

TREADING TOWARDS LEAN

How often do we think about changing our eating habits?
How often are we able to refrain ourselves from bingeing?
Charu Khanna, Clinical nutritionist and Consultant at Max, Panchsheel and Holy Angels Hospital, New Delhi, guides us on differentiating the right from wrong for a healthier lifestyle.



Eating healthy is not just about items of food but also about beverages



Charu Khanna

Eating healthy is the key to healthy-living. A balanced diet that comprises of all nutrients can really do wonders. The main challenge lies in having the ability to identify which nutrient needs to be included and which excluded from one's diet to suit our dynamic physiological state and alternating lifestyle.

Altering habits

With increasing awareness towards keeping healthy, most of us aim to follow a healthy regime but are unable to keep up. As a result, we resort to eating meals at restaurants and hotels or consume convenience foods.

Studies reveal that current trends show confusion amongst masses where selection of food and nutrients is concerned. In contrast to western cultures like American and European, where people choose tastier options over healthier ones, consumers in Asia Pacific consume organic foods as they are healthier, not genetically modified, pesticide-free, and environment-friendly.

Clean eating is the new buzzword for healthy eating. A growing trend-towards eating everything "clean" is leading the way to healthier eating habits. Clean eating lays stress on foods free from toxins

and toxic materials. This literally translates into consumption of fresh fruits, vegetables, wholegrains, and lentils; reduction in consumption of meat and meat products; avoiding alcohol; avoiding intake of too much sodium; and altogether avoiding processed foods. Moreover, with introduction and acceptance of food items like oats, quinoa, kañiwa, and other whole grains, one can move towards choosing healthier eating options.

Some of us, however, have a sweet-tooth and are not shy of indulging in options like chocolates, muffins, brownies, etc. Though consuming these does no harm, it is essential to strike a balance between the ingestion of macro nutrients such as carbohydrates, proteins, and healthy fats. Tossing in a few chocolate chips in a bowl of oatmeal will help you eat healthy while still satiating your craving for something sweet.

Drinking healthy

Eating healthy is not just about items of food but beverages, too. One often misses out on this element of a healthy diet. Choosing beverages that are derived from plant water, such as cucumber and cactus, are more nutritious and refreshing than several others. They are natural hydrators and a

better alternative to sports drinks and other beverages that contain artificial sweeteners.

Yoghurt seems to be another trendsetter this season and you can prepare it simply by replacing your current choices with healthier alternatives. Being a rich source of protein and calcium, yoghurt is low on calories, especially when made out of skimmed milk.

It can even be used to replace sour cream dips, providing healthier alternatives to weight-watchers. Yoghurt is also appropriate for maintaining health of intestines as it is a fermented milk product. Other probiotic food supplements have also gained recognition and are increasingly being included in diets.

Trending bits and drinks

Purple-coloured food items are gaining traction all over the world. This colour is a flavonoid called anthocyanin that lowers the risk of certain cancers and heart diseases. Research studies have concluded that the current year will witness a trend of non-alcoholic drinks. There may also be a rise in veggie and vegan cooking. Moreover, with increased emphasis on gut health, fermented foods will rule the charts this year.