



NRIVA Participant Resource Guide



Introduction

The following NRIVA Resource Guide can be used for current and future participants as guide on starting and maintaining a healthier lifestyle to reduce the risk of diabetes. Each topic has a provided resource link which may provide further information on the following topics:

- **What is diabetes?**
- **Health Tracker**
- **Health & Wellness**
- **Physical Activity**
- **Nutrition**
- **Recipes**
- **Stress Management**
- **Ayurveda**
- **Scientific Research Studies on South Asian Health**



What is Diabetes?

- **Diabetes affects how your body turns food into energy**
- **When your blood sugar goes up, it signals your pancreas to release insulin (hormone), which can stay in your bloodstream for extended period and lead to poor health outcomes**
- **Can cause serious health issues such as: cardiovascular and kidney disease**

Source: [CDC Diabetes](#)

Diabetes (Continued)

Type 1 Diabetes

- **Pancreas does not make insulin (which helps blood sugar turn into energy) because the body's immune system attacks the cells in pancreas that make insulin**
- **Possibly caused by an autoimmune reaction**
- **Can take months or years to develop symptoms**

Type 2 Diabetes

- **Pancreas makes less insulin and body becomes resistant to insulin**
- **Occurs due to inactive lifestyle and carrying extra body fat**
- **Can develop at any time**
- **Accounts for nearly 90-95% diagnosed cases of diabetes**



Source: [CDC Diabetes](https://www.cdc.gov/diabetes/)

Health Tracker

To track weight loss progress and calories consumed, the following applications are useful:

[1. NASM Calculator](#)

[2. MyFitnessPal](#)

[3. MyFoodDiary](#)





Health & Wellness

The following South Asian medical professionals provide informational videos on various topics related to health and wellness:

[Dr. Rajasree Nambudripad, MD](#)

[Dr. Pal, MD](#)

[Dr. Pradip Jamnadas, MD](#)

Physical Activity



The following South Asian fitness instructors provide fun and energetic ways of becoming more physically active:

