

# Discover the best meat substitutes

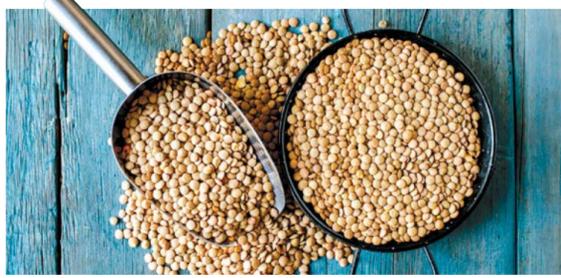
As more people seek to reduce their meat consumption for ethical, environmental, or health reasons, finding nutritious and tasty meat substitutes has become essential. Fortunately, many plant-based and other alternatives provide protein levels comparable to meat, alongside numerous health benefits. Here's a look at some of the best meat substitutes and why they're great for your body.

**TOFU:** Tofu, often called bean curd, is a complete protein source; it contains all nine essential amino acids. This makes it an excellent alternative to animal proteins. In addition



to protein, tofu is a great source of iron, calcium (especially in varieties that are calcium-set), and magnesium, which support bone health and muscle function. It's low in saturated fat and contains no cholesterol, which contributes to better heart health compared to many animal protein sources. Isoflavones in tofu, which are plant-based compounds with antioxidant properties, have been linked to reduced risks of hormone-related cancers, improved bone density, and relief from menopausal symptoms. The mild flavor of tofu makes it adaptable to a variety of dishes, from stir-fries and soups to smoothies and desserts.

**QUINOA:** Quinoa stands out as a complete plant protein containing all essential amino acids, making it an excellent substitute for meat in protein quality. It is high in fiber, antioxidants, and minerals such as magnesium and iron, which help reduce inflammation and support cardiovascular and metabolic health. Quinoa is also gluten-free and has a low glycemic index, which aids blood sugar control. Its protein and nutrient balance make it a nutrient-dense option for sustained energy and muscle repair.



**LENTILS:** Lentils provide a moderate amount of protein that forms a complete protein comparable to meat. Rich in soluble fiber, lentils support heart health by helping to lower cholesterol and stabilise blood sugar. They are an excellent source of iron and folate, both critical for oxygen transport and DNA synthesis, which support energy and cell function. Lentils' low-fat and calorie content also makes them

an ideal choice for weight management while promoting satiety and digestive wellness.



**CHICKPEAS:** Chickpeas offer a good protein boost and high fiber content, which aids in blood sugar regulation and cholesterol management. Although not a complete protein alone, chickpeas paired with grains provide all essential amino acids. Their rich supply of

vitamins and minerals—including manganese, iron, and folate—supports metabolic processes and cardiovascular health. Chickpeas' fiber also promotes digestive health and helps maintain fullness, reducing overeating and supporting weight control.



**SEITAN:** Seitan boasts one of the highest protein levels among plant-based substitutes, with a concentration similar to lean meats. It is very low in fat and carbohydrates, making it an excellent choice for those monitoring their fat intake. While seitan lacks some essential amino acids, pairing it with legumes or



**EDAMAME:** Edamame provides a complete protein profile with all essential amino acids, comparable to meat. It is rich in fiber, which supports digestive health and promotes satiety. Edamame also contains important nutrients like vitamin K for bone health and iron for blood oxygen transport. The isoflavones present offer antioxidant and anti-inflammatory effects, which may reduce the risk of heart disease and certain cancers. Edamame's combination of protein, fiber, and micronutrients makes it a nutritious, heart-healthy choice.

grains ensures a complete protein profile. Its low saturated fat and cholesterol-free nature can support cardiovascular health. However, because it is made from gluten, it is unsuitable for those with gluten sensitivity or celiac disease.

## The Dalgado Konknni Akademi celebrates Goa Statehood Day



provoking pieces included Ana Tereza Ferreira, Sheetal Salgaonkar, Willy Goes, Narayan Khorjuenkar, Alvaro Gomes, Shoba Fulkar, Jeetendra Fadte, Sr Aida Rodrigues, Sonali Pednekar, Avinash Kunkolkar, Alvarinho Luis, Dr Glenis Mendonca, Armando Fernandes, Sunil Palkar, Arcanja Monteiro, and Sonia Gomes.

