



SLMNA NEWSLETTER

SRI LANKA MEDICAL NUTRITION ASSOCIATION OFFICIAL NEWSLETTER

Linking nutrition research to practice...

THIS MONTH'S FEATURED ARTICLES

- Capture of the month.
- Article of the month.
Dietary influence on
premature skin ageing
- Food of the month.
Beli-The natural
nutrient pill on earth.
- Past events.
- Upcoming events.



MESSAGE FROM EDITORS...

Promote our native fruits- Step forward to build a healthier society

Our island nation of Sri Lanka is blessed with a wide variety of fruits, ranging from commonly available fruits to fruits that are seasonal and/or regional. Some of the local fruits such as Beli, Masan, Mora, Himbutu, Nelli, Katu anoda, Veralu and Lawulu are rarely heard among the young generation. Many of these fruits are rich in antioxidants but unfortunately are not valued by us today. Certain fruits which were very popular with older generations are no longer in demand.

How did these fruits lose their appeal over the years? Did we simply get brainwashed into placing more value on western imported products? This trend is apparent when you see not just the supermarkets but also the wayside shops filled with imported fruits. These fruits have depleted nutritional value due to time lags compared to fresh fruits available locally plus these items require much talked about “scarce dollars” for importation.

We have a responsibility to promote these fruits among our people in every opportunity we get. And of course, invariably this will help to reduce the food insecurity too.

So let's promote our native fruits and step forward to build a healthier society.

Until next time,
Dr Dhaneshi & Dr.Chapa



CAPTURE OF THE MONTH

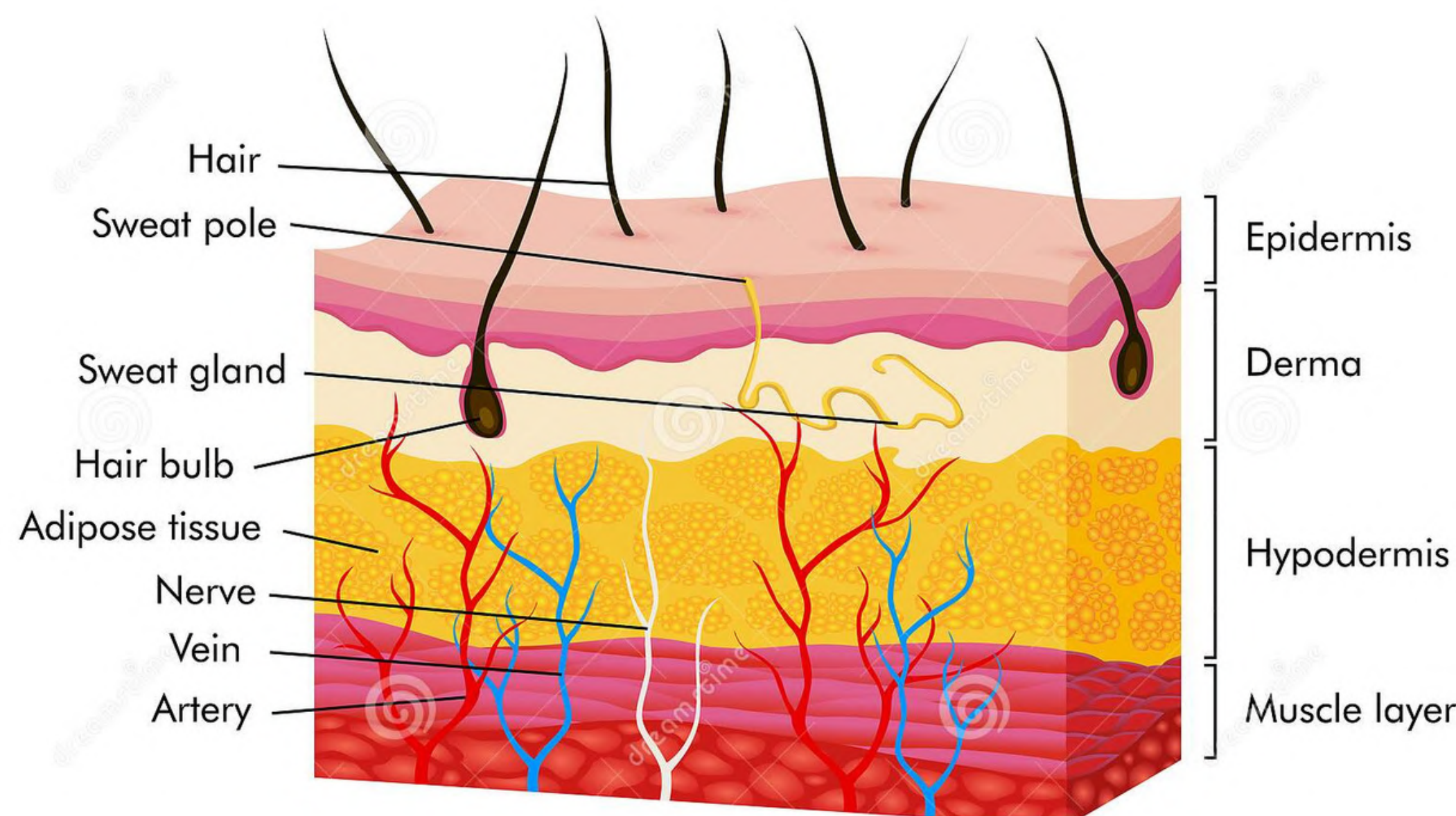


Family...
where life begins and
love never ends...

