

Balance your sodium with these foods

Maintaining healthy sodium levels is essential for overall well-being. While sodium is a necessary mineral, too much of it, often consumed through processed and fast foods, can lead to high blood pressure and other health complications. Fortunately, making mindful dietary choices can help counteract the effects of excess sodium. Consumption of potassium-rich foods, water-dense produce, whole grains, and more can help balance sodium levels and contribute to a healthier lifestyle.

HERBS AND SPICES



Using herbs and spices instead of salt is a flavorful and healthy way to manage sodium intake and reduce its levels in the body. Processed and restaurant foods often contain excessive salt, which contributes to high blood pressure and



fluid retention. Replacing salt with natural herbs and spices enhances the taste of food without adding sodium. Popular options include garlic, onion powder, basil, oregano, thyme, rosemary, paprika, cumin, and black pepper. Additionally, citrus juices like lemon or lime, as well as vinegars such as balsamic or apple cider vinegar, can brighten flavors while keeping sodium low. These alternatives can be used in marinades, dressings, soups, and roasted dishes. Reducing salt gradually and experimenting with different herbs helps retrain the palate over time. This not only lowers sodium intake but also adds diversity to meals.

WATER-DENSE PRODUCE

The high water content in foods aids in flushing out sodium through the kidneys and urinary system. Proper hydration dilutes sodium concentration in the bloodstream, reducing strain on the heart and blood vessels. Fruits and vegetables like cucumbers, watermelon, celery, zucchini, and strawberries are rich in water and nutrients, making them ideal for a low-sodium diet. Additionally, water-rich foods are typically low in calories and help with weight control, which further benefits blood pressure regulation. These foods are a delicious and refreshing way to balance sodium levels.

POTASSIUM-RICH FOODS

Potassium is a vital mineral that plays a key role in maintaining fluid balance and regulating blood pressure. It directly counteracts the effects of sodium by promoting its excretion through the urine. When sodium levels are high, including potassium-rich foods in your diet can help restore balance and support cardiovascular health. Common foods high in potassium include bananas, sweet potatoes, spinach, avocados, and beans.

These foods not only aid in sodium reduction but also provide essential vitamins and fibre. People who consume adequate potassium from natural sources tend to have lower risks of stroke and heart disease.

MAGNESIUM- AND CALCIUM-RICH FOODS

Magnesium and calcium are two key minerals that help regulate blood pressure and reduce sodium retention in the body. A diet rich in these minerals can help prevent sodium from raising blood pressure excessively. Foods like leafy greens, nuts, seeds, low-fat dairy products, tofu, and broccoli provide

WHOLE GRAINS AND HIGH-FIBRE FOODS

Unlike refined grains, whole grains retain their bran and germ, which are rich in fibre and essential nutrients. Fibre supports the excretion of excess sodium and waste from the body, helping to mitigate the negative impact of sodium. Examples of beneficial whole grains include oats, brown rice, quinoa, and barley. These grains are also slow-digesting, which helps stabilize blood sugar levels and reduce cravings for salty snacks. When paired with fresh vegetables and lean proteins, whole grains make up a heart-healthy and sodium-conscious meal plan. Overall, high-fibre foods are an essential component of a balanced, low-sodium diet.

excellent sources of magnesium and calcium. These foods not only help counteract sodium but also offer protein, vitamins, and antioxidants. Low magnesium and calcium intake are linked to higher blood pressure and an

increased risk of cardiovascular disease. Including these mineral-rich foods in daily meals supports long-term heart health and assists the body in managing the effects of high sodium consumption more effectively.

Five reasons dark chocolate belongs in your daily diet



Unlike milk chocolate, which often contains added sugars and dairy, dark chocolate is packed with antioxidants, minerals, and more. As more research unveils the positive effects of cocoa on the body and mind, health enthusiasts and nutritionists alike are advocating for moderate daily consumption of dark chocolate. But it's important to choose varieties that contain at least 70% cocoa to reap the real benefits. When incorporated mindfully, dark chocolate can enhance wellness without the guilt typically associated with sweets. Let's explore five compelling reasons why adding a square or two of dark chocolate to your diet could be one of the smartest and most enjoyable health choices you make.

