



LEICESTER SAI CENTRES

BLISS IS MY FOOD

"AS IS THE FOOD, SO IS THE MIND." – BHAGAVAN



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The food we eat is composed of the following key components, some of which provide the body with the energy, but all are important for good health & well-being.

CARBOHYDRATE

Body's main source of energy; it can also be converted into proteins.

PROTEIN

Provides amino acids, which makes most of the cells structure including cell membrane.

FAT

Gives energy, protects organs, absorbs other nutrients and making steroid & hormone.
Has the highest caloric content.

VITAMIN & MINERAL

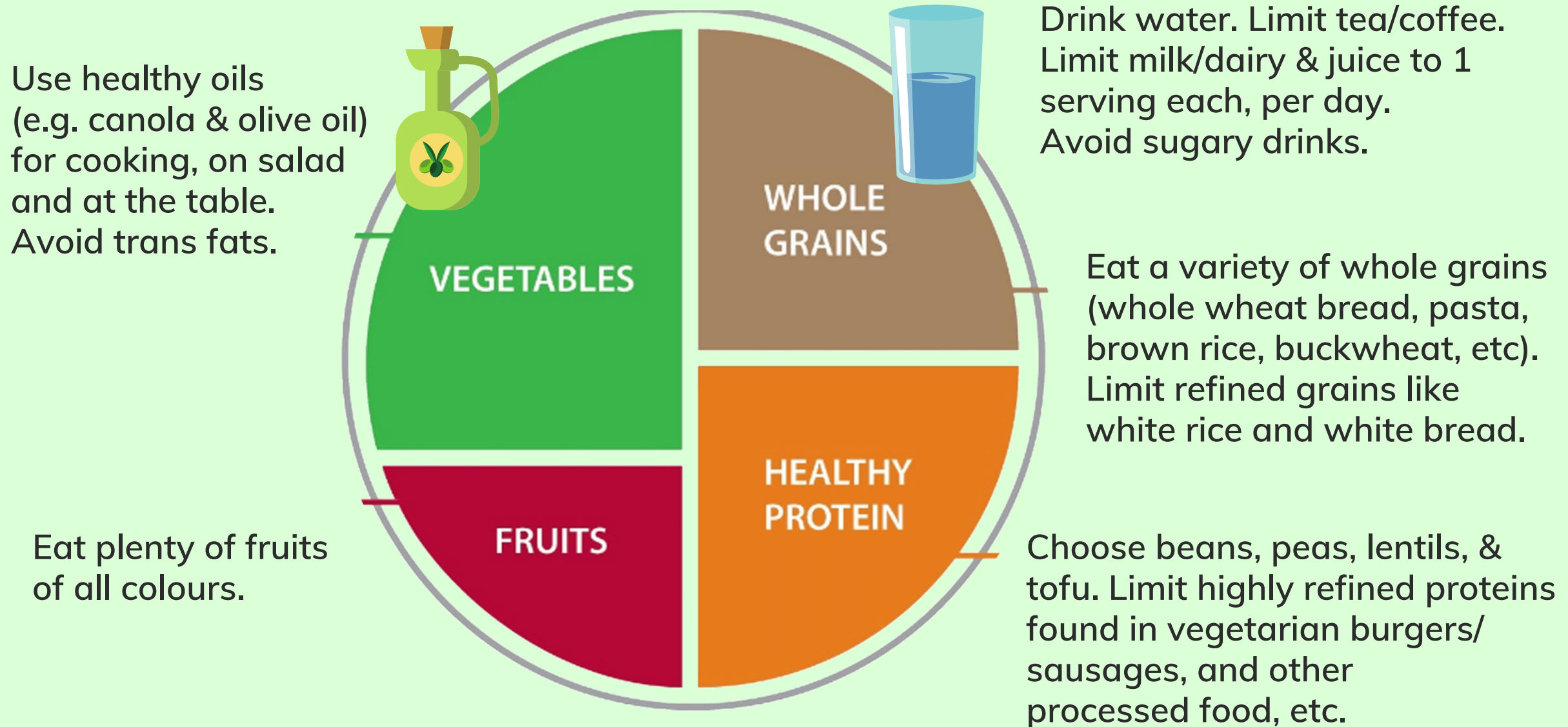
Essential for normal metabolism, growth, development and cell function. Work together with enzymes/other substances that are needed for a healthy life.

WATER

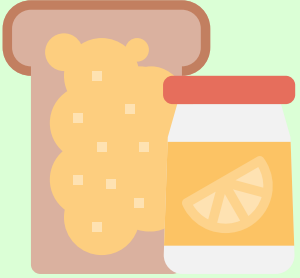
Makes up 60% of our body weight. Helps regulate body temperature & maintaining other bodily functions. Our body needs more water every day than any other nutrient.



