

Eating right at restaurants

WHAT TO AVOID AND WHAT TO CHOOSE

CHINESE CUISINE:

Avoid: Sweet and sour chicken, fried rice, dumplings and noodles, spring rolls, egg rolls and Manchurian dishes.

Opt for: Chicken and broccoli, egg drop soup, steamed vegetables, steamed Momos, steamed rice (Ice cream scoop size), meat, poultry, shellfish (grilled, steamed, broiled; lean)

INDIAN CUISINE:

Avoid: Nan, Parathas or Khulchas, fried starters, puris, gravies, deep fried vegetables like Bhindi fry, sweetened Malai Lassi, sweetened Lime water, cold drinks, Indian sweets (If you can't stay away have just 1-2 tsps.)

Trick your tummy

Try and have some fruit, bowl of soup or curd before you leave for a party.

Avoid the bread basket.

Drink plenty of water.

If you can avoid it, skip dinner after having the starters (here too make tandoor choices/raw veggies/steamed dishes)

Opt for: Starters like green salad, Tandoor Veg Platter and Appetizers like Rasam, Jaljira, Plain buttermilk and any clear soup.

For the main course pick out plain Tandoor whole wheat rotis or mixed vegetable parathas without oil /ghee/butter. Any dal (with less or no oil /ghee butter), curds and green salad. Ask for a vegetable with minimum oil /butter / cream (Tip: Ask for a boiled vegetable and mix it with minimum curry of veggies of your choice)



Make the right choices daily and even if you eat out in restaurants, with growing awareness there are some healthy choices

Aruna Gracias Rathod

What is healthy food? Healthy food is food that gives you all the nutrients you need to stay healthy, feel well and have plenty of energy.

The safest choices are vegetables, salad or fruit with every meal – they are packed with vitamins, minerals. At least five servings of vegetables, salad and fruit is recommended for a healthy diet.

Cereals, rice, pasta, potatoes and breads are great sources of energy. Milk, yoghurt and cheese provide calcium and protein. Calcium is needed for healthy bones throughout life. Your body needs protein to support growth and maintain a healthy body, so is needed every day. Meat, poultry, fish, eggs, beans and nuts are good ways to get protein in your diet.

Healthy fats are an essential part of a balanced diet but are only needed in very small amounts. It's easy to forget that drinks make up a big part of our diets. Water and milk are the healthiest options, and sugary drinks are best avoided.

EATING OUT – HEALTHY CHOICES

CHECK THE MENU:

Before going into the restaurant, check the menu online to see the healthy food options. Check for baked, grilled, steamed, or roasted food options which would mean less calories and fat.



AVOID LARGE PORTIONS:

Avoid buffets and watch portion sizes.

DRINK ENOUGH WATER:

Stay hydrated. Drink water before the meal arrives and while eating the meal. "It's easy to mistake thirst for hunger, especially when dining out. Stay hydrated by drinking water before and throughout your meal. Limit sugary beverages such as soda and sweetened iced tea. Water not only helps keep you hydrated but also promotes feelings of fullness, which can prevent overeating," says nutritionist Himangi Patil. This will not only save calories and carbohydrates, but not choosing sweet tea or regular soda, but it will also save you money.

ORDER YOUR MEAL BEFORE ANYONE ELSE:

If you order first, you will have more self-control to order healthy food, but if you order last you

might be tempted to order the same as other people at your table. Avoid side dishes or choose baked stuff – instead of fries you can order mashed potatoes

SLOW DOWN AND CHEW THOROUGHLY:

Try to take 15-20 minutes to eat each meal so that your belly has a chance to tell your brain that you are full.

MAKE THE RIGHT CHOICES:

Indian cuisine is one of the most varied and offers fantastic choices – including healthy ones. Our even own version of baked food are the tandoori dishes. "In a tandoor, food is cooked like in an oven or grill. That is the moisture in the food is used to cook and hence there is no frying involved. But beware of the ingredients that are used to marinate food before it is put in the tandoor. If it is fat – oil/butter, then the whole purpose is lost," explains Himangi.

