



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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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:



Heart Disease



Obesity



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

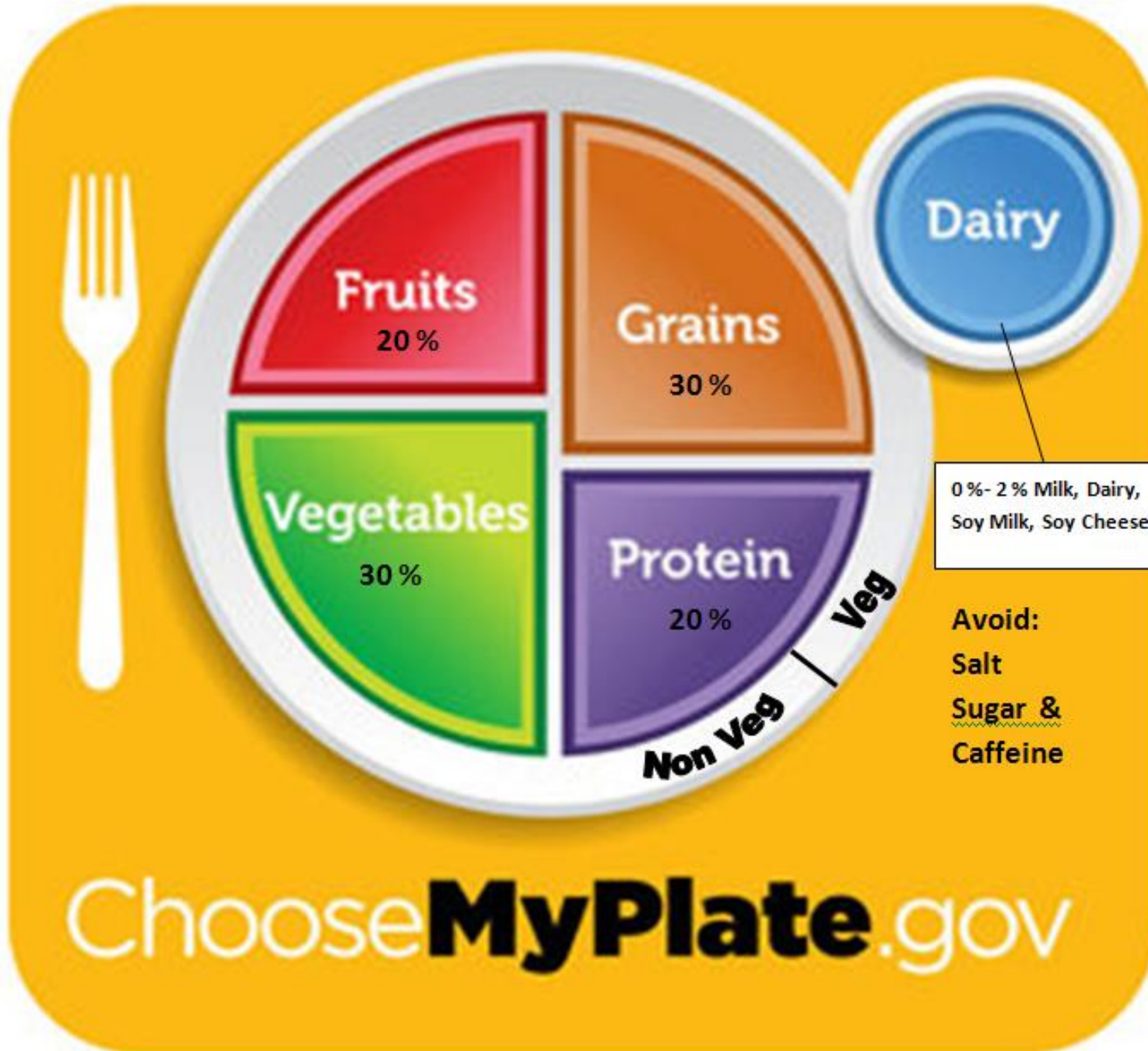


