

TCS/GEN/099/2022-23

Date: 12-10-2022

CIRCULAR

VALUE OF THE MONTH: EMPATHY - العطف

SUBJECT: HEALTHY EATING

Dear Parent,
Greetings from The Central School Dubai!

#wakeupwednesday

One of the best ways to keep a check on healthy eating is to include natural colorful food in your diet. This is also a fun way to get your kids to eat. The next time you go grocery shopping, aim to get more colors in your cart.

Please refer to the enclosed tips by our wellness governor Ms. Afroze.

Regards,



Syed Ali Haider Rizvi
PRINCIPAL



One of the best way to keep a check on healthy eating is to include natural colourful food in your diet.

This is also a fun way to get your kids eating. The next time you go for grocery shopping aim to get more colours in your cart. 🛒



Eat the RAINBOW!

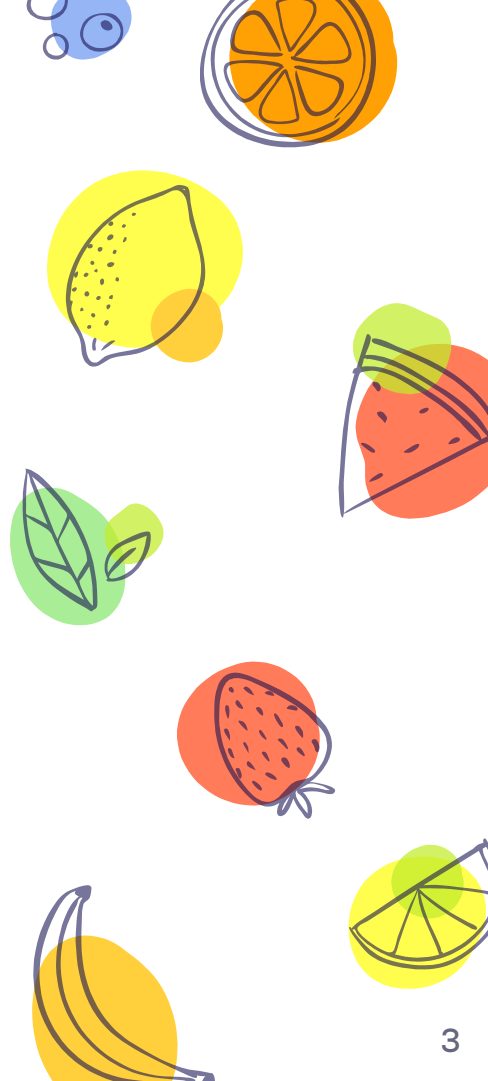
By getting a variety of colors in your diet, you're giving your body an array of vitamins, minerals, and phytochemicals to benefit your health. Let's see why we should add more colours in our diet.

Eating the rainbow involves eating fruits and vegetables of different colors every day.

Plants contains different pigments, or phytonutrients, which give them their color. Different-colored plants are linked to higher levels of specific nutrients and health benefits.

While eating more vegetables and fruits are always a good idea, focusing on eating a variety of colors will increase your intake of different nutrients to benefit various areas of your health.

