

Too much ultra-processed food is directly linked to lower heart health: Study

Pics: Getty Images



Researchers say one should try replacing a hamburger with fish once or twice a week

According to preliminary research, ultra-processed foods, which account for a major chunk of the daily calories consumed by urban population, are linked to a decrease in cardiovascular health. Researchers at the US Centers for Disease Control and Prevention (CDC) found that for every five per cent increase in calories from ultra-processed foods a person ate, there was a corresponding decrease in overall cardiovascular health. The results of the study were published in the journal of the American Heart Association.

NOT REALLY 'CONVENIENT'

Ultra-processed food items include soft drinks, packaged salty snacks like chips, cookies, cakes, processed meats, chicken nuggets, powdered and packaged instant soups, and many items often marketed as "convenience foods"

Adults who ate approximately 70% of their calories from ultra-processed foods were half as likely to have "ideal" cardiovascular health, compared with people who ate 40% or less of their calories from ultra-processed foods, the study mentions.

Foods were categorised into groups by the extent and purpose of industrial processing they undergo. Ultra-processed foods are made entirely or mostly from substances extracted from foods, such as fats, starches, hydrogenated fats, added sugar, modified starch, and other compounds and include cosmetic additives such as artificial flavours, colours or emulsifiers.

Examples include soft drinks, packaged salty snacks, cookies, cakes, processed meats, chicken nuggets, powdered and packaged instant soups, and many items often marketed as "convenience foods." "Healthy diets play an important role in maintaining a healthy heart and blood vessels," said Zefeng Zhang, MD, PhD, an epidemiologist at the CDC. "Eating ultra-processed foods often displaces healthier foods that are rich in nutrients, like fruit, vegetables, whole grains and lean protein, which are strongly linked to good heart health. In addition, ultra-processed foods are high in salt, added sugars, saturated fat and other substances associated with increasing the risk of heart

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Franchisee enquiries solicited for Relaxo Exclusive Stores, contact: Ashish Tyagi +91 9891279070, Email: ashishTyagi@relaxofootwear.com or Kamal Grover +91 9888 14218, Email: kamalgrover@relaxofootwear.com

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Applications are invited from general public for booking of residential apartments in Affordable Housing Project proposed to be developed as per terms and conditions of the policy prescribed by the Town & Country Planning Department, Government of Haryana vide Notification No. PF-27/48921 dated 19.08.2013 & amendment thereof (details available at the department website i.e., www.tcp.haryana.gov.in)

PROJECT DETAILS

1. Colonisers/ Developers	Suncity Projects Pvt. Ltd.
2. Project Approvals	License No. 34 of 2018, Building Plan Approved on 30.08.2019 Vide Memo No. ZP-1255/3D(RD)/2019/20894, Haryana Rera Registered No. : 65 Of 2019
3. Location	Sector 76, Gurugram, Haryana
4. Provisions	1464 no. of apartments available in the Housing Scheme spread over 10 acres. As per Policy, 5% of total no. apartments are available for management quota & 95% of total no. apartments are for public. Community Facilities: One Community Hall of 2000 sq. ft. and One Anganwadi-cum-creche of 2000 Sq. ft.

B. Apartment Details, Allotment Rates & Payment Terms						
CATEGORY	NO. OF UNITS	CARPET AREA SQ. MTR / SQ. FT.	BALCONY AREA SQ. MTR / SQ. FT.	ALLOTMENT RATE OF APARTMENT (INR)	BOOKING AMOUNT 5% APPROX (INR)	ON ALLOTMENT 20% (INR)
TYPE-1	670	59.00 / 635.08	9.29 / 100.00	2,590,320	1,19,000	5,28,580
TYPE-2	449	54.10 / 582.33	9.29 / 100.00	2,379,320	1,19,000	4,75,830
TYPE-3	105	57.75 / 621.62	9.29 / 100.00	2,536,480	1,19,000	5,15,120
TYPE-4	105	58.20 / 626.46	9.29 / 100.00	2,555,840	1,19,000	5,19,960
TYPE-5	62	56.85 / 611.93	9.29 / 100.00	2,497,720	1,19,000	5,05,430
TOTAL	1391					

Management Quota						
CATEGORY	NO. OF UNITS	CARPET AREA SQ. MTR / SQ. FT.	BALCONY AREA SQ. MTR / SQ. FT.	ALLOTMENT RATE OF APARTMENT (INR)	BOOKING AMOUNT 5% APPROX (INR)	ON ALLOTMENT 20% (INR)
TYPE-1A	14	59.00 / 635.08	22.34 / 240.47	2,590,320	1,19,000	5,28,580
TYPE-2A	16	54.10 / 582.33	15.74 / 169.43	2,379,320	1,19,000	4,75,830
TYPE-5	43	56.85 / 611.93	9.29 / 100.00	2,497,720	1,19,000	5,05,430
TOTAL	73					

