

ISSN 2454-3306

International Registered & Recognized Research  
Journal Related to Higher Education for all Subjects

# INDO ASIAN RESEARCH REPORTER

---

(Refereed & Peer Reviewed Research Journal)

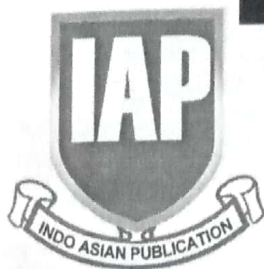
Year - IV, Issue - IV, Vol- 1

Impact Factor 3.35  
(GRFI)

June 2017 To May 2018

EDITOR IN CHIEF

Dr. BALAJI KAMBLE



IMPACT FACTOR  
1.77

ISSN 2454-3306

International Registered & Recognized Research  
Journal Related to Higher Education for All Subjects

# INDO ASIAN RESEARCH REPORTER

REFEREED & PEER REVIEWED RESEARCH JOURNAL

Issue : IV, Vol. I

Year- IV, Annual (Yearly)

( June 2017 To May 2018)

Editorial Office :

'Gyandev-Parvati',

R-9/139/6-A-1,

Near Vishal School,

LIC Colony,

Pragati Nagar, Latur

Dist. Latur - 413531.

(Maharashtra), India.

## EDITOR IN CHIEF

**Dr. Balaji G. Kamble**

Head, Dept. of Economics, Dr. Babasaheb Ambedkar Mahavidyalaya,  
Latur, Dist. Latur (M.S.) India

## EXECUTIVE EDITORS

**Dr. Nilam Sanghani**

Borgaon (Manju),  
Dist. Akola (M.S.)

**Dr. Satyankumar Sitapara**

Principal  
Commerce and BBA College,  
Amreli, Dist. Amreli (Gujrat)

## DEPUTY EDITOR

**Dr. Suma S. Nirni**

Dept. of History,  
GP. Porwal & V.V. Salimath College,  
Sindagi, Dist. Bijapur (M.S.)

**Dr. Bhaskar S. Wazire**

Head, Dept. of History,  
Sitabai Arts College,  
Akola, Dist. Akola (M.S.)

## CO - EDITOR

**Dr. Ambuja Malkhedkar**

Gulbarga, Dist. Gulbarga,  
(Karnataka)

**Dr. Sativa Tiwari**

Dept. of Hindi,  
Gogt. First Grade College,  
Gulbarga, Dist. Gulbarga (K.A.)

## Website

**www.irasg.com**

Contact : - 02382 - 241913

09423346913 / 09637935252

09503814000 / 07276301000

E-mail :

visiongroup1994@gmail.com

interlinkresearch@rediffmail.com

mbkamble2010@gmail.com

Published by :

