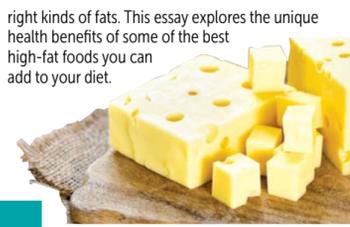


# Five healthy high-fat foods



One are the days when fats were seen as the enemy of a healthy diet. Today, it's well understood that a considerable amount of healthy fat is not only safe but essential for overall well-being. From supporting hormone production and brain function to strengthening the immune system, fats play a vital role in maintaining a healthy body. The key lies in choosing the



right kinds of fats. This essay explores the unique health benefits of some of the best high-fat foods you can add to your diet.

**Chia seeds**  
Chia seeds are a great source of fiber, antioxidants, and omega-3 fatty acids. The high fiber in chia seeds aids in digestion, promotes satiety, and helps with weight management. These seeds are rich in antioxidants, which protect the body from cell damage and help reduce the risk of chronic diseases. Chia seeds help improve blood sugar control and reduce the risk of type 2 diabetes. These seeds are incredibly easy to incorporate into your diet. They can be eaten raw, soaked in juice, or added to oatmeal, pudding, smoothies, and baked goods. A common serving size is one ounce (28 g or 2-3 tbsp) of chia seeds. Remember to drink plenty of water to reduce the risk of any digestive side effects.



**Avocado**  
Avocado is one of the healthiest high-fat fruits that one can consume. They are particularly known for being a good source of fiber, which helps maintain gut health. Potassium and magnesium present in avocados help maintain blood pressure at a balanced level, high content of monounsaturated fats helps reduce heart disease risks. Avocados are known to promote overall immune system balance. The anti-inflammatory properties of avocados help reduce chronic inflammation in the body, offering faster recovery from illness or injury. Avocados can be added to any meals to give them

a nutritional boost. You can use them as an ingredient in smoothies or scrambled eggs, or as a substitute for other foods like mayo or sour cream.



**Olives and olive oil**  
Olives are very high in vitamin E and other powerful antioxidants. Their most abundant fat is oleic acid, which has several health benefits. Black olives are a good source of iron, which is important for your red blood cells to transport oxygen. Olives contain a compound called polyphenols, which help reduce oxidative stress in the brain, improving cognitive function.

Studies suggest that the vitamin E present in olives has a preventive effect on the formation of skin cancer and tumors. Olive oil's moisturising and antibacterial properties can benefit skin and hair. Olives are enjoyed in salads, sandwiches, and spreads. It is ideal to consume between one and two tablespoons of olive oil per day.

# SUNFLOWER SEEDS: A tiny nutritional powerhouse

Small but mighty, sunflower seeds are more than just a crunchy snack—they are a nutritional powerhouse with a wide range of health benefits. From promoting cardiovascular health and regulating blood sugar to aiding in weight management, sunflower seeds have earned their place as a superfood worth adding to your daily routine. Further, we explore the diverse health benefits of sunflower seeds, highlighting their role in maintaining a healthy heart, healthy weight, and more.



## A healthy heart

Sunflower seeds offer several benefits for heart health due to their rich nutrient content, including healthy fats, fiber, and magnesium. They can help lower bad cholesterol, raise good cholesterol, regulate blood pressure, and reduce inflammation, all of which contribute to a healthier cardiovascular system. To maximize their cardiovascular benefits, it's best to consume sunflower seeds raw or dry-roasted without added salt or sugar.

Chlorogenic acid play a role in improving insulin sensitivity and glucose metabolism, making sunflower seeds beneficial for managing or preventing type 2 diabetes. In terms of cholesterol, sunflower seeds help lower bad cholesterol by reducing its absorption and promoting its removal from the body.

## Weight management

The richness of fibre in the seed helps increase satiety, reduce cravings, and support muscle preservation during weight loss. Their healthy fats mainly unsaturated can help support metabolism. Micronutrients like vitamin E, magnesium, selenium, and zinc plays a major role in supporting this metabolism. Used mindfully, sunflower seeds are a nutrient-dense, satisfying snack that fits well into most weight management plans.