DIETARY INFLUENCE ON PREMATURE SKIN AGING

By Dr. W. A. Kasunika Senanayake

What is skin?



Skin is a barrier that separates the human body from the environment which avoids water loss. It is the largest organ of our body. Skin aging affects overall health and quality of life, functional capacity, social participation and independence.

Importance of skin

- Physical barrier against friction & shearing forces
- Protection against infections chemicals, ultraviolet irradiation.
- Prevention of excessive water loss & absorption
- Ultraviolet induced synthesis of vitamin D
- Temperature regulation
- Sensation (pain, touch & temperature)
- Antigen presentation/ immunological reactions/ wound healing

What is cutaneous aging?

There are two factors which influence cutaneous aging.

1. Intrinsic factors – the process of chronological and physiological aging which affects the skin as well as the other organs in the body.
2. Extrinsic factors – skin aging due to external environmental factors such as air pollution, smoking, poor nutrition and sun exposure. This 'Extrinsic factors' also known as 'premature skin aging factors'



Clinical research and epidemiology have confirmed that nutritional status and eating habits have an impact on skin health and aging. Evidence has shown that white skin is more susceptible to skin aging than black or brown skin.

In both intrinsic and extrinsic aging, reactive oxygen species (ROS) play a critical role in dermal extracellular matrix alterations. DNA damage and mutations occur when the skin is persistently exposing to UV radiation which can lead to premature skin aging or carcinogenesis. Thinning, dry skin, pale, fine wrinkles, gradual dermal atrophy, dullness, lack of elasticity are the main skin changes in intrinsic skin aging. Coarse wrinkles, loss of elasticity, laxity and rough textured appearance can be seen in extrinsic skin aging.



Factors influencing premature skin aging

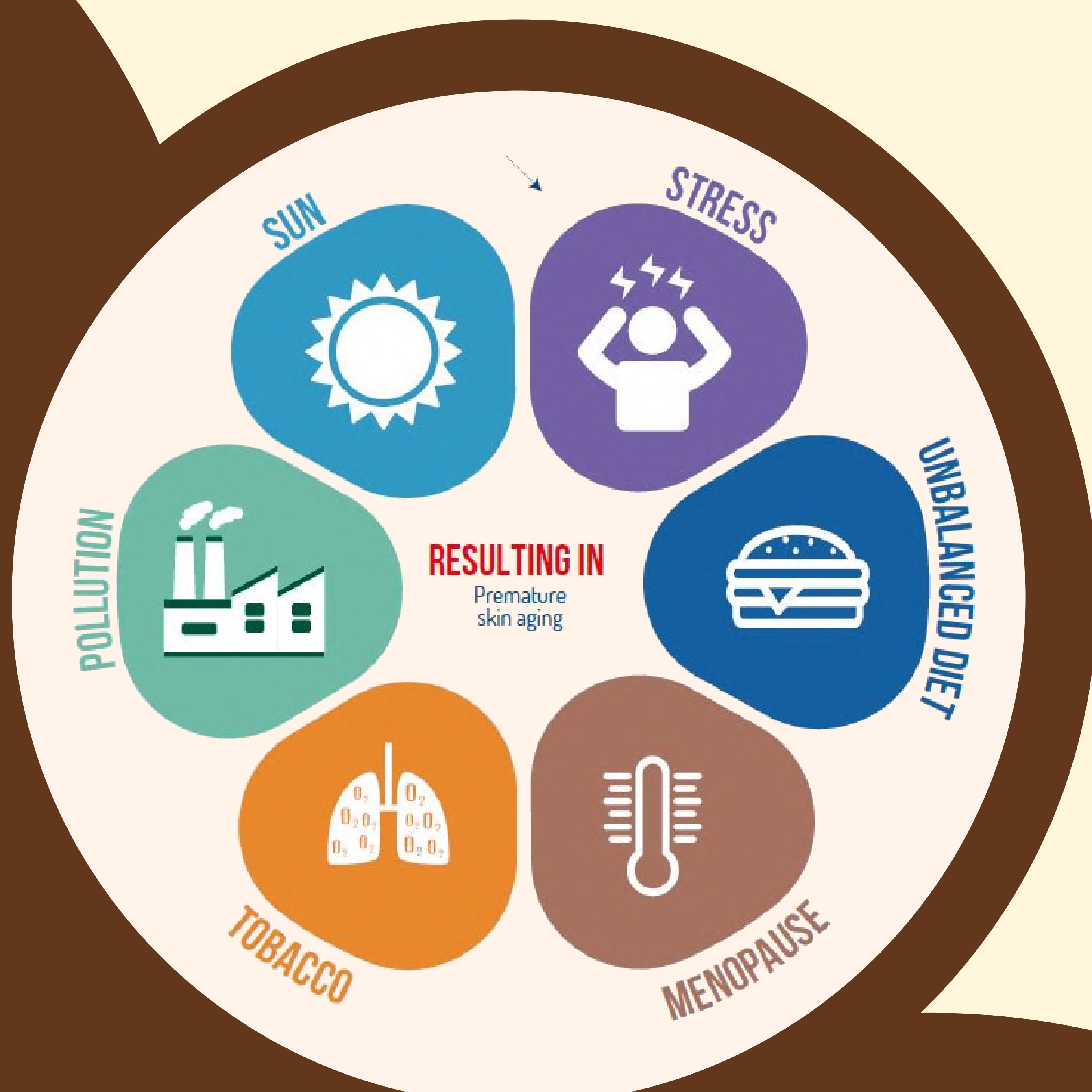


There are several causative factors for premature skin aging.