Dance with Deepti

Workout with Sabah

Dilpreet Bhattal - Punjabi Fitness

Coach Dee Gautham

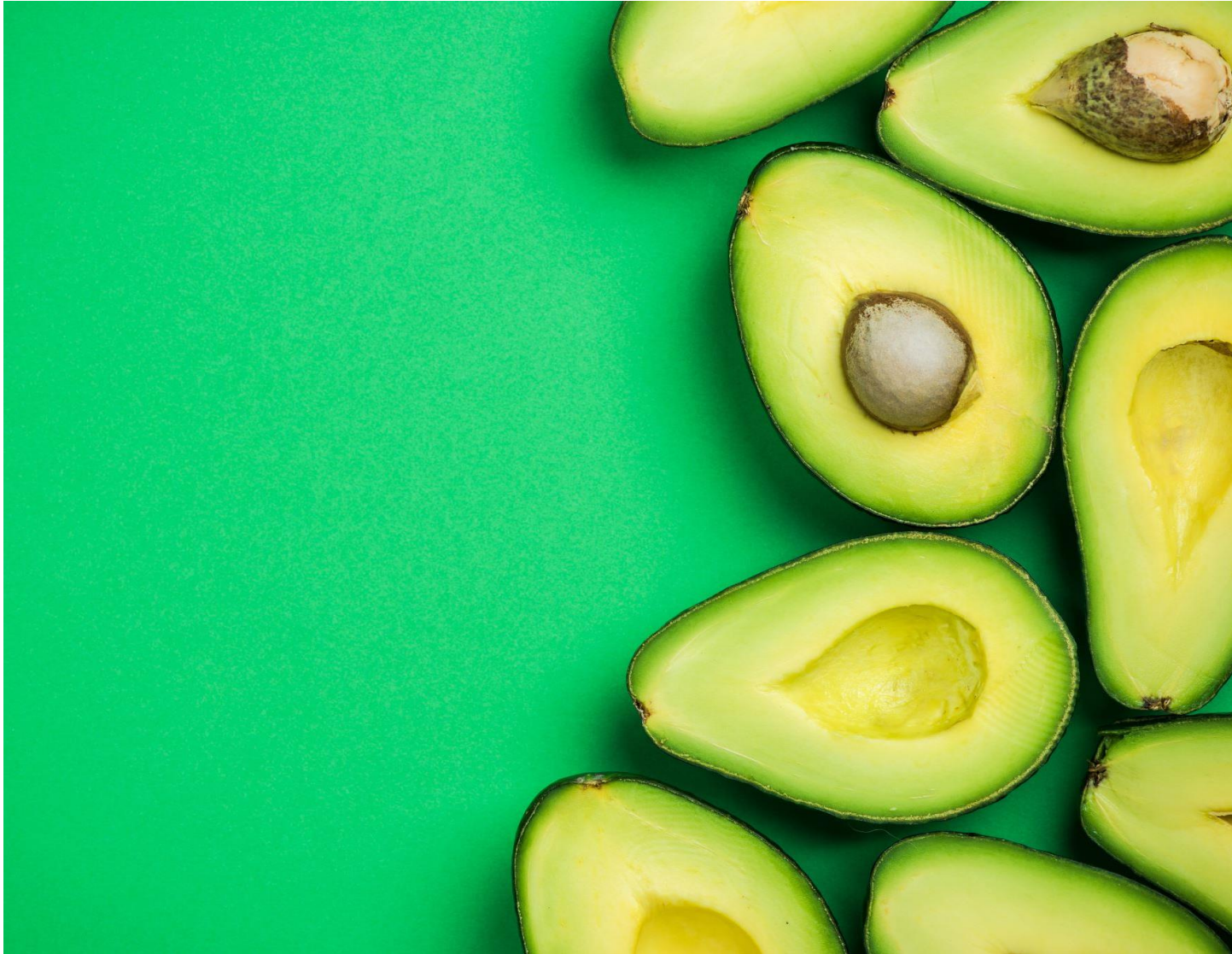
Nutrition

Nutrition for South Asians

Healthy Eating Tips for South Asians

A Healthy South Asian Diet - Dr. Ronesh Sinha, MD





Healthy Fats

Good Fats:

- **Monounsaturated**
- **Polyunsaturated**
- **Omega 3 Fatty Acids: flax seeds, chia seeds, and nuts**
- **4 Healthiest Oils for Indian Cooking**



Protein

- **Protein found in eggs, legumes, and tofu**
- **Provides satiety without the empty calories**
- **High-protein meals are important for both weight loss and muscle gain**

Source: Protein - Harvard

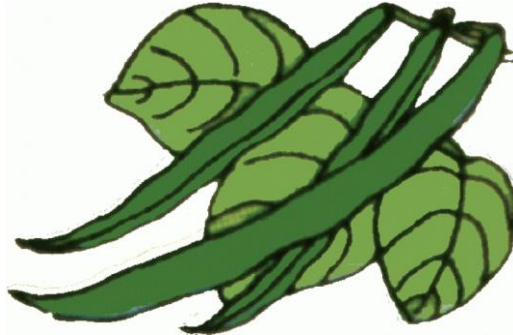
Fiber

Fiber can lower the risk of developing various conditions, including heart disease and diabetes.

Sources:

[Fiber - Harvard](#)

[Mayo Clinic](#)



Example of foods that are high in fiber and should be incorporated in diet:

Whole-grain products

Lentils

Black Beans

Pinto Beans

Nuts and Seeds

Carbohydrates

Carbs to Eat:

Vegetables: Cauliflower, broccoli, cabbage, sweet potatoes etc.

Whole grains: oatmeal, brown rice, whole grain breads

Fruit: all fruit is good in moderation

Carbs to Avoid (in excess):

Processed Foods: packaged crackers, chips, frozen foods

White sugar-based sweets: baked goods, candies, cookies

Sweetened drinks (soda, energy drinks)

