

# Facts about healthy diet

STAR HEALTH DESK

Consuming a healthy diet throughout the life-course helps prevent malnutrition in all its forms as well as a range of noncommunicable diseases (NCDs) and conditions. But the increased production of processed food, rapid urbanisation and changing lifestyles have led to a shift in dietary patterns. People are consuming more foods high in energy, saturated fats, trans fats, free sugars or salt/sodium, and many do not eat enough fruit, vegetables and dietary fibre such as whole grains. The exact make-up of a healthy, balanced diet will vary depending on the individual needs (e.g. age, gender, lifestyle, degree of physical activity).

## For adults

A healthy diet contains:

- Fruits, vegetables, legumes (e.g. lentils, beans), nuts and whole grains (e.g. unprocessed maize, millet, oats, wheat, brown rice);
- At least 400 g (5 portions) of fruit and vegetables a day. Potatoes, sweet potatoes, cassava and other starchy roots are not classified as fruits or vegetables;
- Less than 10% of total energy from free sugars equivalent to 50g (or around 12 level teaspoons), but possibly less than



5% of total energy for additional health benefits. Most free sugars are added to foods by the manufacturer, cook or consumer, and can also be found in sugars naturally present in honey, syrups, fruit juices and fruit juice concentrates;

- Less than 30% of total energy from fat. 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 part of a healthy diet;

- Less than 5 g of salt (equivalent to approximately one teaspoon) per day and use iodised salt.

## Infants and young children

In the first 2 years of a child's life, optimal nutrition reduces the risk of dying and of developing NCDs. It also fosters better development and healthy growth and development overall. Advice on a healthy diet for infants and children is similar to that for adults but these elements are also important.

- Infants should be breastfed

## KEY FACTS

- A healthy diet helps protect against malnutrition in all its forms, as well as noncommunicable diseases (NCDs), including obesity, diabetes, heart disease, stroke and cancer.
- Unhealthy diet and lack of physical activity are leading global risks to health.
- Healthy dietary practices start early in life – breastfeeding may have longer-term benefits, like reducing the risk of overweight and obesity in childhood and adolescence.
- Energy intake (calories) should balance energy expenditure. Evidence indicates that total fat should not exceed 30% of total energy intake to avoid unhealthy weight gain, with a shift in fat consumption away from saturated fats to unsaturated fats, and towards the elimination of industrial trans fats.
- Limiting intake of free sugars to less than 10% of total energy is part of a healthy diet. A further reduction to less than 5% of total energy is suggested for additional health benefits.
- Keeping salt intake to less than 5 g per day helps prevent hypertension and reduces the risk of heart disease and stroke in adult population.
- WHO Member States have agreed to reduce the global population's intake of salt by 30% and halt the rise in diabetes and obesity by 2025.