- UV radiation (The commonest cause)
- Advanced Glycation End (AGE) products
- Inflammation (Chronic low grade)
- Low estrogen levels during menopause
- Low BMI (<18)
- Chronic clinical conditions such as
 - Chronic Obstructive Pulmonary Disease
 - Chronic renal insufficiency
 - Emotional stress
 - Acne scarring
 - Sleep deprivation
- Higher dietary intake of fats & carbohydrates
- Tobacco smoking and alcohol use

How to prevent premature skin aging

There are Nutritional and Non – Nutritional interventions that can be used to manage premature/ extrinsic skin aging.



Nutritional Interventions

- Increase consumption of Antioxidants such as vitamin A, C and E, or antioxidative enzymes, such as superoxide dismutase, catalase, glutathione peroxidase, tocopherols, flavonoids, Vitamin D and coenzyme Q10.
- Intake of Low sugar foods which are prepared by water-based cooking would decrease the intake of preformed exogenous AGEs as well as production glycated proteins endogenously
- Caloric restriction without enhancing malnutrition can delay the onset of aging
- Vitamin D - endocrine system influences skin aging through different mechanisms
- Intake of Polyphenols- Antioxidant and anti-inflammatory effects
- Reduce consumption of grilled, fried, or roasted food which have high amount of AGEs
- Quit tobacco smoking and alcohol consumption



FOODS WITH ANTIOXIDANT ACTIVITY

Vitamin A Rich foods

Dark green leaves,
Vegetables – Carrot, Tomato,
Yellow sweet potato, Pumpkin
Fruits – Mango, Papaya, Lavulu, Oranges,
Animal sources – Eggs, Cheese,
Wholemilk, Butter, Liver, Kidney, Fish oil.

Vitamin C rich foods

Nelli, Star fruit,
Guava, Cashew fruit,
Veralu (Sri Lankan olives)
Tomato, Papaya, Pineapple,
Citrus fruits (orange, lemon),
Dark green leafy vegetables
Drumstick leaves, Kathurumurunga,
Gotukola, Kankun, Raddish leaves,
Beetroot leaves, Capsicum, Bitter gourd.

Vitamin D sources

Sunlight, Fish,
Fortified foods,
Yogurts or Cereals.

Vitamin E Rich foods

Wholegrain products,
Oils like olive and corn,
Spinach, Sweet potato,
Tomato, Avocado, Papaya,
Bell pepper, Nuts & seeds.

Selenium Rich foods

Cereals- Rice, Barley,
Wheat, Corn, Soybeans,
Animal products- Beef, Eggs,
Chicken, Sea food (Tuna/ Shell fish)
Spices - Cloves, Cinnamon, Ginger.

