



## Educating about Nutrition

**Aradhana Dixit\***

*Department of Food and Nutrition, India*

**\*Corresponding Author:** Aradhana Dixit, Department of Food and Nutrition, India.

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Dietitians/Nutritionist can actually trained patient about many aspects... These can be done in form of sessions... in dietetic clinics... in hospitals. The patient can be educated about:

- **Eating healthier foods:** Various tips can be given about eating in healthier way. Like using fats and oils appropriately... avoid too much sodium, taking iodized salts or taking complete or balanced diet.
- **Counting plate waste:** sometimes diet is prescribed and various nutrients are counted but plate waste is neglected. Patients and caretakers should be taught about.
- **Burning calories:** Restrictions should be taught if necessary but burning calories through exercise or yoga can be taught by experts.

### Good cooking

- Methods of cooking ...like best to eat raw foods...deep frying gives palatability at the same time may be source of saturated fats.
- **Cutting vegetables:** Too much chopped vegetables and than washed under tap water may lead to nutrient losses.
- **Boiling and draining remaining water:** May lead to nutrient losses.

### Some tips

- Eat full fruits rather than sugary juices
- Go nuts
- Go veggies
- Drink plenty water.

These are some tips.. but nutrition sessions can be as creative as they can...

There are lots of challenges to arrange them... some of them can be.

- Taking permission and availability of space
- Convincing patients and having max strength as per req.
- Scheduling counseling
- Occupancy of healthcare professionals..

But if tried.. if these can be overcome!!!

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