

# Winter foods for glowing skin

#### Shahnaz Hussain

Inter brings with it a host of challenges of maintaining healthy, hydrated, and glowing skin. This can be especially a task for those dealing with dry skin. During winter, our skin needs extra care to stay hydrated and healthy, eating foods that will nourish and protect your skin in this weather is important. While creams and serums act on the outside, what you eat has a direct impact on what your skin



Spinach and other leafy greens are packed with nutrients that help improve the appearance of your skin. Drinking spinach juice is a popular way to get a concentrated dose of the health benefits of spinach, which include radiant, supple and glowing skin. Vitamin C protects your skin against oxidative stress, inflammation, and skin damage, all of which can accelerate signs of aging

Fresh spinach juice made with apple is known for its cleansing abilities as it purifies the blood and

Beetroot, also known as beets, are extensively

used for beauty properties. Packed

with essential vitamins, minerals,

and antioxidants is gaining

popularity in the skincare

spectrum. Beetroot offers

everything from wrinkles

and pimples to dark spots

hydrating and nourishing

are the natural solution to

achieving the radiant and flawless

For beetroot and aloe vera gel, take a

fabulous benefits for

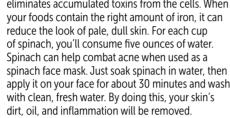
your skin by tackling

and dullness. Rich in

properties, beetroots

complexion

eliminates accumulated toxins from the cells. When your foods contain the right amount of iron, it can reduce the look of pale, dull skin. For each cup of spinach, you'll consume five ounces of water. Spinach can help combat acne when used as a spinach face mask Just soak spinach in water then apply it on your face for about 30 minutes and wash with clean, fresh water. By doing this, your skin's



beetroot thick paste. Add some aloe vera gel and mix it gently. Apply this paste for 30 minutes and rinse it off with cold water to see the fresh change. It is beneficial for dry skin.

toxins, resulting in brighter, more even-toned

skin with fewer blemishes.

If you have oily skin than you may

apply beetroot face mask. Take 2 tablespoons of beetroot powder, 1 tablespoon of Multani mitti, and 2 tablespoons of rose water and make a paste. Apply this paste and leave it until it gets dried up completely and then simply wash it off with fresh cold water. Beetroot juice is rich in iron, folate, and vitamin C which can give skin a rosy, radiant glow. It helps purify blood and eliminate

Blueberries contain antioxidants which help in

the formation of collagen, promote younger-

Blueberries consumption, both internally and

externally, can give you better skin, and can

help reverse and prevent these signs of aging.

They help to neutralize the free radicals that can cause so much cell damage, and this cell

damage leads to saggy skin, wrinkles and early

Blueberry face mask is a match made in

heaven for your skin. Take 3/4 strawberries, 5-6 blueberries, 1/2 avocado and a few drops of lemon juice. Mash all ingredients together until you get a smooth paste. Apply

liberally on the face avoiding

lukewarm water.

your eye area. Leave for up to

30 minutes then rinse off with

blueberries, half a teaspoon

mitti and 1 teaspoon honey.

together to form a thick paste. Apply

Blend all these ingredients

this paste on your face smoothly. Leave

it for 20 minutes. Rinse with lukewarm water.

Repeat once a week for best results.

olive oil, 1 tablespoon multani

For youthful skin, take 6-7

signs of aging.

looking skin and keep the skin moisturised.

#### **CARROT**

In addition to their sweet flavor and satisfying crunch. carrots are packed with beta carotene, vitamins, minerals and antioxidants. The vitamins and antioxidants present in carrots promote cell regeneration, which can help to improve your skin's tone and texture. The beta carotene in carrots brighten your skin texture and make it glow. Regularly

consuming carrots leads to a healthier complexion as they hydrate and may reduce the visibility of wrinkles. Carrot juice benefits skin by reducing the appearance of hyperpigmentation in the skin and promoting antioxidant activity while providing added UV protection.

Add baby carrots in your salads for improving skin

strength and an iconic mentor.

From the principal of the school

to the managing director of the

Agnel Education Complex and

the Regional Head of the Agnel

Region, has played his role to

perfection as an inspirational

# Tofu: an option for breakfast



Tofu breakfast scramble

Tofu breakfast burrito

Tofu egg muffin cups
• Tofu toast

Tofu breakfast sandwiche

Tofu morning smoothie
Tofu pancakes

ofu, boasts an impressive amount of health benefits, thanks to its robust nutrition profile. There are a few different types of tofu, that means it has more protein and nutrients

per serving, making it typically the best choice

for breakfast Tofu is simply soybean curd. It's made through heating, separating, and pressing condensed soy milk into the recognizable white blocks that many of us know as tofu. The process is very similar to cheesemaking. Rich in high-quality protein, it is a major source of plant-based protein for those following a vegetarian or vegan diet, to the point that it is called vegetable meat.

