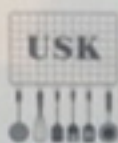




# INTERNATIONAL Chefs Day

FOODS FOR HEALTHY HEROES



**UNCLE  
SAM'S  
KITCHEN**

We get invited to the best parties

**sam's Briti**  
100% PURE VEGETARIAN



# FOOD CHART

## GROUP-1

### BODY BUILDING FOODS

Build the body and prevent the tissues from wearing out

MILK | CHEESE | EGGS | MEAT | FISH

Many vegetable food such as peas and beans, bread and potatoes, help in body building; but they are not such good body-builders as these five.



## GROUP-2

### ENERGY FOODS

Provide fuel for the body

POTATOES | BREAD | FLOUR | OATMEAL  
RICE | SAGO | SUGAR | DRIED FRUIT  
HONEY | CHEESE | BUTTER | MARGARINE  
DRIPPING | SUET | LARD | BACON | HAM



## GROUP-3

### PROTECTIVE FOODS-A

Give protection from illness

MILK | BUTTER | MARGARINE | CHEESE  
EGGS | HERRINGS (Fresh, Canned or Salt)  
SALMON (Fresh or Canned) | LIVER



## GROUP-4

### PROTECTIVE FOODS-B

POTATOES | CARROTS

FRUIT (Fresh or Canned, But not Dried)

GREEN VEGETABLES (Fresh or canned, But not dried)

SALADS | TOMATOES | WHOLEMEAL BREAD  
| BROWN BREAD

Protective foods are needed for proper nourishment. They build the teeth and bones and help the body to resist infection.



EAT SOMETHING FROM  
EACH GROUP EVERYDAY



### EXERCISE

### CALORIES/HOUR

Sleeping	55
Eating	85
Sitting	85
Standing	100
Driving	110
Office Work	140
House Work, Moderate	60+
Dancing, Ballroom	260
Walking, 3mph	280+
Table Tennis	290+
Tennis	350+
Water Aerobics	400+
Skating/Blading	420+
Dancing, Aerobic	420+
Aerobics	450+
Bicycling, Moderate	450+
Jogging, 5mph	500+
Gardening, Digging	500+
Swimming, Active	500+
Step Aerobics	550+
Power Walking	600+
Cycling, Studio	650
Squash	650+
Skiping with Rope	700+
Running	700+

**PAYASAM** (1Katori)  
Calories: 221  
Value: Pure Indulgence

**VATHAL KUZHAMBU** (1Katori)  
Calories: 35  
Value: Good Source of protein

**POTATO PORIYAL** (1Katori)  
Calories: 135  
Value: Carbohydrate and protein, but best avoided if weight loss is a concern

**MORU KUZHAMBU** (1Katori)  
Calories: 80  
Value: Aids Digestion

**RASAM** (1Katori)  
Calories: 27  
Value: Healthy, Low in Fat

**CHAPATHI** (1)  
Calories: 95  
Value: Contains energy giving complex carbohydrates and some dietary fibre

**SAMBAR** (1Katori)  
Calories: 142  
Value: Protein and carbohydrates

**BUTTERMILK** (1Katori)  
Calories: 30  
Value: Lower in fat than milk, high in potassium, vitamin B12, and calcium

**BENGAL GRAM SUNDAL** (1Katori)  
Calories: 199  
Value: Good source of protein, easy to digest

**KESARI** (1Katori)  
Calories: 300  
Value: More indulgence

**MANGO THOKKU** (1Tsp)  
Calories: 11  
Value: Indulgence, best avoided

**RICE PODI** (1Tsp)  
Calories: 17  
Value: Contains proteins as it is a mix of dals.

**PARBOILED RICE** (18Bowl)  
Calories: 202  
Value: Helps promote good bowel, healthy rich in carbohydrate.

**APPALAM** (1)  
Calories: 14  
Value: Fats, Carbs, Protein

# WHAT'S ON YOUR ELLAI?

Here's the lowdown on the calories and nutrition packed into the meal.

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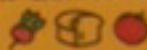
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## CALORIE BURNING CHART FOR VARIOUS ACTIVITIES

Approximate calories burned,  
per hour, by a 150-pound  
woman

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Sleeping	55
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Bicycling, Moderate	450+
Jogging, 5mph	500+
Gardening, Digging	500+
Swimming, Active	500+
Cross Country Ski Machine	500+
Hiking	500+
Step Aerobics	550+
Rowing	550+
Power Walking	600+
Cycling, Studio	650
Squash	650+
Skiing with Rope	700+
Running	700+