

HEALTH LITERACY TOOL – GUJARAT, INDIA, 2021

Name of student:

Date:

Please answer the questions given below. Read the instructions given with each question properly. Try to answer the descriptive questions in one or two lines. Please write your answers clearly and in points.

1. If you need to increase your protein intake, **without** significantly increasing your fat intake, which food will you prefer among these options?
 - a. Whole milk
 - b. Mutton curry
 - c. Dal-chapati
 - d. Egg omelet

2. Choose healthier option from the given two food items. You plan to have either 6 slices of biscuits (approx. 50 gm) or 1 piece of besan laddu (approx. 50 gm). Use the nutritional information given for each food item. Clearly mention which food item would you choose and give at least one appropriate reason for choosing that particular food item.
 - a. Besan laddu:
 - b. Biscuits:

Nutrition information per 100g product		Nutrition information per 100g product	
Carbohydrates	66 g	Carbohydrates	65 g
Sugars	42 g	Sugars	22 g
Protein	10 g	Protein	7g
Fat	22 g	Fat	24g
Saturated fatty acids	10 g	Saturated fatty acids	11 g
Mono unsaturated fatty acids	11 g	Mono unsaturated fatty acids	10.2 g
Poly unsaturated fatty acids	1 g	Poly unsaturated fatty acids	2.7 g
Trans fatty acids	0 g	Trans fatty acids	0g
Cholesterol	16 mg	Cholesterol	2mg
Energy	502 kcal	Energy	504 kcal

Your chosen food option:

.....

Reason for choosing the same:

.....

3. Engaging in physical activities in a continuous spell of at least at a time gives health related benefits.

- a. 10 minutes
- b. 30 minutes
- c. 15 minutes
- d. 45 minutes

4. List at least one health concern (lack or excess of any nutrient) associated with each food item given below.

Chicken *Kabab*:

.....

Packed fruit juices:

.....

Namkeen chivda (commercially packed):

.....

Bakery items such as pastry/cake:

.....

5. A nutrition related claim mentioned on the food label and its possible interpretation is mentioned below. For each claim, clearly indicate whether you agree or disagree with the given interpretation

- a. ‘Sugar-free’: the food items with this label are less in calories and therefore useful for weight loss. **agree/disagree/unsure**
- b. ‘Cholesterol-free’: the food items with this label does not contain cholesterol. However, they can still increase blood cholesterol. **agree/disagree/unsure**
- c. ‘Low in glycemic load and low in glycemic index’: the food items with this label are safe to consume as much as one wants. **agree/disagree/unsure**

- d. 'Zero/no trans-fats': the food item with this label can have trans fats in it, although in a very small amount. **agree/disagree/unsure**
6. Which among the following nutrients increase bad cholesterol in the body? Choose appropriate option for **each** given nutrient.
 Sugar: yes/no/don't know
 Saturated fats: yes/no/don't know
 Omega-3 PUFA fats: yes/no/don't know
 Trans fats: yes/no/don't know
 Mono unsaturated fats (MUFA): yes/no/don't know
7. At your college canteen, the available food options are not healthier ones. You depend on your college canteen for afternoon snacks. What would be your take on this in order to ensure that you don't always eat unhealthy snacks? (Give at least two alternatives)
- 1)
 - 2)

Table: 1 gives glycemic load and glycemic index values of several food items. Refer to this table to answer the questions 8, 9 and 10.

Table: 1 Glycemic load and glycemic index values of food items

Food item	Glycemic index (as % of glucose)	Glycemic load per regular serving
White bread	70	20
Potato, baked	85	26
Mango	56	8

8. Which food item will release sugar in the blood at the fastest speed?

9. Which food item will have largest effect of its sugar content on blood?

10. Single serving of which food item is a better choice for a diabetic person if they have to choose from the given options?

.....

11. Mention true/false:

- “Switching to fruits and vegetables based diet with protein supplements is the healthiest way to shed extra weight and/or to stay slim.”: true/false
- “In order to get best quality protein one must take eggs and non-vegetarian food items.”: true/false
- “Oils having high amount of Polyunsaturated fatty acids (PUFA) are not necessarily good for heart health.”: true/false
- “Oils and fats are the main culprits that leads to overweight and obesity. Therefore, avoiding fried food items and butter/ghee is the best way to lose weight.”: true/false

12. Write one disadvantage of Omega-6 poly unsaturated fatty acids (PUFA).

.....