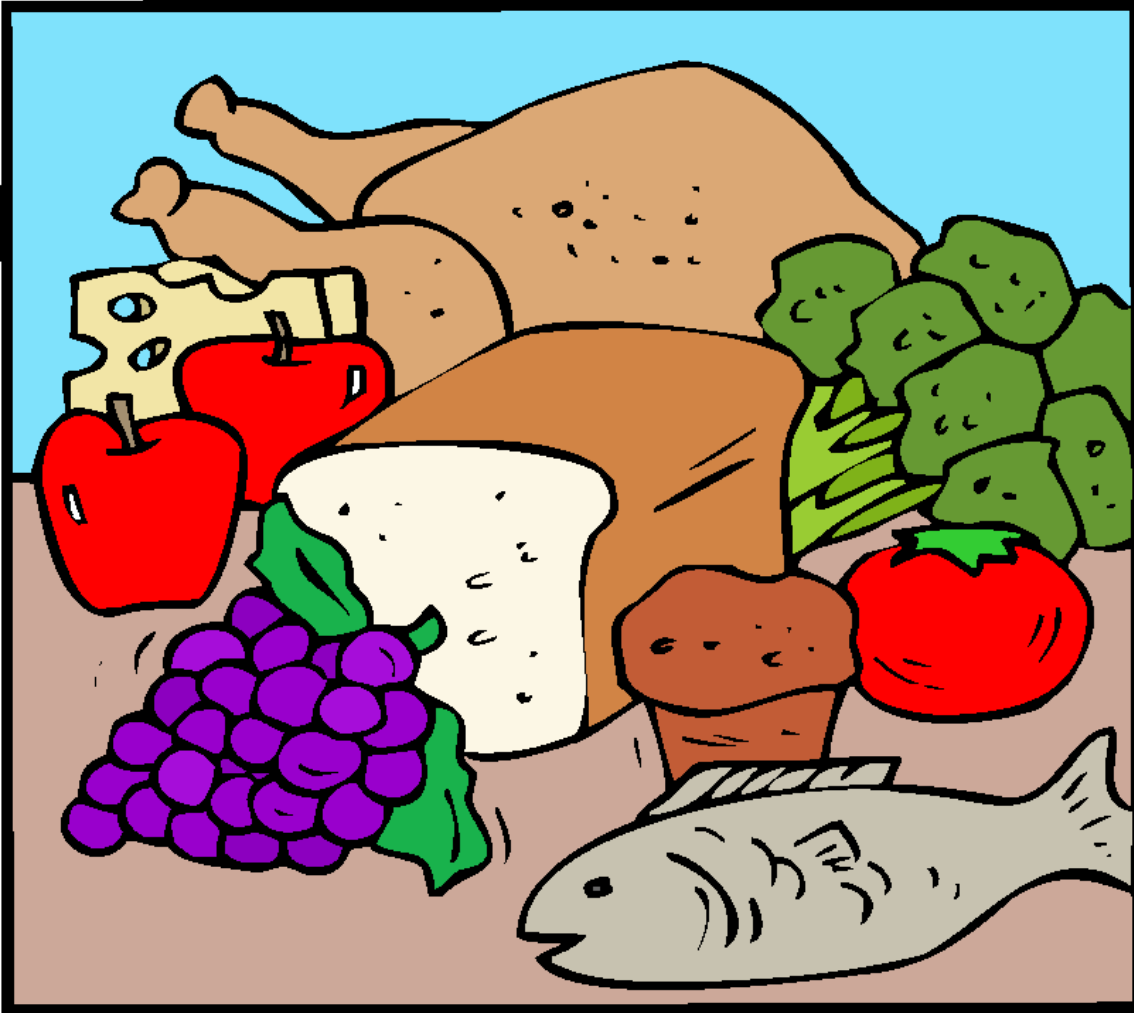


South Asian Recipes

Darshana's Kitchen

Sharan India

Gift of Health



Western Recipes

**Physicians Committee for
Responsible Medicine**

EatingWell

ForksOverKnives

Millets

**Millets are highly
beneficial:**

**Lowering
cholesterol**

Losing weight

**Providing
antioxidants**

[26 Best Millet Recipes](#)



Lentils



Lentils are high in:

- **Fiber**
- **Vitamins**
- **Minerals**
- **1/2 cup of lentils can contain 12 grams of protein and 9 grams of fiber**

Most South Asian vegetarian recipes incorporate lentils for a healthy and well-balanced diet: [Dal Makhani](#)

Ragi Banana Date Smoothie

- **2 tablespoons ragi flour**
- **1.5 cups water divided**
- **1 medium banana ripened**
- **3 dates pitted**
- **6-7 almonds soaked**
- **1 tablespoon flaxseeds**
- **1 tablespoon chia seeds**
- **1/8 teaspoon cinnamon powder**
- **1/2 cup almond milk**

Source: [Ragi Banana Date Smoothie Recipe](#)





Papaya Ginger Smoothie

- **2 cup cubed papaya**
- **1 banana**
- **1 inch ginger**
- **½ cup unsweetened almond milk**

Source: [Zesty South Indian Kitchen](#)



Orange Banana Smoothie

- **2 large bananas**
- **2 to 3 medium orange**
- **2 tablespoons cashew or almond butter**
- **1 to 1 ½ tablespoons tahini**
- **½ cup water or orange juice**
- **¼ cup yogurt (dairy or plain)**
- **1 to 2 tablespoons honey**

Source: [Swasthi's Recipes](#)

Stress Management



Saurabh Bothra - Yoga Nidra

Isha Kriya - A Guided Meditation



Ayurveda

**Ayurvedic Medicine,
which is heavily
practiced in India, aims
to prevent illness by
maintaining a balance
between both body &
mind**

**Ayurveda - Johns Hopkins
Medicine**

**Ayurvedic Medicine in
Depth**



RESEARCH STUDIES

**THE FOLLOWING SCIENTIFIC,
RESEARCH STUDIES FOCUS
ON SOUTH ASIAN HEALTH:**

MASALA STUDY
PUBLICATIONS

SAHARA

SAHELI

Questions?

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