

at risk as they get older.
Experts recommended that all
the local shop?

Eat your way to good health

A friend of mine gave me a frantic call. She complained, "I have been desperately trying to lose weight for the last two weeks, and I have lost nothing. Instead I have put on a kilo. I am so disappointed and depressed; here I have been starving myself for the last fifteen days, and all I get is one extra kilo. I was better off eating normally. At least I was not gaining weight like this."

"Hang on, how about telling me what you have been surviving on during your starvation diet?" I asked her.

"Oh, I only made do with packets of chips and colas for my meals and had a few fruits and nuts now then. That's nothing. All the time I went without what ever was cooked. I did not touch rice or chapatis. And a few times that we went out I made do with just a burger, while everyone else had a feast." She went on, "I was hoping to get at least five kilos off and getting into my old jeans. My doctor also told me that if I don't lose at least ten

kilos soon, I am soon going to be in serious trouble. My knees ache all the time and my cholesterol level is also on the higher side. See I tried so hard and now I have failed miserably. Tell me what to do, please."

There are too many myths about how one can lose weight. Most of us who are making an effort to get rid off extra kilos, must have heard something about a balanced meal. But when it comes to everyday eating, this concept gets left aside. Today, shops and restaurants are full of mouth-watering goodies. One doesn't give a second thought to having a scoop of ice cream or dipping into a packet of wafers. Thirst lands you with a chilled bottle of cola or orange. How can you watch your favourite programme on the telly without a tin full of biscuits and chips, washing all this down with a cola? The whole idea of ignoring the urge to eat all these yummys is heart-breaking.

For those who are looking for an effective and good weight loss

by Preeti Singh

diet here are some useful hints;

1. Try becoming a complete vegetarian. If that is not possible, then stick to white meat, i.e. fish and chicken. As for eggs, white is as far as you are allowed to go.

2. All vegetables and fruits are okay. Except for sometimes, don't over indulge in bananas, cheekos and mangoes.

3. You must include a cereal in your daily intake. Try keeping your intake of salt and sugar as low as possible. Dry fruits, butter, cream, oils, ghee and margarine are dangerous. Cheese also has high fat, so keep it to a small helping, and just for a change.

4. Tea, coffee, milk and butter milk are okay as long as they are sugar free. A glass of fresh lime is a good source of vitamin C. Fresh fruit juice should replace all the bottled soft drinks. Hard drinking must be to the very minimum, as all hard liquor is very high in calories.

5. Bread has become a com-

mon item in our kitchens, but white bread is very harmful. So it is advisable to look for brown bread. Even better would be to stick to whole wheat preparations instead of bread.

Now you have a basic idea of what to eat and what to avoid. But the important thing to remember is that the same foods cooked in too much fat or fried, quickly comes into the category of 'don'ts'. For example, potatoes when boiled are perfectly okay, as they are high in carbohydrates and reasonably low in calories. But the moment you try eating the same potatoes in the form of chips or wafers, they become 'don'ts' because even a small packet of wafers can contain upto 500 calories.

So if you are watching your weight or trying to lower your cholesterol level, wafers will prove to be disastrous. In fact, a small packet would compare poorly to a well-planned balanced meal consisting of two chapatis, a small bowl of dal, a

small bowl of curd and two table spoons of a seasonal vegetable — all cooked in about two to three tea spoons of oil. If you count the calories of this meal, they will amount to less than 500. So the next time you feel like sneaking in on a packet of chips, stop yourself, and turn to popcorn instead. One pack of popcorn will only put through you 199 calories. It would give you your required share of carbohydrates, proteins and vitamins, and would fulfil your urge to munch.

Therefore, when you wish to watch your weight, the trick does not lie in starving and eating junk food in place of meals, it lies in eating a balanced diet with the correct kind of food, prepared in the right kind of way. Don't forget to include exercise into your weight-watching programme. It feels great when you see your extra kilos drop away. I wish you all the best to eating your way to a slim and healthy you.

(India Feature Service)

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