

Herald Cafe



GOOD FOOD FOR A GOOD MOOD



SAO JOAO AMIDST STORMY SEAS AT TIRACOL

Beyond the Hype: Navigating celeb diets for everyday life

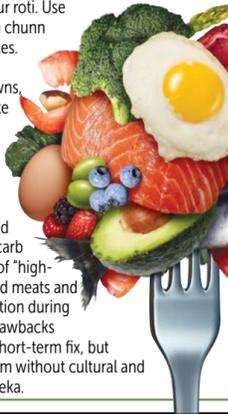
Celebrities often set wellness trends that spark curiosity and admiration, but are their diets truly practical for everyday lives? Take a closer look at three such popular diets and their relevance in the wellness scenario of Goa



KETOGENIC DIET

The ketogenic (Keto) diet is a dietary approach that significantly limits carbohydrate intake, typically to under 50 grams per day, while emphasising moderate protein and high levels of healthy fats. This shift in macronutrient balance is intended to induce a metabolic state known as ketosis, in which the body relies on fat rather than glucose as its primary energy source. Dr. Viveka Barros, a dietitian, explains the suitability of such a diet for Goans who typically consume carbohydrate-rich staples like rice, pao, and more. "The abundance of coconut-based curries, seafood, and homemade ghee in Goan households provides the perfect fat-rich base for this diet. However, the challenge lies in avoiding carbohydrate-dense staples like red rice, pao, chapati, and more." According to her, such food items, which are the emotional and cultural backbone of most Goan meals, make adherence to the keto diet difficult. For Goans, rice and pao are not mere foods, but they are comfort and so much more.

Viveka elaborates, "Replace rice with cauliflower rice or shredded cabbage pulao. Swap the pao with almond flour or coconut flour roti. Use coconut oil, ghee, and Goan chunn (grated coconut) as fat sources. Embrace local seafood like sardines, mackerel, and prawns, rich in omega-3s. Incorporate Goan herbs and spices like teppal, cumin, and ajwain that aid digestion on a high-fat diet. Snack on kaju, coconut chips, or boiled eggs (in moderation)." Limited dining-out options without carb overload, misinterpretation of "high-fat" as a licence for processed meats and fried snacks, and social isolation during festive meals can serve as drawbacks for this diet. "Keto can be a short-term fix, but difficult to maintain long-term without cultural and nutritional burnout," said Viveka.



Elsa Angel Rose

From Hollywood stars to Indian icons, personalities like Megan Fox, Jennifer Aniston, Virat Kohli, Karan Johar, and numerous other celebrities are ambassadors of so-called 'fancy' diets. Diet endorsements by influential people naturally leave the public to wonder, "Can I also achieve a fit body through these diets?" Keto, paleo, vegan, carnivore, the list of these swanky diets keeps growing. However, it makes us wonder to what extent an ordinary person can realistically follow these diets. "Celebrity diets often look

glamorous, but what we don't see is the team behind them: personal chefs, trainers, imported supplements, and nutritionists tailoring everything to their needs. For an ordinary person balancing work, family, and daily stress, following these diets exactly can be impractical and sometimes expensive," says Sachin Sutar, a sports nutritionist. In today's edition, read about three major dietary practices: Keto, vegan, and intermittent fasting, their cultural fit, things to keep in mind while following diets, and more.

INTERMITTENT FASTING

"Intermittent fasting (IF) can be adapted effectively into the Goan lifestyle, especially when crafted and guided by a dietitian's expertise," said Luana A Mascarenhas, a dietitian. According to her, Indians, in a broader cultural context, have followed traditional fasting rituals for generations, such as Ekadashi, Lent, and others. This familiarity with structured eating windows and periodic meal



restrictions may make it comparatively easier to adopt this diet.