Tofu is a complete protein meaning it contains all the essential amino acids the body needs for growth, tissue repair, and the production of enzymes and hormones so it's an ideal alternative to meat. A single serving has about 8 to 10 grams of protein.

This popular soy-based food originated in China over 2,000 years ago and is often found in many Asian cuisines, including Chinese, Japanese, Vietnamese, and Thai. It has a mild flavor that easily absorbs the flavors of other ingredients, making it a versatile and increasingly prevalent ingredient in

## Tofu supports heart health

Tofu is also low in saturated fat and cholesterol, making it a heart-healthy option. While there has been conflicting evidence on whether these two types of fat contribute to heart disease or not, plenty of opposing studies have found that they do, warranting caution around the nutrients. But more importantly, tofu is rich in heart-healthy unsaturated fats, which help to lower blood cholesterol levels, further supporting heart health and decreasing heart disease risk.

As a fiber-rich food, tofu can support digestion and overall gut health. Fiber aids in the digestive process through encouraging general regularity while also acting as a prebiotic to feed the healthy bacteria living in the gut microbiome.

Tofu aids in metabolic

The protein, fiber, and healthy fats all work to slow digestion, yielding

a more gradual rise and fall in blood sugars. This aids in overall blood sugar management-a meaningful impact for those with metabolic disorders like type 2 diabetes. In fact, a 2020 study found

soy intake to lower the risk for developing type 2 diabetes.

#### **Tofu may** improve immune health

Tofu is rich in vitamin A, copper, zinc, selenium, and plant compounds. All of these micronutrients are antioxidants that work to fight inflammation in the body and support overall immune function. Additionally, the isoflavones in tofu have been linked to a reduced risk of certain cancers, such as breast, prostate,

#### and colorectal. Tofu builds and repairs healthy tissue

Tofu is unique in that it is a plant-based protein that is complete, meaning it contains all of the essential amino acids. This protein content helps to build and repair most tissues you can think of throughout the body, including muscles, hair, nails, vital organs, and more. Plus, the iron in tofu furthers this reparative benefit by producing hemoglobin in red blood cells to deliver oxygen to our cells.

#### Tofu strengthens bone

While calcium often receives all the credit for building healthy bones, there are other nutrients that are just as important in the process. Magnesium and phosphorus are two of these nutrients that tofu just happens to be rich in-in addition to calcium. These three minerals in tofu combine to support healthy bone growth and bone mineral density.

## Tofu promotes eye health

Tofu may also help keep eye health in best shape, thanks to the vitamin A it contains. This fat-soluble vitamin plays a key role in several elements of overall eye health.

#### Tofu may alleviate menopause symptoms

Soy isoflavones in tofu have been linked to improved menopausal symptoms in women as

well. Research backs this up, with soy intake being associated with better bone density and weight management as well as reduced hot flash intensity.

## Saligao Market

**Beetroot** 

Enjoy a trip down memory lane at the Made in Saligao Community Market as traditional games will take over the weekly market. Traditional games like cycle tyre & stick, marbles, stones,

## **Spiritual Concert** 'Bhorvanxeachim

**Yatrekaram** St Thomas Parish Catechetical Association, Aldona is all set to stage the much awaited spiritual concert 'Bhorvanxeachim Yatrekaram" (Pilgrims of Hope). The concert is centered round the Jubilee theme 2025 'Pilgrims of Hope' - a theme given by Pope Francis. The presentation involves spiritual songs, dances enactments and performances unfolding into many spiritual scenes and artistically performed by

7 tiles, gilli danda, dog and the bone, tug of war, biyani and hopscotch will be played.

e: Saligao Institute, Saligao **Date: February 18** 

Time: 5 pm to 8 pm

the Sunday school children and the children's choir Sweet Voices of St Thomas, under the leadership of the parish vicar Fr Tomas Lobo and with the support of the assistant parish priest Fr Agnel Simoes, catechists, parents and parishioners. The spiritual programme will be presided over by His Eminence Filipe Neri Cardinal Ferrao, Archbishop Goa and Daman. A souvenir will be released at the hands of the chief quest.

