

#HEALTH & FITNESS

# Discussing Nutrition with Simra Khan

If one of you ladies, finds yourself contemplating a social group, where you can share your outcry regarding the GM diet and why it doesn't work, then Simra Khan already has a solution built for you, with 'Thinspired by Simra.' It is a woman only wellness group on Facebook, where many young women share their weight loss journeys, getting motivation and learning a plethora of tips and tricks from fellow members on how to sustain 'good health' in the long run. Star Lifestyle took the time to speak to the leader of the tribe – Simra Khan, about her group, general nutrition facts and appropriate diets to wellness during the pandemic.

Visit The Daily Star's Facebook page for today's session of Lifestyle Talkies at 7:30PM for the full interview.

**What made you venture into the field of nutrition and wellness?**

I believe people should cherish their bodies and take care of it through nutrition adjustments and exercise. This very belief has encouraged me to venture into the field of nutrition and wellness. Through my Facebook group – Thinspired by Simra, I have been able to inspire a significant number of members to incorporate "clean eating" into their daily diets.

Some people might think clean eating refers to boring food; I am an advocate against the misconception. Clean eating can be quite flavoursome and yet, extremely nutritious. Another purpose that keeps me



motivated to continue working in this field are the health-related success stories shared by the members of my group.

The fact that I have been able to help so many women, and become an important part of their lives – their weight loss journey encourages me to soldier on.

**We all find ourselves dawdling with the idea of a healthy lifestyle, having a hard**

**time to even begin the process. What is your suggestion for taking the leap?**

We all need that extra bit of reinforcement to commit ourselves to a brand-new lifestyle. I have seen that most people already have the knowledge, yet they struggle to adapt.

To these people, I want to say that the main reason behind the dawdling is a lack

of determination – once you overcome that, the rest becomes a walk-in-the-park.

**By Mehrin Mubdi Chowdhury  
Photo courtesy: Simra Khan**

*Essentials:  
Follow Star Lifestyle on Facebook and @starlifestyleds on Instagram for more lifestyle related content.*

**FOR THE LOVE OF FOOD**  
**BY KANISKA CHAKRABORTY**

Executive Sous Chef,  
Radisson Blu Chittagong Bay View



## Food tales

1  
I got in the dog house with some of my friends for saying Shubho is not the appropriate salutation for Mahalaya since it is a sombre and solemn occasion. So, I'll steer clear of all arguments and say this instead.

Mutton curry on the auspicious day of Vishwakarma Puja is a great tradition. Mangsho bhaat, mutton curry and rice, is the menu of choice at most factories and workplaces where Lord Vishwakarma, the celestial builder, is worshipped. One day when all workers would sit together and enjoy this simple yet delightful feast.

I remember one of my uncles had a factory and he used to take me there on the occasion. Long temporary wooden tables, topped with thick white paper as table cloth. Banana leaves as plates, mounds of steaming white rice, and mutton curry with really runny gravy. So runny that it dribbled down on my "half pants" or shorts.

This habit has slowly seeped into households and mutton curry rice has become a favourite of this day. Though it has traditionally not been a holiday, people used to find some reason or the other to either go late or not go to work at all. And the Kolkata sky would be dotted with flying kites of all sizes but similar shapes. Not the



different shapes line Far Eastern cultures. No dragons or eagles or sun or rockets. These are square shaped paper kites with another small square as rail, with lurid colours and designs. Each one is named differently. But that is a story for another day.

Now is the time to enjoy this fiery red mutton curry with hot rice and slowly drift away to nap land. #That

2  
Another cloudy, rainy, gloomy morning. Another attempt to brighten up the morning. At least I succeeded in warming up the morning.

I love hot breakfasts, unless it is the height of summer, when I resort to plain yoghurt and granola. Otherwise, it is usually eggs for me.

Life was so different growing up. Standard breakfast was toast, butter and



jam. And tea with milk and sugar. Eggs were served either boiled or made in a curry for lunch or dinner. Not a regular breakfast thing. Unless on Sunday mornings as "mamlet" or omelette fried in mustard oil. Indulgence was orange marmalade instead of mixed fruit jam. Butter was a bit scarce and hence, the adults made sure a little went a long way. Toast did not get smeared with butter, but got brushed lightly with it. Jam was also lightly spread. Bread was white. Upma was never in consideration. Dosa, idli, vada were all afternoon or evening food, not breakfast. And coffee, always instant, always with milk and sugar, was reserved for winter mornings.

How things change! Upma and espresso is one of my most loved breakfast these days. Eggs appear fairly regularly on the breakfast plate in various forms. Tea has been firmly replaced by real coffee, never with milk or sugar. Do I crave for those seemingly simpler times? Can't equivocally say yes with hand on my heart. I am a bit of a realist, and I believe we keep talking about good old days smug in the realisation those days are not going to come back in our lives. Moving on and moving ahead is the only reality. #That

**Photo: Kaniska Chakraborty**