Intermittent fasting is a structured eating pattern that alternates between periods of fasting and eating, designed to synchronise food consumption with the body's natural circadian rhythms. Popular IF methods include the 16:8 approach (fasting for 16 hours and eating within an 8-hour window), alternate-day fasting, and the

5:2 diet (restricting calorie intake to very low levels on two non-consecutive days each week). The eating period is typically scheduled to conclude before or around sunset to stay in harmony with the body's internal clock.

While following IF, there are certain things to keep in mind. Luana said, "Emphasise protein in your meals. Cut down on extra empty calories during the eating window; instead, opt for more nutrient-dense meals. Avoid deep-fried, oily, spicy foods. Limit coffee. You are allowed to hydrate during the fasting window. Try to sync your workouts along with your eating window to allow muscle protein synthesis post-workout."

VEGAN DIET

"Goans will miss the flavours of flesh foods, especially fish! On the bright side, vegan diets are low in saturated fat and cholesterol while being high in dietary fibre, so we can expect health benefits such as better-controlled diabetes and a decrease in the risk of cancer and cardiovascular disease," said Sheryl Alfonso, nutritionist. A vegan diet excludes all animal-derived products, including dairy and meat.

To ensure it remains nutritionally balanced, meals should consistently combine cereals, pulses, and vegetables, while snacks should regularly feature nuts, seeds, and fruits as essential components. Sheryl said, "Include at least 25 g of nuts and seeds and 5-6 servings of raw fruits, salads, and

cooked veggies daily." The Goan staple foods are mostly carbohydrate-based, but there's also the Goan staple of fish and meat that the individual will have to forego if he/she decide to become vegan.



SWIPE RIGHT

Winnie Harlow unveils her wax figure at Madame Tussauds

Winnie Harlow has unveiled her very first wax figure at Madame Tussauds New York, marking the occasion on World Vitiligo Day. The Canadian model, 30, posed proudly beside the remarkably lifelike figure, wearing a glittering gold mini dress by Zuhair Murad, mirroring her wax likeness, which sported a similarly striking gold ensemble. The unveiling coincided with a global awareness day for vitiligo, the skin condition Winnie has long championed awareness for. Speaking about living with vitiligo and embracing her individuality, she said, "Being different is a superpower. We are all different, every single one of us and we should own and love that."



Amal Clooney stuns in an elegant black off-the-shoulder dress alongside George Clooney, who wore a sharp grey suit, as the couple reunites with King Charles at a Buckingham Palace reception celebrating winners of The King's Trust and TK Maxx & Homesense Awards.

CELEBRATING CAMÕES DE GOA

Vivek Meneses

Back in 1980, the Goa government took down the striking statue of Luis Vaz de Camões that had been put up in Old Goa in the last gasp of the Estado da India just 20 years earlier, and sent it to its current home at the ASI museum nearby. The decolonising sentiment was and is perfectly understandable, but in this case it was a historic mistake which merits reversal. While it is true Portugal celebrates the continent-hopping 16th century poet as their national icon, his work belongs to India just as much (and perhaps even more). As the late, great poet and translator Landeg White – author of the authoritative Oxford World Classics edition of *The Lusíads* – often summed up, Camões was "made in Goa."

White's insight is essential context with which to view the ongoing group art exhibition 'Os Rostos de Camões – A Celebration of 500 Years of the Global Poet' at the superb heritage premises of Instituto Camões in Panjim. Here, just steps down the Mandovi riverfront from the Instituto Menezes Braganza, with its masterpiece azulejo entranceway depicting key verses from *The Lusíads*, an excellent selection of Goan artists under the curation of Dr. Savia Viegas has delivered several thoughtful and thought-provoking artworks based on the poet's relationship with India.