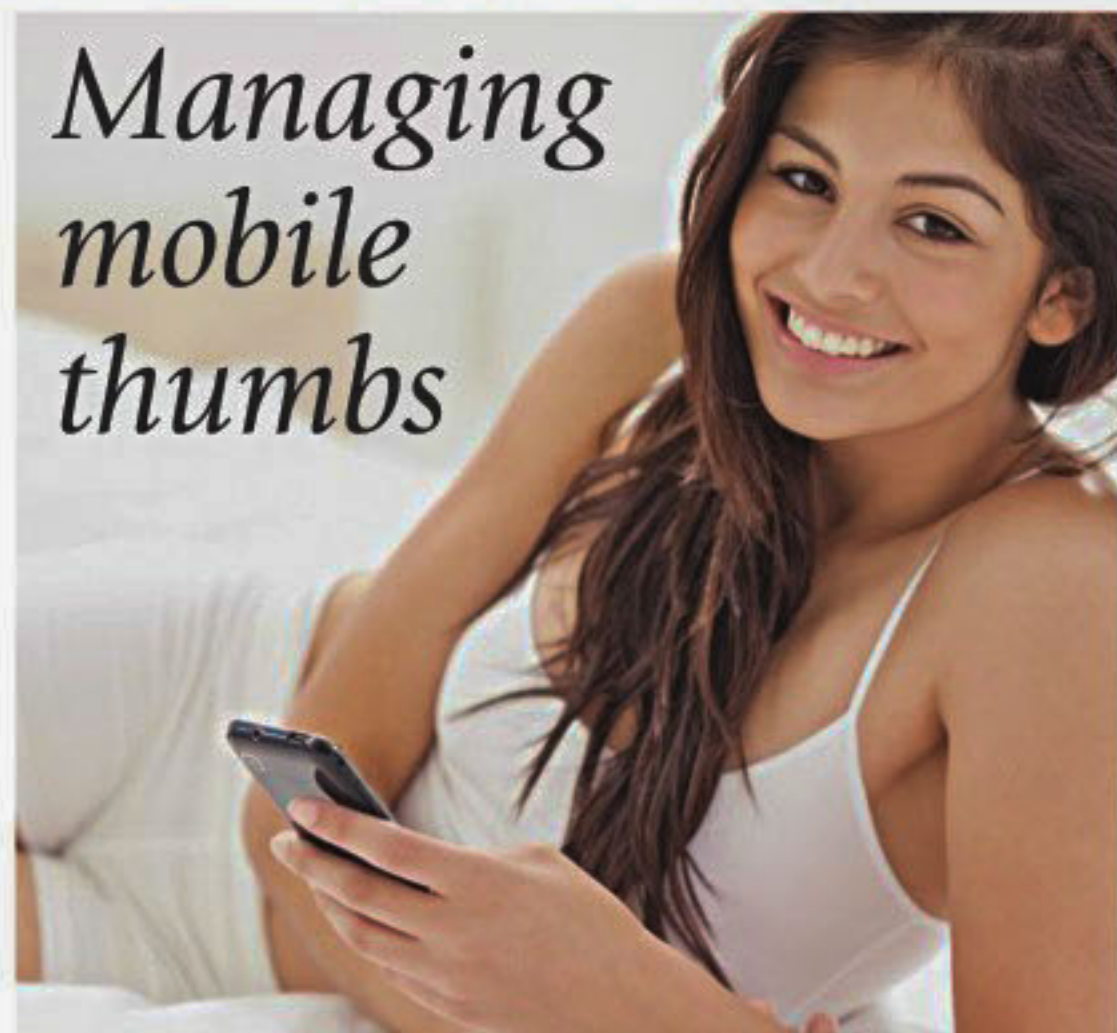
exclusively for the first 6 months of life.

- Infants should be continuously breastfed until 2 years and beyond.
- From 6 months of age, breast milk should be complemented with a variety of adequate, safe and nutrient dense complementary foods. Salt and sugars should not be added to complementary foods.

Source: World Health Organisation

## NEW SYMPTOM

### Managing mobile thumbs



Complications in the thumbs are growing and an alarming issue among texters, gamers and computer users. For every pound of pressure that you push at the tip of your thumb, it is magnified at the base of your thumb. It is estimated that people run a high risk of texting injuries if they text over 80 messages a day. This is about the equivalent of spending one hour a day only texting — repeatedly and rapidly tapping the thumb on a key pad daily makes sustained pressure at the tip of the thumb being magnified at the thumb's base! Over time, repeated thumb use or injury can lead to problems.

New research has shown that text messaging regularly, over a long period of time, can cause repetitive strain which may cause both short and long term thumb injuries.

In the UK, the emergence of a huge wave of thumb injuries are associated with today's mobile technology. Almost four million British suffer from text-related injuries, according to Virgin Mobile.

So it is no surprise that many of us suffer from sore thumbs and wrists as a result of texting mobile. It is also noted that chronic texters are experiencing acute discomfort in their wrists, arms, shoulders, and neck.

The keyboard of mobile phones are so small that most people exclusively text with their thumbs. Unfortunately the thumb is the least stable joint in the hand, which is forced into a unnatural position—that is a cramped position in which the tendons and muscles that work the thumb are at an odd angle of pull. But these tendons or muscles of the thumb are very strong but are not designed for the intensive repetitive activity in cramped positions that are required to handle smart phones. When you add frequency of movement to that, muscles can be strained causing aches and pain.

The symptoms include fatigue of thumb, swelling in the side of back of the wrist, pain at the base of the thumb, aggravated by thumb use, tenderness if you press on the base of the thumb, difficulty with tasks such as opening jars, turning a key in the lock etc., stiffness of the thumb and some loss of ability to open the thumb away from the hand, difficulties in functional activities with limited movements etc.

Over time, if untreated, the tendons become inflamed and lose strength; gripping a pen or holding a mug can become difficult.

