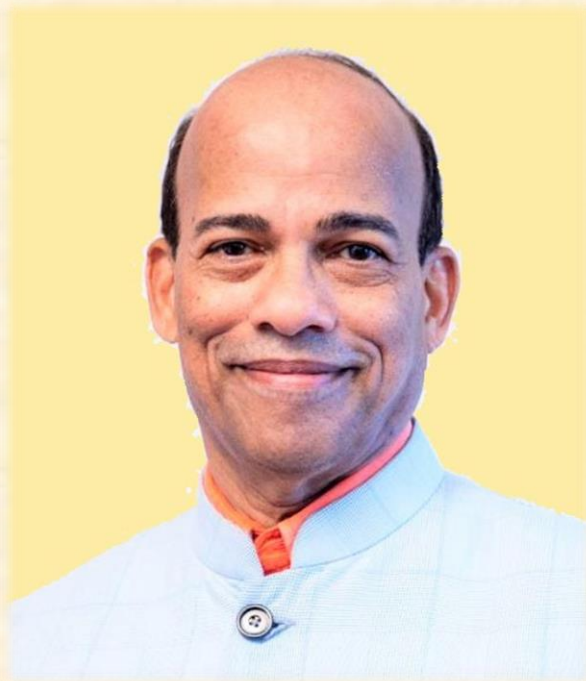


# MY APPROACH TOWARDS DIET For Good Health 2024



**Dr. Digambar Naik**  
Chairman

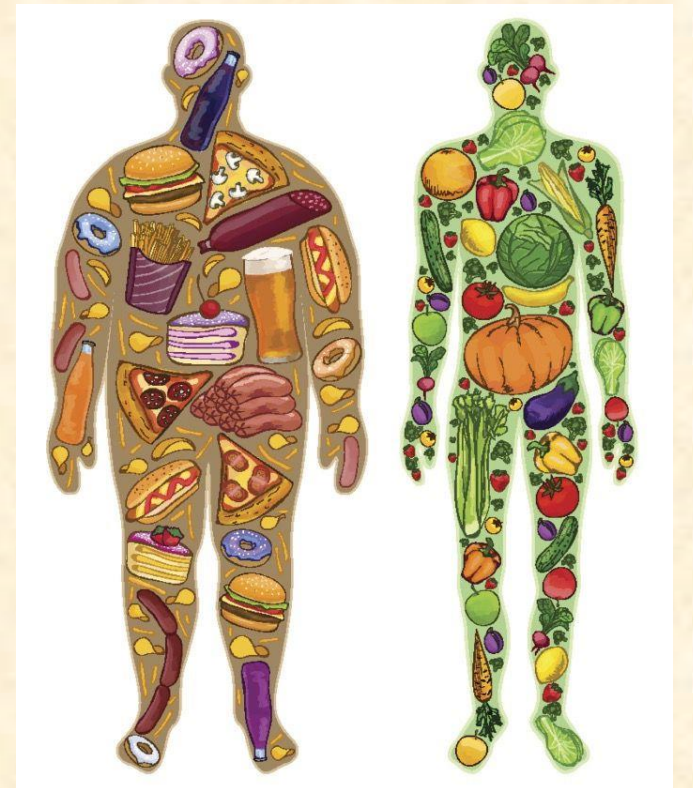
New Vrundavan Hospital and Research Center



# You are exactly

1. **What you eat**
2. **What you exercise**
3. **What you think**

----- **Be wise**

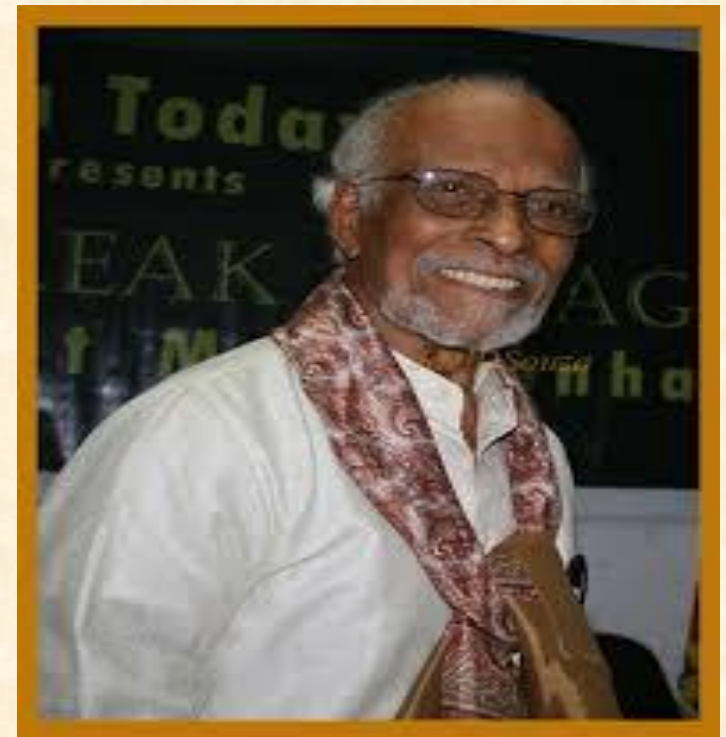


**DR. DIGAMBAR NAIK**

# LATE LAMBERT MASCARENHAS 107 YRS OLD

## Would always say

- Discipline in eating is important
- I never ate extra even in a party
- Less food is better than more
- Fasting one day a week made me more healthy
- All good foods in moderation are good
- It is terrible to develop a paunch
- All my friends who had a paunch have died already.
- I am a non-vegetarian



- **Diet is the most important part of human life**
- **We are made up of what we eat physically, mentally, psychologically as well as socially and of course spiritually**



- **There may be some change in your diet during sickness**
- **Ask your treating physician if you need any alteration**

- We must learn what, how and **how much** to eat.
- Continue to **learn** about diet, so that we imbibe what science teaches us in times to come.
- Do not harp on old things only. A lot of **research** goes on in the world which will keep on teaching us new things about our diet.
- We are not living in ancient times. Our water, our air, our environment is different now. So our diet will be **different** compared to ancient diet.
- Food items also vary in their **content** with the type of seed we put in, with the type of manure we give them, with the type of chemicals we use to grow our crop.
- Remember food items have proper **preservation** science and also a shelf life.
- Stay yourself more hydrated.

