





# List of Beans

## Source of high protein



ADZUKI BEANS  
ANASAZI BEANS  
BLACK BEANS  
BLACK EYED-PEAS  
BLACK TURTLE BEANS  
BROAD BEANS (FAVA BEANS)  
BUTTER BEANS  
CALICO BEANS  
CANNELINI BEANS  
CHICKPEAS (GARBANZO BEANS)  
GREEN OR YELLOW PEAS  
(SPLIT OR WHOLE)  
GREEN AND RED LENTILS  
EDAMAME  
GREAT NORTHERN BEANS

HARICOT BEANS  
ITALIAN BEANS  
KIDNEY BEANS  
LENTILS  
LIMA BEANS  
MUNG BEANS  
NAVY BEANS  
PINTO BEANS  
PINK BEANS  
SMALL RED BEANS  
SNAP PEAS  
SOY BEANS  
SPLIT PEAS  
WHITE BEANS  
ADAD



The beans category of foods should be a part of everyone's daily menu to improve protein intake. This approach would reduce carbohydrate intake, and is especially beneficial for diabetic patients.



# Spices/Seeds

## as salt substitute



**Ajwain Seeds (ajwain)**

**Asafoetida (hing)**

**Black Salt (kaala namak)**

**Cardamom (illaichi)**

**Cinnamon (taj)**

**Cloves (laving)**

**Coriander Seeds (dhana) and powder**

**Cumin (jeeru)**

**Curry Powder (limri powder)**

**Fenugreek Seeds (methi)**

**Fennel Seeds (variyali)**

**Garlic and Garlic Powder**

**Ginger Ginger Root (aadu) and**

**Ginger Powder (sooth)**

**Mace (javantri)**

**Mustard Seeds (rai)\**

**Nutmeg (jaiphul) and Nutmeg Seed**

**Onion and Onion Powder**

**Paprika (marchu)**

**Peppercorns - black pepper**

**Pomegranate Seeds (anardhana)**

**Poppy Seeds (khaskhas)**

**Saffron (kaesar)**

**Sesame Seeds (tal)**

**Star Anise (hagmo)**

**Tamarind (amli)**

**Tumeric (haldal)**



# Spices/Seeds as salt substitute



**Allspice- Jamaica pepper**

**[tastes like a mixture of mace, cloves, nutmeg, (javantri, laving, jaiphul)]**

**Baking Powder**

**(kharo, fatakali, makai lot, calcium phosphate)**

**Caraway**

**Cayenne Pepper**

**Chipotle**

**Dill Seed**





# Herbs

## as salt substitute



**Indian Gooseberry (amlaa)**

**Basil**

**Bay Leaves (tej patta)**

**Chillis, Greens and Red (mirch)**

**Cilantro (dhana)**

**Curry Leaves (limri)**

**Dil (suva)**

**Holy Basi (tulsi)**

**Marjoram**

**Mint (foodi)**

**Oregano**

**Parsley**

**Peppermint**

**Rosemary**

**Savory**

**Thyme**

**Wintergreen**

**Watercress**

**Chives**

**Tumeric**

**Dill Herb**

**Horseradish**

**Liquoice**

**Lemon Grass**

**Sage**

**Spearmint**



\*Herbs and seasonings can be used as desired. To follow a low-sodium diet, be sure to read the labels and choose ones that do not contain sodium or salt. Seasonings mixtures like Mrs. Dash may be used, if there is low salt content



# Food Choices



## Avoid

Smoking  
Drinking  
Drug Abuse  
Energy products  
Appetite Suppressants  
Fat Burners  
Hormones

## Watch

Caffeine  
Salt  
Saturated and Trans Fats  
eg: ghee, coconut oil  
Carbs- Sugar, rice,  
potatoes and white wheat  
Meat  
Mega Vitamins  
Processed foods, MSG,  
GMO

## Eat

Fruits/Vegetables Juices  
Detox Diet : Smoothies  
Beans/Nuts/Seeds  
Multi Grains  
Low Fat Dairy  
Yogurt/Probiotic  
Spices and herbs  
Negative/free foods  
Calcium + Vit. D3  
Multi Vitamins



# Detox Diet



- Toxins From outside & inside
- Diet that is free from toxins
- Diet that help clear the toxins in the body
- Smoothies are a novel way to detoxify the system





**LIVE RIGHT, BE FREE,  
BE ENERGETIC AND BE SMART**



**EAT HEALTHY FOR YOUR BODY, MIND AND HEART**

