

# Photo of the Month

Mango carved in  
a rose pattern



There is something very holy and sacred about being out in nature. There are times when the magnificence of the natural world overwhelms us and we whisper prayers of praise and thanksgiving to the Divine hand that created it all.....The human race has also created many a wonder whether in the struggle for survival or occupation. From last month we have started this feature. We welcome your entries too. Do visit our website to upload your photos. These are some suggestions to get you going :

- The beauty of a majestic landscape at sunset...
- The ferocity and power of a tsunami, hurricane, or storm...
- The beauty carved by the human hand....
- The renewal of all things through seasons and cycles...
- The tenderness of a mother animal tending to her young...
- The splendor of the mountains that reach to the heavens...
- The insects that keep our world clean and fruitful...
- The simplicity of a river-smoothed stone...
- The complexity of the human body...

We welcome your comments and feedback.

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### How to perform first-aid in emergencies

- Fractures
- Restoring Breath
- Eye injuries
- Electric Shock
- Seizure

Details in next issue

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## The Wellness Plan 5 Superfoods

This May focus on how to incorporate 5 superfoods into your meal plans. Nutritional research seems to throw up new findings daily, but if they have been consistent on one thing, it is that the fibre and iron content of your food is directly related to your mood and energy levels. Foods can "up" your energy in three ways:

- by providing the body with sufficient calories,
- by delivering stimulants such as caffeine (in limited quantities, good for a short-term energy boost
- by pushing the metabolism to burn fat more efficiently.

Make these five superfoods central to your diet for a sustained boost in your energy levels:

**Iron:** Include iron-rich foods such as spinach, tofu, lentils and soybeans in your diet. Lack of iron deprives cells of adequate oxygen, and slows down the burning of carbs, making you feel tired with minimal activity. For non-vegetarians, a weekly steak - yes, red meat - should definitely find a place on your meal plan. Vegetarians must add a daily Vitamin C pill to their schedule; iron found in vegetables is much harder to absorb by the body, and Vitamin C aids in its absorption.

**Carbohydrates:** A drastic cut of carbs from your diet will play havoc both on your energy levels and mood, as well as weight - the body's preferred source of fuel. Carbs also raise the serotonin levels, which means they help cope with stress. Keep off sweets, and pick whole-grains instead.

**Dahi:** This magnesium-rich superfood activates enzymes that are important for protein and carbohydrate metabolism. Probiotic dahi keeps your digestive system clean, which helps your body absorb nutrients from food better. End result: more energy!

**Oatmeal:** It's your best friend for breakfast, especially when it is eaten with skimmed milk instead of water, and topped with any kind of berries you can find. It is packed with fibre, calcium, iron and Vitamin A and will keep you satiated for long, thereby aiding weight loss.

**Fresh produce:** Fresh fruit and vegetables, especially those with high water content like watermelon, cucumber, tomatoes and leafy vegetables, prevent dehydration, a major cause of fatigue and chronic exhaustion.

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### & remember :

Drink enough water especially in summers - the eight-glasses-a-day rule is acceptable, but if you have a high-salt or high-sodium diet, sweat a lot, or don't eat enough water-rich foods, then up your intake.

## How To Eat Better, Save Money And Help The Environment

We all know to eat several servings of fresh vegetables and fruits each day, and in fact the more fresh produce we eat the better. But we've all experienced paying significant amounts of money to purchase fresh produce at the store only to find that once we get it home too soon much of it has become overripe, resulting in our having to throw it away unused. This creates damaging environmental waste issues in landfills and water treatment plants, but it's also a huge waste of our money.

Vegetables and fruits release a substance called ethylene gas as they ripen. It's a growth hormone. When you bring home fresh produce and place it in the refrigerator, you create an ideal place for the ethylene gas

to concentrate as the produce ripens. Because ethylene gas is a growth hormone, the higher the levels of concentration, the more rapidly produce will ripen and go bad. By reducing ethylene gas concentrations, produce stays fresh and ready to eat longer and reducing waste too.

There are several products on the market that help reduce ethylene gas concentrations in the areas where you store produce at home, like in the refrigerator or in a fruit bowl out on the counter. By using these products you can effectively extend the useful life and freshness of your produce. This will save you money and reduce the impact of waste in landfills and water treatment plants because you won't be throwing away as much overripe produce.

In addition to using a product that will reduce ethylene gas concentrations, read the table given below on how to store fruits and vegetables.

- If you buy the following before they are ripe, allow them to ripen on the counter first and then store in the refrigerator: Avocados, Kiwifruit, Nectarines, Peaches, Pears, Plums.
- Store potatoes in a dark area away from light to help prevent greening.

By using these storage tips along with a product to reduce ethylene gas concentrations, you'll enjoy eating more healthy vegetables and fruits while at the same time reducing waste and saving yourself money!