**More than**  
**WHAT TO EAT AND WHAT NOT?**

**HOW MUCH TO EAT**

**....is important**

- This depends upon your weight, built up and type of work you do
- Maintaining ideal weight is the most important aspect of your health

**Usually in a debilitating sickness the number of calories required are more**



# **The best way to eat**

## **Avoid All Processed Foods.**

**Pick up organic food for your cooking.**

**Organic food is the one which is produced by applying all organic standards which are stipulated by the laws of that country.**

**Here there is use of natural manure and natural processes of harvesting, cleaning and packing. There is no use of chemical fertilizers or genetic modification here.**



**NUTRIENTS**

**CARBOHYDRATES**

**PROTEINS**

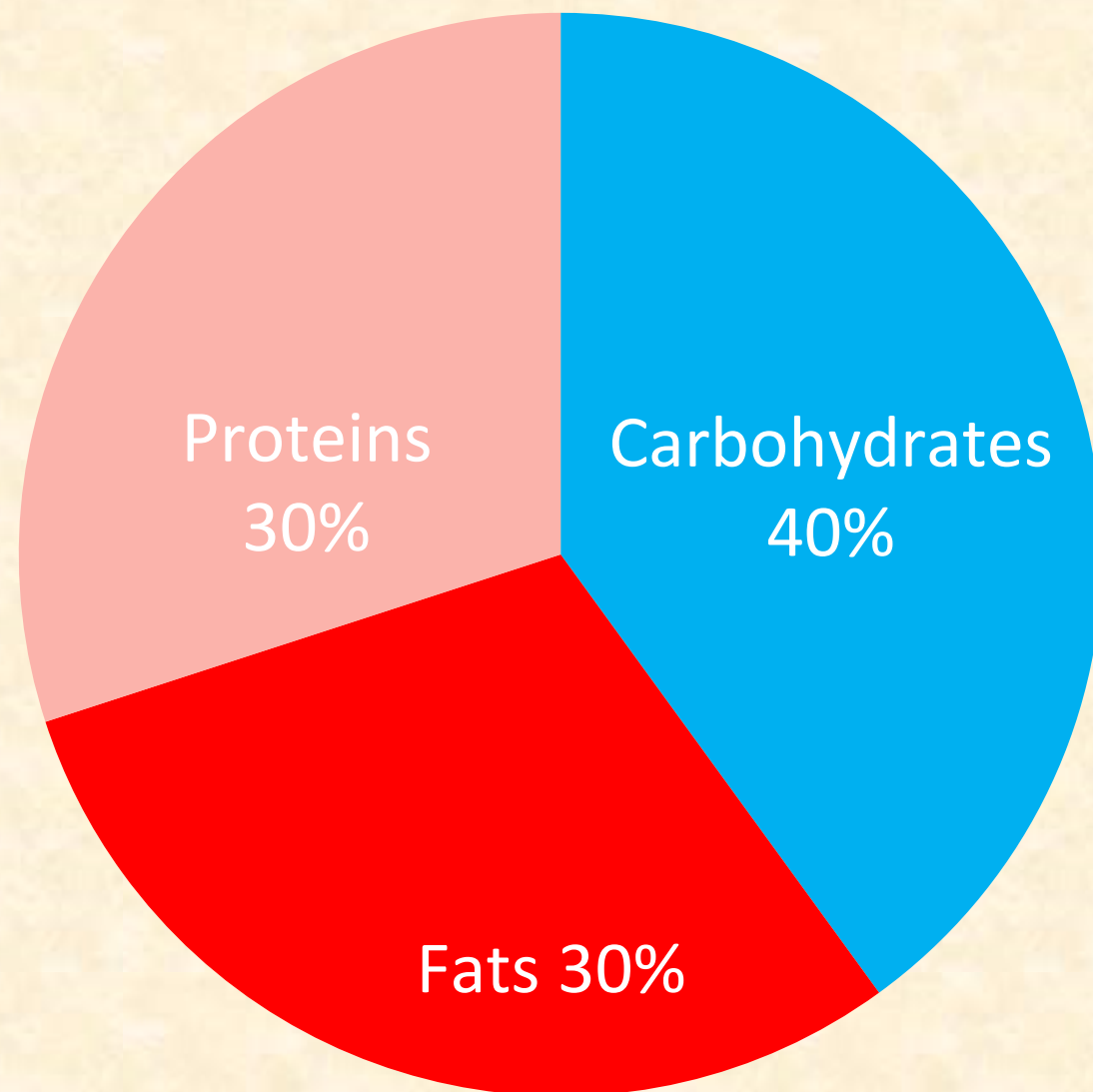
**FATS**

**VITAMINS AND MINERALS**

**ANTIOXIDANTS**

**PHYTOCHEMICALS..... And all other RARE ELEMENTS**

# CALORIES CONSUMPTION



- **Do remember we need sufficient fats in our diet.**
- **But learn to eat good fats and avoid bad fats.**

# Carbohydrates

mainly from



- ❖ Rice, **wheat**, jawar, bajra, oats, millets, quinoa and other grains.
- ❖ Sweets, Desserts, chocolates, Ice-cream, caramel, jallebies etc.
- ❖ Processed carbs- ready made food, biscuits, cookies.

## Know about Glycaemic index

:Is the ability of the food to raise the sugar level in blood.

:Lesser the glycaemic index, better is the food in keeping the pancreas safe and healthy and avoiding diabetes.

# PROTEINS

## 1. Animal proteins:

Fish, eggs, chicken, mutton

## 2. Vegetable Proteins:

- ❖ Pulses
- ❖ All dals
- ❖ Seeds, nuts
- ❖ Beans and legumes.
- ❖ Soya product like Tofu



# FATS

➤ **Good Fats/ Bad Fats** → **Take good fats and avoid bad fats**

➤ **Good fat: Oils, nuts, fish, seed, eggs, dark chocolates, avocados, Ghee, cheese, virgin oils, fish oils.**



➤ **Bad fat: Meat, poultry, dairy, fried food, biscuits, cookies, refined oils, junk food, ice-cream etc.**



➤ **Saturated and unsaturated(MUFA/ PUFA): Must be taken in equal quantity.**

➤ **Oils are good fat. But when you heat them, they become trans fat and are not good for health. So avoid too many fried items.**

