



Chair
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Editorial Board
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International News at Glance

Low-Carb diets may increase Atrial Fibrillation risk

Recent surge of interest in ketogenic and Atkins diet have lead researchers to focus on long term effects of low- carb on health, low-carbohydrate diets were associated with an increased risk for incident AF, regardless of the type of protein or fat used to replace the carbohydrate. The analysis used data from 13,385 participants, during a mean follow-up of 22.4 years; participants with low carbohydrate intake were 18% more likely to develop AF than those with moderate carbohydrate intake.

Findings were published in American College of Cardiology published online in March 2019.

National News at Glance

Energy drinks: Getting wings but at what cost?

Energy drinks consumption is increasing globally, the aim of this review was to identify potential impact associated with consumption of energy drinks on cardiovascular, renal, obesity, dental, neurological and musculoskeletal health. The conclusion was steps should be taken to increase awareness and stop sale of such drinks in academic institutes due to potential health risks.

Pak J Med Sci , 2014 Nov- Dec ; 30(6): 1415-1419

Surprising uses of Aloe Vera and side effects

Aloe vera gel can be helpful in superficial skin burns in kitchen , but see a doctor for serious burns ,it can be used in constipation but might cause stomach cramps in some people. People also use aloe gel to control diabetes, however there has been no proven evidence in this regard, aloe might interfere with certain drugs like diuretics , digoxin , blood thinners and diabetes medications.

Int J Mol Sci 2018 ; 19(9): 2843.

Clinical Nutrition Corner

Nutrition in Peptic Ulcer Disease



Dietary changes may help reduce the symptoms of peptic ulcers and/or promote healing in some people. However, different people have different tolerance to foods, and dietary changes may not help everyone.

- Limiting or avoiding alcohol
- Avoiding coffee, both caffeinated and decaffeinated
- Avoiding caffeine from other sources, such as chocolate or soda
- Avoiding acidic or spicy foods, if these foods cause your discomfort to increase:
 - Acidic foods include citrus foods and foods containing tomatoes
 - Spices reported by some patients to increase discomfort include black pepper, chili pepper, cayenne pepper, mustard seed, and nutmeg
- Watching your intake of fatty foods, such as fried foods, fast food, and rich desserts, if you think these foods cause discomfort:
 - Some patients report that fatty foods increase their level of pain
- Avoiding peppermint, if you find that peppermint increases your level of discomfort
- Avoiding large meals
- Not consuming anything 3–4 hours before bedtime
- Eating a balanced diet that contains whole grains, fruits, vegetables
- Considering use of a multivitamin:
 - Studies have shown that a vitamin or mineral deficiency can make healing peptic ulcers much more difficult

www.nutritioncaremanual.org

Kid's Corner

Potential Benefits of Breastfeeding for Infants and Mothers



Benefits for Infants

Optimal nutrition for infant
Strong bonding with mother
Safe, fresh milk
Enhanced immune system
Reduced risk for acute otitis media, nonspecific gastroenteritis, severe lower respiratory tract infections, and asthma
Protection against allergies and intolerances
Promotion of correct development of jaw and teeth
Association with higher intelligence quotient and school performance through adolescence
Reduced risk for chronic diseases such as obesity, types 1 and 2 diabetes, heart disease, hypertension, hypercholesterolemia, and childhood leukemia
Reduced risk for sudden infant death syndrome
Reduced risk for infant morbidity and mortality

Benefits for Mothers

Strong bonding with infant
Increased energy expenditure, which may lead to faster return to prepregnancy weight
Faster shrinking of the uterus
Reduced postpartum bleeding and delayed menstrual cycle
Decreased risk for chronic diseases such as type 2 diabetes and breast and ovarian cancer
Improved bone density and decreased risk for hip fracture
Decreased risk for postpartum depression
Enhanced self-esteem in the maternal role
Time saved from preparing and mixing formula
Money saved from not buying formula and increased medical expenses associated with formula feeding

Source: Reproduced with permission from Position of the American Dietetic Association: Promoting and supporting breastfeeding. *J Am Diet Assoc.* 2009;109:1926–1942.

PNDS Activity at a Glance

Karachi

March Nutrition Month Activities at a Glance

MNM 2019



PNDS held public awareness programs to address food related controversies focusing on, Oils, Milk, broiler and MSG.

Oils:

The consensus was that both Quantity and Quality of fat is important. Any oil can be used for general cooking, Frying in oil should be minimized, coconut oil is no super food, its best to use a saturated fat for frying and use it no more than 3-4 times. Less oil should be used in overall cooking per day.

Milk:

Milk from different animals has different significance, milk from a healthy animal is extremely crucial unbranded open milk was unsafe, pasteurized milk has least amount of nutrient losses; Camel milk is good for diabetics, by year 2022 no open milk sale will be allowed as per upcoming legislation.

MSG:

MSG is perfectly safe to use with no harmful effects on human body in small doses. It is also approved by FDA. There is no difference between naturally occurring glutamate in body and glutamate present in MSG. It is usually obtained by fermentation of sugarcane or tapioca starch. The sodium content of MSG is $\frac{1}{3}^{\text{rd}}$ of that in table salt.

Broiler Chicken:

There is no evidence that conclusively show any link to PCOS and consumption of Broiler Chicken. There is no significant difference between nutritional value of desi chicken and broiler. Some studies in Pakistan do report presence of arsenic, pesticide and antibiotic residues in chicken meat. There is no strict monitoring of the chicken feed and in general the water and environment are heavily contaminated, therefore frequent consumption should be reduced.

The nature of Pakistani cooking is such that microorganisms do not survive at higher temperatures and long cooking times, so chicken is safe to consume in bird flu hype.