The Dalgado Konknni Akademi (DKA) recently hosted a poetry presentation, at its Reginald Fernandes Conference Hall in Panaji, marking the occasion of Goa Statehood Day. The chief guest for the event was Dr Fr Luis Gomes, Associate Professor at St. Xavier's College, Mapusa. The ceremony was graced by the presence of DKA office-bearers, including President Celso Fernandes, Vice President William Fernandes, Secretary Fr Myron Jeson Barreto, and Treasurer Afonso Braganza, who occupied the dais.

Goa attained full statehood on May 30, 1987, with the Konkani language being a significant factor in this milestone. This day holds great importance as it marks the formal integration of Goa into the Indian Union, ending centuries of Portuguese colonial rule.

A diverse array of individuals presented their works, lauding Goa's development while also shedding light on the state's shortcomings and the adverse effects stemming from self-serving interests. The individuals who delivered thought-

Gomes extended warm wishes to the gathering on the occasion of Goa Statehood Day, saying, "Goa Statehood Day symbolises the preservation of our distinct cultural identity and legacy. Attaining statehood has enabled us to safeguard our regional traditions, languages, and customs." He further urged the Goan community to protect their "Goanness" and unique identity by selflessly preserving and promoting their language, culture, and traditions. Celso Fernandes, President of DKA, expressed his concerns, stating, "The government has done an injustice to Romi Konkani by excluding it from the Official Language Act. We must take it upon ourselves to protect and preserve our Romi Konkani heritage."

Fr Myron Jeson Barreto extended a warm welcome to the gathering, while William Fernandes proposed the vote of thanks. Reia Sequeira efficiently compered the event, ensuring its smooth execution. The program concluded on a patriotic note with the collective singing of the National Anthem.



## Top five delicious & super healthy sandwiches

In today's fast-paced world, finding quick, delicious, and nutritious meal options can be a challenge. Indian cuisine, known for its rich flavors and wholesome ingredients, offers a variety of sandwiches that perfectly blend health and taste. Whether you're looking for a protein-packed snack, a fiber-rich meal, or a refreshing bite, these top five healthy Indian sandwiches are sure to satisfy your cravings without compromising on nutrition. From the hearty Paneer Tikka Sandwich to the light and refreshing Tomato and Cucumber Mayonnaise Sandwich, each option highlights the best of traditional ingredients with a healthy twist, making them ideal choices for anyone eager to eat clean and stay energised.

### Paneer tikka sandwich

The Paneer Tikka Sandwich is a powerhouse of nutrition. Paneer (Indian cottage cheese) is rich in high-quality protein, which is essential for muscle repair and growth, making this sandwich a great choice for vegetarians looking to boost their protein intake. It's also a good source of calcium and phosphorus, which support strong bones and teeth. When grilled

### Vegetable Multigrain Sandwich

The Vegetable Multigrain Sandwich is a simple yet nutrient-packed option that makes for a wholesome meal or snack. Multigrain bread is rich in dietary fiber, which aids digestion and helps keep you full longer, perfect for weight management and steady energy levels. The fresh vegetables typically used—like cucumbers, tomatoes, onions, carrots, and lettuce—are loaded with essential vitamins, minerals, and antioxidants that support immunity, skin health, and overall well-being. When paired with healthy spreads like low-fat hung curd or mint chutney instead of mayonnaise or butter, this sandwich stays light yet flavorful. Low in fat and high in nutrients, it's a heart-healthy, easy-to-make choice for anyone looking to eat clean and stay energised.

instead of fried and paired with whole grain bread, this sandwich becomes a balanced meal, offering fiber for digestion and sustained energy. The addition of vegetables like bell peppers, onions, and tomatoes adds antioxidants, vitamins, and a burst of flavor, making it both satisfying and wholesome. Perfect for a healthy lunch or post-workout snack!

### Tomato and Cucumber Mayonnaise Sandwich

The Tomato and Cucumber Mayonnaise Sandwich is a refreshing and easy-to-make option that can be made healthier with a few smart choices. Cucumbers are hydrating and low in calories, while tomatoes are rich in antioxidants like lycopene, which supports heart health and may reduce inflammation. Together, they provide a

### Besan Bread Toast

Besan Bread Toast is a wholesome and protein-rich Indian twist on the classic savory toast. Made by coating slices of bread in a spiced gram flour (besan) batter and lightly toasting or pan-cooking them, this dish is not only flavorful and nutritious. Besan is naturally gluten-free and packed with plant-based protein, fiber, and iron, making it a great choice for sustained energy and digestive health. It also has a low glycemic index, which helps manage blood sugar levels. When prepared with

minimal oil and loaded with chopped vegetables like onions, tomatoes, and coriander, this toast becomes a balanced, satisfying meal, perfect for a healthy breakfast or evening snack.