**Indo Asian Publication,**

Latur, Dist. Latur - 413531 (M.S.) India

Price : ₹ 200/-

## MEMBER OF EDITORIAL BOARD

**Dr. Mohammad T. Rahaman**  
Dept. of Biomedical Science,  
International Islamic University,  
Mahkota (Malaysia)

**Dr. Rajendra R. Gawhale**  
Head, Dept. of Economics,  
G. S. Mahavidyalaya,  
Buldhana, Dist. Buldhana (M.S.)

**Dr. Rajendra D. Ganapure**  
Head, Dept. of Economics,  
S. M. P. Mahavidyalaya,  
Murum, Dist. Osmanabad (M.S.)

**Dr. G. N. Panchal**  
Librarian,  
Madhavrao Patil College,  
Palan, Dist. Parbhani (M.S.)

**Dr. B. S. Thombare**  
Head, Dept. of Geography,  
Babaji Tate College,  
Yavatmal, Dist. Yavatmal (M. S.)

**Dr. Sivappa Rasapali**  
Dept. of Chemistry & Biochemistry,  
UMASS. Wesport Road,  
Dartmouth, MA (U.S.A.)

**Dr. M. Ashif Shaikh**  
Principal  
Ramesh Dhawad P. E. College,  
Nagpur, Dist. Nagpur (M.S.)

**Dr. Arun Kumbhar**  
Head, Dept. of Economics,  
Arts & Commerce College,  
Nesri, Dist. Kolhapur (M.S.)

**Dr. S. D. Salunke**  
Dept. of Chemistry,  
Rajarshi Shahu Mahavidyalaya,  
Latur, Dist. Latur (M.S.)

**Dr. Anita Mudliar**  
Shri. Nashikrao Tirpude College of  
Physical Education,  
Nagpur, Dist. Nagpur (M.S.)





## INDEX

Sr. No.	Title of Research Paper	Author(s)	Page No.
1	Microwave Assessed, Fast and Clean Synthesis of Some Phenolic Aldehyde	Shashikant A. Kadam, R. S. Shinde	1
2	Customer Relationship Management in Banking Sector	Abdul Majeed	6
3	Services Marketing Management: A Study of Maharashtra State Road Transport Corporation (Msrtc)	V. S. Kshirsagar	11
4	A Study of the Schemes Implemented by Khadi and Village Industries Commission	M. B. Thikare	15
5	Balanced Diet For A Common Man	Maleka Shaheen Abdul Gaffar	22
6	A Comparative Study of Anxiety Between Collegiate And District Level Athlete	Dr. Satyapal Singh	27
7	Study of Non-Destructive Testing Gamma Rays Interaction with Matter	C. S. Kodarkar S. R. Mitkari	32
8	Need of Administrative Reforms in India	Dr. Narsing Yechale	40
9	हिन्दी गीतों में व्यक्त राष्ट्रप्रेम	डॉ. सय्यद ए. सय्यद झेड.	46
10	शेतकरी वर्गासाठी फुल्यांचा आर्थिक दृष्टिकोन	राहुल कदम	51
11	ग्रामीण विकासात ग्रामसभेची भूमिका	के.जी. कुंभारकर	53

**BALANCED DIET FOR A COMMON MAN****Maleka Shaheen Abdul Gaffar***Head, Dept. of Home Science,  
Milliya College,  
Beed, Dist. Beed***ABSTRACT**

*Humans need a wide range of nutrients to lead a healthy and active life. For providing these nutrients, good nutrition or proper intake of food in relation to the body's dietary needs is required. An adequate, well balanced diet combined with regular physical activity is a cornerstone of good health. Poor nutrition can lead to reduced immunity, increased susceptibility to disease, impaired physical and mental development, and reduced productivity. A healthy diet consumed throughout the life-course helps in preventing malnutrition in all its forms as well as wide range of non-communicable diseases (NCDs) and conditions. But rapid urbanization/globalization, increased consumption of processed foods and changing lifestyles has led to a shift in dietary patterns.*

**Keywords:** Balanced diet, consumption, productivity.**Introduction :**

People are consuming more foods high in energy, fats, free sugars or salt/sodium, and many do not eat enough fruits, vegetables and dietary fibers such as whole grains. So, these all factors



are contributing to an imbalanced eating. A balanced and healthy diet will vary depending on the individual needs (e.g. age, gender, lifestyle, degree of physical activity), cultural context, locally available foods and dietary customs but the basic principles of what constitute a healthy diet remain the same.

A balanced diet is one which contains variety of foods in such quantities and proportion that the need of all nutrients is adequately met for maintaining health, vitality and general wellbeing and makes a small provision for extra nutrients to withstand short duration of leanness.

The major food issues of concern are insufficient/ imbalanced intake of foods/nutrients. One of the most common nutritional problems of public health importance in India are low birth weight, protein energy malnutrition in children, chronic energy deficiency in adults, micronutrient malnutrition and diet related non-communicable diseases. Health and nutrition are the most important contributory factors for human resource development in the country.

Healthy dietary practices begin early in life. Recent evidences indicate that under nutrition in utero may set the pace for diet related chronic diseases in later life. Breastfeeding promotes healthy growth and improves cognitive development, and may have longer-term health benefits, like reducing the risk of becoming overweight or obese and developing NCDs later

in life.