For Better Health

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

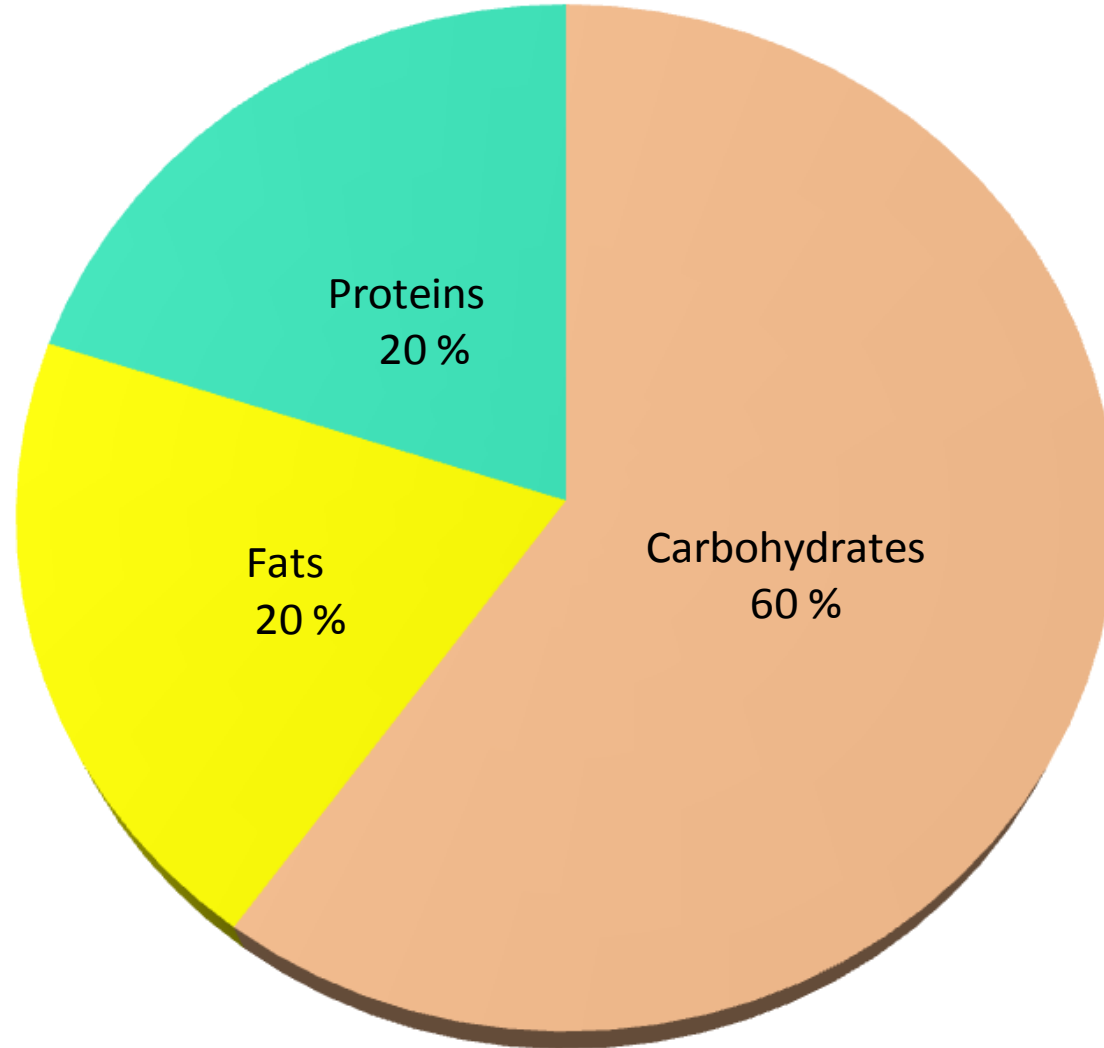




Recommended Caloric Distribution



Balanced Calories

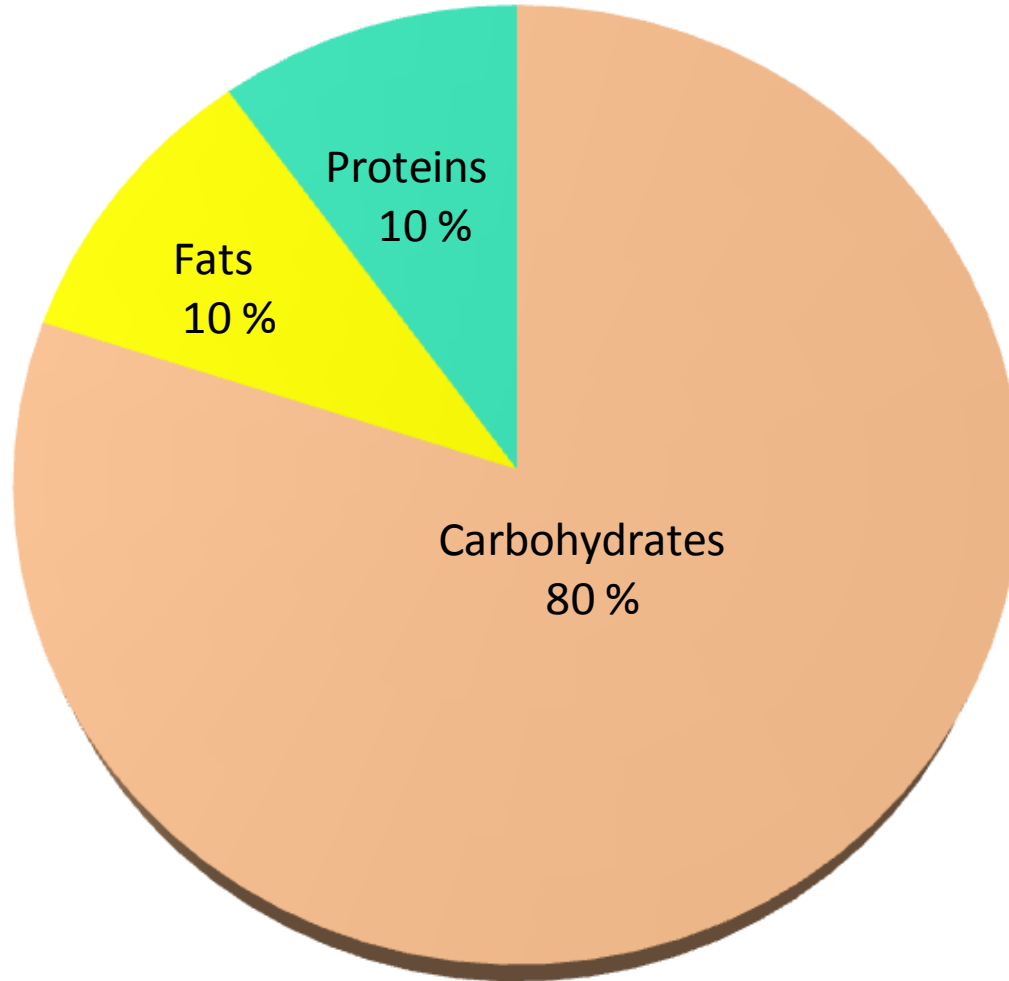




Unbalanced Calories



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

