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Diabetes in India has assumed

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epidemic proportions and there are now more than 77 million diabetics in the country. AIIMS doctors call for prompt action to reverse this trend.
TheHealthSite.com ...

Reducing India's Diabetes

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Burden: Govt Regulations Must To
Cap Salt, Sugar, Fat Content In
Processed Foods

VISCERAL fat lies perilously close
to internal organs in the body so
accumulating it can cause serious
complications. Fortunately, a hot
drink has been shown to burn fat

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within hours of consumption.

How to get rid of visceral fat: The popular warm drink that burns belly fat within hours

Don't let the labels sweet-talk you: even the healthiest-seeming food and drink can be loaded with

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dubious additives ...

The sugar lurking in the food you
thought was healthy
If we want to control the diabetes
epidemic in India, we have to
act now, the doctors said, adding
that diabetics are likely to be at a

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greater risk of fatalities from
COVID-19 ...

AIIMS doctors call for front of
pack labelling, scientific limits on
sugar, salt and fats in junk food
With so many conflicting
messages about which types of

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fat to eat, it's no wonder many people are confused about whether or not they should it. Here are just a few reasons why the advice about fat is ...

Fat: why are we so confused about whether or not we should

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include it in our diet?

It's great for fiber, but there's 400 milligrams of salt ... sugar or four teaspoons. And while oatmeal is a great choice, a packet of maple and brown sugar flavor contains 3 teaspoons. Then there ...

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Foods that have hidden fat, sugar, salt

Campaigners have voiced concerns over the amount of sugar in cereals marketed at children. A survey of 126 breakfast cereals with packaging featuring child-friendly images

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such as cartoons or bright ...

Campaigners concerned over
amount of sugar in cereals
marketed at children

Dr. Gafoor emphasized that many
people have a tendency to
overeate during celebrations and

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festivities, noting that overindulging on palatable foods that are high in sugar, salt, and fat is a major ...

HMC Emergency Medicine
Consultant Says
Overconsumption of Foods High

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in Sugar, Salt, and Fat May Worsen Chronic Illnesses
Leading doctors from the AIIMS have called for a systemic approach to manage the rapidly rising prevalence of diabetes in the country, with particular emphasis on policy actions to

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establish ...

Doctors call for front of pack labels and scientific limits on sugar, salt, fats in junk food to contain India's growing diabetes burden

Some of your favorite healthy

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snacks may be hiding added sugars, salt, and fat. Smoothies and granola contain a ton of added sugar. Cookies and chips are still processed foods, even if they're ...

6 'healthy' foods that are not very

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good for you, from smoothies to
quinoa chips

Campaigners have called for child-
friendly cereals containing
chocolate to be removed from the
breakfast cereal aisle.

Almost all children's cereals

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contain high or medium amounts
of sugar – report

Taste and add more salt if
needed. Per serving: 203 calories;
8 g fat; 4 g saturated fat; 18 mg
cholesterol; 2 g protein; 27 g
carbohydrate; 11 g sugar; 3 g
fiber; 237 mg sodium; 22 mg

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calcium ...

Pop culture

Action on Sugar, based at Queen Mary University of London, found that 92 per cent of cereals aimed for children contained too much sugar and nearly half were

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chocolate-flavoured.

Cereal offenders: Health risk of children's breakfast-time favourites is revealed as report suggests some can contain as much sugar as FIVE biscuits
They are consuming less than

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three servings a day while consumption of sugar, salt and saturated fat is higher than recommended, according to a new national survey. They eat less fibre than is ...

Irish teenagers shy on eating fruit

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but sweet on sugar

the British government had enacted a new watershed TV and online ban on high fat, sugar and salt (HFSS) food advertising.

Amelia Torode is a co-founder of The Fawnbrake Collective.

Maximize the ...

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If You Believe Advertising Works
Then Don't Argue Against the UK
HFSS Ad Ban

It's barbecue season, and if
you're keen to eat well, you may
be tempted by one of the new
'healthy' condiments — such as

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the relish that claims to nurture gut health, or ketchup that ...

The healthier BBQ sauces you can relish this summer

Toss thoroughly with cinnamon-sugar-salt mixture. Per serving: 149 calories; 8g fat; 5g saturated

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fat; 20mg cholesterol; 2g protein;
18g carbohydrates; 5g sugar; 3g
fiber; 250mg sodium ...

Cinnamon Sugar Popcorn
Season with salt and pepper to
taste. Per serving (based on 6):
434 calories; 24 g fat; 4 g

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saturated fat; 136 mg cholesterol;
9 g protein; 45 g carbohydrate;
10 g sugar; 5 g fiber; 136 mg
sodium ...

6 simple, classic recipes that are
welcome at any summer potluck
picnic

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Taste and add more salt if needed. Serves 5. Recipe by Daniel Neman. Per serving: 203 calories; 8 g fat; 4 g saturated fat; 18 mg cholesterol; 2 g protein; 27 g carbohydrate; 11 g sugar ...

Pop culture: Wake up popcorn

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with these 9 varieties you can make at home

Add raisins, pistachios, sugar and curry powder, and cook 2 minutes. Toss with popcorn and salt. Per serving: 320 calories; 18 g fat; 6 g saturated fat; 20 mg cholesterol; 7 g protein; 39 g ...

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