# **VITAMINS/MINERALS**

# **ANTIOXIDANTS/PHYTOCHEMICALS**

**(Take as much as possible from nature)**

❖ **All Fruits, Avocado**

❖ **Vegetables**

❖ **Nuts, Almonds, Walnuts, Hazelnuts, Pistachio, Cashew nuts**

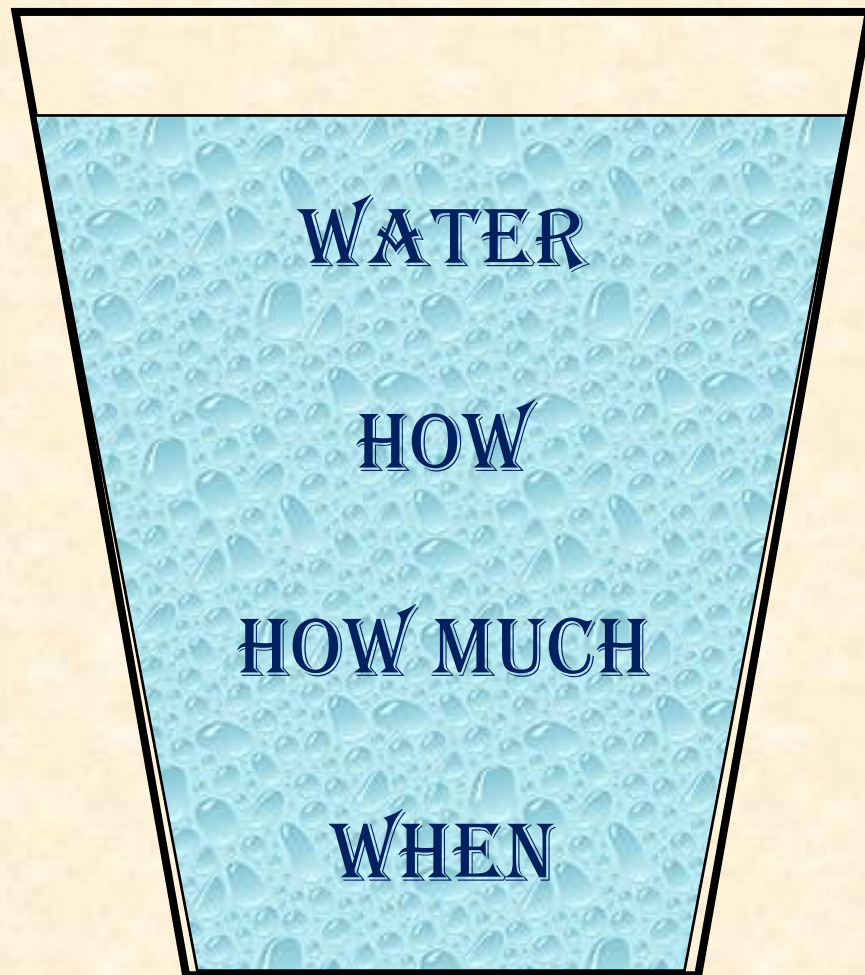
❖ **Dry Fruits, Dates, Raisins, Figs**

❖ **Seeds, Flax Seeds, Sesame Seeds, Pumpkin Seeds**

❖ **Spices**

**You must consume some of these from natural sources everyday**

**Too much of calcium supplements consumption is dangerous for health.**



- 1. Take water whenever you are thirsty.**
- 2. You can take water in small sips a number of times a day.**
- 3. Around 2.5 – 3 litres are usually sufficient .**
- 4. Talk to your doctor if you have any disease.**
- 5. After passing urine drink the same amount of water.**

# VIRGIN OILS

Fresh with no chemical processing



**Cold Compressed Oil-** Processed under cold condition to avoid conversion to trans fat.

**Virgin oil -** Mechanically processed... No chemicals involved

**Extra virgin oil -** Virgin oil with better parameters like pH  
Processed from high quality fruits

**Pure oil -** Usually a blend of virgin and refined oil

**Refined oil –** Not good for health

## **Innumerable Diets - Prescribed by various experts**

**The Hay combination diet**

**Mediterranean diet**

**Five -a- day diet**

**South beach diet**

**The Paleo diet**

**Low carb diet**

**Low fat diet**

**Ornish diet**

**Atkins diet**

**Vegan diet**

**Dixit diet**

**Dash diet** ..... and many more

**No one person in the world can be happy and healthy following a fixed diet. We need to eat and enjoy a variety of foods with variety of tastes, colours and nutritional value.**