"If you are ordering a paratha, it can have anything up to 10 to 20 grams of oil (2-4tsps). That is 90 to 180 cals, which can be easily avoided. Pav bhaji with butter and Pav with extra butter will add on extra calories even before you have realized it," explains Himangi. Best is avoiding desserts when you are watching your weight.

Steamed food is the best choice as when you are steaming you are using water as a medium to heat and cook food. Water does not have calories and hence a safe method of cooking.



MINDFUL EATING:

Practice mindful eating by paying attention to hunger and fullness cues throughout your meal. Take your time to savour each bite and stop eating when you feel satisfied rather than stuffed.

CHINESE CHOICES

As for Chinese which is a favourite cuisine for all, Himangi explains, "Chinese food prepared in restaurants has lot of cornflour, Ajinomoto, soya sauce and other ingredients which add to the calories. Most dishes are deep fried and are a strict no-no for dieters and though tasty you must keep away from them. Original Chinese food has plenty of raw or stir fried vegetables. The chicken and other meats are also in boiled form. Needless to say, you need to avoid all fried foods. Fried rice is also a strict no-no.

The right sneaker for a healthy life

A running shoe is the basic component of the physical life and care needs to be taken to ensure damage is not done to oneself while selecting it



PLEASE REMEMBER

Due to new runners having to get used to new levels of impact forces, we generally suggest that those who are just starting find a shoe with a little more cushioning than less. We do suggest that new runners avoid extreme types of running shoes. New runners who are getting used to this new activity should stay away from carbon fibre plated super shoes, spikes, racing shoes or any other extreme type of shoe. These are not bad shoes, but they are not designed for new runners and daily/recreational running. Having multiple shoes is not always a financially viable option for many runners. If you can only afford to have one pair of running shoes, make sure not to put too many miles on them. The running industry standard is that shoes will last for about 300-500 miles.



Ajit John ajit@herald-goa.com

The first steps towards improving fitness need to be done with great caution. The body is a delicate instrument which has to be treated with care. Buying that first shoe is something that needs to be done with great care.

Dr Riddhi Sampat of Panjim, who is a physiotherapist, said it is important to understand the bio-mechanics of the foot. It was important to understand whether the person had a flat foot or any other problem. Based on that the decision to

buy a shoe should be made. There are however a couple of things which have to be considered before buying a pair.

WIDTH OF YOUR FEET

If the shoe doesn't fit well because it's either too snug or too wide, chances are you most likely won't enjoy running and could even potentially injure yourself

BUDGET

With many options available it is important to know how much you are willing to spend for the shoe.

THINGS TO CONSIDER

Based on research from a validated scale

on running shoe comfort, there are five things to consider when trying on a shoe:

How comfortable the heel (back) and forefoot (front) feel under your foot. How stable the shoes feel. How flexible the front of the shoe is

How comfortable the overall shoe feels on the foot. It is best to assess comfort not only from standing or walking in the shoe, but also taking the shoe for a quick jog (around the store or outside if they let you). There is extensive evidence to suggest that different people need different things.

The art of letting go

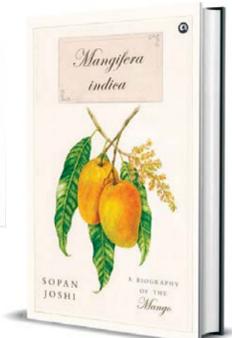
In a fast-paced world filled with stress and emotional burdens, the ability to truly let go is an art in itself. ShivSera Azeer, a renowned personal growth facilitator, artist, and bio-architecture expert will be conducting the workshop, the Art of Letting Go, which offers participants a chance to release emotional weight, foster self-expression, and reconnect with their authentic selves. Designed and facilitated by ShivSera, this workshop blends therapeutic art, guided meditation, and interactive play to create a healing experience. The workshop is open to individuals from all walks of life, in age group



of 15 to 75 years.
Venue: Carpe Diem Art Centre – Majorda
Date: February 16 and 19
Time: 11 am – 12:30 pm

Learn more about the mango

Journalist and author Sopan Joshi will discuss his latest book 'Mangifera Indica: A biography of the mango', a fascinating exploration of the mango's cultural, historical, and ecological significance.
Venue: The Dogears Bookshop, Margao
Date: February 15
Time: 4 pm



