

TCS/GEN/150/2022-23

Date: 11-01-2023

**CIRCULAR**

VALUE OF THE MONTH: TEAMWORK- العمل بروح الفريق الواحد

SUBJECT: LET'S FIX OUR DIET

Dear Parent,  
Greetings from the Central School Dubai!

**#WAKEUPWEDNESDAY**

Please refer to the enclosed poster to understand more about calories in our daily diet.

Regards,



**Syed Ali Haider Rizvi**  
PRINCIPAL

# LET'S FIX OUR DIET

## SUGAR FROM FOODS OR SUGAR AS A FOOD?

Sugar provides energy (calories), but along with energy our body needs several vitamins and minerals to metabolise it and utilise the energy appropriately. Otherwise the energy gets stored in the body as fat.

Hence, choose your food wisely



- Take sugar that is integrated in foods (like whole grains, vegetables, fruits etc), which also provide vitamins, minerals and fibre in addition to energy.



- Remember, every spoon of plain sugar or sweets made with sugar add only empty calories, but deprive you of vitamins, minerals, fiber, phytonutrients.

# **Brown Bread or Whole Wheat Bread?**

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**The health benefit of any cereal comes from its less processed version which retains its fiber and micronutrients.**



**Not all brown loaves of bread are made from an adequate amount of whole wheat flour. Some may contain caramel or artificial colors.**



**If you are looking for whole wheat bread, the first ingredient mentioned on the food label should be whole wheat (>75%)\* of the total product.**



**Whereas, to be called brown bread, it should contain at least 50%\* of whole wheat flour.**

\*as per FSSAI regulation



# SALT

- Our daily salt consumption should be within 5g/day (1tsp) which gives about 2.3g of sodium.
- Excess intake of salt increases the risk of hypertension and cardiovascular diseases.
- Sauces, ketchup, spreads, packed soups, canned vegetables, and processed meat contain a lot of sodium.