**Principles of a  
good diet**

***Proper calories intake to keep weight at ideal level.***

***Avoid food which is not good for your health.***

***Avoid restaurant food.***

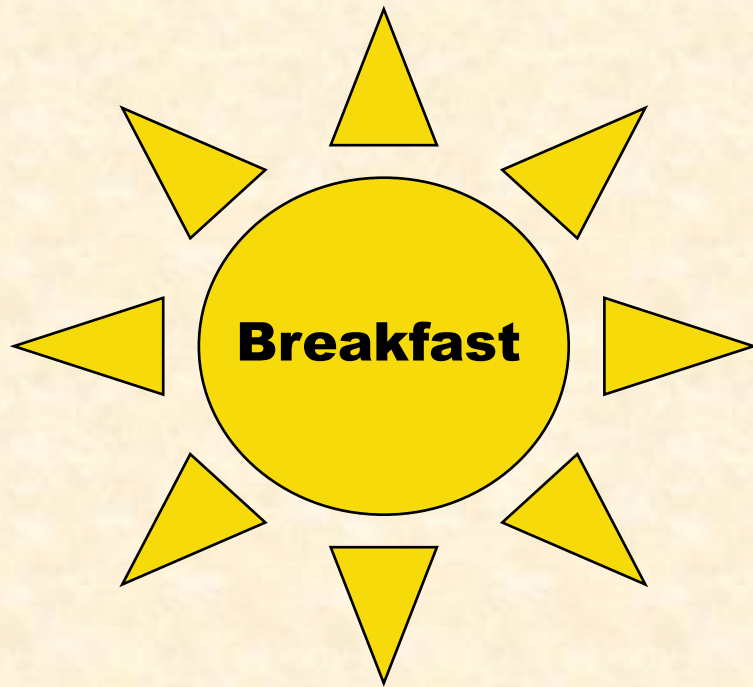
***Proper composition.***

***Proper cooking.***

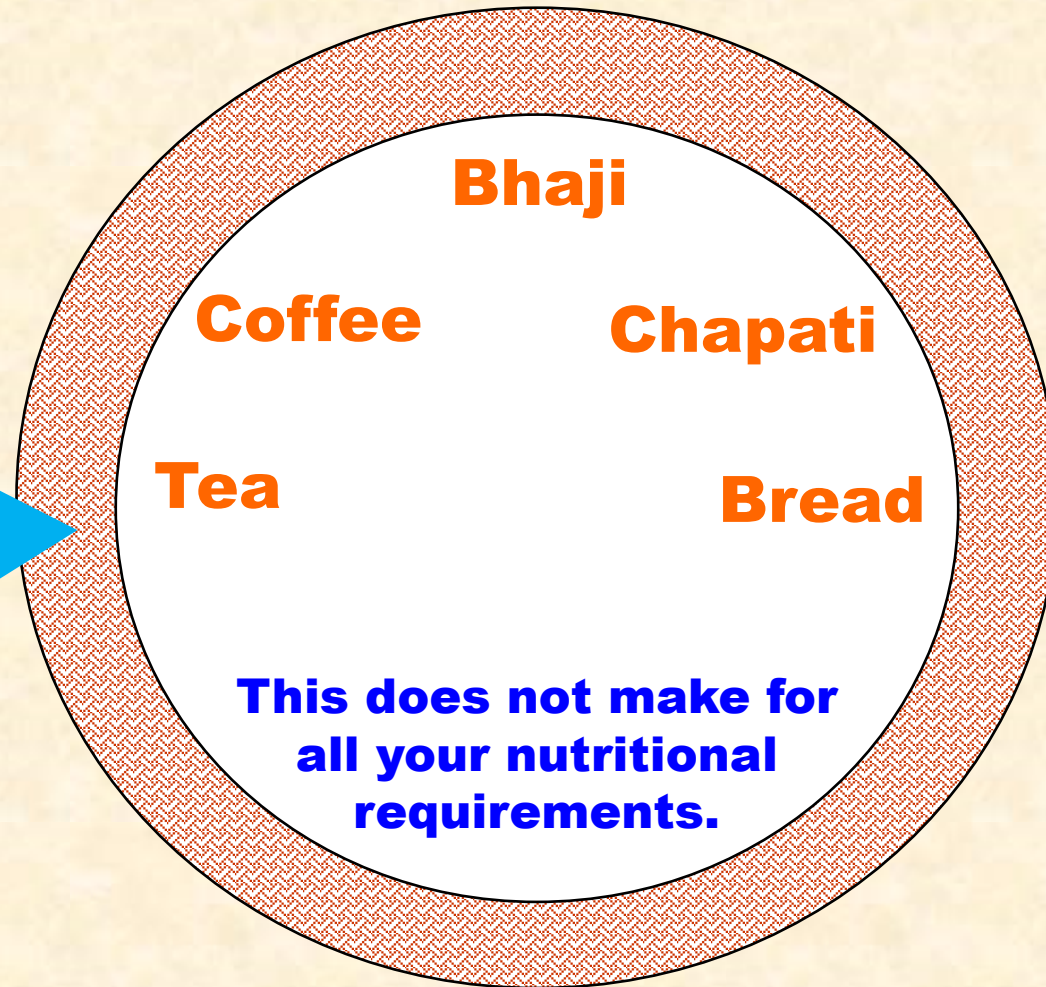
***Proper way of eating.***

***Watch your allergies.***

***Happy mood during cooking and eating.***



TRADITIONALLY WE ARE USED TO



- 1. Have at least 3 different colour fruits and 3 vegetables every week**
- 2. Non- vegetarian is not a bad food**  
**Have fish and chicken/ mutton in small quantity.**
- 3. Whole egg is a good food: Yolk of egg is more nutritious than the white. The cholesterol in yolk of egg cannot harm you.**
- 4. Have a nice, tasty, stimulating meal.**

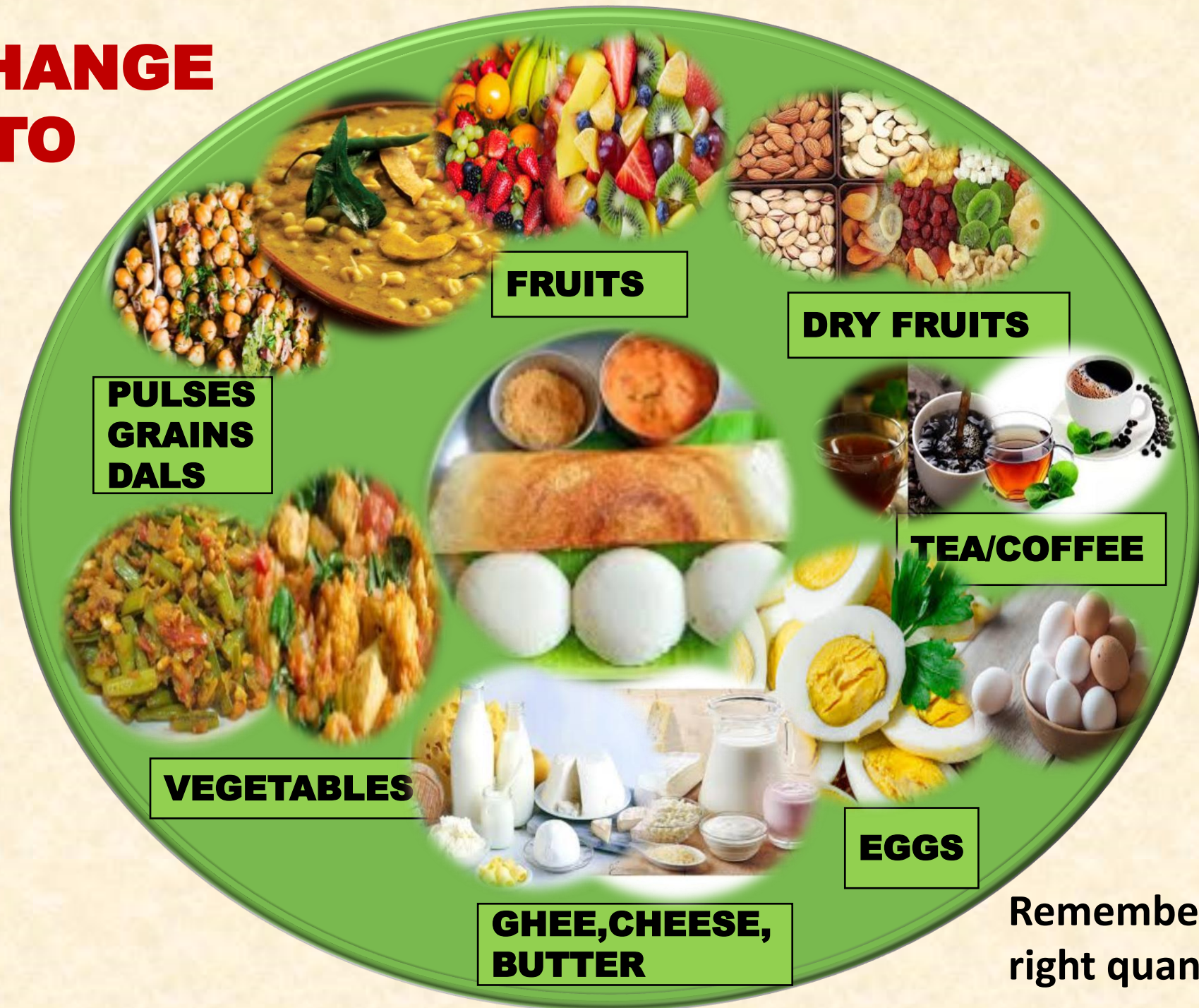
**Thank the person who makes food for you and appreciate him/her for the tasty meal.**