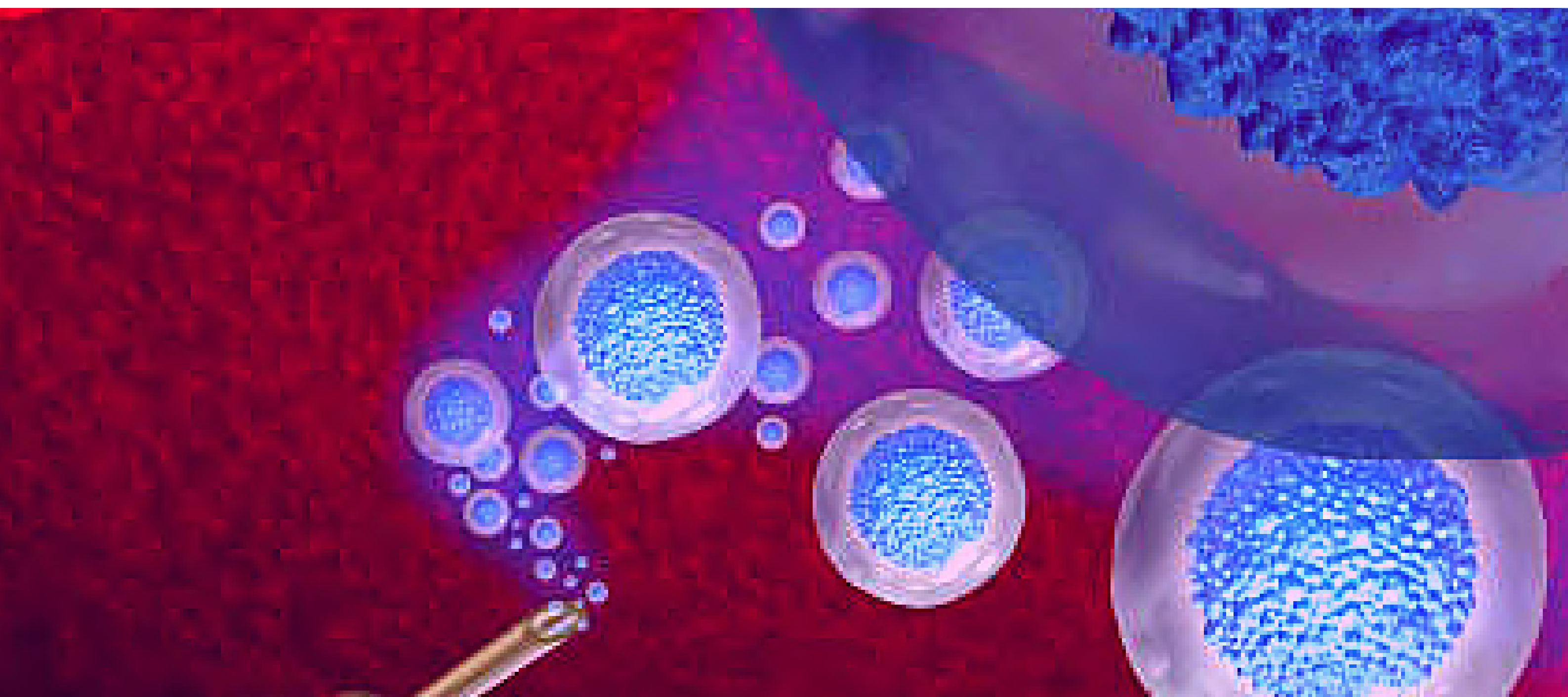
Flavonoids Rich foods

Berries, Cherries,
Red grapes, Tea,
Cocoa, Chocolate,
Apples, Strawberries
Peanuts, Red wine, Citrus fruits.

**AS THE PREVENTION IS BETTER THAN CURE, WE MUST TAKE MEASURES TO
PREVENT PREMATURE SKIN AGING. WE HAVE TO EAT MORE FOODS WITH
ANTIOXIDANT ACTIVITY.**

