

મારે ફરી એકવાર શાળાએ જવું છે...
દોડતા જઈને મારી રોજની બાંકડીએ બેસવું છે
રોજ સવારે ઉઠ્યા અવાજે રાષ્ટ્રગીત ગાવું છે
નવી નોટની સુગંધ લેતા પહેલાં પાને
સુંદર અક્ષરે માઝું નામ લખવું છે
મારે ફરી એકવાર શાળાએ જવું છે...

રિસેસ પડતાં જ વોટરબેગ ફેંકી
નળ નીચે હાથ ધરી પાણી પીવું છે
જેમ-તેમ લંચબોક્સ પૂરું કરી
મરચું-મીઠું ભભરાવેલ આમલી-બોર-જમરૂખ-કાકડી બધું ખાવું છે
સાઈકલના પેડાની સ્ટમ્પ બનાવી ક્રિકેટ રમવું છે

કાલે વરસાદ પડે તો નિશાળે રજા પડી જાય
એવા વિચારો કરતાં રાતે સૂઈ જવું છે
અનપેક્ષિત રજાના આનંદ માટે
મારે ફરી શાળાએ જવું છે..

છૂટવાનો ઘંટ વાગવાની રાહ જોતા
મિત્રો સાથે ગપ્પાં મારતા વર્ગમાં બેસવું છે
ઘંટ વાગતાં જ મિત્રોનું કુંડાળું કરીને
સાઈકલની રેસ લગાવતા ઘેર જવું છે
ટિવાળીના વેકેશનની રાહ જોતાં
રોજનો અભ્યાસ કરવો છે

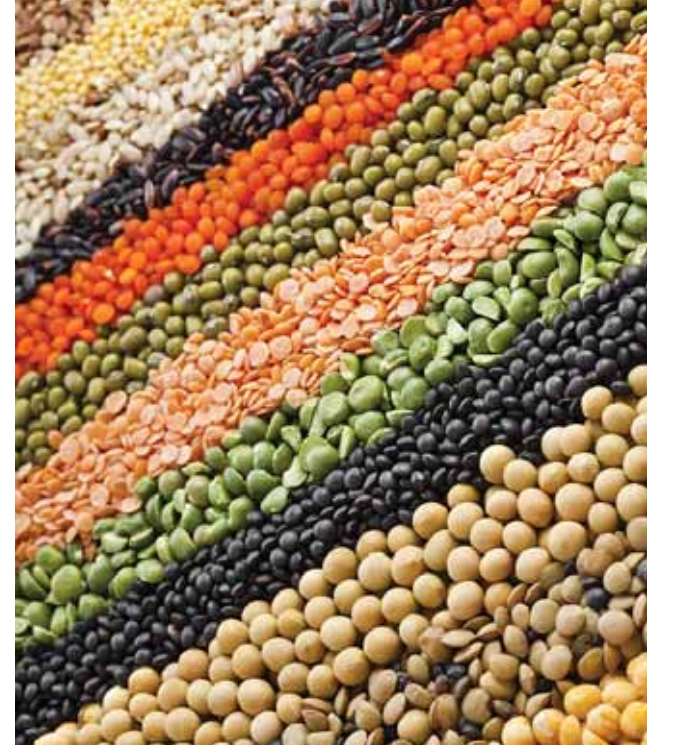
બચપણ પ્રભુની દેણ છે
હવે થોડો સમજમાં આવવા માંડ્યો છે
એ બરાબર છે કે નહી તે સરને પૂછવા
મારે ફરી એકવાર શાળા જવું છે...