**Begin your day with a sweet smile to yourself and to your work.**

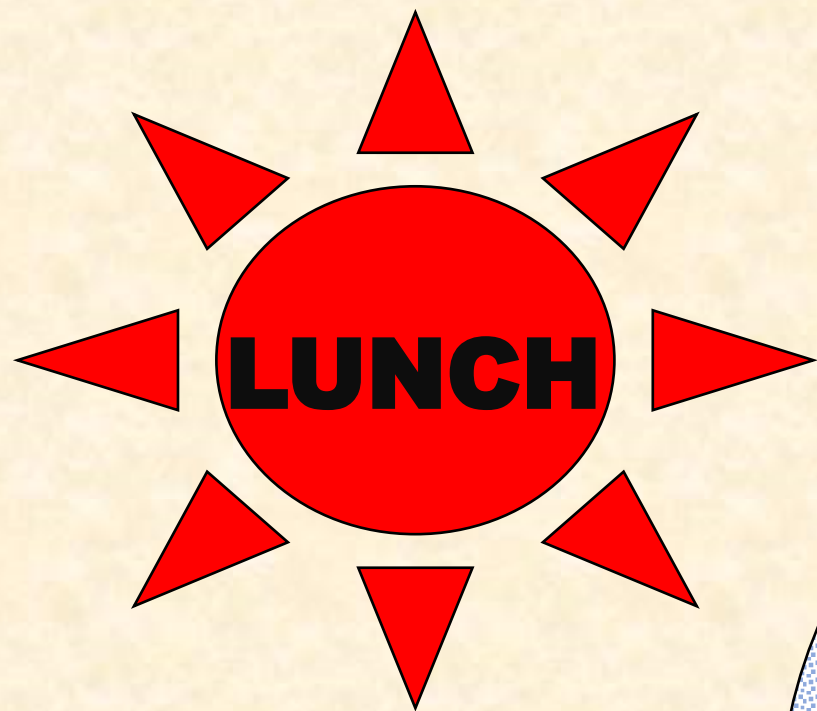
**Start welcoming every person in your day, by looking at his energy aura around his head or body.**