Non–Nutritional Intervention

Stem cell Transplantation



Hormone Replacement Therapy



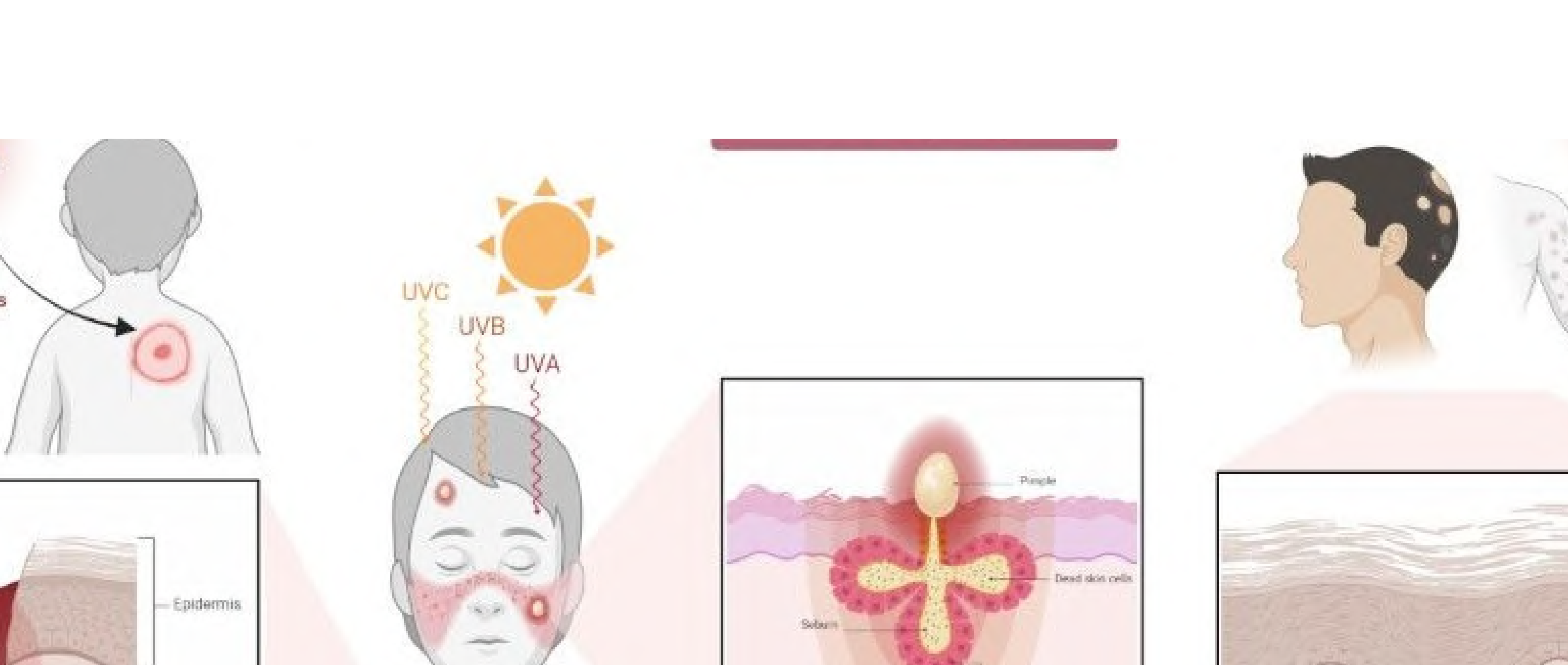
Retinoids



Telomere Modification



Antiprogeria Strategies



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BELI

THE NATURAL NUTRIENT PILL ON EARTH

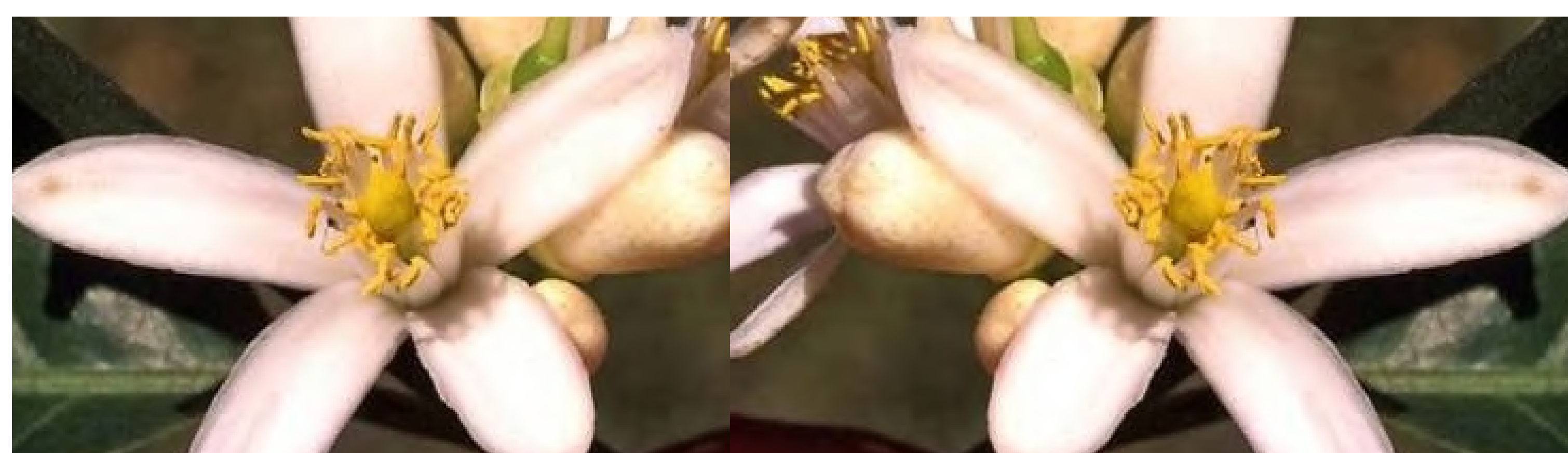
By Dr.Dhaneshi Hettiarachchi



Beli (Aegle Marmelos) also known as Bael or Bengal quince is a fruit-bearing tree with numerous medicinal and other uses.

A little bit about the Beli tree...

The Beli tree is native to the Indian subcontinent and Southeast Asia and is grown in the wet and intermediate zones of Sri Lanka with well-drained, alkaline or stony soils. Beli plants can tolerate harsh conditions like extreme temperatures, different altitudes and poor soils. It is propagated by seed, cuttings, twigs, root cuttings, and grafted seedlings.



Flowering begins about 7-9 years after planting with white petaled fragrant flowers. Fruits take about 7-10 months to ripen. Beli fruits do not ripen after harvesting like other fruits, therefore, Beli should be harvested at a fully ripe state. Fruit is subglobose or oval with a woody hard shell and sticky edible pulp segmented inside the shell with seeds.

A mature Beli tree can produce about 200-800 fruits in a season. As the Beli tree is relatively free from pests and diseases, the use of agrochemicals is minimal. The Beli tree is considered a climate purifier as it absorbs dust and poisonous gases from the atmosphere and emits more oxygen than other plants. It is culturally accepted as a good tree to have in a home garden.



There are many species grown in Sri Lanka that contribute to good genoplasm. Those are Beheth Beli, Paragammana, Mawanella, Rambukkana, and Polonnaruwa. The latter has the best taste, a soft, creamy consistency, and fewer seeds and gum. It can be grown in small pots as well.

Macronutrients present in Beli fruit

Nutrient	Unit	SLFCT	IFCT
Energy	KJ	569	569
Carbohydrate	g	28.21	28.21
Total fibre	g	6.31	6.31
Insoluble fibre	g	3.31	3.31
Soluble fibre	g	3.0	3.0
Protein	g	2.63	2.63
Total fat	g	0.57	0.57



Beli fruits contain a higher concentration of energy, carbohydrates, fibre (soluble and insoluble) and proteins than commonly consumed fruits like bananas, papayas, mangos, and pineapple.

Vitamins found in Beli fruit

Nutrient	unit	SLFCT	IFCT
Thiamine	mg	0.03	0.03
Riboflavin	mg	0.04	0.04
Niacin	mg	0.25	0.25
Pantothenic	mg	1.62	1.62
Total B 6	mg	0.03	0.03
Biotin	ug	NA	0.14
Total Folate	ug	55.22	55.22
Total Ascorbic	mg	7.50	7.50
Carotenoids	ug	0.42(Vit A)	172
Vit D2	ug	NA	1.6
Vit E	mg	NA	0.6
Vit K1	ug	NA	4.15

Beli is a rich source of vitamin C, pantothenic acid, folic acid, carotenoids, vitamin E, and carotenoids.

Minerals found in Beli fruit

Nutrient	unit	SLFCT	IFCT
Calcium	mg	47.95	47.9
Iron	mg	0.23	0.23
Copper	mg	0.15	0.15
Phosphorous	mg	37.29	37.3
Potassium	mg	409	409
Zinc	mg	0.14	0.14
Magnesium	mg	34.1	34.1

Phosphorous and potassium are high than commonly consumed fruits like banana, papaya, mango and pineapple.

These values are in 100g edible portion. SLFCT - Sri Lankan Food Composition Tables, IFCT-Indian Food Composition Tables

Beli contains many identified phytochemicals such as coumarines, alkaloids, polysaccharides, tannins, and carotenoids, which contribute to its unique taste and therapeutic values.