Foods can be categorized according to the function as-

- " Energy rich foods (Carbohydrates and fats)-whole grain cereals, millets, vegetable oils, ghee, nuts and oilseeds and sugars.
- " Body building foods (Proteins)- Pulses, nuts and oilseeds, milk and milk products, meat, fish, poultry.
- " Protective foods (Vitamins and minerals) - Green leafy vegetables, other vegetables, fruits, eggs, milk and milk products and flesh foods.

## **DIET FOR DIFFERENT AGES**

### **A. Diet for an Adult Male & Female:**

As an adult male and female, you must take care of your diet. Adults generally complain of time crunch and with sedentary lifestyle, it becomes even more difficult to follow a strict diet. Adults should use salt in moderation as high intake of salt might lead to high blood pressure. One should avoid preserved foods such as pickles/ papads and also canned foods as it contributes to higher intake of salt. An adult female should take a diet which is rich in calcium (Milk & dairy products) as well as iron (green leafy vegetables-spinach, broccoli etc.) Limit use of saturated fats and trans fats such as ghee, butter, cheese, vanaspati ghee and add more fibrous food in diet in the form of whole grains,



vegetables and fruits.

According to WHO, a healthy diet for adults contains:

- " Fruits, vegetables, legumes (e.g. lentils, beans), nuts and whole grains (e.g. unprocessed maize, millet, oats, wheat, brown rice).
- " At least 400grams (5 portions) of fruits and vegetables a day. Potatoes, sweet potatoes, cassava and other starchy roots are not classified as fruits or vegetables.
- " Unsaturated fats (e.g. found in fish, avocado, nuts, sunflower, canola and olive oils) are preferable to saturated fats (e.g. found in fatty meat, butter, palm and coconut oil, cream, cheese, ghee and lard). Industrial trans fats (found in processed food, fast food, snack food, fried food, frozen pizza, pies, cookies, margarines and spreads) are not a part of a healthy diet.
- " Less than 5 g of salt (equivalent to approximately 1 teaspoon) per day and use iodized salt.

#### **B. Diet for Elderly People**

- " Individuals of 60 years and above constitute the elderly. The diet for elderly people should include nutrient rich foods to enable them to be fit and active. Senior citizens need more of vitamins and minerals to be healthy and active.

- " The body composition changes with the advancing age and all these changes affect nutritional needs of the elderly. Elderly or aged people require reduce amount of calories as their lean muscle mass and physical activity decreases with ageing. Elderly need more calcium, iron, zinc, vitamin A and antioxidants to prevent age-related degenerative diseases and for healthy ageing. It is very essential to maintain your health as ageing process starts and it increases the life expectancy. It is very important for elderly people to exercise as it helps to regulate body weight and flexibility in the joints. The risk of degenerative diseases also considerably decreases with regular exercise session.
- " Elders generally complain of loss of appetite or sometimes difficulty in chewing. A soft diet should be given to elders, with inclusion of fruits and vegetables in their diet. Calcium rich foods like dairy products (low fat), milk (toned) and green leafy vegetables should be included in the daily diet to maintain bone health, so as to prevent osteoporosis and bone fractures. Consume pulses, toned milk, egg-white etc. in good quantities as they are rich in proteins. Elderly people should cut down on their saturated fats, sweets, oily food, salt and sugar level. Use



of ghee, oil, butter should be completely avoided. Also, avoid eating spicy food.

" The diet for elderly people needs to be well cooked, soft and should be less salty and spicy. Ensure to eat small quantities of food at more frequent intervals and drink water at frequent intervals to avoid dehydration and constipation. Consult a doctor for an individualized diet depending upon the medical condition in the case of persons suffering from chronic diseases and bed ridden patients.

## **BALANCED DIET CHART**

### **1. Make half your plate veggies and fruits**

Vegetables and fruits are full of nutrients that support good health. Choose fruits and red, orange, and dark-green vegetables such as tomatoes, sweet potatoes, and broccoli.

### **2. Include whole grains**

Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.

