



# Nutrition News

The role of nutrition in cure & prevention of disease is well known.

Keeping in view this fact, Rashid Latif Institute of Allied Health Sciences, under its School of Nutrition, is currently offering a B.Sc. (Hons) degree program in Nutrition & Dietetics.

This four year degree program will enable our students to professionally excel in health care.

**Mahnaz Nasir Khan**  
Clinical Dietician at Hameed Latif Hospital  
*"Life is all about balance"*

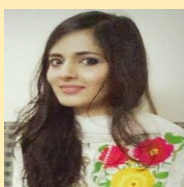


**Shazia Zahra**  
Nutrition Advisor

*"Optimal Nutrition is eating the right things, in the right amounts, at the right time"*



**Hafiza Nida Rehmat**  
Nutrition Coordinator



**Fareeha Amin**  
Nutrition Demonstrator

*"Focus on the health, Be Smart, Eat not only on diet"*

*"Be Smart, Eat Smart"*

*"Internships are the first step towards your career"*

**Latest Buzz:** This month Rashid Latif Institute of Allied Health Sciences School of Nutrition successfully carried out its first batch of Community Nutrition Internship Program of 2<sup>nd</sup> Year B.Sc. (Hons) Students.

The program was based on OPD rotations, lectures, community nutrition education projects, Nutrition Workshops and many nutrition-based activities for the students.



The internship aimed to endorse the coursework learning with practical understanding & application of the field of nutrition

*"Time to Think About What We Eat"*

**Happening Now:**

Rashid Latif Institute of Allied Health Sciences School of Nutrition have an ongoing nutrition clinic "Health & Nutrition Lounge" at Arif Memorial Teaching Hospital, catering the needs of In-door, out-door & private patients.

One-on-one nutritional assessment of the patients, customized eating plans, and dietary counseling is carried out based on the patient's disease.

Dietary interventions play an important & essential role in primary prevention of many diseases. Therefore, our nutritionists are committed to provide nutrition-focused services to our patients





## Health benefits of Aloe Vera Gel



**Fight your heartburn:** Ingesting 1 to 3 ounces of Aloe gel with every meal is known to reduce the effects of Gastro esophageal reflux disease (GERD) and other digestive ailments.

**Excellent for digestion:** The gentle and soothing relief of Aloe Vera aids in reducing or curing the painful symptoms associated with digestion.

**Lowers cholesterol and blood sugar level:** Aloe Vera is known to regulate blood sugar levels and treat obesity. Two tablespoons of Aloe Vera juice daily reduces the blood sugar and cholesterol level in individuals suffering from type 2 diabetes.

**Fighting against cancer:** Aloe Vera leaves are capable of slowing down the multiplication of breast cancer cells.

**Soothing for inflammations, acne, burns and hydrating skin:** Aloe Vera has a soothing effect on inflamed skin, burns, rashes, acne and enhances collagen which helps to refresh skin.

**Detoxification and weight loss:** Aloe Vera juice is full of vitamins, amino acids and minerals, which makes it one of the most valuable, natural cleansers. It helps to rid the body of any harmful waste, thus naturally detoxifying the body and in the same bid burning any excess fat.

**"The best doctor gives the least medicine."**

*~Benjamin Franklin*

## Childhood Obesity and Digital Media

Obesity is one of the most prevalent problems all over the world that could lead to sedentary behavior and influence the dietary habits of children. Children are living in an electronic environment where the extensive use of the media devices increases their sedentary behavior. The physical activity is negatively associated with health status of the individual. The dietary habits of the individuals are badly affected due to the trends of junk and fast food consumption. The food marketing campaigns target young children for selling their products by advertising them in prime time of children programs. The television food commercials have had a bad impact on children and increased brand advertisements may lead to unhealthy consumption patterns. The American Academy of Pediatrics suggests that children screen time should be less than 2 h per day but recent data indicates that 35% of adolescence has screen time for more than 3 h per day. Family-based intervention is needed to target and educate parents of the students so that the positive effect of the knowledge is being guaranteed.

**Hafiza Nida Rehmat**  
Clinical Nutritionist

### 5 STEPS TO MAKING A HEALTHY SMOOTHIE

1. **PICK A BASE:** 1/2 cup of water, milk, or 100% juice
2. **SWEETEN IT NATURALLY:** Add 1-2 different fruits, fresh or frozen, 1 cup total
3. **GO GREEN:** Add 1-2 different vegetables, fresh or frozen, 1 cup total
4. **POWER UP WITH PROTEIN:** 1 cup of yogurt or cottage cheese, 1 scoop of protein powder
5. **ADD SOME EXTRAS:** 1-2 tablespoons of flax or chia seeds, 1 teaspoon of ground cinnamon