#### Tips:

1. Avoiding activities that cause pain, if possible
  2. If texting starts to hurt, stop and rest. Use the other hand or call instead
  3. Vary the use of hands and digits
  4. Do not text more than a few minutes without a break
  5. Do not write long messages
  6. Wrap an ice pack with thin cloth or kitchen roll and apply over sore area for 10 mins on, 10mins off, repeat for three times and couple of session during day for couple of days
  7. Analgesics may give some relief
  8. Gentle massage and stretching will improve flexibility and reduce the discomfort
  9. Strength and endurance exercises of your forearm and hand muscles
  10. Using a splint to support the thumb and wrist
- If the pain persists, consult with a specialist physician or physiotherapist.

The write-up is compiled by Dr Dolir Rahman, Senior Consultant of Physiotherapy at Bangladesh Physiotherapy Hospital, Gulshan, Dhaka.

## HEALTH bulletin

### Exercise advice unrealistic!

Researchers says in the British Medical Journal (BMJ) that current exercise guidelines are unrealistic and argue that doctors should sometimes advise small increases in activity instead.

They warn the 150-minute weekly target is beyond the reach of some people — particularly older individuals. And striving to reach these goals could mean the benefits of lighter exercise are overlooked.

But public health officials say current recommendations have proven benefits in lowering the risk of heart disease.

### Cosmetic surgery 'popularity declines'

The popularity of cosmetic surgery in the UK plummeted in 2014, figures show, reports BBC.

The British Association of Aesthetic Plastic Surgeons (Baaps) said there had been 45,406 surgical procedures last year - down 9% from 50,122 in 2013.

Breast implants and nose jobs led the decline with operations falling by nearly a quarter.

The industry has been under intense scrutiny since a breast implant scandal and there have been calls for new rules on doctors offering surgery.



### Ventricular Assist Device

## Now heart failure patients can also lead a normal life!

DR TAREQ SALAHUDDIN

With the increasing number of cardiovascular patients, the number of heart failure is increasing. The HVAD® System allows heart failure programmes to treat a broad range of patients, improve patient survival and patient quality of life. This makes the HVAD System the choice for heart failure programmes around the world.

Heart failure is usually considered an end stage cardiovascular diseases. But Dr Lim Chong Hee, an Associate Professor and Senior Consultant at the Department of Cardiothoracic Surgery at the National Heart Centre Singapore (NHCS) explains that how the third generation ventricular assist device can help a patient with heart failure and some other diseases.

Dr Hee, who is also the Director of Heart/Lung Transplant Programme, says that heart failure is the new epidemic in cardiology because we are facing an aging population. As people age, chronic diseases like diabetes, hypertension and high cholesterol affect the heart condition of patients.

He showed the statistics that 1.8-4.5% people are affected by heart failure. This means about more than 6000 new cases per year with 5000 admissions in the hospital. This will continue to grow resulting in repeated hospital admissions by the patients. He mentioned that the most common causes for heart



A HeartWare Ventricular Assist Device (HVAD) is held on a palm that works in association of some other parts including battery. The device is inserted by a minimally invasive surgery with the assistance of heart-lung machine.

disease are ischemic heart disease and cardio-myopathy.

The HeartWare Ventricular Assist System (HVAD) is used in advance stage of ventricular heart failure. Dr Hee mentioned that the third generation device is very convenient to place as it is smaller than that of first and second generation device.

The device is inserted by a minimally invasive surgery with the assistance of heart-lung machine.

#### HeartWare Ventricular Assist System (HVAD):

The HeartWare Ventricular Assist System (HVAD) is an investigational, implanted, continuous flow,

centrifugal left-sided heart pump that is being offered through a randomised, multicenter study for patients needing long term support with a device for destination therapy.

Patient are likely to recover staying in the hospital for about 7-10 days. So far NHCS has performed more than half century procedures of HVAD and the number is increasing day by day.

You can watch the video <http://youtu.be/YPG3Xgjo4H4> to learn more how the device works. For more information please visit [www.heartware.com](http://www.heartware.com).

E-mail: [tareq.salahuddin@thedailystar.net](mailto:tareq.salahuddin@thedailystar.net)

## Knowing for better living

### In Bangladesh ...

**21%** women are affected by passive smoking in public place !

Avoid smoking in public place

Avoid smoking in working place

Keep away from stressful situations

Consult your Doctor



In Search of Excellence

[www.orionpharmabd.com](http://www.orionpharmabd.com)

**ORION**  
Pharma Ltd.  
Dhaka, Bangladesh