### • Store these in the refrigerator:

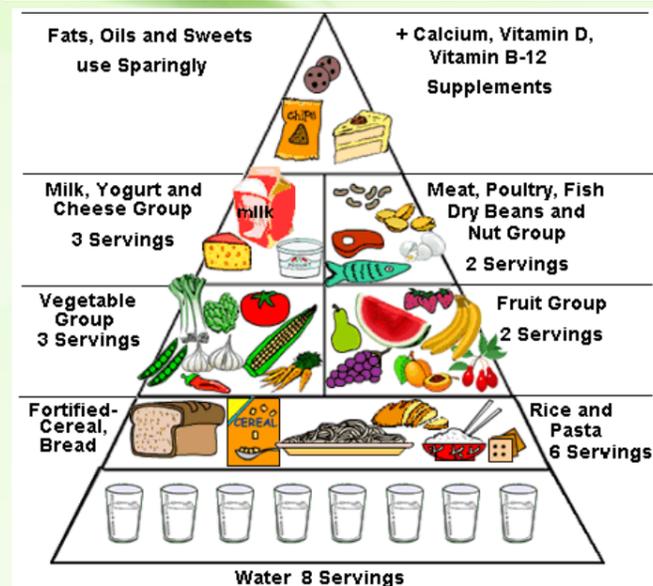


Artichokes, Asparagus, Green beans, Lima beans, Beets, Broccoli, Brussels sprouts, Cabbage, Carrots, Cauliflower, Celery, Lettuce, Mushrooms, Peas, Radishes, Spinach, Sprouts, Summer squashes, Corn, and any cut or already sliced vegetables.

### • Store these on the counter:



Apples, Bananas, Grapefruit, Lemons, Limes, Mandarins, Mangoes, Oranges, Papayas, Pineapple, Watermelon, Cucumbers, Eggplant, Garlic, Onions, Peppers, Potatoes, Pumpkins and Tomatoes.



## Food Pyramid for Children

The children's food pyramid explains things by using colors and geometric patterns. It also graphically explains things by the use of fat and thin. For instance on the children's food-pyramid that are large sections for fruits and vegetables and grains. These sections start as being quite thick at the bottom of the pyramid and as you go up and up through the sections they become extremely thin indicating that you should eat less of that group of food. The children's food-pyramid encourages children to eat foods from each of the food colors every day.

It is hoped that children will have a lot more understanding about the nature of nutrition, and that this nutritional advice will stick in a child's mind much easier than the traditional food pyramid. It is also hoped that it will help children and adults to make changes to incorporate good nutrition into their lives.

## Fitness Tips from Top Indian Cricketers - Rahul Dravid & Yuvraj Singh

How do top indian cricketers remain fit and injury free despite their grueling schedule. How do they workout? Whats their gym routine like. What is their fitness mantra? They play non-stop cricket throughout the year. Ever wondered how much of physical effort is required to be on the field for almost 200 days an year? Yes. That roughly comes out to about spending 4800 tough hours in the field every year. You can't do all that if you aren't physically and mentally balanced. What one does in the field is one thing, but what one does outside it, decides the amount of cricket one can play. To sum it up all, if players didn't workout and controlled their diet, they won't play for as many years as they do. Here is what few of the star performers of team India have to say about fitness and health.

### Rahul Dravid



He starts his day at 6 am with a metabolic run followed by a meditation session of about 30 minutes and during match days; he does a bit of shadow practice too. "It's important to stay and look fit to be able to play for the country", says Rahul.

Dravid takes time out of his busy schedule and makes it a point to hit the gym at least thrice a week. His fitness regime in the gym comprises of a lot of cardio and light weight. "As a player, you have to be flexible and quick. If you overbuild the muscles you lose some of your flexibility. Therefore, I don't do heavy weights" adds Rahul. His basic idea of fitness is to do a lot of aerobic exercises and yoga to remain physically as well as mentally fit. He is extra careful about what he eats and how many calories he takes. He prefers sports nutrition food packets.

### Yuvraj Singh



His skill set on the field is well known, but not many people know the hard work that he puts in while being off field. Like Rahul, even Yuvraj doesn't do heavy weights as his idea of fitness is not to build muscles, but to maintain a toned body. For that, he works out in the gym for about 3-4 a week, with his main focus on the cardio exercises. "My hard work off the field keeps me physically fit on the field. At this level only the fittest survive, and I keep reminding myself with this fact" says Yuvraj.

Did You Know ?



## Some facts on Mangoes

- The mango is known as the 'King of fruit' throughout the world. The name 'mango' is derived from the Tamil word 'mangky' or 'man-gay'. When the Portuguese traders settled in Western India they adopted the name as 'manga'.
- Mangos originated in East India, Burma and the Andaman Islands bordering the Bay of Bengal.
- Many Southeast Asian kings and nobles had their own mango groves; with private cultivars being sources of great pride and social standing, hence began the custom of sending gifts of the choicest mangoes.
- Mangos are bursting with protective nutrients. The vitamin content depends upon the variety and maturity of the fruit, when the mango is green the amount of vitamin C is higher, as it ripens the amount of beta carotene vitamin A increases.
- There are over 20 million metric tons of mangos grown throughout the tropical and sub-tropical world. The leading mango producer is India, with very little export as most are consumed within the country. Mexico and China compete for second place, followed by Pakistan and Indonesia. Thailand, Nigeria, Brazil, Philippines and Haiti follow in order.
- There are over 1,000 known mango varieties.
- A Mango stored at 55 degrees will last for up to two weeks. Do not refrigerate.