## Anti-diabetic and cholesterol-lowering effects

Sunflower seeds offer notable anti-diabetic and cholesterol-lowering benefits due to their rich nutrient profile. They have a low glycemic index and are high in fibre, protein, and healthy fats, which help regulate blood sugar by slowing glucose absorption. Key compounds like magnesium and

**Blood sugar regulation**  
Sunflower seeds have a low glycemic index (GI) of 35, meaning they cause a slower and more gradual rise in blood sugar levels compared to high-GI foods. The fiber present helps slow down the digestion and absorption of carbohydrates, preventing rapid spikes in blood glucose levels. The healthy fats, particularly unsaturated fats, in sunflower seeds improve insulin sensitivity, making it easier for the body to regulate blood sugar levels. Protein also contributes to slower digestion and absorption of sugars, helping to maintain stable blood sugar levels.

## Anti-inflammatory properties

Sunflower seeds are particularly high in vitamin E, a powerful antioxidant that protects cells and reduces inflammation. Additionally, these seeds contain flavonoids and other plant compounds that may further contribute to their anti-inflammatory effects. Another key component is

magnesium, which plays a role in modulating inflammatory responses and helps lower the risk of chronic conditions like heart disease and type 2 diabetes. Regular consumption of sunflower seeds in moderate portions can therefore support a healthier inflammatory profile.



## GWS Sports Awards 2024-25 held in Dubai

GWS Sports Awards Ceremony 2024-25 was held recently at Pearl Executive Hotel, Dubai, UAE, celebrating its 2-year journey. Award Winners, Social Media Influencers: Alia and Mavia, Biggest Support: Fahmida Shaikh, Bollywood, Personality: M. S. Khan, Bollywood Actress: Wafa Ansari. Team Awards, Promising Team of the Year: Chandwada FC (Football) and Royal Goan Warriors (Cricket), Emerging Team of the Year: Bhajan X1 Ponda, Fair Play Award: Bicholim Boys (Football)



and Goan Warriors (Cricket). Individual Awards, Iconic Athlete of the Year: Farid Khan, Rising Star of the Year: Afraaz Shaikh, Sportsman of the Year: Abu Khan. Singing Competition, Winner: Sana Sadat, Runner-up: Feroz Shaikh, Third Place: Ashufta. Special Mention – Aayan Khan,

felicitated by seniors and Bollywood celebrities. Special Thanks, Goans Connecting Goans (GWS Core Team), Dubai Municipality, Hotpack, Smart Life Foundation, Esteemed Guests.

## 10-Day Course on Personality Development

Learn good habits, managing anger, handling failures, overcoming stage fright, gratitude, empathy, good touch and bad touch through interactive sessions, drama, fun activities, stories, and games. 15 seats available.

Date: May 19 – May 30 (excluding Sat-Sun)  
Time: 5:30 pm – 6:30 pm  
Location: Samarth Krupa Hall, Opp. ESI Hospital, Margao



## Tiatr Day Celebration by Kala Academy & Tiatr Academy Goa

Kala Academy Goa, in collaboration with Tiatr Academy Goa, is celebrating Tiatr Day. On this occasion, the first prize-winning groups of the last 50 years' competition will be honoured at the hands of dignitaries, viz. Plafar Dramatic Association, Colva; Candolim Sport Club, Candolim-Goa; Mary Immaculate Conception Parish Association, Panaji-Goa; Saijem Sports Club, Candolim-Goa; Anthony & His Stars, Taleigao-Goa; Kala Mogi, Candolim-Goa; Cezar Dramatic Troupe, Panaji-Goa; Lis Goa Dramatic Troupe, Mercês; Centro Social Anjo Custodio, Curchoem-Goa; Crown Sports Club, St-Cruz-Goa; Chamunda Kala Mandal, Goa-Velha; M.P.T. Film

Society, Vasco; Vikas Mandir, Mercês; Vaddy Sports Club, Mercês; Goykaranchi Konkani Bhas, Songit, Kala Ani Sonskrutai Kendra, Mercês; Kala Niketan, Utorda; Dramatic Troupe of Ribandar; Sao Gonsalo Dramatic Troupe, Cujira-Goa; Housing Board Youth Association, Vasco-Goa; Mercês Club, Mercês-Goa; Alfi Art Production, Divar; St. Michael Taleigao Socio Cultural Association, Taleigao; Britona Dramatic Academy, Britona; Calangute Association, Calangute; Ami Daizi, Fatorda; Machi Mogi Morjim Cultural Sanskrutik Sauntha, Morjim; Sao Bartolomeu Sports Club and Cultural Association, Choroa; Goan.Com Socio & Cultural Association, Candolim; and