Herald Gaming Console

Dilbert



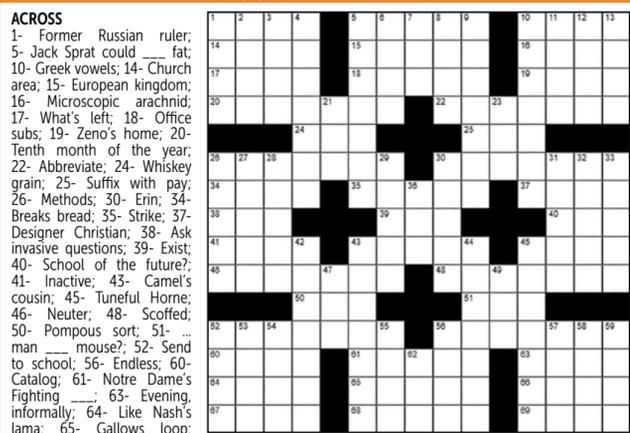
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crossword 4769

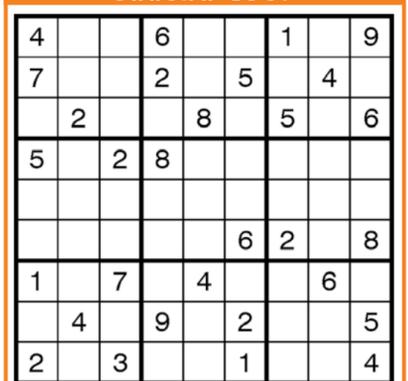


ACROSS
1- Former Russian ruler; 5- Jack Sprat could ___ fat; 10- Greek vowels; 14- Church area; 15- European kingdom; 16- Microscopic arachnid; 17- What's left; 18- Office subs; 19- Zeno's home; 20- Tenth month of the year; 22- Abbreviate; 24- Whiskey grain; 25- Suffix with pay; 26- Methods; 30- Erin; 34- Breaks bread; 35- Strike; 37- Designer Christian; 38- Ask invasive questions; 39- Exist; 40- School of the future?; 41- Inactive; 43- Camel's cousin; 45- Tuneful Horne; 46- Neuter; 48- Scoffed; 50- Pompous sort; 51- ... man ___ mouse?; 52- Send to school; 56- Endless; 60- Catalog; 61- Notre Dame's Fighting ___; 63- Evening, informally; 64- Like Nash's lama; 65- Gallows loop; 66- Baseball Slaughter; 67- Meddlesome; 68- Dead duck; 69- Depression in a surface;

DOWN
1- Poi ingredient; 2- Blueprint detail; 3- Type of D.A.; 4- Snappy comebacks; 5- Values highly; 6- Impersonator; 7- Scot's topper; 8- Bites; 9- Like lighthouses; 10- Green beryl; 11- Slant; 12- Fit to ___; 13- Actor Connelly; 21- Ciaol; 23- Flamenco cry; 26- Early photo color; 27- Fenced areas; 28- Fashion; 29- Little; 30- Units;

31- Broadcaster; 32- Nary a soul; 33- Fear greatly; 36- 401(k) relative; 42- Precisely; 43- Enduring; 44- One more; 45- Having knowledge; 47- Country bordered by Canada and Mexico; 49- Before, in poetry; 52- North Carolina university; 53- Pebbles' pet; 54- Manipulates; 55- Switch ending; 56- "... quam videri" (North Carolina's motto); 57- Baseball team; 58- Like ___ of bricks; 59- "... we forget..."; 62- Cyclotron bit;

sudoku 4769



Instructions for Sudoku

9 x 9 letter: To solve a Sudoku puzzle, every number from 1 to 9 must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes

solution 4768

9	4	2	1	3	8	6	5	7
3	8	5	2	7	6	1	9	4
6	1	7	5	9	4	3	8	2
1	7	6	4	2	9	5	3	8
5	9	4	8	1	3	7	2	6
8	2	3	7	6	5	4	1	9
2	5	1	9	4	7	8	6	3
7	6	8	3	5	2	9	4	1
4	3	9	6	8	1	2	7	5