Via email many years ago, Landeg White (who was Lisbon-based for the latter decades of his life) surprised me with an original poem of his that I have not seen reproduced elsewhere, in which he expressed an empathetic understanding of the protestors who pushed Camões off his Old Goa pedestal: "The Portuguese, too, had made Camões/ unwelcome,

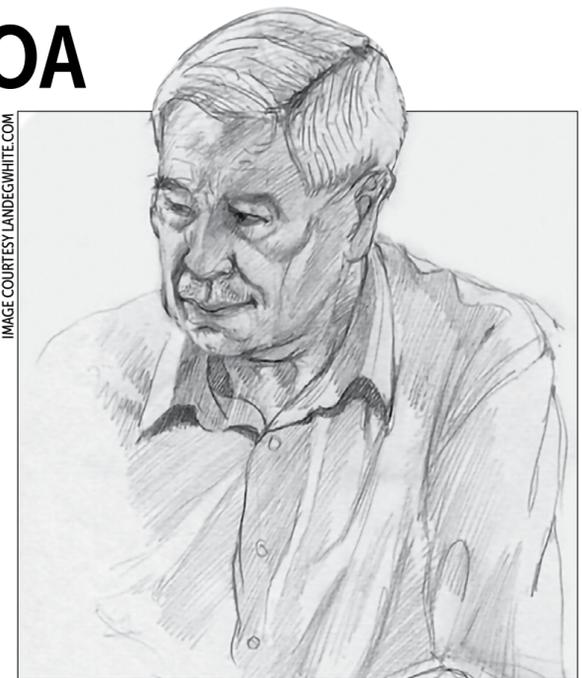
this convict soldier/this perennial poet-jailbird, who/ clutching that same manuscript/ had fled the Inquisition's flames/ His epic celebrates a globe, abundant/ in people and fruits, now navigated." Then and now, those lines are a pertinent reminder that the "national poet" celebrity status occurred only posthumously, after a lifetime stuck on the fringes of respectability amid myriad humiliations. In Goa, for example, he spent a good amount of time languishing in jail.

Camões was only 25 when he left Europe, as White recounts in his introduction to the Oxford edition of *The Lusíads*: "The previous June [1552] during one of Lisbon's biggest religious festivals, the Corpus Christi procession, he had fought a duel with one Gonçalo Borges, keeper of the King's harness, and wounded him with a sword thrust. He was jailed in Tronco prison, and released on a payment of a fine of 4000 reis and an undertaking to proceed to India as a common soldier...it was in India that he became a great poet, the first European artist to cross the equator and experience Africa and India at first hand. The result is *The Lusíads*, an epic of European thought and action in the sixteenth century."

It is impossible to overstate the importance of Camões and his verses to Portugal, its language and identity – even more central than Shakespeare to England

and the English, or Dante to Italy and the Italians. Like those two, he substantially shaped both the modern language and literature, with the added contribution of substantially crafting modern Portuguese identity itself. White says "during his years in India, Camões 'discovered' two things. First, he learned what it was to be Portuguese, to come from a landscape whose towns and rivers he loved, whose plains and castles were haunted by the ghosts of warriors who had fought for this territory, whose provinces were part of Christendom and the Holy Roman Empire but were emerging as a 'state', and whose people were learning loyalty to a concept of nation which transcended loyalty to kings. Secondly, he learned to celebrate what the Portuguese had given to the world with the pioneer voyages of the fifteenth century, culminating in the voyage to India, in revealing the planet's true dimensions, its wealth, and its multitudes of peoples. It was the former of these ideas which was prophetic, taking wing after the restoration of Portugal's independence from Spain in 1640. The latter, Camões's celebration of the newness of the world, was a theme that required, and requires, constant rediscovery."

That quote is from Camões: Made in Goa, a stunning little book written by White as an explicit gift to India, where he expands upon a case he started to make after his first joyous visit to the subcontinent for the 2012 Goa Arts + Literature Festival, and then wrote about the following year in an essay entitled *Camões de Goa* for an anthology I edited for *Semana de Cultura*. Those lines came



changed him from being a conventional court poet into one of the most original poets of the period. This is not something the Portuguese will ever have told you. He is revered in Portugal as the national poet. But it's not good for a poet to be worshipped. It gets in the way of seeing him clearly and taking the real measure of his greatness. [The real] Camões, in rags and in jail, is a figure they turn from in embarrassment. It is an image for India to embrace."

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