Uses of Beli

All parts of the Beli tree have been used in medicine and day-to-day life.

Medicinal uses of Beli

Each and every part of the beli tree has been used as a main ingredient in traditional medicine over centuries.

Unripe fruit

1. It has proven benefits in treating diarrhoea, dysentery, and gut irritation.
2. The extract has a significant inhibitory effect on ethanol-induced damage to the gastric mucosa.
3. Decoction of unripe fruit, with fennel and ginger is used for hemorrhoids.
4. Used as a tonic for the heart and brain,
5. Dry powder was used to treat burns and intestinal parasitic infections.



Ripen fruit

1. It has a unique sweet taste and is used as a body-cooling tonic.
2. The best of all known laxatives, it tones and cleans the intestines and eases gut irritation.
3. A high dose of ethanolic extract causes a significant increase in sodium excretion and is used as a diuretic
4. It has antiviral properties with minimal host cytotoxicity
5. Proven antimicrobial activity against a variety of intestinal pathogens
6. Extract of Beli (250mg/kg of body weight)-used to treat diabetes
7. It is rich in antioxidants and phytochemicals like tannin, Marmelosin, psoralen, Marmelide, sterols, and alkaloids.
8. Pulp increases tolerance of sunlight and helps to maintain normal skin color. Used to treat leucoderma
9. Hair rind mixed with coconut oil and ginger oil for hair fall and dandruff
10. Aqueous extract of Beli fruit pulp and seeds: prevention of carbon tetra chloride induced hepatic toxicity.

Seeds

1. It has anti-fungal, antibacterial and ulcer healing properties due to presence of pyranocoumarin.
2. Scientifically proven to reduce pylorus-ligated and aspirin-induced gastric ulcers.
3. Aqueous extract of Beli seeds lowers blood glucose level in severe diabetic patients.



Roots

1. Used to treat gut irritation, diarrhoea and indigestion.
2. Used in treating dog bite, intermittent fevers, male subfertility and rheumatism.
3. Used as antidote in snake bite.



Flowers

1. Used in treating dysentery and gut irritation.
2. Used as a treatment for diabetes.
3. Used as a tonic for body cooling and epilepsy.



Leaves

1. Leaf extracts have antimicrobial, antiviral, antipyretic, analgesic, as well as anti-inflammatory properties and are used to treat ulcers and abscesses.
2. It has antioxidant, radio protective and antineoplastic effects.
3. Hydro alcoholic extract of Beli leaves is found to be effective in animal model of Ehrlich ascites carcinoma.
4. Used in treating abdominal conditions like constipation.
5. Medicated oil is used for recurrent cold and respiratory tract infections.
6. Used as antidote in snake bite.
7. Leaf extracts control enzymes HMG CoA-reductases and ACAT in rats and reduce blood cholesterol.
8. Essential oil from Beli leaves has antifungal effects. May be due to interference with the Calcium - dipicolonic acid metabolism pathway and possibly inhibit the spore formation.

Non medicinal uses of Beli

Part	Use
Mature ripened fruit	Eaten raw or make drinks. Products - creams, jams and jellies. Use to make soap and perfume. Use to make yellow colour dye.
Young leaves	Can cook as a vegetable or use as a condiment.
Dried flowers	Make tea - refreshing beverage.
Branch	Used as a hedge.
Stems	Make chew sticks.
Leaves	Scenting hair oil- Limonene.
Leaf extract	Insecticide for brown plant hopper (rice plant).
Shells-dry	Make cups, small containers and ornaments.
Mucilage unripe seeds	Used as an adhesive in jewellery and household. Mixed with lime for waterproofing. As a protective coating for painting.
Fruit pulp	Detergent action.
Wood	Used for carvings and fuel.



Based on scientific evidence of its therapeutic benefits Beli is getting popular for Non Communicable Disease prevention. Beli fruits are Available in markets from April to September. Prices range from 200(season) - 600/kg (off-season).There is a good foreign market for Beli and its value added products. E.g. - Dried belli pieces 200g -USD 25- 30 (2022)

Currently, the supply from Sri Lanka to the international market is very low and is mainly as fresh fruit (2-4 USD per kg) with no value-added products. South Asian countries have invaded the foreign market for beli.

Apart from small scale crops in Moragahakanda, Makandura, Ambepussa, Gannoruwa, and Polonnaruwa grown for gene preservation, Beli is only a wild plant and is grown in home gardens.As it is not grown commercially, Beli is still an under-cultivated fruit crop in Sri Lanka.

While baring the optimal climate for Beli cultivation and having a good global market, attention on crop development in Beli is very low. Unfortunately, we import 30,000 kg of dried Beli for ayurvedic purposes annually.

In collaboration with the United States Department of Agriculture and the Gannoruwa Food Research Unit, they launched the "Beli Gammana Project" in 2010 to improve cultivation and the development of value-added products such as leather, cordial, RTS drink, and pulp. It was not quite successful.



This precious fruit is categorized as an underutilized fruit in Sri Lanka as the fruits are not harvested and marketed properly and there is a lack of development of value added products. Most of the fruits are destroyed under the trees in season.

A lack of understanding of the advantages, difficulties in preparation, practice of low fruit consumption, high fiber content, bitterness of the gum, and different tastes might be the causes of less consumption of Beli.

