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7 Day Healthy Breakfast
Bonanza for Children

Exercise for healthy living

7 Day Healthy Breakfast Bonanza for Children



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When I was in school, my mom's favourite dialogue in the morning was "Why don't you eat your Breakfast, it is the most important meal of the day". She used to cut articles from newspapers to show me how much important a Breakfast is. However, I simply gulped down a glass of milk before dashing off to school.

It was only after I picked up nutrition as career did I realize how important Breakfast is!

As the word is self explanatory, breakfast means to break the fast. 'Fast' is when you don't eat food and have been sleeping all through the night unless you went on a midnight raid of the fridge.

So breakfast is when you break your fast with a healthy nutritious meal. Hence gulping down a glass of milk is not sufficient. Your body will derive energy from the breakfast you eat send you off to school all full up for the day. But if you don't eat your store of energy will be low and all your stomach will make you think about food all during your English, Math's or Other Classes. Your concentration will go for Toss.



Studies show that eating a healthy breakfast can help give you

- Improved concentration and performance in the classroom or the boardroom.
- More strength and endurance to engage in physical activity.
- Lower cholesterol levels.

Eating breakfast is important for everyone, but is especially so for children and adolescents. According to the American Dietetic Association, children who eat breakfast perform better in the classroom and on the playground, with better concentration, problem-solving skills, and eye-hand co-ordination.

Stick to basics and serve simple foods like a cereal+milk+nuts almonds, walnuts, dates that are nutritious and easy to eat in the morning. But if your kid is bored of the same foods, then try something creative and make eating breakfast fun. Prepare it for yourself and your kid. Set an example for your kids by eating breakfast along with your kids.

Here's a 7 day Breakfast Bonanza for children.

Monday Breakfast

1-2 Red Chick Pea Paratha
1 glass Milk
2-3 Almonds

Red Chick Pea Paratha - serves 2

Ingredients

½ cup chana soaked overnight and pressure cooked. Crush it in the pressure cooker.
2 tsp oil
½ tsp jeera
1 tsp green chilly paste
2 tsp coriander leaves chopped finely
1 tsp garam masala
2 cup wheat flour
Lemon juice according to taste
Salt according to taste

Method

Mix salt in wheat flour and make soft dough like chapatti. Keep it for ½ an hour, mix well and make lemon-sized ball.

Stuffing Material

In pan heat 1 tsp oil, add jeera. Put crushed chana. Add coriander green chilly, garam masala, red chilly, salt and lemon juice to taste. Roll out chapatti and put the stuffing. Roll out again. Heat the paratha on a non-stick paratha. Adjust with little or no oil and cook it on both the sides.

Alternatives: You can make Pulse Paratha with Moong, Chana Dal, Tur Dal in the same manner.

Tuesday Breakfast

2 -3 slices Chinese Toast
1 glass of Dates Milk

Chinese Toast - serves 4

Ingredients

Multigrain / brown bread 6 slices
4 tsp butter
2 Tbsp oil
1 cup shredded cabbage
½ cup grated carrot
½ cup chopped capsicum
½ chopped spring onion
½ cup boiled corn
1 Tbsp soy sauce
1 Tbsp black powder
3 Tbsp white vinegar
1 boiled potato mashed
1 slice cheese (optional)
Salt according to taste

Method

Spread butter on 1 side of bread. Heat oil in a pan and add all the ingredients, except potato. Stir fry for 2 minutes. Add soy sauce, black pepper powder, salt, white vinegar. Mix well and add mashed potato. Keep aside and cool it. Divide the mixture into 6 portions. Take one side of bread and spread one portion of mixture on unbuttered side. Prepare the other slice in the same way. Heat the tava and place the prepared slice with buttered slice facing down the tava. Let it toast for 1 minute, turn it and toast it for 1 more minute. Make toast of all slices in the same way.
Before serving decorate with stripes of cheese slices. Serve with tomato chutney or green chutney.

Wednesday Breakfast

1 bowl Khatta Mitha Chana Chat
1 glass milkshake (fruit of your choice)

Khatta Mitha Chana Chat serves 3, can be served with Chinese toast too!