**You can see this aura by little practice.**

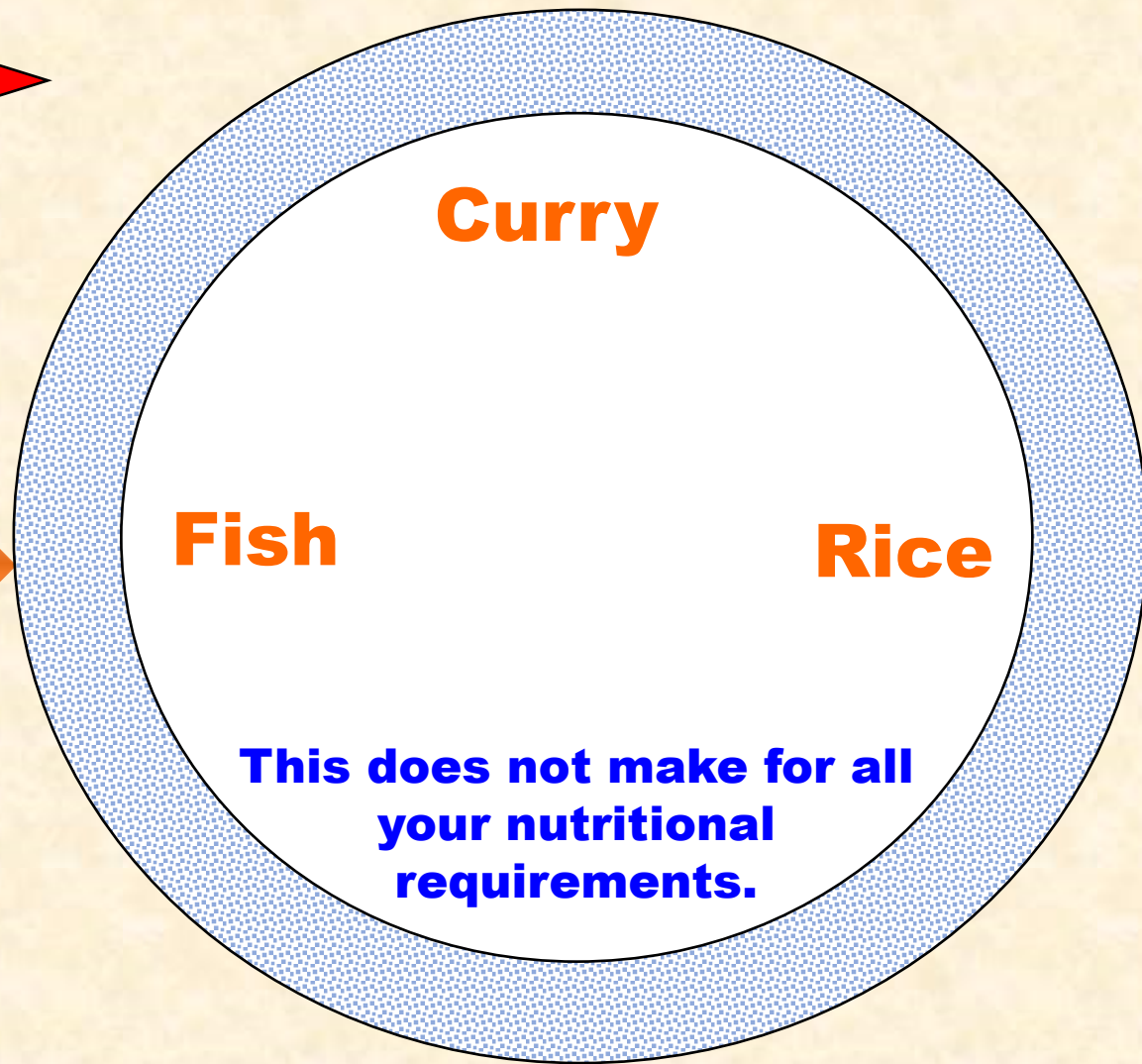
**LET US CHANGE  
THIS TO**



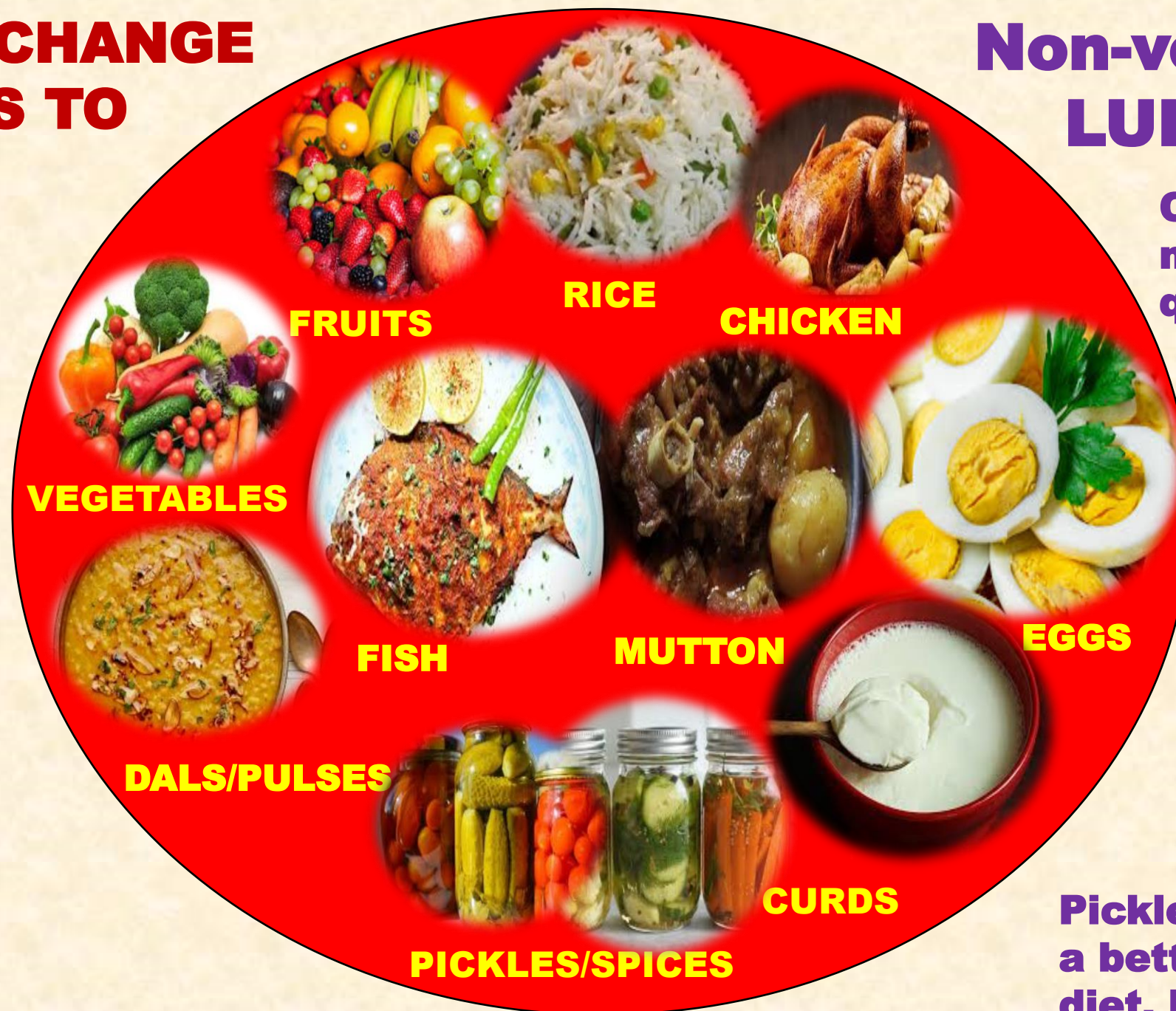
**Remember to have the  
right quantity.**