### **3. Don't forget the dairy**

Complete your meal with a cup of fat-free or low-fat milk. You will get the same amount of calcium and other essential nutrients as whole milk but fewer calories. Don't drink milk? Try a soy beverage (soymilk) as your drink or include low-fat yogurt in your meal or snack.

### **4. Add lean protein**

Choose protein foods such as lean beef, pork, chicken, or turkey, and eggs, nuts, beans, or tofu. Twice a week, make seafood the protein on your plate.

### **5. Avoid extra fat**

Using heavy gravies or sauces will add fat and calories to otherwise healthy choices. Try steamed broccoli with a sprinkling of low-fat parmesan cheese or a squeeze of lemon.

### **6. Get creative in the kitchen**

Whether you are making a sandwich, a stir-fry, or a casserole, find ways to make them healthier. Try using less meat and cheese, which can be higher in saturated fat and sodium, and adding in more veggies that add new flavors and textures to your meals.

### **7. Take control of your food**

Eat at home more often so you know exactly what you are eating. If you eat out, check and compare the nutrition information. Choose options that are lower in calories, saturated fat, and sodium.

### **8. Try new foods**

Keep it interesting by picking out new foods you've never tried before, like mango, lentils, quinoa, kale, or sardines. You may find a new favorite! Trade fun and tasty recipes with friends or find them online.



**9. Satisfy your sweet tooth in a healthy way**

Indulge in a naturally sweet dessert dish fruit. Serve a fresh fruit salad or a fruit parfait made with yogurt. For a hot dessert, bake apples and top with cinnamon.

**10. Everything you eat and drink matters**

The right mix of foods in your meals and snacks can help you be healthier now and into the future.

**CONCLUSION**

- " Eat a variety of nutrient-rich foods.
- " Match food intake with physical activity.
- " Avoid fried, salty and spicy foods.
- " Consume adequate water to avoid dehydration.
- " Exercise regularly or go for a walk.
- " Avoid smoking, chewing of tobacco and tobacco products (Khaini, Zarda, Paan masala) and consumption of alcohol.
- " Go for regular checkups. Check regularly for blood sugar, lipids and blood pressure.
- " Avoid self medication.
- " Adopt stress management techniques (Yoga and Meditation).

**References :-**

1. <http://nininidia.org/DietaryguidelinesforIndians-Finaldraft.pdf>
2. [http://readynutrition.com/resources/are-you-ready-series-best-practices-for-long-term-food-storage\\_03042011/](http://readynutrition.com/resources/are-you-ready-series-best-practices-for-long-term-food-storage_03042011/)
3. [https://www.ava.gov.sg/docs/default-source/tools-and-resources/resources-for-businesses/\(english\)-good-storage-practices](https://www.ava.gov.sg/docs/default-source/tools-and-resources/resources-for-businesses/(english)-good-storage-practices)
4. <http://www.fda.gov/Food/ResourcesForYou/Consumers/ucm114299.htm>
5. <http://nininidia.org/DietaryguidelinesforIndians-Finaldraft.pdf>
6. <http://www.csiro.au/en/Research/Health/Food-safety/Refrigerating-foods>
7. <http://nininidia.org/DietaryguidelinesforIndians-Finaldraft.pdf>
8. <http://icmr.nic.in/final/rda-2010.pdf>
9. [http://fda.up.nic.in/household\\_tests.htm](http://fda.up.nic.in/household_tests.htm)
10. <http://nininidia.org/DietaryguidelinesforIndians-Finaldraft.pdf>
11. Dietary Guidelines for Indians- National Institute of Nutrition
12. <http://vikaspedia.in/health/nutrition>
13. Nutrient Requirements and Recommended Dietary Allowances for Indians
14. [nrhm.gov.in](http://nrhm.gov.in)
15. <http://www.md-health.com/Balanced-Diet-Chart-For-Children.html>
16. <http://www.nhlbi.nih.gov/health/health-topics/topics/obe/signs>
17. <http://www.ncbi.nlm.nih.gov/pubmed/16866972>