

World Congress on

NUTRITION AND OBESITY PREVENTION

October 08-09, 2018 Dubai, UAE

Perfect plate for diabetes and weight loss: Mediterranean to god's own country

James Joseph

God's Own Food Solution Pvt Ltd., India

For 60 years since its founding, Kerala took pride as the number one state in the country on life expectancy, receiving praise from world renowned global health expert, Professor Hans Rosling. Prof Rosling puts Kerala ahead of Washington DC on human health index at a fraction of per capita income. However lifestyle diseases like diabetes is now in the order of an epidemic in the state reducing the life expectancy of our adult population above the age group of 30. For the first time Kerala lost out its number one position on life expectancy to Jammu and Kashmir due to an alarming drop in life expectancy after the age of 30 compared to J&K as per 2010-14 census data. Root cause of our problem with diabetes and lifestyle diseases is the rapid increase of starch in our diet over the past 60 years through rice, wheat and tubers like cassava. Through years of policy interventions we were able to make starch more affordable but the over correction is now hurting our health than helping it. In order for Kerala to get back and retain our number one position in life expectancy, we have to cut back our starch consumption from half a plate to a quarter as recommended by American diabetes association and increase consumption of our grossly under-utilized unripe fruits, vegetables and legumes. This paper will scientifically explain why one of Kerala's oldest traditions of eating unripe jackfruit as a meal is the perfect plate for diabetes and weight loss. These are the results from the first glycemic research conducted on unripe jackfruits from Kerala at Sydney University.

Results:

1. Green Jackfruit prepared as a meal is the most ancient meal of Kerala and is nutritionally equivalent to the Mediterranean Plate.
2. Green jackfruit as a meal is good for Diabetes and Weight Loss because a cup of green jackfruit has 40% lower glycemic load, calories and carbohydrates and has four times more fiber than a cup of rice or two rotis.
3. An all-purpose flour can be made from green jackfruit to reduce energy density and increase vegetable content in pasta to pizza.

Conclusions:

Contrary to the existing advice given by medical professionals in Kerala, its tradition of eating green Jackfruit as a meal instead of rice & roti is actually good for controlling diabetes and obesity. Kerala can reverse its explosion of non-communicable diseases by bringing back green jackfruit to the center of its plate replacing rice and wheat. Green Jackfruit as a flour is an easy way for food companies to follow WHO advice to reduce energy density and increase vegetable and fruit percentage in processed food to beat non communicable diseases. This research shows a global parallel between the Mediterranean diet, now considered as the perfect plate for diabetes and weight-loss and our god's own plate through a 40,000 year old early man migration and human settlement.

Biography:

James Joseph is the Author of the best seller book god's own office- how one man worked for a global giant from his village in Kerala published by penguin books and released by Shri Oommen Chandy, Honourable Chief Minister of Kerala. He has over 20 years of sales and marketing experience in North America, Europe and India with globally reputed organizations like Microsoft, 3M and Ford. In his last role as the Director, Executive Engagement at Microsoft India; he was responsible for strengthening Microsoft's relationship with the senior executives of top 200 enterprises in India. Prior to this role he was responsible for the manufacturing industry marketing for Microsoft UK. Before joining Microsoft UK, he held business development, sales and marketing positions at 3M, Ford Motor Company, i2 Technologies and Informatca. He has two patents filed for his pioneering engineering research to make green jackfruit affordable for the masses. He has a Masters in Engineering Business Management from University of Warwick, UK and has a degree in Mechanical Engineering from College of Engineering, Thiruvananthapuram.

jamesjoseph@hotmail.com