13. The table below gives the nutritional information available on the product label of edible cooking oils in India. From the given information which oil do you think is a better choice from the health perspective? Put a circle on the option of your choice.

Name of the oil	Saturated fats (as % of total fat)	MUFA (as % of total fat)	PUFA (as % of total fat)	Transfats (as % of total fat)	Health claims/remarks
Groundnut oil	20	54	26	0	-
Sunflower oil	9	25	66	0	Less absorption of oil while cooking Rich in PUFA
Ricebran oil	24	40	34	2	Heart friendly cooking oil

14. Give at least one benefit of physical activities and/or exercise in the following scenarios

Scenarios	Benefits
preventing/managing diabetes	
preventing/managing dyslipidemia and/or high blood cholesterol	

15. Imagine that your relative aunt, aged 57 years, and overweight is diagnosed with borderline diabetes. She is advised to follow certain lifestyle changes including exercise. She tried walking for a few days, but she started getting knee joint pain and lost her motivation for exercise. What alternative strategy would you suggest her to incorporate exercise in her routine?

16. Write at least two disadvantages of eating refined flour such as maida.

1)

2)

17. Imagine that your uncle, 63 years has been diagnosed with dyslipidemia (high total blood cholesterol and high LDL). His body mass index is 28. He is taking appropriate medicines as per physician's advice. He is also trying to follow several dietary and lifestyle changes as per the physician's advice. However he finds it difficult to decide which food items are appropriate for him. Can you help him choose a healthier food item from the following options?

Set: 1

- Puri (mathri) made from whole wheat flour and groundnut oil
- Sev-mamra made in palmolein oil

Set:2

- Skimmed milk
- Whole milk
- Milk with less than 3% fat

Set: 3

- a. Cashew nuts
 - b. Walnuts
18. Mention at least three sources of Omega-3 PUFA (poly unsaturated fatty acids) in the diet.
- 1).....
 - 2).....
 - 3).....
19. The fat present in milk and milk products is largely
- a. Saturated fat
 - b. cholesterol
 - c. Polyunsaturated fat
 - d. monounsaturated fat
20. The fat present in chicken and meat such as mutton is largely.....
- a. Saturated fat
 - b. Omega 6
 - c. Omega 3
 - d. monounsaturated fatty acids (MUFA)

21. Read the following passage and answer questions given below the passage:

“After rice, I feel Ghee occupies the unenviable position as one of the most misunderstood foods in India today. At one time considered the food of Gods, it’s now a “fattening” ingredient and somehow responsible for the lifestyle diseases of this generation. But is that the truth? Since the 70s and 80s when inspired by the marketing and propaganda of “heart healthy” vegetable oils, an entire country let go off its 5000-year old food wisdom to eat Ghee, has our heart health really improved? Are there fewer cases now of diabetes, high cholesterol, etc.? Or did we make a blunder when Ghee was labeled “saturated fat” and pushed in the same category as trans-fats and hydrogenated fats?

Here is the summary of “The goodness of Ghee” series I ran on Facebook and twitter last week:

‘Ghee is fattening’ - Ghee by nature is lipolytic, that which breaks down fat. And this is due to its unique short chain fatty acid structure. *‘Ghee is a saturated fat’* - It's a saturated fat, yes, but with such a unique structure that it actually helps mobilize fats from stubborn fat areas of the body. Not a saturated fat like trans-fats in your biscuits, cakes, pizza, etc.

Additionally, ghee has antibacterial and antiviral properties. Other than helping you recover from sickness, it ensures that you don't fall sick. And the antioxidants in Ghee make it the miraculous anti-wrinkling and anti-ageing therapy you were searching for.

What does our ancient food wisdom tells us: *Runam krutva, ghrutam pibet* - take a loan, but drink ghee. Cook in it or add on top of cooked food, it will continue to bless you.”

(Excerpted from <http://rujutadiwekar.blogspot.com/2013/03/the-goodness-of-ghee.html>)

Think critically about this advice. Do you agree with what is said? Why? Do you disagree with anything being said here? What is it that you disagree with? Why?

22. Please clearly indicate whether you found this information interesting and useful. If yes, specify how. Also please feel free to give your suggestions and feedback on the content and its relevance to you.