Venue: Kala Academy. **Panjim** Date: February 18 **Time:** 6.30 pm

## Fr Saturnino Almeida awarded at Sakaal Sanman 2025

r Saturnino Almeida, a member of the Society of prestigious Sakaal Sanman 2025 award, for his exceptional and dedicated service in the field of education, at a glittering awards ceremony held at Bandra, Mumbai. The honour was bestowed upon him by the Information and Broadcasting Minister, Ashish Shelar, in the presence of the Maharashtra Chief Minister.

The Sakaal Sanman 2025 awards recognized Fr Saturnino's remarkable journey, from being a key

Pilar, was felicitated with a

member of the Agnel Ashram community that established Fr Agnel School in Vashi in 1982, to developing a premier educational Complex. In 1968, Fr Saturnino came to Mumbai and made a foray into the field of Education and Community service. In

1982, when Fr Agnel Multipurpose School was established in Vashi, by Fr C Rodrigues, Fr to Vashi, Navi Mumbai with his mentor Fr Orlando Rodrigues. Fr Saturnino over the past 43 years

has been a pillar of

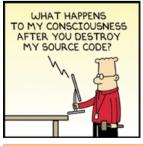
Saturnino came

leader. Today, he is one of the Councillors to the Superior General of the Society of Pillar. Fr Saturnino has always fostered innovation and growth. For the past 30 years, he has also been the President of Navi Mumbai Area Schools Association and has undertaken path breaking initiatives and collaborative ventures bringing all schools of Navi Mumbai

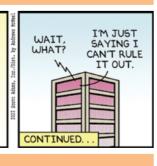
health on one platform. He also served as the vice president found in tofu of the Maharashtra Basketball Association. The saga of his contributions continues

## Herald Gaming Console

## Dilbert







## Garfield







## Wizard of id







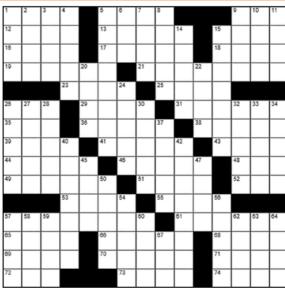
#### **ACROSS** 1- Gillette razor; 5- Flying start?;

9- Actress Charlotte; 12- James of "The Godfather"; 13- Crystal ball users; 15- In a minute; 16-"Born Free" lion; 17- Slowpoke; 18- Desire; 19- Shrimp dish; 21- Vagrant; 23- Simplicity; 25-Final Four org.; 26- Angel dust; 29- Former Fords; 31- One or the other; 35- Musical aptitude; 36- George of "Just Shoot Me"; 38- Depart; 39- Large cat; 41- Strong blue cotton fabric; 43- Regrets; 44- Scout unit; 46- Postpone; 48- Explosive letters; 49- Cushion, as a blow; 51- Steak order; 52- Little green men; 53- Type of song, to be sung solo; 55- Pessimist's word; 57- To disconnect; 61- African fly; 65- Persia, today; 66- God of Islam; 68go bragh: 69- Achy; 70- Capital of Japan; 71- Social misfit; 72- 1860s insignia; 73- "Pure Guava" band; 74- Canonized Fr. women;

## DOWN

1- Breezes through; 2- Apply powder to oneself; 3- Tabula 4- Make \_\_\_ for oneself; 5- Aided; 6- Bard's nightfall; 7- Authentic; 8- Betelgeuse's constellation; Laugh heartily; 10- Top-of-the-line; \_\_'acte; 14- Pizzeria order; 15- Knitted jacket; 20- Buddies;

even today.



22- Follow; 24- Created a border; 26- Raw hides; 27- City on the Nile; 28- Evidence; 30-Less bananas; 32- Terre \_\_\_, IN; 33- Incident; 34- Takes five; 37-Pale purple; 40- Zero; 42- Longdistance race; 45- Lima's land; 47- Itches; 50- Try to bite; 54-Permit; 56- Mall frequenters; 57-Frisbee, e.g.; 58- Greek love god; 59- Irene of "Fame"; 60- Actress Sommer; 62- Waste allowance; 63- Father; 64- Breaks off; 67-

Answer to a sea captain

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## sudoku 4771



#### 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

	5	6	1	2	8	7	3	4	9
'	9	2	4	3	1	6	7	5	8
	80	3	7	15)	9	4	1	2	6
	6	9	5	1	3	2	8	7	4
	2	7	3	8	4	5	6	9	1
	1	4	8	7	6	9	5	3	2
	4	1	2	6	7	3	9	8	5
	3	8	9	4	5	1	2	6	7
	7	5	6	9	2	8	4	1	3