#Save this as a reminder



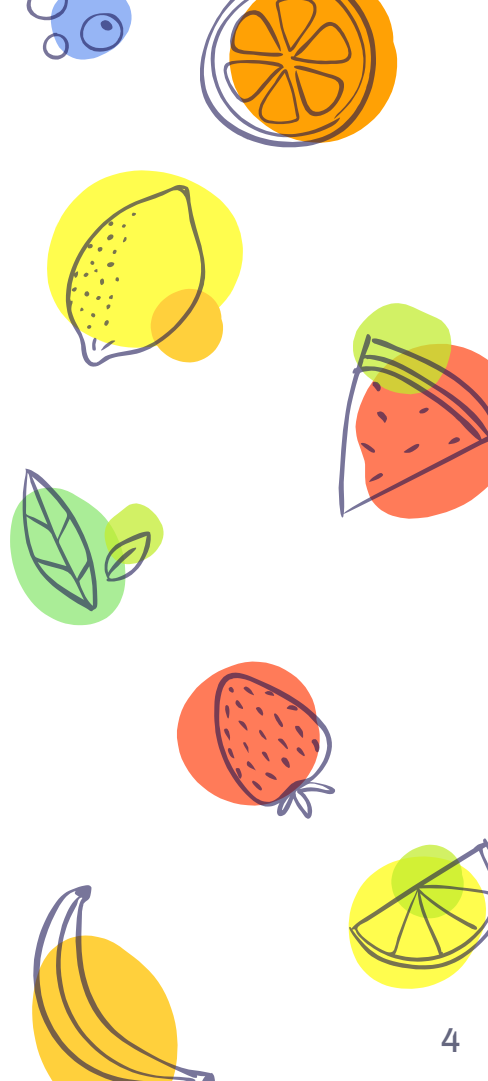
RED

Lycopene (from the vitamin A family) is the main phytonutrient.

Rich in vitamins and minerals like folate, potassium, vitamin A (lycopene), vitamin C & vitamin K1.

Health benefits:

May benefit heart health, may reduce sun-related skin damage and may lower your risk of certain cancers.



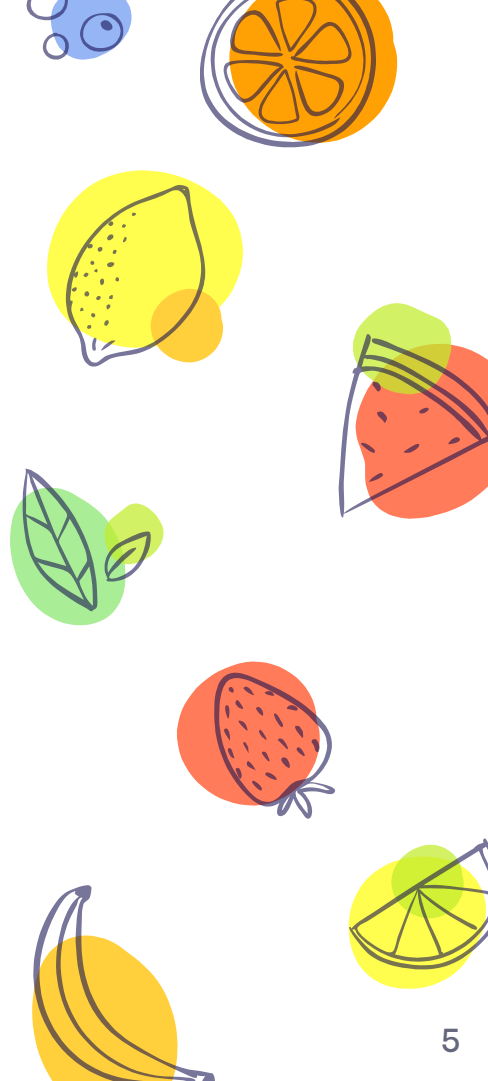
ORANGE AND YELLOW

Carotenoids (e.g., beta carotene, alpha carotene, beta cryptoxanthin), which belong to the vitamin A family are the main phytonutrients.

Rich in vitamins and minerals like folate, potassium, vitamin A (beta carotene), vitamin C and good fibre.

Health benefits:

May benefit heart health, supports eye health, may lower your risk of cancer.