Rich in Antioxidants

Dark chocolate is an antioxidant powerhouse. It contains flavonoids, polyphenols, and catechins, natural compounds that help neutralize free radicals in the body. Among common foods tested for antioxidant content, dark chocolate ranks impressively high, even higher than blueberries and acai berries in some studies. These antioxidants help reduce

inflammation, support cellular repair, and protect the body from oxidative stress. For best results, consume dark chocolate with minimal processing, as the refining process can strip away some of the beneficial compounds. Including a small amount of dark chocolate in your daily diet can boost your body's defense mechanisms while providing a delicious, indulgent break in your day.

Supports Heart Health

Dark chocolate can be good for your heart when eaten in moderation. It contains flavonoids that help relax blood vessels by improving the function of the lining in your arteries. This allows better blood flow and can lower blood pressure. Eating a small amount of dark chocolate regularly may also reduce the risk of heart disease. It can help lower "bad" LDL cholesterol and raise "good" HDL cholesterol, which supports a healthier heart. Enjoying one or two small squares a day is enough to get these benefits, without adding too much sugar or extra calories to your diet.

Boosts Brain Function

Dark chocolate can sharpen your mind as well as satisfy your sweet tooth. Cocoa contains natural stimulants like caffeine and theobromine, which can enhance brain function in the short term by improving attention and alertness. But the benefits go beyond a temporary energy boost. The flavonoids in dark chocolate improve blood flow to the brain, which supports cognitive function and may reduce the risk of neurodegenerative diseases

like Alzheimer's and Parkinson's. Some studies suggest that regular consumption of cocoa-rich chocolate can lead to improved memory, quicker reaction times, and better problem-solving skills. So the next time you're tackling a big project or studying for an exam, a square of dark chocolate might be the brain-friendly snack you didn't know you needed, both for focus and emotional balance.

Enhances Mood and Reduces Stress

Dark chocolate doesn't just taste good, it makes you feel good too. It contains several compounds known to enhance mood, including phenylethylamine (often called the "love chemical"), which promotes feelings of happiness and excitement. It also triggers the release of endorphins and serotonin, the body's natural "feel-good" neurotransmitters that help reduce stress and anxiety. Magnesium, a mineral found in dark chocolate, plays a key role in regulating mood and combating fatigue, and many people unknowingly have a deficiency. Eating dark chocolate can therefore provide both immediate emotional comfort and long-term mood support. It's no wonder that chocolate is a go-to comfort food around the world. Of course, this doesn't mean bingeing is the answer, just a small daily portion can provide the psychological lift without the sugar crash that follows overly sweet treats.

Good Source of Essential Minerals

A standard serving of high-quality dark chocolate (70-85% cocoa) provides a significant amount of essential minerals, including iron, magnesium, copper, manganese, and zinc. Iron is crucial for red blood cell production and energy levels, while magnesium supports muscle and nerve function. Copper and manganese play important roles in enzyme function and bone health, and zinc boosts immune response. Unlike many sweet snacks that are calorie-dense but nutrient-poor, dark chocolate offers both flavor and function. Its fiber content also supports digestive health and helps with satiety, making it a better snack option than chips or cookies. Just make sure to read labels, some brands add sugars or milk fats that dilute the benefits. When chosen wisely, dark chocolate can contribute meaningfully to your daily nutrient intake.

Martinhal scholarship for VMSIHE students

The Memorandum of Understanding (MOU) was recently signed in Portugal between Elegant Group, Sagres, Portugal, and VM Salgaocar Institute of International Hospitality Education. The signatories were Prof Irfan Mirza, Principal/Director for VM Salgaocar Institute of International Hospitality Education, Goa, and Roman Stern, founder/owner for Martinhal Group.