Ingredients

2 cup roughly crushed khakara
1 cup boiled Kabuli chana
1 cup paneer pieces
½ cup coriander leaves and pudina leaves
Salt to taste

For toppings
4 Tbsp thick curd
3 Tbsp sweet chutney dates
½ Tbsp green chutney
1 Tbsp roasted cumin seed powder
1 Tbsp chat masala

Method

Combine all ingredients and toss well. Just before serving divide the chat in 4 individual bowls and top with equal quantity of curd, sweet chutney, green chutney, cumin seed powder and chat masala according to taste.

Thursday Breakfast

1-2 Paneer Chilly Triangle
1 glass flavoured milk (e.g.bournvita/horlicks/boast/Milo/etc)
2 dates

Paneer Chilly Triangle-serves 2

Ingredients

2-3 tsp butter
2 roti cooked
1 cup tomato
1 tsp oil
1 cup spring onion - finely chopped green as well white
1 cup capsicum finely chopped
1 tsp soy sauce
½ cup paneer chopped in to cubes
Mari Powder as per taste
1 tsp corn flour
Salt to taste

Method

Heat butter in the pan add all the above ingredients except white spring onion. Divide the mixture in to 2 portions. Put the mixture on the roti and spring onion fold the roti from the three sides to make a triangle. Cook the triangle on a non-stick pan with little oil on both the sides till golden brown and serve hot with tomato/ green chutney or both.

Friday Breakfast

1 bowl Oats Bhel
1 glass masala milk (almonds, pista, kesar)

Oats Bhel

1 cup puffed wheat
½ cup toasted rolled oats
1 cup onion finely chopped
1 tomato finely chopped
1 small cucumber finely
1 small boiled potato finely chopped
1 tsp coriander chutney
1 tbsps dates chutney
1 small green chilly finely chopped
½ tsp lemon juice
Salt to taste

Method

Put all vegetables and green chilly in a large bowl. Add coriander leaves, chutneys, salt and lemon juice. Toss well to mix the ingredients. Just before servings add puffed wheat and oats. Mix well and serve in individual bowls.

Saturday Breakfast

2 Rajmah Wrap 1 cup of Mild Coffee
2-3 dried apricot

Rajmah Wrap - serves 2

Ingredients

¾ cup Rajmah soaked over night and pressure cooked and crushed
2-3 tsp tomato ketchup can adjust as per taste
1 tsp tobasco sauce can adjust as per taste
1 small cup of finely chopped spinach
1 tsp olive oil
1 tsp jeera
Salt to taste
Green chutney
Mayonnaise (optional)
4 roti

Method

Heat the pan; add 1 tsp olive oil and jeera. Add spinach cooked for 2-3 minutes then add crushed Rajmah, tomato sauce, Tobasco sauce, salt and cook for few minutes till done. Divide into 4 portions and make oval shaped long roll. Spread green chutney on the roti and mayonnaise. Place roll on 1 end of the roll and roll it tightly. Heat in the oven for 2 minutes, cut in to 2 and serve with tomato, green chutney or both.

Can also prepare curd dip - serve 1

½ cup curd, 1-2 tsp green chutney, 1-2 tsp tomato sauce

Sunday Breakfast

1 -2 Hug Curd Veg Sandwich
1 Cup Herbal Milk / Flavored Milk

Hug Curd Veg Sandwich

Ingredients

2-4 slices of multigrain / whole wheat bread
1 cup Hug curd
1 tsp Mayonnaise
2 tsp Tomato sauce adjust according to taste
1 tsp Oregano
½ tsp Chilly flakes
½ tsp Mari powder
½ cup Grated carrot
½ cup Grated cabbage
6-7 round chopped Zucchini
5-6 Basil leaves

Method

Mix all the above ingredients in the hug curd, except zucchini and basil leaves. Spread this mixture on the bread and place round cut zucchini and basil leaves and cover with slice of bread to make a sandwich. Cut and serve.

Other alternatives - egg omelette, cereal with milk wheat flakes, corn flakes, muesli, saatdhan paratha, fenugreek muthia, dhokla, pancakes - buckwheat, moong, apple, banana, toast multigrain / whole wheat, idli, dosa, upma, poha.