### Avocado and Egg Salad Sandwich

The Avocado and Egg Salad Sandwich brings healthy fats, high-quality protein, and essential vitamins in every bite. Avocados are rich in heart-healthy monounsaturated fats, fiber, potassium, and antioxidants that support brain function and reduce inflammation. Eggs are a complete source of protein and are packed with essential nutrients like vitamin B12, vitamin D, and choline, which support metabolism and brain health. When served on whole grain bread, this sandwich also provides complex carbohydrates for sustained energy. It's a balanced, filling option ideal for breakfast, lunch, or even a post-workout meal, promoting satiety and supporting overall wellness.



## Second round of online admissions for BA in Mass Communication & Journalism

St Xavier's College, Mapusa, invites applications for the second round of online admissions to the BA Mass Communication and Journalism programme. Admissions are open on [www.goaadmission.samarth.ac.in](http://www.goaadmission.samarth.ac.in). The course offers a balanced blend of theory and practical

training with key areas of study including: news reporting, anchoring for TV and radio, photography, advertising and public relations, graphic designing, web designing, digital journalism, blogging, film studies, documentary filmmaking, video editing, and creative writing.

The programme is designed to equip students with the knowledge and skills required to thrive in the dynamic fields of print, broadcast, and digital media.

**Venue:** St Xavier's College, Mapusa  
**Date:** Till June 8

## Herald Gaming Console

### Dilbert



### Garfield



### Wizard of id



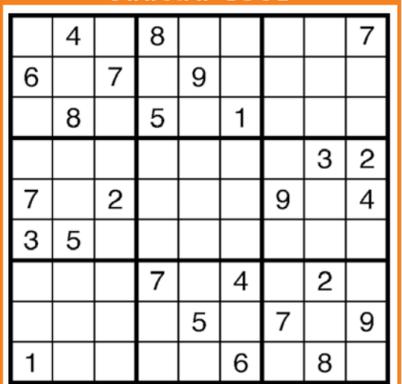
### crossword 4861



**ACROSS**  
1- Pay attention to; 5- Homer's TV neighbor; 8- Box; 12- Golden rule preposition; 13- Facial hair; 15- Gaelic; 16- Hawaii's state bird; 17- Miscalculation; 18- Minute amount; 19- Leaping insect; 22- Up to, informally; 23- Originally named; 24- Assistant, particularly to heads of state; 26- Hired killer; 29- Kiss; 31- Diarist Anais; 32- Boise's state; 34- Sum; 36- Opponent; 38- Refine; 40- Make angry; 41- Perfect places; 43- Sewing machine inventor Howe; 45- Dachshund dog; 46- Naked; 48- Baby's napkin; 50- Word used in comparisons; 51- Abner's adjective; 52- Israeli gun; 54- Goodwill; 61- Impoverished; 63- Conger catcher; 64- Boxer Oscar Hoya; 65- Bed-and-breakfasts; 66- Cherished ones; 67- Mardi ...; 68- Treehouse used by birds; 69- Genetic material; 70- Whirlpool;

**DOWN**  
1- Like some juries; 2- Cabinet dept.; 3- Europe's highest volcano; 4- Fails to; 5- Whodunit hero Wolfe; 6- O.K. Corral figure; 7- Fall; 8- Cinque follower; 9- Tending to guard; 10- Italian wine town; 11- Not imaginary; 13- Decapitates; 14- Fantasy; 20- Highway hauler; 21- Public disturbance; 25- Entrance; 26- Veda devotee; 27- Aims; 28- Titled; 29- Not hollow; 30- More healthy; 31- Burnian refusal; 33- Norse goddess; 35- Permit; 37- Ruler division; 39- Suit makers; 42- Thick slice; 44- Travel on water; 47- On ...-to-know basis; 49- Promise; 52- ...arms (angry); 53- Area; 55- Not e'en once; 56- Oomph; 57- Aloe ...; 58- Geeky type; 59- Dressed; 60- New Orleans is The Big ...; 62- Queue after Q;

### sudoku 4861



**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 4860**

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