Barebhat Social & Cultural Association, Raia, Salcete. Besides the above institutions, 50 Tiatr personalities/artists, viz. Tomazinho Cardozo, Cezer D'Mello, Michael Gracias, Jose Luis Diogo Fernandes, Avito Fernandes, John Alexandro Fernandes, A.M. Araujo, Agnelo Fernandes, Alfredo Fernandes, Matias Mascarenhas, Desmond Cardozo, Milagres Dias, Mark Araujo, Peter Vaz, Augie D'Mello, Jose Rodrigues, Sandeep Kalangutkar, Menino Mario Araujo, Rupesh Jogle, Rosario Botelho, Ashwin Agnelo de Souza, Pradeep Naik, Irene Cardozo, Jessica Gomes, Dorothy Juliet Mascarenhas, Smital Hoble, Socorro A.A.L. Fernandes,

Johny Fernandes, Anicet Lourenco, Bonny Alvin, Maria Cardozo, Sonia Fernandes, Fransquinha Gomes, Cielda Pereira, Sebastian Gracias, Tony Dias, Rosario Fernandes, Digambar Singbal, Nilesh Mahale, Kiran Barve, Lenoy Gomendes, Sachin Chowgle, Godreema D'Mello, Sadanand Gaude, Vitorino Braulio Julio Araujo, Selyvn Joao Carmino Braganca, Christopher Vincy Menezes, Anthony Carvalho, Mathew D'Souza, and Anil Pednekar will be felicitated for their contribution in the Tiatr competition. Venue: Dinanath Mangeshkar Kala Mandir, Panaji Date: 21 May Time: 4.00 pm onwards

## Herald Gaming Console

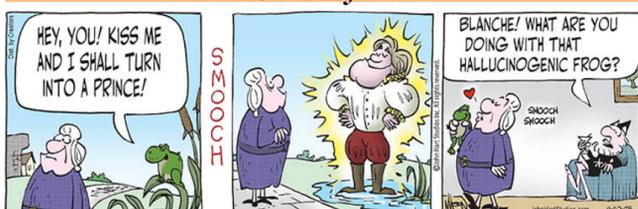
### Dilbert



### Garfield



### Wizard of id



### crossword 4849

**ACROSS**  
1- Musical drama; 6- Woe is me!; 10- It's a long story; 14- Thorny flowers; 15- Alto, CA; 16- Snare; 17- Mortarboard tossers; 18- Nobel Peace Prize city; 19- To Live and Die \_\_\_; 20- Workroom; 22- Owner of an upscale inn; 24- Madrid Mrs.; 26- Blanch; 27- Writing space; 31- \_\_\_ and outs; 32- Those against; 33- Sierra \_\_\_; 36- Warmed the bench; 39- Large cat; 40- Label anew; 41- \_\_\_-Rooter; 42- Mrs. McKinley; 43- Hit back, perhaps; 44- Paddled; 45- Pouch; 46- Inhabited by ghosts; 48- Slowpokes; 51- Collector's goal; 52- Happening every two years; 54- North African desert; 59- Dies \_\_\_; 60- Long and Peeples; 62- Festive occasions; 63- Permits; 64- Prepare a book or film for release; 65- Actress Verdugo; 66- Nautical speed unit; 67- Hard to find; 68- Oktoberfest vessel;

**DOWN**  
1- Assns.; 2- Any will do in a storm; 3- Biblical birthright seller; 4- Comedian Fox; 5- Aids; 6- GI mail drop; 7- Whip; 8- Permit; 9- Comforting; 10- Circus props; 11- Golfer Palmer, to his army; 12- Physician to Marcus Aurelius; 13- On \_\_\_ with (equal to); 21- Spanish gold; 23- Mozart's \_\_\_ kleine Nachtmusik; 25- Cop \_\_\_; 27- Surrealist Salvador; 28- Novelist Bagnold; 29- Greek portico; 30- They're related; 34- List ender; 35- Vows; 36- Put in order; 37- To \_\_\_ (just so); 38- Mary \_\_\_ Lincoln; 40- Easy chair; 41- Did a marathon; 43- Shower; 44- Power problems; 45- Most reasonable; 47- DDE opponent; 48- Femme fatale; 49- Peachy; 50- You \_\_\_ mouthful!; 52- Cheat; 53- Hideout; 55- Sentry's shout; 56- Away from the wind; 57- Rajah's wife; 58- Strong \_\_\_ ox; 61- Sault \_\_\_ Marie;

### sudoku 4849

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

### 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 4848

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