The Martinhal Scholarship Programme offers scholarships of €7,500 each to 20 deserving students, 10 from the BSc in International Hospitality Management and 10 from the BSc in Culinary Arts. This scholarship goes far beyond just financial aid. It provides a complete pathway to success, featuring a crucial six-month internship at Martinhal's renowned properties in Portugal. Even better, the program guarantees a placement opportunity in The Martinhal Group of Hotels & Resorts Portugal upon graduation from VMSIHE.



INTERNATIONAL DAY OF YOGA CELEBRATED AT DON BOSCO COLLEGE



The Department of Physical Education and Sports at Don Bosco College, Panjim, celebrated the 11th International Day of Yoga in the Bicentenary Hall. The theme for this year's celebration was 'Yoga for One Earth, One Health'. The participants included the college management, staff, and students. In his speech, the Principal, Dr Cedric Silveira, shared valuable insights

on the importance of yoga for both mind and body. The yoga session was expertly conducted by assistant professor in Physical Education, Prathamesh Salgaonkar. Along with him, B.P.Ed. Alumni Shimron Nathan and Sankalp Naik guided participants through pranayama and various asanas. The event was compered by assistant professor in English, Jude Fernandes.

Herald Gaming Console



crossword 4879

ACROSS
 1- London art gallery; 5- Give ___ for one's money; 9- Small batteries; 12- Et ___; 13- Medicine measures; 15- Cairo cobras; 16- Camp sight; 17- Caterpillar competitor; 18- At that time; 19- Shrimp dish; 21- Cocks; 23- Kitchen addition?; 25- Certain; 26- Attorneys' org.; 29- Well-ventilated; 31- San Diego suburb; 35- Capek play; 36- Sensitive spots; 38- Tiffs; 39- Ear-related; 41- Cool!; 43- Horse's gait; 44- Pong maker; 46- Honeybee; 48- China's Chou En-___; 49- Outcome; 51- Egypt's river; 52- Orch. section; 53- Nair rival; 55- Young male horse; 57- Frozen dessert; 61- Egyptian god; 65- Snack; 66- Express gratitude; 68- Pulverize potatoes; 69- Kill; 70- Greek goddesses of the seasons; 71- Author ___ Stanley Gardner; 72- Greek cross; 73- Perpetually; 74- Oboe, e.g.;

DOWN
 1- Makes lace; 2- One of the Baldwins; 3- She played ginger on 'Gilligan's Island'; 4- Words on a Wonderland cake; 5- Opposite of subtraction; 6- Future flounder; 7- Manipulative one; 8- Peter and a Wolfe; 9- 1975 Wimbledon winner; 10- Imitator; 11- IRS IDs; 14- Capital of South Korea; 15- Try; 20- School orgs.; 22- Ladies of Spain; Abbr.; 24- Goofed up; 26-

solution 4878

A	S	C	A	P		P	I	N	A		S	H	A	
N	E	A	T	O		E	D	E	R		A	R	I	D
O	M	I	T	S		G	L	E	E		N	A	M	E
N	I	N	E			A	L	E	R	E	D			
S	E	S	A	M	E		T	R	A	D	E			
T	E	A	U	G	H	T		T	A	S	O	P		
W	E	S	A	S		E	A	T		W	A	O	L	I
A	E	R		S	E	N	A	T	E	S		T	O	C
F	L	O	D		S	E	R		N	E	A	R	S	
P	E	S	O	S		E	D	S	E	L	S			
S	E	E	N	T		A	T	L	A	S				
K	E	N	N	E	L	S				R	I	E	N	
R	O	S	E			E	A	T <td></td> <td>P</td> <td>U</td> <td>R</td> <td>E</td> <td></td>		P	U	R	E	
C	I	T				A	T	O	M		E	L	E	N
A	L	A				T	O	N	I		P	E	D	A

sudoku 4879

	1			5				3	8
7						2			
5			3			9			
6			9		3	1			
3									9
		9	1		2				4
		5			4				7
		8							3
1	3			8				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 4878

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