**TRADITIONAL**



**LET US CHANGE  
THIS TO**



## **Non-vegetarian LUNCH**

**Chicken and  
mutton in small  
quantity**

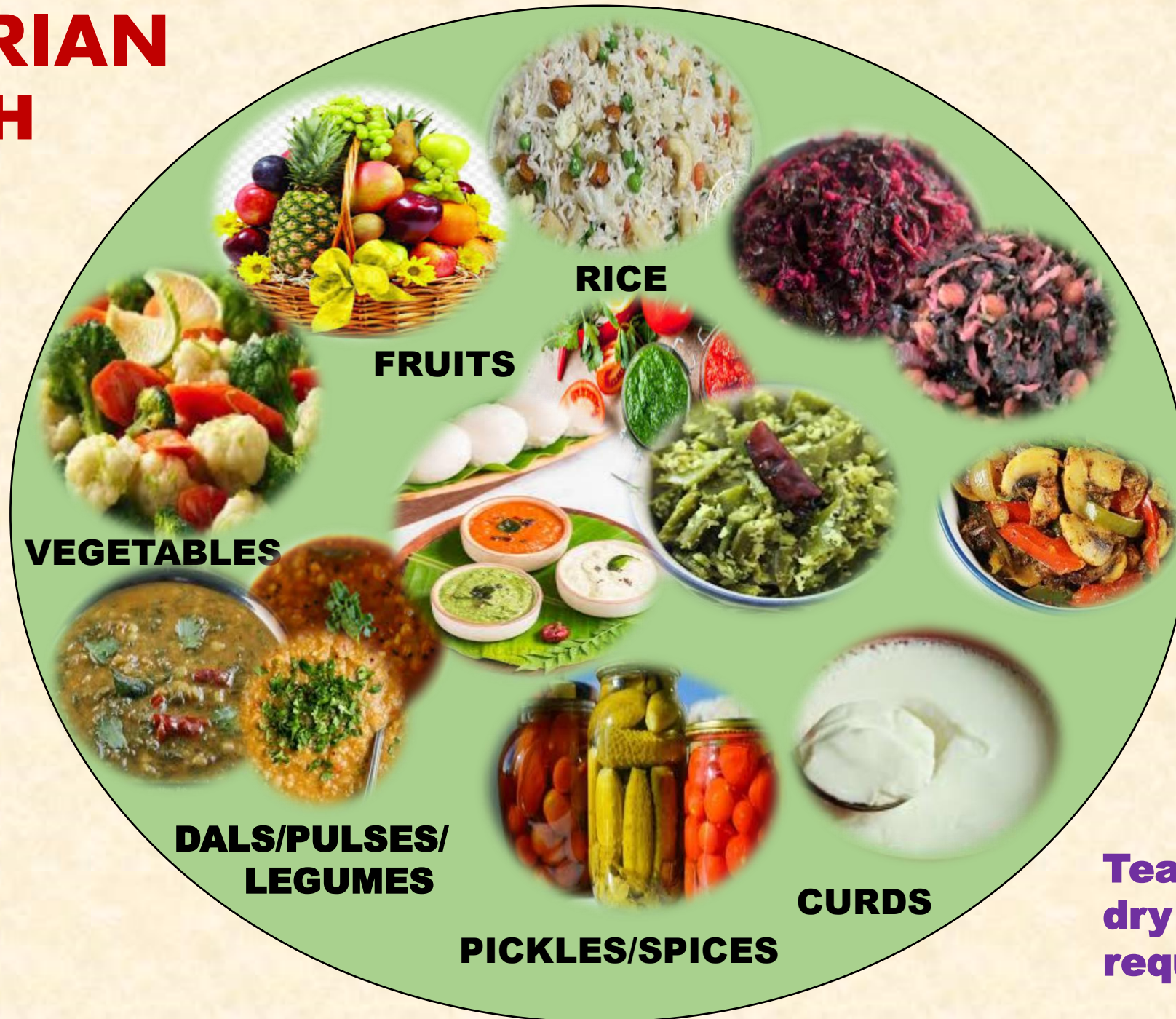
**Avoid fried and  
deep-fried food**

**Please take  
sufficient salt  
depending on  
your salt level in  
blood.**

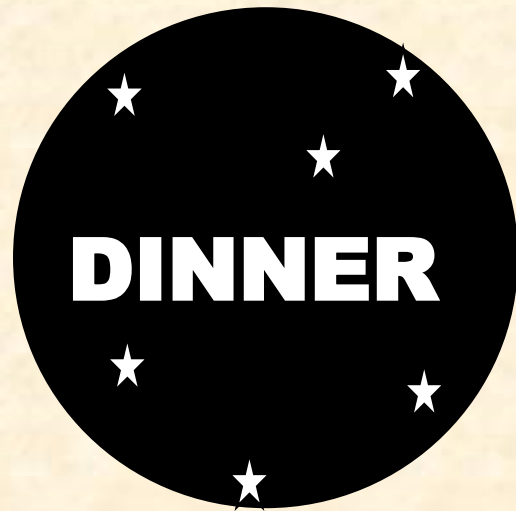
**Tea, coffee, nuts,  
dry fruits, seeds-  
if required**

**Pickles and spices are  
a better part of our  
diet, Enjoy them.**

# VEGETARIAN LUNCH

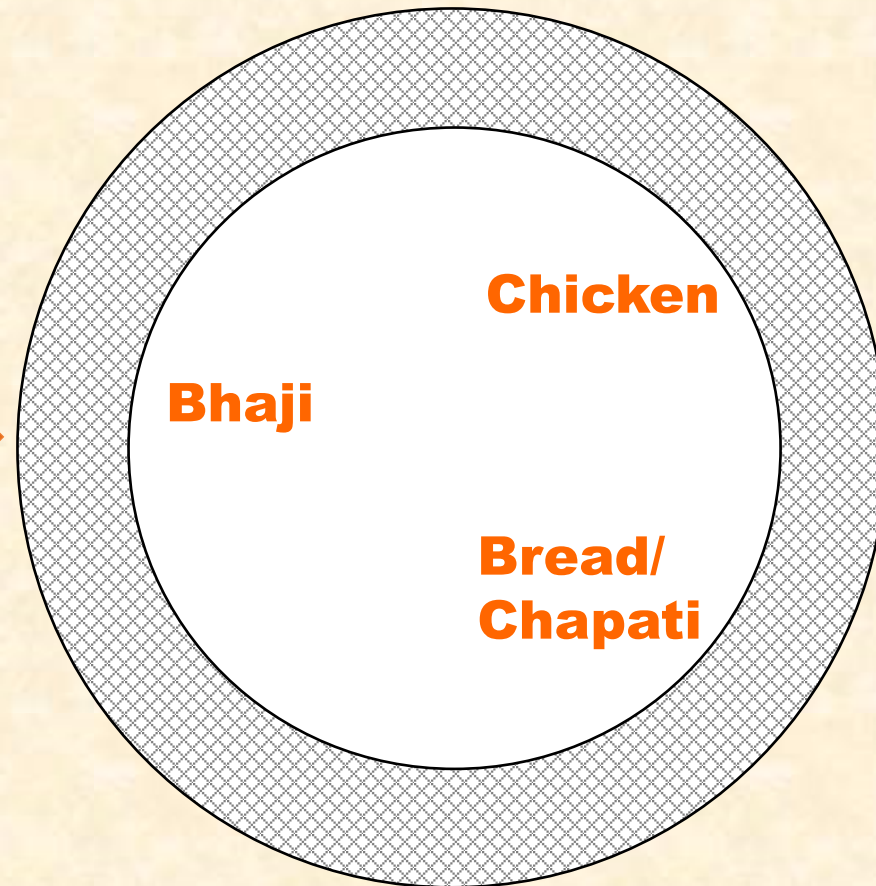


**Tea, coffee, nuts,  
dry fruits, seeds- if  
required**



**More like a breakfast  
or a combination**

**TRADITIONAL**



# **Non-vegetarian DINNER**



**Be aware of quantity.**

# **VEGETARIAN DINNER**



**Be aware of  
quantity**

# TIMING OF MEAL

- ✓ Most of us eat three times a day, but eating twice a day only, is more superior. Avoid any snacks and drinks in between.
- ✓ You can follow up any regime that suits you. But monitor the quantity as per your weight.
- ✓ If you are overweight obviously you need to consume less calories and spend more calories.
- ✓ Discuss with your healthcare provider.

**Once a day**

**Twice a day**

(The best way to eat)

**Thrice a day**

(Most of us eat)

**10 times a day**

(Not healthy)

**5 times a week**

**Yearly fasting for 1 month**

(A nice tradition)

# A good daily diet



Your daily diet should have

- Two different types of vegetables
- Two different types of fruits
- Two different types of grains



to avail of all different nutrients in our regular diet.

# IMPURITIES IN FOOD

All foods today have a lot of impurities.

Please be careful and avoid as much impurities as you can, which exist in

a) Vegetables

b) Fruits

c) Grains

d) Food Powders

e) Animal food

❖ Antibiotics

❖ Steroid

❖ Hormones



f) Water and its contents:- Silica, fluorine, heavy metals

g) Cooking vessels **in order of superiority**

1. MUD (The best cookware)

2. Glass

3. Stainless steel

4. Copper/Brass

5. Aluminium

6. Non stick cookware (The worst cookware)



# Special Aspects of food

1. Eat together
2. Eat slowly
3. Do not eat in front of TV
4. No snacking in between
5. Eat with senior members of the family
6. Cooking should be done in careful way and happy mood
7. Have fun in kitchen: God of satiety sits in the kitchen and say  
Tathastu to whatever you talk
8. Be creative in serving: colour, smell, taste, presentation

**Eating must help us stimulate all happy aspects of life.**

## Three Unhealthy foods — we love in our diet

- **Sugar**



- **Milk of another animal ---- other than our m**



- **Wheat and wheat products**



**Which I feel you MUST avoid**

# **WHEAT** – The non healthy part

## **1. Gluten**

- **Gliadin and Glutenin – help in obesity - leaky gut – binds the opiate receptors in brain- increases appetite.**
- **Gluten intolerance.**
- **Human have poor absorption.**

