

Taksa tihrawl leh cell siam that nan a ei tur that e:

1. Arsa (a vun tello in)
2. Sangha (sangha tin ni lo)
3. Dal
4. Be lam chi hrang hrang
5. Chana chi hrang hrang
6. Paneer
7. Tofu
8. Bawnghnute

Nikhatah kan thil ei ah hian thlai, dal, sa,artui, brown rice,atta,thei hengte hi ei ngei ngei tur. Sa ei loh pawh in sa ei aiah dal leh be lam ei a tha. Kan taksa a dehydrate loh nan tui in that a pawimawh a ni. Kan taksa hian tui a mamawh em em a kan temperature control tur tur a tan te cell function na atan te kan taksa mamawh toh loh paih chhuah na atan te a tangkai. Kan taksa in tui mamawh tawh ang kan in loh chuan luna te chauh nghulh te a awm duh.

Calories awmzia chu kan taksa a kan chakna (energy) kan hman na tur a kan thil ei leh in mamawh zat a ni. Calories mamawh dan a in ang lo a, kum zat a zirte,hnathawn dan a zirte leh mipa leh hmeichhia te mamawh zat a in ang lo theuh a ni.

Sugar/chini hian calories nei in chakna leh thatna a pai lem lo a, chuvang chuan empty calories tih a sawi a ni bawh. Ei tam pheih chuan weight gain, insulin resistance, cholesterol chhia siam, lungtha lo, fatty liver te a thlen thei. Chuvang chuan

natural sweet thlai leh thei a tang a kan ei hi a tha ber a ni.

Thil kan ei dan tur tlangpui:

1. Sawmtak a thial
2. Vawikhata ei teuh loh a hun bi nei a tlem tlem a thil ei
3. Chaw eikham chia a mut loh
4. Straw hmanga thil in loh - pum ah gas a siam thei a pum nuam lo a siam thei a ni
5. Digest awl leh tel tlemna
6. Tui vawi 1 a in teuh loh a darkar bi thlia a in
7. Thil thlum,canned food, chips, noodles, carbonated / sugary drinks (maaza , coke etc) Ei a in loh.
8. Mut dawn a thil ei loh



NATIONAL PHYSICIAN'S DAY

Association of Physician's of India
Mizoram State Chapter



**"Free camp for detection of
non-communicable disease (NCD)"**

Venue - Aizawl Hospital And Research centre

Date - 23.12.2025

Time - 10:00 AM - 2:30 PM

HRISELNA ATANA HRIATTUR PAWIMAWH

Refined Flour kan tih hian Maida a ni deuh ber a, siam danglam nasat tawh anih avangin a hriselna a tlahniam a. Fiber a pai tawh lo a, starch a tam bawh a. Hriselna atan a hlauhawm ani. Glycemic Index a sang bawh a. Hei hian Blood Sugar a ti sang bawh thin, a tih var nan chemical an hmang bawh thin a ni.

OIL HRISEL

1. Olive oil
2. Canola oil
3. Nuts oil (Almond / Walnut / Peanut etc.)

(Heng ho hi Blood Sugar leh Tryglicerides tihhniam nan a tha)

4. Flax seed oil
5. Sunflower oil
6. Soyabean oil
7. Corn oil
8. Chia seed oil
9. Fish oil
10. Sesame oil
11. Mustard oil

(Heng ho hi Omega-3 /Omega-6 awmna LDL tihhniam nan, Cell siam nan leh vun hrisel nan a tangkai)

Flax seed oil, Extra virgin oil leh Sesame oil hian smoke point an neih hniam avangin chhuan sat loh in Salad vel atan a tha hle.

Tel hian smoke point (tel chhuan sat ngam dan) a nei a. Smoke point a pelh a a khuk vut vut chuan a hriselna (nutrients) a ti chhe vek a, free radicals a siam a hei hian cell ati chhia a, tar hma na a thlen thei a, Cancer leh Chronic disease te a thlen thei ani. High smoke point (tel chhuan sat ngam) nei ho hi thil fry nan a tha ani. High smoke point 5000F/2600C te chu:-

1. Avocado oil refined
2. Safflower oil refined
3. Rice bran oil
4. Light olive oil
5. Mustard oil

Mustard oil hian smoke point a neih san avangin a nutrients (taksa tan a tha) pai pawh a vawngtha vek a. a hriselna paih bo lo in chhuan sat deuh pawh a ngam a ni.

Moderate smoke point 3500F/176.660C vel a chhuan sat ngam:

1. Canola oil
2. Sunflower oil
3. Corn oil
4. Extra virgin oil

Low smoke point 2000F/93.330 (chhuan sat ngam loh)

1. Flax seed oil
2. Unrefined sesame oil

Cream leh mayonnaise te hman lov in heng tel te hi Salad siam nan a tha.

Refined oil hian smoke point a nei sang tlangpui.

Tel hman nawn hi a hrisel lo a. Tel hman nawn hian transfat (thau chhia) a in siam a. Hei hian LDL (bad cholesterol) a ti sang a, HDL (good cholesterol) a ti hniam a. Hei hian lungtha lo a siam duh a. A thatna a chhiat toh avangin tel mawm satliah a ni.

Kan calories lakluh a tih tam phah a thau chhia siam tu, kan cell ti chhe tu, tar chakna leh Cancer thlen tu hial pawh a ni thei. Chuvang chuan oil thar hlir hman hi a hrisel a, a tha bawh a ni. Hman nawn hman duh Pawn vawi -1 hman nawn ni se. Hman nawn dawnah a tel hi thlit fim fai vek phawt tur a ni.

Glycemic index hi thei leh tlaiah leh kan thil ei a awm a ni a. Glycemic index sang thei emaw thlai emaw kan ei hian kan blood sugar a ti sang thin a ni. Kan thil ei ah pawh kan blood sugar ti hniam thei a awm a ni.

Low Glycemic index thlaiah:

1. Thali rah starch telloh na (entirnan: parbawr, zikhluh, bean, changkha, bawkbawn, samtawh, mautuai, berul etc)
2. Thlai hnah hring chi hrang hrang
3. Carrot
4. Dal
5. Be lam chi hrang hrang

High Glycemic index ho:

1. Carbonated drinks (eg cola, fanta)
2. Sugary drinks (ready-made juice, energy drinks)

3. Bakery product
4. Maida Atanga thil siam hrin hrin
5. White rice
6. Chips
7. Noodles
8. Junk food

Thei ah low glycemic index ho:

1. Apple
2. Fanghma
3. Kawlthei
4. Avacoda
5. Sertawh
6. Tengtere
7. Lemon
8. Strawberry
9. Sapthei
10. Pear
11. Papaya
12. Serthlum

High glycemic index theiah:

Thei hi a hmin pawh leh an glycemic index a sang thin

1. Theihai hnim
2. Grapes
3. Watermelon
4. Balhla
5. Pineapple
6. Kiwi
7. Lamkhuang
8. Lychee
9. Persimmon
10. Melon
11. Canned fruit
12. Dried fruit with addad sugar