Recipes involving Beli

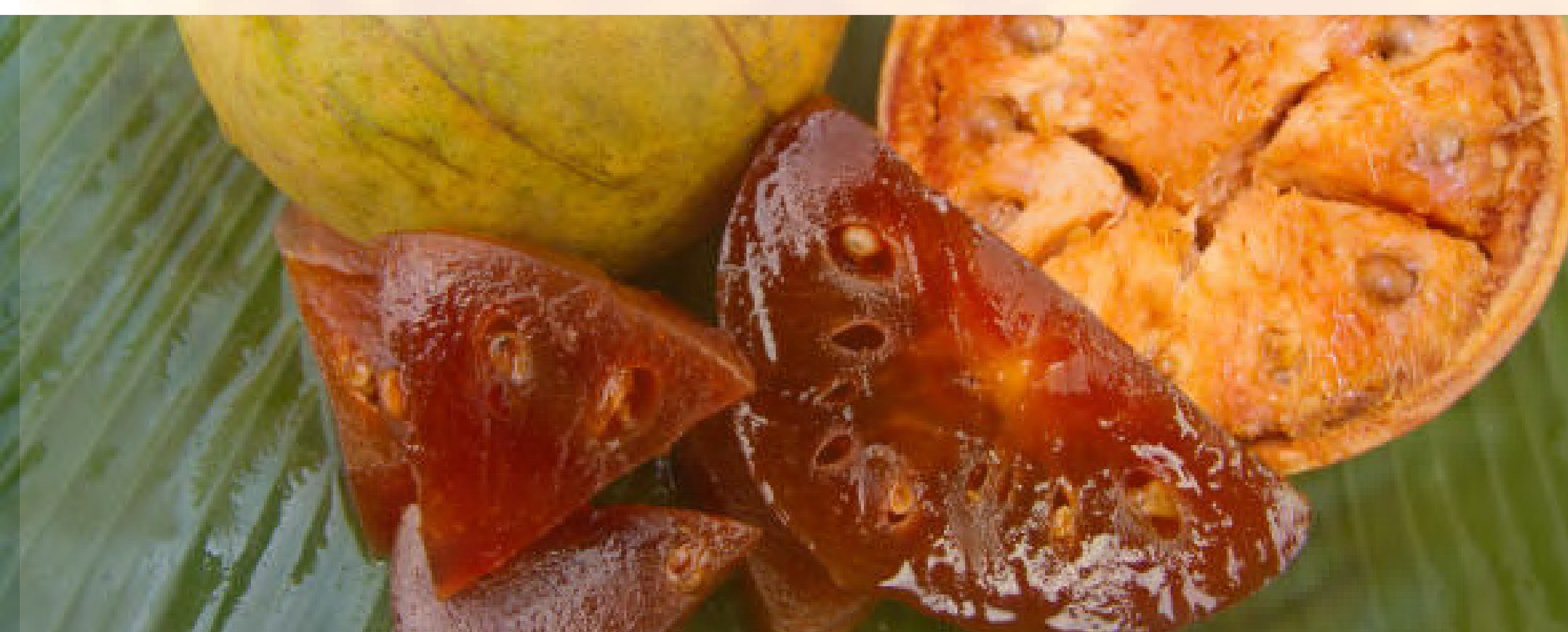
Beli is consumed generally as fresh fruit pulp, sherbet, or dried Beli flower drink. Beli cordial and Beli cream are the only products available in Sri Lanka. But there are many developing value added products worldwide.

Beli squash



Consist of 50% extracted pulp with 50% Brix value and 1% acidity. Preservatives like sodium metbisulphite are added and filled in sterilized bottles, then pasteurized for 30 minutes at 80 degrees Celsius.

Leather or paper



Beli pulp is cooked with water, sugar, citric acid, and potassium metbisulphite. Then dried for 15–16 hours at 55–600 °C. slices are cut in aluminum trays, wrapped in butter paper, and packed in polyethylene bags.

Beli Powder

Matured Beli fruits are shredded into 2-2.5 cm shreds and subjected to a variety of treatments. Then dried in a cabinet drier at 50-60 degrees Celsius until the moisture content is 10%.



Beli preserve

Slow syruping method is used to make this.

Beli ready to serve drink

Fruit pulp mixed with sugar, lime, jaggery, or cardamom powder.



Beli toffee

Pulp from the Beli fruit is cooked with sugar and added ghee, corn flour, milk powder, and citric acid.



Beli wine

It is a novel beverage rich in antioxidants. Beli pulp is fermented with the yeast (*Saccharomyces cerevisiae*) till 2.9 ° Brix, sugar of 2.03 g/100 mL, and pH of 4.1. It contains beta-carotene-33 µg/100 mL, ascorbate-80 mg/100 mL and ethanol-7.87% (v/v).



Beli Jam

Pulp is cooked with sugar and lime juice added.



BELI JAM

Ingredients

- Mildly ripe Beli fruit 500g
- Sugar-powdered 500g
- Juice of 1 big lime
- Water 250 ml
- Strainers
- Glass bottles with lids
- Water bath to sterilize

Method

- Get the pulp out from the fruit
- Mix with 250ml of water
- Squeeze & extract the pulp
- Strain to remove seeds & fiber
- Add sugar & stir till dissolve all
- Heat in low flame-stir well
- When it become thick add lime (Not merging easily when put on a plate & make a line)
- Pour immediately to strilized bottles
- (Hot water bath 100cc-10minutes)
- Cover with lid
- Leave upside down 5 minutes
- Allow to cool

Beli Jam
100% NATURAL

INGREDIENTS
Sugar, Natural pulp of Beli fruit (Bael-Aegle marmelos), Lime-Salt.
No artificial Colours, Sweeteners or Preservatives added.