The rapid growth of chicken is not because of hormonal injections but rather research of many years and genetic engineering.



March nutrition month walk was held on Thursday 21st March 2019 at Karachi press club. Nutritionists and dietetic professionals gathered at Karachi press club carrying slogans to promote healthy eating and physical activity, another goal was to raise awareness and draw attention of government to assist in establishment of a National Nutrition and Dietetic Council which will help the government in making policy and standardize and regulate nutrition and dietetic education programs. Some of the agenda points were,

- Media should ensure that nutrition advice is given only by qualified, registered and trained nutritionists/dietitians and not by non-technical persons that is often incorrect and misleading general public.
- Nutrition and dietetic qualified faculty should be employed to teach nutrition and dietetic programs running in the country instead of non-technical personnel or people from other disciplines.
- Positions for dietitians and nutritionists should be created in govt hospitals in grade 17 or equivalent, and 17 grade in private hospitals.
- Number of dietitians per hospital or per department of any institution/organization should be increased based on the needs.



March Nutrition Month Activities at a Glance

Faisalabad

Program was hosted by Dr. Mian Kamran Sharif, Co-Chair PNDS (FSD-chapter), Prof. Dr. Masood Sadiq Butt, Dean Faculty of Food, Nutrition and Home Sciences, University of Agriculture, Faisalabad delivered welcome address, At the end of inaugural session Prof. Dr. Tahir Zahoor, Director General, National Institute of Food Science and Technology, University of Agriculture, Faisalabad gave note of thanks.



MARCH NUTRITION MONTH 2019

Technical Experts

Prof. Dr. Nuzhat Huma
Dr. Muhammad Issa Khan
Dr. Mian Kamran Sharif
Dr. Asim Shabbir
Dr. Ali Asghar
Dr. Syed Qamar Abbas
Dr. Amna Sahar
Dr. Aysha Sameen
Dr. Muhammad Yousaf

Nutrition Experts

Mrs. Suraya Ikhtiar
Ms. Binish Sarwar Khan
Ms. Rakhshanda
Mr. Ali Raza
Mrs. Hafsa Mughal



Congratulation

**Achievement Faisalabad Chapter –Wining research project under HEC –
NRPU research grant scheme**

Dr Beenish Israr, in charge-PNDS FSD chapter has won research project under HEC-NRPU(National Research programme for Universities) research grant scheme. Title of project is

“Sustainable and healthy food chain: step forward to improve health of mother and child”



March Nutrition Month Activities at a Glance

Islamabad/ Rawalpindi



Date: 8th March 2019 Friday

Event: World Dietitian Day, Womans Day, World Kidney Day
Topic: Effectiveness of weight management and popular diets

Venue: Shifa International Hospital, Islamabad

Speaker: Dr Rezzan Khan ,Nutritionist Consultant

Date: 13th March 2019 Wednesday

Event: World Dietitian Day

Topic : Nutrition Camp and Cake ceremony

Venue: Shifa International Hospital Isb

Guests: Dr Habib Rehman, Aziz Jan, Dr Manzoor Qazi, Dr Zeeshan, Dr Amjad Sohail, Qamar Butt, Shuja Rauf and all FNSD and Clinical Dietitians,

Date: 14th March 2019 Thursday

Event: World Kidney Day, World Dietitian Day

Topic : Seminar and Expo

Venue: Quaid-e-Azam International Hospital Islamabad

Speaker:: Dr Ali Naqi Consultant upper GI Surgeon Quaid-e-Azam Hospital Islamabad.

Brig Dr Abdul Halim Consultant Nephrologist and HOD Medicine Quaid-e-Azam

International Hospital , Dr Rezzan Khan Consultant Nutritionist Shifa International Hospital .

Date: 21st March 2019, Thursday

Event: Symposium

Topic: Prevention and Healing with Nutraceuticals

Venue: CMH, Rawalpindi

Speaker:

Dr Rubina Hakeem:

"Efficacy & Safety of Dietary Supplements, Functional Foods and Nutraceuticals"

Dr Rezzan Khan :

"Efficacy of Functional Foods on Visceral Adipose Tissue"

Ms. Amina Chughtai;

"Scope of Malnutrition in Hospitalized Patients"

Dr Farkhanda Sarfaraz (Nutritionist, PAF SARGODH) ;

"Iron Rich Drink to Combat Anemia"

Ms.Huma Araib (Nutritionist, THQ JOHARBAD) ;

"Effect of Corn Silk in Renal Patients"

Ms. Musarrat Bhatti (CMH, RWP) ;

"Nutraceuticals: Myths vs realities"

Dr Rai Amir ;

"Milk Thesils in Liver Disease"

Dr Hajra Ahmed (AIOU)

"Fenugreek in Diabetes"

Department of Nutrition at Combined Military Hospital CMH, Rawalpindi organized four obesity and diabetes Camps in March nutrition month. Around two thousand patients benefited from these four camps. The camp teams were led by Musarrat Bhatti RDN,HOD of Department of Nutrition , activities included body composition analysis , counseling of all patients who visited obesity camp. Individual diet plan were made. Patients were also given basic knowledge on "Dos and Don'ts" for healthy living. Another major event in this month was the symposium organized by Department of Nutrition, CMH. The topic of this Symposium was "Prevention and Healing with Nutraceuticals".



News of the Month

The Executive Committee of Pakistan Nutrition and Dietetic Society (PNDS) is pleased to announce the launch of PNDS Khyber Pukhtunkhwa chapter next month in July , 2019 . All the official paperwork has been completed and soon launch date would be announced, this will be the 4th chapter after Lahore, Islamabad and Faisalabad. Details of ceremony will be shared in next newsletter.