

Newsletter

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Nutrition Division
NIH, Islamabad



Importance of Nuts in Human Health

Fruits, nuts, and vegetables play a significant role in human nutrition, especially as a source of vitamins such as C (ascorbic acid), A, E & K, thiamine (B1), niacin (B3), pyridoxine (B6), folacin (also known as folic acid or folate) (B9), and E minerals, and dietary fibers.

Nuts are also a good source of essential fatty acids. Despite of being high in calories obtained from fat, nuts are recommended as part of a healthy diet and can even help in prevention of some diseases.

Nuts such as almonds, cashew, pistachios, peanuts, and walnuts in the daily diet have been strongly associated with reduced risk for some forms of cancer, heart disease, stroke, diabetes, LDL oxidation and other chronic diseases. Walnuts and peanuts both contain high amounts of polyunsaturated and monounsaturated fats that help in lowering LDL cholesterol also known as bad cholesterol.

Since nuts are cholesterol free being of

plant origin. They are also a source of Omega-3 and Omega-6 fatty acids. These essential fatty acids help in protecting against heart diseases. Due to heart friendly properties, unsalted walnuts and peanuts can be included as part of a cholesterol lowering diet.

For healthy living, dietitians recommend to eat a variety of foods in their daily diet. Therefore, nuts being delicious, satisfying and crunchy can be added to the diet, substituting a serving of nuts in place of meat once in awhile. If you have a heart disease or trying to lower the risk, make a point of including nuts in your diet more often.



The winter's gift

Nutritive value per 100 g of edible nuts

| Nuts | Calories | Protein (g) | Fiber (g) | Fat (g) | Vit. E (mg) | Fe (mg) | Ca (mg) |
|------------|----------|-------------|-----------|---------|-------------|---------|---------|
| Almonds | 589 | 20.0 | 2.7 | 49.8 | 24.7 | 4.2 | 250 |
| Cashews | 574 | 15.3 | 0.7 | 44.3 | 1.8 | 6.0 | 45 |
| Hazelnuts | 632 | 13.0 | 3.8 | 59.7 | 24.7 | 3.3 | 141 |
| Peanuts | 567 | 25.8 | 4.9 | 46.8 | 7.1 | 4.0 | 92 |
| Pistachios | 577 | 20.6 | 1.9 | 46.1 | 7.1 | 6.8 | 140 |
| Walnuts | 642 | 14.3 | 4.8 | 53.9 | 2.5 | 2.4 | 94 |

Source: USDA Nutrient Data Base for Standard Reference

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Services Provided:

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|----|---|
| 1. | Biochemical food analysis |
| 2. | Bacteriological / Chemical analysis of food and water |
| 3. | Reference Laboratory for National Wheat Flour Fortification Project |
| 4. | Federal Public Analyst Lab. |
| 5. | Development /revision of food standards |
| 6. | Nutrition education |
| 7. | Advisory role |

Congratulations



Officers and Staff of the Division extend heartiest congratulations to Dr. Barjees Mazhar Qazi, Executive Director, NIH, on performing Hajj

News

- Officers / staff have given reception in honor of Mr. Shahid Riaz, SSO on performing Hajj.
- Ms. Tosif Zia, Scientific Officer has been married. All officers/staff wish them a happy married life.
- Preparatory Leave for Retirement (LPR) of Dr. Riffat Aysha Anis, Chief Nutrition Division has been started from 18th Oct 2009.
- Ms. Noor – us - Saba, Scientific Officer has been appointed as Project Director in the National Control Laboratory in November 2009. She has been relieved.
- Ms. Tosif Zia has been given the responsibility to work as officer In-charge Microbiological Laboratory of the Nutrition Division.



Happy New Year to Officers and Staff Members of NIH

Participation in Meetings:

Scientists from their laboratory diagnosis are witness to the fact that food, if can bring terrible disease, can also mitigate and prevent it. Like Hippocrates, we are beginning to realize that food is a potent medicine.

Eating is a necessity, but to eat intelligently is an art.
(La Rochefoucauld)

1. Technical Committee meeting for National Nutrition Survey 2009-2010, October 11, 2009, Best Western Hotel, Islamabad.
2. Establishment of a Regional Nutrition Surveillance System with focus on Micronutrient Malnutrition 18-21 October 2009, Damascus, Syria.
3. Chief Chaired the 8th Meeting of the Technical Committee for Agriculture and Food Division, 23-24 November 2009, Pakistan Standards and Quality Control Authority (PSQCA), Karachi.
4. Regional Nutrition Strategy and Plan of Action Launching Ceremony, 12-14 December 2009, Cairo, Egypt
5. Meeting on Folic Acid fortification of wheat flour & Teleconference with CDC Atlanta, WHO office, 21 December. 2009.
6. Communication Strategies and Women Protection in a Team, Preston University, December 23. 2009

News letter committee:

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|---|--|
| 1 | Zahid Mahmood Scientific Officer |
| 2 | Tosif Zia Scientific Officer |
| 3 | Dr. Amjad Ali Senior Scientific Officer |
| 4 | Shahid Riaz Senior Scientific Officer |
| 5 | Dr. Riffat Aysha Anis, Chief |