Vitamin B9 or Folic Acid

How to preserve vitamins in food:

1. One must refrigerate fruits and vegetables until they are to be used. Enzymes in food start destroying the vitamins once the fruit or vegetable is picked. Chilling slows this process.
2. Refrigerate foods in moisture-proof containers. Nutrients keep best at temperatures near freezing at high humidity and away from exposure to air.
3. Wherever possible, avoid cutting or trimming fruits and vegetables into very small pieces. The greater the surface area, the more is the destruction of vitamins.
4. A common practice is to throw outer leaves of lettuce and other greens. They should be preserved if they
5. Whenever, steaming, micro-waving or using a wok, use minimum amounts of water or fat. For all vegetables except greens, use a tight fitting lid. The lesser the contact with water and shorter the cooking time, the more nutrients are retained. Whenever possible, use a pressure cooker as it helps to shorten the cooking time, thereby preserving more nutrients.
6. Cook vegetables and fruits with their skins, whenever possible.



IRON DEFICIENCY

Anemia, or Iron deficiency is one of the most common nutritional deficiencies world-wide. It is a condition characterized by subnormal levels of hemoglobin. It can be due to various nutritional deficiencies in the diet. Common causes of nutritional anemia include low levels of iron, folic acid, vitamin B12, and vitamin C.

Nutrition and health expert, Ishi Khosla gives some common symptoms of iron deficiency like shortness of breath, fatigue, pallor, decreased alertness, learning & memory problems in children, weak muscles, chronic infections, frequent colds, poor digestion, slow growth, dizziness and rapid heartbeat are some of the common symptoms of iron deficiency.

Anemia afflicts young children and women in their reproductive years when iron needs are high and iron losses coincide with menstrual losses.

Iron deficiency is often associated with insufficient intake of the right kind of food. Ishi says, to improve the iron status in the blood one needs to keep in mind the Iron content of foods, type of iron, factors that promote iron absorption and lastly the presence of interfering factors in food (anti-nutritional factors). Ishi prescribes animal foods such as, meat, especially organ meat (liver), poultry & fish green leafy vegetables including cauliflower

greens, mustard leaves, radish leaves, amaranth (chaulai), lotus stem, black gram, black sesame, sea weed, soybean, watermelon and some dry fruits like dates and sultanas as they are rich in iron. Ishi clarifies that even though, the iron content of foods we consume may be high, the iron absorption is dependent on whether it is heme iron (from animal food) or non-heme iron (present in plant foods). Heme iron (animal foods) is easily absorbed by the body as compared to a vegetarian diet which has a low level of absorption (2-5%).

To improve Iron absorption Ishi recommends that food should be taken with vitamin C like citrus fruits (oranges, lemon, guava), amla, sprouts and some vegetables like tomatoes, cauliflower. Iron uptake can also be increased by cooking foods in cast iron vessels. Iron content of pasta sauce cooked in an iron vessel has been found to increase by 300%. Sprinkle sesame seeds (kala til) over yogurt, breakfast cereals or salads, Include soy, seaweeds in soups and stir fry. Non-nutritional factors like tannins



or rust."

Even though apples and bananas are a store for different protective nutrients but the content of iron in apples (0.7 mg/100gm) and bananas (0.4 mg /100gms) is negligible when compared to some of the richest sources for iron like dry lotus stem (60.6 mg iron /100gms), rice flakes (20 mg iron/100g), radish leaves (18.0 mg iron/100gm), parsley (17.9 mg iron/100gms) or Bajra (8.0 mg iron /100gms).

"That spinach is a good source of iron and eating lots of it helps in preventing anemia, is not totally true."

Iron content of spinach is not as high as it is believed to be. 100g of spinach contains a mere 1.14 mg iron whereas cauliflower greens contain 40 mg/100gms, amaranth (Chaulai) contains 20 mg/100g, radish leaves 18 mg; mustard greens (Sarson saag) has 16.3 mg/100g, beetroot greens have 16.2 mg/100g and bathua contains 4.2 mg/100gm.

(tea, whole grains), phytates (whole grains, bran); calcium supplements, antacids and excessive use of zinc supplements have been found to interfere with iron absorption. Iron supplementation may be considered in chronic iron deficiency, anemia under professional guidance to avoid iron overload and associated complications.

Ishi clarifies "It is a MYTH that Bananas and Apples are rich in Iron because they turn brown

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