Nutrition Facts
Serving Size 100g
Amount Per Serving
Calories 100
Total Fat 0g
Sodium 0mg
Total Carbohydrate 20g
Dietary Fiber 0g
Sugars 20g
Protein 0g

Net Weight 500g
Store away from direct sunlight
100% BELI FRUIT JUICE

Apart from studying about this precious gift of the nature for my portfolio , I was able to develop Beli Jam as a value added product as a solution to post harvest loss of Beli.It had unique taste and real jam consistency.even people whom never eaten Beli or who dislike Beli also gave good comments on this invention.

To improve the uses of this valuable fruit, we need to conduct research to improve fruit varieties, yield, and quality, as well as develop value-added products.

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PAST EVENTS

Annual General Meeting 2022

Annual General Meeting of Sri Lanka Medical Nutrition Association was held on 22nd of January 2022, at Neuro Trauma Auditorium at National Hospital Sri Lanka. It was chaired by the president Dr.Renuka Jayatissa. The new council was appointed.

**SRI LANKA
MEDICAL NUTRITION ASSOCIATION
2022**



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PAST EVENTS

Opening of MNU, BH, Homagama



The opening of Medical Nutrition Unit of Base Hospital , Homagama was held on 3rd February 2022.



It was ceremonially declared open by Dr. Janitha Hettiarachchi (Medical Superintendent), with the presence of Consultants, Special Grade Nursing Officers, and other medical and administrative officers of the hospital, while adhering to health and safety guidelines.



PAST EVENTS

World Cancer Day 2022 E poster

WORLD CANCER DAY

4 th February , 2022

What to eat?

Phytonutrients.

Carotenoids:

Red, orange, yellow, dark green vegetables and fruits.

Polyphenols:

Herbs, spices, vegetables, tea, coffee, chocolate, nuts, apples, onions and berries

Allium compounds :

Garlic, leeks, onions

Dietary fiber:

Whole grains, fruits, beans leafy greens

Why should we care about cancer prevention?

Incidence of cancer in Sri Lanka has doubled over the past 25 years
Cancer is the second common cause of hospital deaths in Sri Lanka



What to minimize ?

Red meat

Beef, pork, lamb

Processed meat

Bacon, ham, lunch meats, hot dogs, salami, cured meat

High-fat meats :

Fried chicken with skin, duck, hamburgers, bacon, ham, sausage, hot dogs, deli meats

OBESITY IS LINKED WITH INCREASED RISK OF MANY TYPES OF CANCERS

Foods contribute to obesity

Sugar sweetened beverages, soda, flavored drinks,

Desserts with high amount of refined sugar

**EAT HEALTHY
TO PREVENT
CANCER**



MESSAGE FROM SLMNA

ලෝක පිළිකා දිනය

පෙබරවාරි 4

පිළිකා වැළැක්වීම ගැන අප සැලකිලිමත් විය යුත්තේ ඇයි?

පසුගිය වසර 25 තුළ අපේ රටේ පිළිකා ඇතිවීම දෙගුණ වී ඇත. අපේ රටේ රෝහල් මරණ සඳහා දෙවන පොදු හේතුව පිළිකාවයි.



අවම කළ යුත්තේ කුමන ආහාරද?

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හරක් මස්, උරු මස්, බැටළු මස්

සැකසූ මස්
බේකන්, හැමි, හොට්ඩෝග්, සලාම්

අධික මේද සහිත මස්
සම සමග බැඳපු කුකුල් මස්, තාර මස්, හැමිබර්ගර්, බේකන්, හැමි, සොසේජස්, හොට්ඩෝග්,

තරබාරුකම පිළිකා ඇතිවීමේ අවදානම වැඩි කරයි

තරබාරුකමට දායක වන ආහාර
සීනි, පැණි රස බීම, සෝඩා, රස කළ බීම
පිරිපහදු කළ සීනි සහිත අතුරුපස

පිළිකා වැළැක්වීම සඳහා සෞඛ්‍ය සම්පන්න ආහාර අනුභව කරන්න

SLMNA වෙතින් පණිවිඩයක්

PAST EVENTS

Clinical Meetings



1.Monthly clinical meeting was held on 20th January 2022 under the topic of 'Psychological and Ethical aspects of Artificial Nutrition' by Dr.Penny Neild, Consultant gastroenterologist, St George's University Hospital, United Kingdom.



2.Clinical meeting on 'Management of Sepsis and Fluid Management' done by Dr.Piyumika de Silva, Assistant Professor of medicine, Rutgers New Jersey Medical School, USA on 2nd February 2022



3.Monthly clinical meeting of February was done by Dr.J.M Woodward, Consultant gastroenterologist, Addenbrooke's Hospital, Cambridge, United Kingdom on 17th February 2022 under the topic of 'Amino Acids in nutrition support-getting the right balance'.

UPCOMING EVENTS

1. World Salt Awareness Week- 2022' programme will be held on 14th to 20th of March 2022 by NCD unit of Ministry of Health in collaboration with SLMNA.



2. Launching of the E book on 'Low Salt Recipes' prepared from the recipes presented by the contestants participated to the 'Low salt cooking challenge -2021' which was organized by SLMNA in collaboration with Ministry of Health and Chefs Guild of Sri Lanka will be done on March simultaneously to the 'world salt awareness week- 2022' programme.





STAY CONNECTED WITH

SLMNA

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