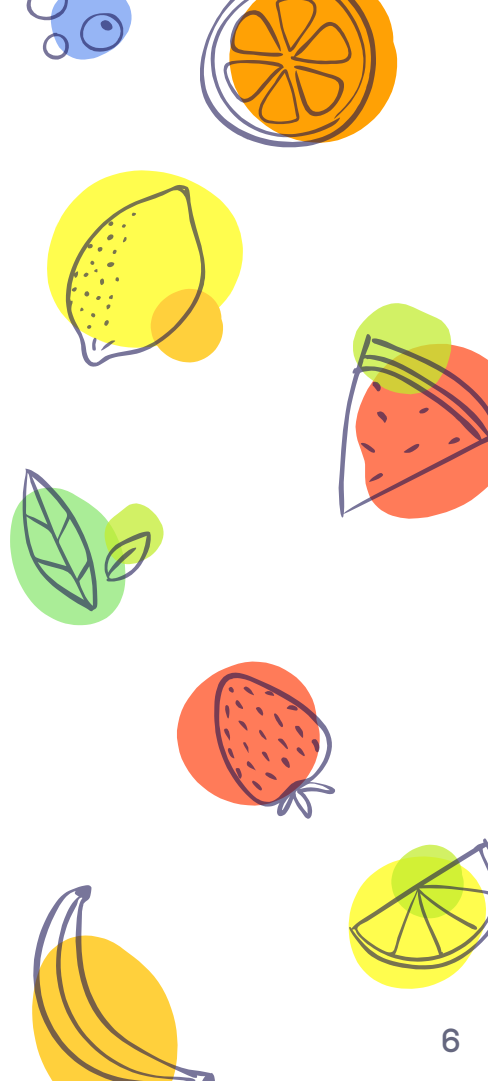
GREEN

Main phytonutrients includes chlorophyll and carotenoids in leafy greens, indoles, isothiocyanates, glucosinolates in cruciferous greens (e.g., broccoli, cabbage)

Rich in vitamins and minerals folate, magnesium, potassium, vitamin A (beta carotene), vitamin K1 and good fibre.

Health benefits:

Cruciferous veggies, in particular, may lower your risk of cancer and heart disease.



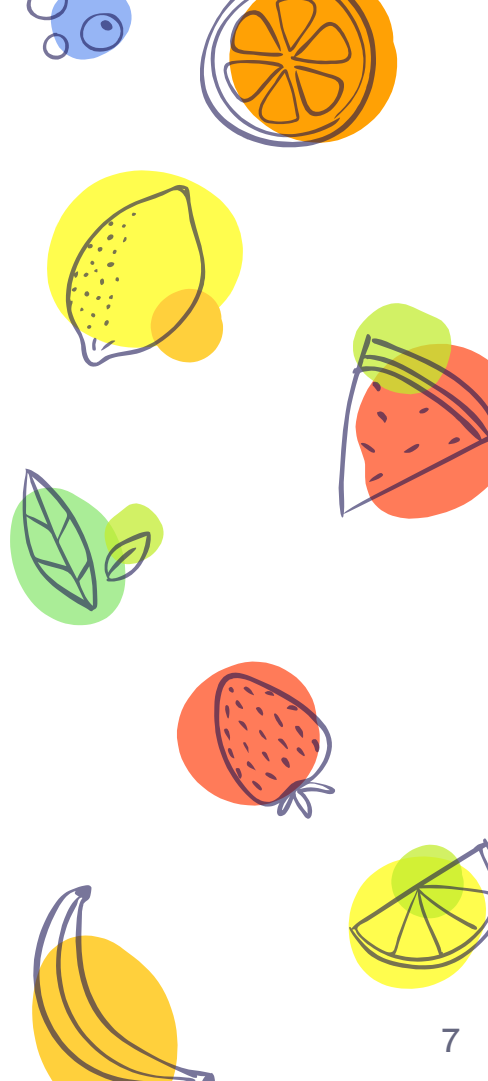
BLUE AND PURPLE

Anthocyanins is the main phytonutrient.

Rich in vitamins and minerals such as manganese, potassium, vitamin B6, vitamin C, vitamin K1 and good fibre.

Health benefits:

May benefit heart health, may improve brain function, may lower your risk of neurological disorders, type 2 diabetes and certain cancers.