HOW TO BALANCE NUTRIENTS: HEALTHY EATING PLATE



DAILY MEALS



BREAKFAST

- **Vegetables:** carrot juice/green juice
- **Fruits:** seasonal fruit, natural marmalade and spreads
- **Healthy protein:** plant-based milk, plain yogurt, coconut yogurt, nuts, lentils
- **Whole grains:** cereals, bread/toast, oats, arepas, idlis, ragi



LUNCH

- **Vegetables:** any vegetables – all colors and textures; raw or cooked
- **Fruits:** seasonal fruit
- **Healthy protein:** tofu, beans, soya chunk, hummus, broad beans, chickpeas, lentils
- **Whole grains:** wheat pasta, wholemeal bread, pita bread, tortilla, roti, rice



DINNER

- **Vegetables:** raw or cooked vegetables; mushrooms
- **Fruits:** neutral fruits like; apple, pear, papaya
- **Healthy protein:** soy/oat milk, tofu, hummus, lentils
- **Whole grains:** rice, oats, bagels, toast, flat breads (roti, tortilla, pita bread)

WHAT TO AVOID



BREAKFAST

- Doughnuts, croissants, waffles
- Fatty and salty food
- Boxed, processed cereals
- Skipping breakfast (associated with increase risk of obesity).



LUNCH

- Sugary beverages
- Diet/low-fat products and food.
- Hydrogenated oils
- Limit milk/dairy
- Limit juice to a small glass per day.



DINNER

- Eating too much
- Fats; cheese
- Stimulants like coffee, black tea, chocolate
- Bread



HOW TO SCHEDULE FOOD INTAKE?

IT'S SIMPLE AS 1, 2, 3.....



- Morning tea/coffee and breakfast - try and go for decaf
- Healthy snacks between meals
- Have complete meals (breakfast, lunch and dinner)

7 WAYS TO SNACK SMARTER

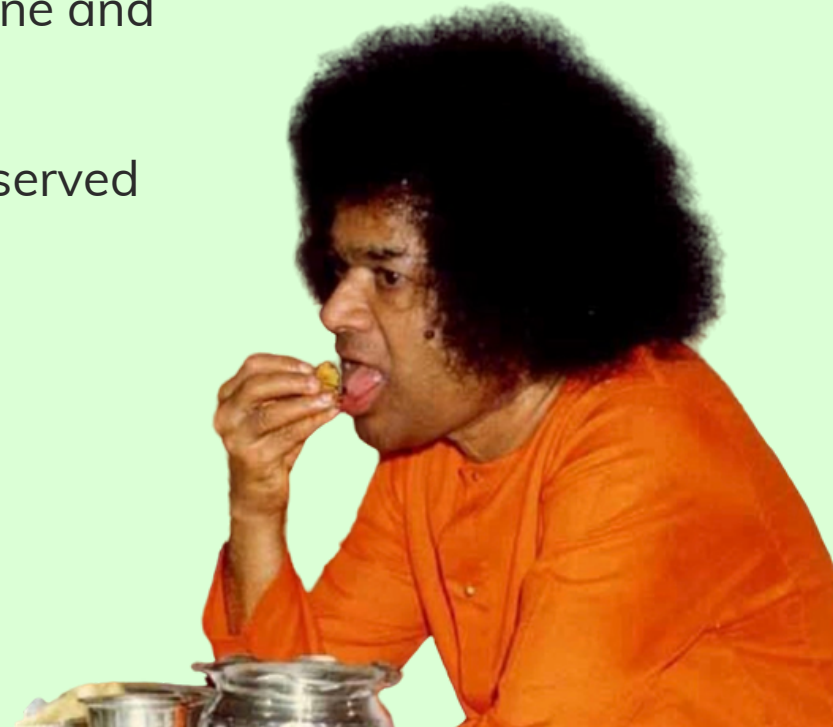
According to the Harvard Medical School

1. **Go for the grain:** Whole grain snacks like whole-grain; low-salt pretzels or tortilla chips, or high fiber cereals.
2. **Bring back the breakfast:** i.e. a slice of whole-grain toast topped with nut butter. Low sugar granola also works.
3. **Try a 'high-low' combination:** Combine small amount of healthy fat like peanut butter with something very light e.g. apple slices.
4. **Go nuts (if suitable):** Use unsalted nuts, almonds, walnuts, peanuts, roasted pumpkin seeds, cashews, fibres; in moderation
5. **The combo snack:** Try to have more than just one micronutrient. Try whole-grain crackers with some low-fat cheese.
6. **Snack mindfully:** Don't eat your snack while doing something else.
7. **Take it with you:** Think ahead and carry your snack in your purse or in a small lunch box; don't turn in desperation to the sweets/chocolates in the workplace/school machine.



GIVE IT A GO FOR 10 WEEKS

1. Write down your daily meals - keep a food diary
2. Analyse which elements from your diet you can improve and start changing them.
3. Find your motivation - read Sathya Sai Divine Discourses on food or read credible scientific journals about natural resources and food
4. Try following the suggested step-by-step guide, starting on number one and moving forward one number per week (at your own pace)
5. Use the 'healthy eating plate' as a guide every time you eat, whether served on a plate or prepared for a lunch box. Don't forget to pray too!
6. Keep reading about how to 'Serve the Planet' with your food choices at www.sathyasai.org/ya/serve-the-planet
7. Share with others; family or community but only after you practice, so you can talk about your own experience.



REDUCE FOOD WASTAGE

Be aware of your food waste - world hunger continues to climb while 1/3 of food produced is wasted. Food waste means that the water and energy used to produce the food is also wasted.

- The Food and Agriculture Organization (FAO) website



**“Only by controlling the quality of our food and water can we attain divinity.
That is why food is said to be God. Hence to waste food is to waste God.
Do not waste food.
Eat only what you need, and be sure that what you eat is satwic.
Give any surplus food to those in need.”**

- Sathya Sai



Resources can be found at:



nrsaicentre.org.uk/resources