Balance 75% of the amount in six equated 6 monthly installment spanning over a period of three years. No interest shall fall due before the due date of payment. Any default in payment will bear penal interest as provided under Rule 15 of Haryana Real Estate Regulatory Authority Rules 2017. Area is tentative and is subject to change. 5% of total no. apartments are reserved for management quota as per Affordable Housing policy 2013. Final price of the flat will be based on actual area handed over to the allottee. GST as applicable on total sale price is payable, any change in the GST rate or any fresh tax levy will be accordingly made applicable to the allottee. **Cheque/DD in favour of Suncity Avenue 76.**

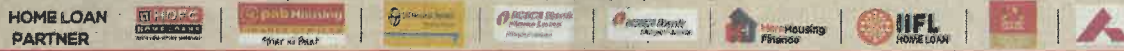
6. Parking One 2-wheeler parking with each apartment

7. Tentative Specifications Drawing Room / Lobby Flooring: Tiles / IPS | Drawing Room / Lobby Wall ceiling finish: OBD / Color wash | Bedrooms Flooring: Tiles / IPS Bedrooms wall ceiling finish: OBD / Color wash | Toilets Walls finish: Tiles upto 4 feet and OBD/ color Wash in balance area | Toilets Flooring: Tiles / IPS | Kitchen Flooring: Tiles / IPS | Kitchen Wall finish: Tiles upto 2 feet high above stone/ Tile counter and OBD / Color wash in balance area. | Fixture & fittings: Single bowl/ Steel Sink & CP / PVC / PTMT fittings | Balcony Flooring: Tiles / IPS | Window: MS Z-section & Glass/ Alu steel & Glass | Door Frame / Doors: MS/ Fiber Door frames with Flush Door/ Skin Door/ Fiber Door | Common Area flooring: Stone / Tiles / IPS | Lift Lobby: Stone / Tiles / IPS | Chinaware: Standard Fittings | Electrical: ISI marked products for wiring, switches and circuits | Security: Gated complex

8. Applications Timelines (i) Applications can be procured & submitted at: **SUNCITY PROJECTS PVT. LTD. Corp. Office- 218-224, 2nd Floor, Suncity Business Tower, Sector-54, Golf Course Road, Gurugram. For more information, call 706170 0000**
(ii) Last Date of submission of Applications: **29.11.2019**

Eligibility
1. The applicant should not be debarred from entering into legally binding contract under any prevailing law.
2. Any person can apply, however, the PMAY beneficiaries which include their spouse dependent children, identified by the Urban Local Bodies Department, Haryana under "Pradhan Mantri Awasas Yojana-Housing for All" programme shall be granted preference in allotment. First priority shall be given to the identified beneficiaries of the said town followed by other PMAY beneficiaries of the State of Haryana. Thereafter, for the remaining flats, persons which include their spouses of dependent children who do not own any flat/ plot in any HUDA developed colony/ sector or any licensed colony in any of the Urban Areas in Haryana, UT of Chandigarh and NCT Delhi shall be given next preference in allotment of flats.
3. An applicant can make only one application. Any successful applicant under this policy shall not be Eligible for allotment of other flat under this policy in any other colony. In case, he/ she is successful in more than one colony, he/she will have retaining only one flat.

Allotment Criteria
1. The allotment of apartments shall be done through draw of lots in the presence of a committee consisting of Deputy Commissioner or his representative (at least of the cadre of Haryana Civil Services), Senior Town Planner (Circle office), DTP of the concerned district and the representative of coloniser concerned.
2. After fixation of date for draw of lots, an advertisement shall be issued by the Developer informing the applicants about the details regarding date/ time and venue of the draw of lots in the same newspapers in which the original advertisement was issued.
3. For detailed criteria and time-frame to be adopted for scrutiny and allotment, the applicants may also refer to the details in the Affordable Housing Policy 2013 notified vide no. PF-27/48921 date and amendment thereof (available at the department website i.e., tcp.haryana.gov.in).