## **2. Celiac disease.**

## **3. Raises blood sugar, higher glycaemic index.**

## **4. Causes immunoreactive problems.**

## **5. Hybridized in 1950, leading to green revolution**

## **6. Wheat belly.**

## **7. Sodium azide- toxin.**

## **8. Gamma radiation in processing.**

## **9. Addictive quality- Gliadin .**



## **10. Lectins**

- **Bind to insulin receptors and intestinal lining**
- **Increasing inflammation**
- **Autoimmune disease and insulin resistance, metabolic syndrome**

## **11. Phytic acid**

- **Cannot be digested by human**
- **Binds to calcium, magnesium, zinc, iron reducing their absorption**
- **Anaemia, osteoporosis**

## **12. Fiber myth**

## **13. Amlopectin – Leads to Obesity, craving.**

# **Milk of another animal -other than our mother**

- **We have been consuming milk from other animals for ages. Our belief has been that we become stronger by external milk consumption.... Though nobody knows the meaning of this word stronger in this situation.**
- **Today our scientific thought is contradictory to this.**
- **Is there any animal in the universe who drinks milk from another mother?**
- **The constitution of cow's or other milk differs from human milk in more than one way. So also the human gastrointestinal tract is much different than the cow. The functionality and the pH at various parts of the cow's gut is different from that of the man. Obviously there are digestive and immunological differences between the two. Today we know clearly that our gut has full influence on our brain and our whole immune and endocrine systems.**
- **The antibodies, allergens and pathogens in cow's and human milk differ. Obviously the immunological reactions will be different.**
- **This will create a chronic inflammation in our systems. Today we know that inflammation is the basic pathology in most diseases.**

- **Studies have found, there are more fractures and osteopenia problems in people having more than 2 glasses of milk everyday and we believed that we were consuming milk for its calcium to give us stronger bones.**
- **An infant has poorly developed gut when it is born. Human milk has different growth factors that facilitate gut maturation. Gut maturation and TJ (tight junctions) maturation in infants fed on milk formula is poor. This leads to leaky gut syndrome which is the cause for autoimmune diseases and degenerative diseases.**
- **Since the milk components of human and the cow milk are different. Obviously they will definitely have different effects on Respiratory tract, microbiota and immune trafficking.**
- **Incidence of Acne, eczema, allergies, colic, constipation, diarrhoea, bloating, lactose intolerance are higher in people consuming milk than those who never had external milk.**
- **Studies have shown higher incidence of prostate, ovarian and other cancers in people consuming more than two glasses of milk everyday.**

- **Cow's stomach consists of 4 parts and functionally it is different compared to man. A calf on cow's milk can gain hundreds of kg weight in a few months compared to the human. This itself is enough to understand the calorie value of cow's milk.**
- **No animal feeds its young one, after the weaning period. How can nature allow the milk to a human adult that too from another animal.**
- **IGF (Insulin like growth factor), lactose and casein, the three ingredients are not good for humans. IGF can cause cancers like breast cancer, ovarian, prostate and colon cancers.**
- **75 percent of the world population have no lactase enzyme after 1-2 years of life and cannot digest lactose properly leading to a number of health problems.**
- **Casein in milk is responsible for a number of cancers**
- **Isn't these few facts enough for a sensible man to say....**
- **“Cow's milk is for the calf...If it is not your mom it is not your milk”**
- **Cow's milk is a perfect nutrition for the calf but not for human being.**

**In case you can't do without milk, you can use one of these substitute.**

❖ **Soy Milk**



❖ **Almond Milk**



❖ **Coconut Milk**



❖ **Cashew Milk**

# Please eat sufficient Salt

- In a temperate place like Goa and India you are sweating.
- We are sweating and throwing out 5 - 6 grams of salt daily, this needs to be replaced.
- Hyponatremia is a frequent cause of hospital admission and death in our country.
- Please keep on checking your salt regularly and see that it is kept rectified.
- A blanket low salt diet is not advocated in India.



# Reduce Weight

- **Most successful way to reduce weight is by eating a little lesser than yesterday.**
- **Everyday fix your eating timing and do not take anything in between except water.**
- **Keep a digital weighing machine in your bed room.**
- **See your weight daily and enjoy the improvement in your beauty and youthfulness daily.**



*"You can be Alert Active Alive @ 100  
by breaking the shackles of conditioning  
that everyone is supposed to be  
getting old."*

- Dr. Digambar Naik

*“Develop the habit of perception of good health,  
good health will follow.”*

- Dr. Digambar Naik

- ❖ *A senior cardio-Metabolic physician already labelled as one of the best in the country*
- ❖ *A senior faculty to cardiology, emergency medicine, Echocardiography, endocrinology and Physician conferences.*
- ❖ *Labelled as one of the 50 pathfinders of the Indian healthcare industry along with stalwarts like Dr Pratap Reddi, Dr Naresh Trehan, Dr Devi Shetty, Dr TMA Pai.*
- ❖ *Creator of Vrundavan group of hospitals, Vrundavan Nursing college, Vrundavan paramedical institute and many health care programs.*
- ❖ *Lead a number of medical organizations like IMA, Goa medical council, GMA etc. At present Chairman of Goa Association of physicians-Goa, Secretary General of Emergency medicine India.*
- ❖ *A very active Red Cross member having served as active executive member for a number of years.*
- ❖ *A senior Rotarian with a large number of rotary achievements to his credit.*
- ❖ *Major donor of Rotary international.*
- ❖ *Medical educationist .... created a number of medical videos, articles on national and international magazines, TV channel shows and many more educational programs.*
- ❖ *An avid organizer with the contribution of a large number of national and international conferences to his credit.*
- ❖ *An active researcher with a large number of highly credible contributions.*
- ❖ *His book Alert, Active, ALIVE @ 100 is a great guide for all of us to live a long life without falling sick.*
- ❖ *A great educationist, social reformer with a large number of creditable achievements to his illustrious life.*
- ❖ *A friend, philosopher, guide and supporter to many young and senior.*
- ❖ *Starting his life from rags and climbing slowly with sheer hard work, Dr. Digambar is blessed with wife Mangala and two children Dr Richa and Dr Shalak.*
- ❖ *Dr Digambar is a true Goan with national and international repute.*
- ❖ *Friends I present to you this great doctor.... A great human being.*



**Dr. Digambar Naik**  
 MBBS, MD(Medicine), DOIH, DHA,  
 FIAE, FAIMP (Cardiology)  
 Managing Director  
 New Vrundavan Hospital



***TRUTH ABOUT STAYING  
HEALTHY IS EATING HEALTHY***