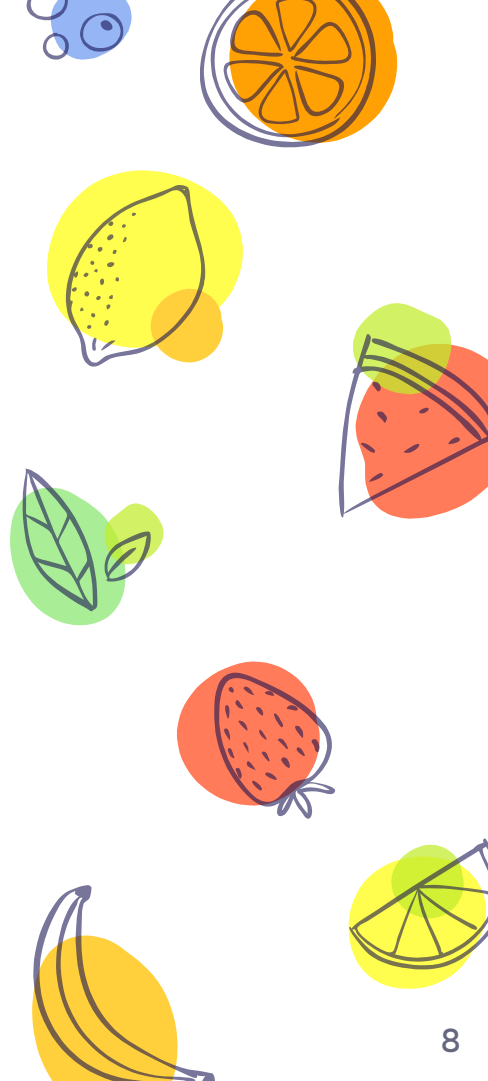
DARK RED

Betalains is the main phytonutrient.

Rich in vitamins and minerals like folate, magnesium, manganese, potassium, vitamin B6.

Health benefits:

May lower your risk of high blood pressure, may benefit heart health, may lower your risk of certain cancers, may support athletic performance through increased oxygen uptake.



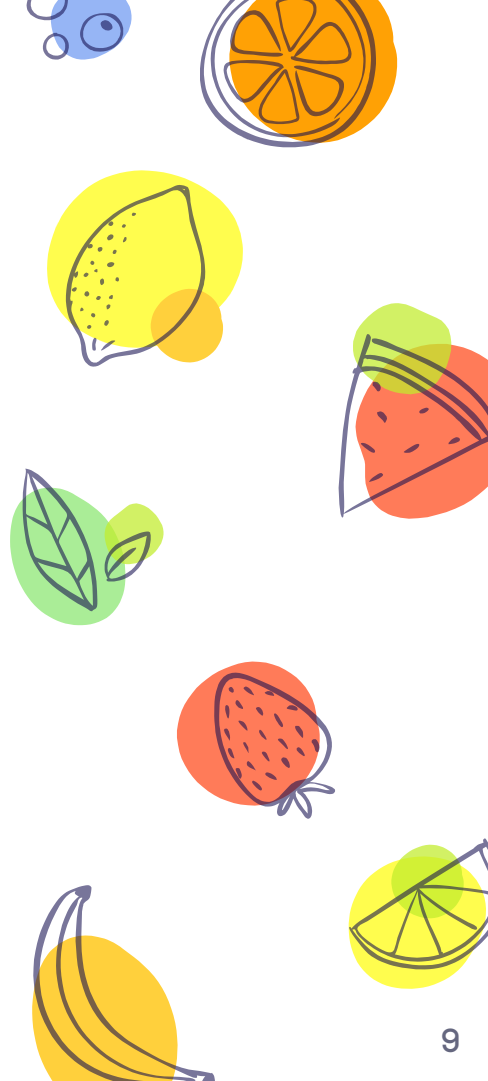
WHITE AND BROWN


Anthoxanthins (flavonols, flavones),
allicin are the main phytonutrients.

Rich in vitamins and minerals such as
folate, magnesium, manganese,
potassium, vitamin B6, vitamin K1

Health benefits:

May lower your risk of colon and other
cancers and may benefit heart health.





While you don't have to eat every single color every day, try to get them into your diet a few times per week.

All the colored fruits and vegetables are rich in antioxidants that scavenge free radicals from the body cells and prevent or reduce the damage caused by oxidation leading to anti-inflammatory effect and are very good source of fiber.

**Article By,
Ms. Afroze Sultana,
TCS Wellness Governor**

