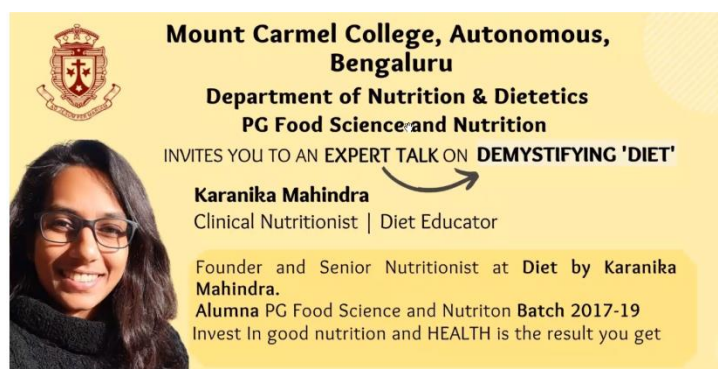


## EXPERT TALK ON DEMYSTIFYING 'DIET'

DATE: 13 August, 2021

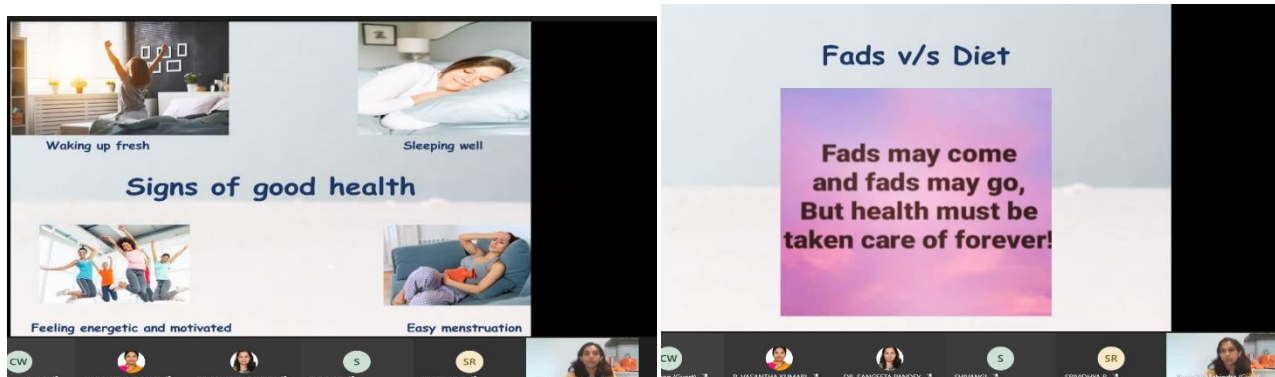
An Expert Talk was organized by Mount Carmel College, Autonomous, Bengaluru. It was an initiative by the Department of Nutrition and Dietetics . PG Food Science and Nutrition for all the PG students. The speaker for Expert Talk was Ms Karanika Mahindra. She is an Alumna of Mount Carmel College, Bengaluru, from the department of PG Food Science and Nutrition (Batch2017-19). . She has extensive industrial and clinical experience with India's leading nutritionist and affluent diet mentors. She is the founder and senior nutritionist at Diet by Karanika Mahindra. Along with this, she worked with the renowned Rujuta Diwekar, as a core Member of her team.



### *Program invite*

The program started with a formal introduction by II PG Food Science and Nutrition student – Shivangi.

The speaker started with the 4 pillars that helped her become successful in the field of nutrition. Firstly she spoke about the mutual relationship between 'Nutrition and Education'. She quoted Michelle Obama stating "*Communities, countries, and ultimately the world are only as strong as the health of their women*". Secondly she mentioned about the importance of 'Time' and how her experience with Rujuta Diwekar showcased that even within one hour, work can be efficiently completed like cake walk. Thirdly, she highlighted the importance of 'Values'; not in terms of money but the significance of Humanitarian Values. Her fourth pillar was 'Diet' where she enlightened the audience with a different perspective, stating that diet is not what we eat, but diet is what we 'Consume'. She started with Demystifying one of the common myths that is Diet is all about restrictions. Whereas it should be something that one can follow throughout their life in the view of their culture, personal choices, availability. She also gave insights on the general belief that people have of measuring health in



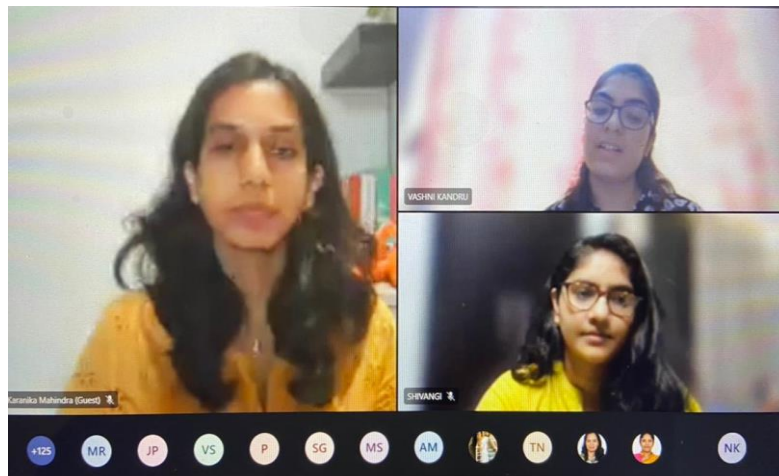
equivalence to weight, stating that losing weight is not equal to gaining health. Also, she mentioned about TOFI-Thin Outside and Fat inside; and FOTI-Fat Outside and Thin Inside. She gave her views

*Session in progress by the speaker*

on the concept of FAD diets, which give quick and short term results but cannot be followed for lifetime.

She brought in the concept of Nutritionism by Michael Pollan. Lastly she mentioned four key tips that can help bring a change in lifestyle which were:

1. Starting the day with fruits and nuts instead of any beverage
2. To plan evening snack in advance for avoiding consumption of junk
3. Taking care of hydration
4. Bringing in at least 30 minutes of physical exercise in any form as a part of lifestyle.



*Vote of Thanks By Vashni Kandru*

The prime takeaway from the Expert Talk is that Diet should be something which is simple and myths should be clarified rather than making it a part of lifestyle.

The talk ended with a Q and A session and Vashni Kandru delivered the Vote of Thanks.