706170-0000 **INFO@SUNCITYPROJECTS.COM** **SUNCITYAVENUE76.COM**

Corp. Office : Suncity Business Tower, 218-224, Second Floor, Golf Course Road, Sector-54, Gurugram -122002, Haryana, Ph. : 0124-4691000 Fax : 0124-4691010
Regd. Office : LGF-10, Vasant Square, Plot-A, Sec-B, Pocket-V, Community Centre, Vasant Kunj, New Delhi-110070 (India) CIN : U45201DL1996PTC083915
Disclaimer: Promoter urges every applicant to inspect the project site and shall not merely rely upon or to be influenced by any architectural impression, plan or sales brochure and therefore, requested to make personal judgement prior to submitting an application for allotment. The images shown here are indicative of design and for illustration purposes only. Further, the actual design may vary in fit and framed from the one displayed above. Project details/ specifications can also be accessed at the office of Haryana Real Estate Regulatory Authority website <http://haryana.rera.gov.in>. Journey time shown, if any, is based upon google maps which may vary as per traffic at relevant point of time. * Rate mentioned above does not include GST and other statutory charges, if applicable. 1 & C Apply. 1 sq.mt. 10,7639 sq. ft. ** The subsidy offers as per the eligibility of the client's profile and the loan amount. This is the max amount of subsidy that a client can receive and the same goes with the loan amount too for availing the subsidy. Please note that the loan can be sanctioned more than 12 lac, but subsidy can be availed only in 12 lac of loan amount.



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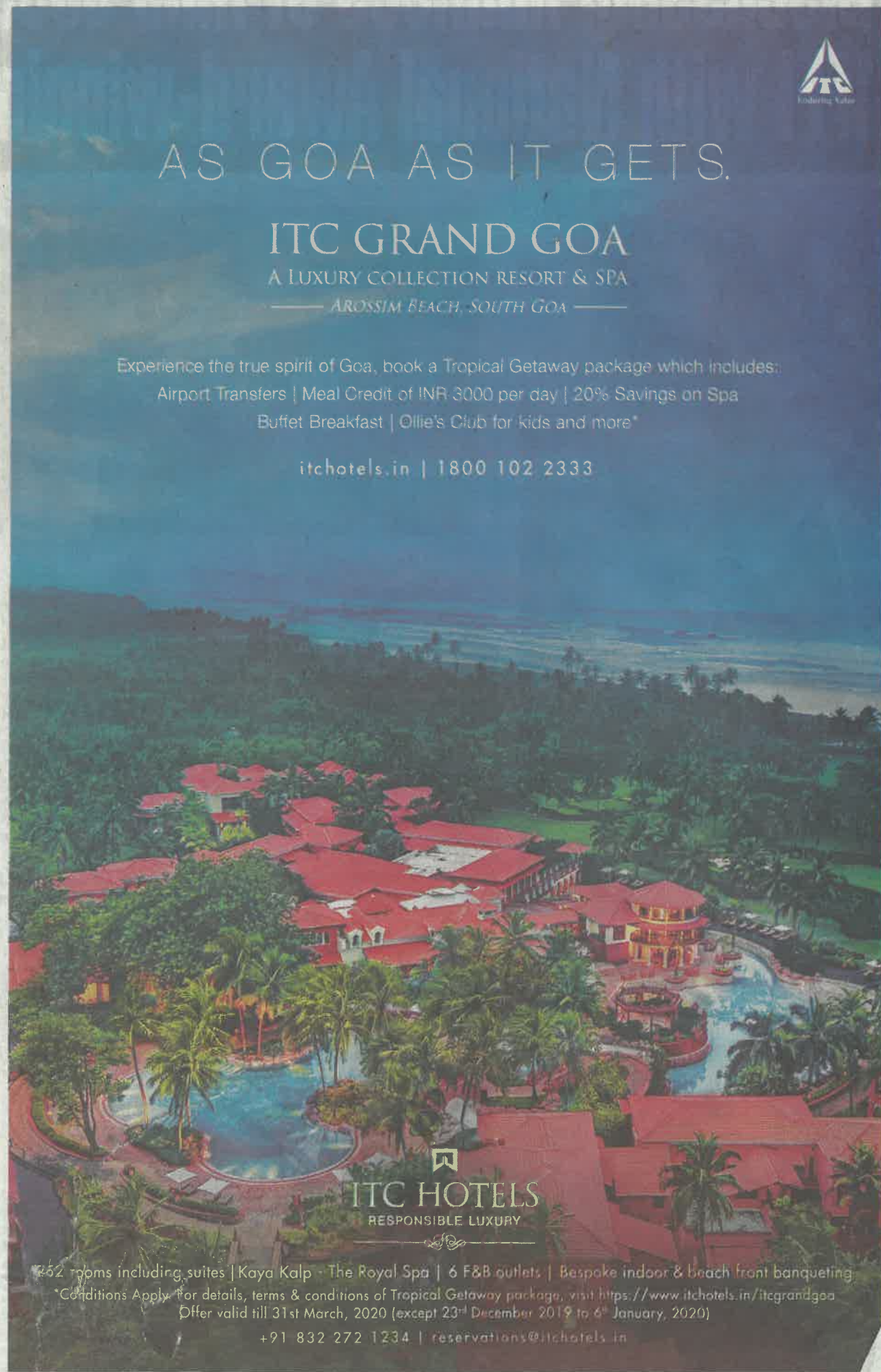
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