

# Foods that help you lose weight

STAR HEALTH DESK

Cutting foods from your diet is one strategy of losing weight. But it is not just about reducing food intake. Addition of certain foods can help lose weight too. The following food stuffs incorporated with a healthy eating plan can help you shade extra pounds and speed up to drop weight.

**Chilli peppers**

Adding a bit of heat to your diet can give you a weight-loss boost. Studies show that having a spicy start to your morning, i.e. eating chillies as a part of your breakfast can make you opt for a smaller lunch. Apparently it is down to capsaicin which is found in chillies and red peppers that has appetite suppressing properties. However, chillies are not the easiest of items to face as your morning meal but you can take it as a part of a spicy egg-white omelette for example.

**Cinnamon**

Cinnamon is a super spice when it comes to boosting your wellbeing as it has many health-giving properties. In terms of weight loss, it is all to do with controlling those post-meal insulin spikes, which is what make you feel hungry. And you do not need to get much of



the stuff to get the benefits; studies have shown just a quarter teaspoon of cinnamon a day can lower the blood sugar, cholesterol and triglyceride levels. To up your cinnamon intake either sprinkle it on to your breakfast cereal, or maybe mix it into your morning latte.

**Lentils**

Lentils are great weight-loss food as they have the power to really satisfy your

hunger without packing your body with loads of calories and fat — that is often why lentils feature heavily as a meat substitute — they can make you feel like you have had a meaty dish minus the calories and saturated fat that come with eating meat. Lentils are full of fibre and folate so as well as giving you the full feeling, they are great for digestion and healthy cell growth.

**Dark chocolate**

Dark chocolate has two major dietary positives that can lead to long term weight loss. First, it is quite difficult to scoff massive quantities of high-quality dark chocolate as compared to the milk stuff. Secondly, dark chocolate is very high in health-promoting antioxidants. You can use dark chocolate as a way to curb any sweet cravings.

**Juicy foods**

Fruits and veggies with a high water content helps to fill you up, so you will eat less collectively throughout the day. Go for watermelon, lettuce, tomatoes, cucumber, mushrooms, grapefruit etc.

**Hot beverages**

Sipping a hot, low-calorie beverage is a great way to stave off extra calories when you are looking to eat out of pure boredom. And because they are hot, you will have to slowly sip over an extended period of time. Choose beverages under 100-calories such as green and herbal teas, diet hot cocoa, skim latte and cappuccino.

**Salad**

Eating a low-calorie salad before your main meals can help you to lose weight and ensure you get recommended daily intake of veggies. You need to make sure you do not drown it in a fatty dressing though.

**CELL PHONE HAZARD**

Mobiles may cause brain cancer!

Using a mobile phone might increase the risk of developing certain types of brain tumours and consumers should consider ways of reducing their exposure, World Health Organisation (WHO) cancer experts said recently.

However, WHO had assured consumers that no adverse health effects had been established. They found some evidence of increase in glioma and acoustic neuroma brain cancer for mobile phone users, but have not been able to draw conclusions for other types of cancers.

Researchers concluded that it is not clearly established that it does certainly cause cancer in humans.

Source: Reuters

**HEALTH bulletin****Food pyramid gets a face-lift with new MyPlate**

The new face (graphic symbol) of nutritional advice for consumers was released recently by the United States Department of Agriculture — MyPlate.

The new MyPlate icon is a simple plate split into four sections representing a different type of food (protein, whole grains, fruits, and vegetables). Each section varies in size depending on the recommended portion of each food an individual should eat.

Here are the Dietary Guidelines 2010 messages for consumers:

**Balancing calories**

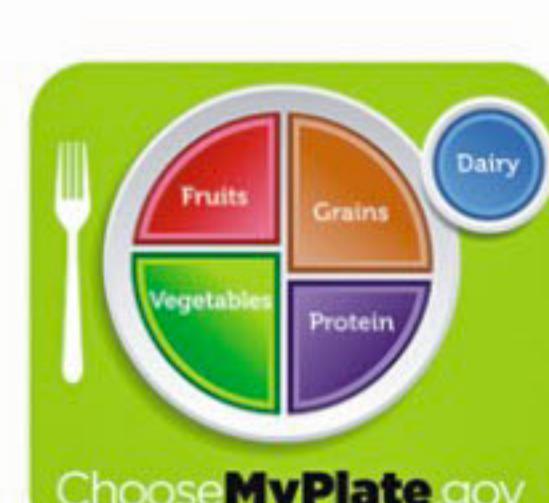
- Enjoy your food, but eat less.
- Avoid over-sized portions.

**Foods to increase**

- Make half your plate fruits and vegetables.
- Make at least half your grains whole grains.
- Switch to fat-free or low-fat (1%) milk.

**Foods to reduce**

- Compare sodium in foods like soup, bread and frozen meals, and choose the foods with lower numbers.
- Drink water instead of sugary drinks.



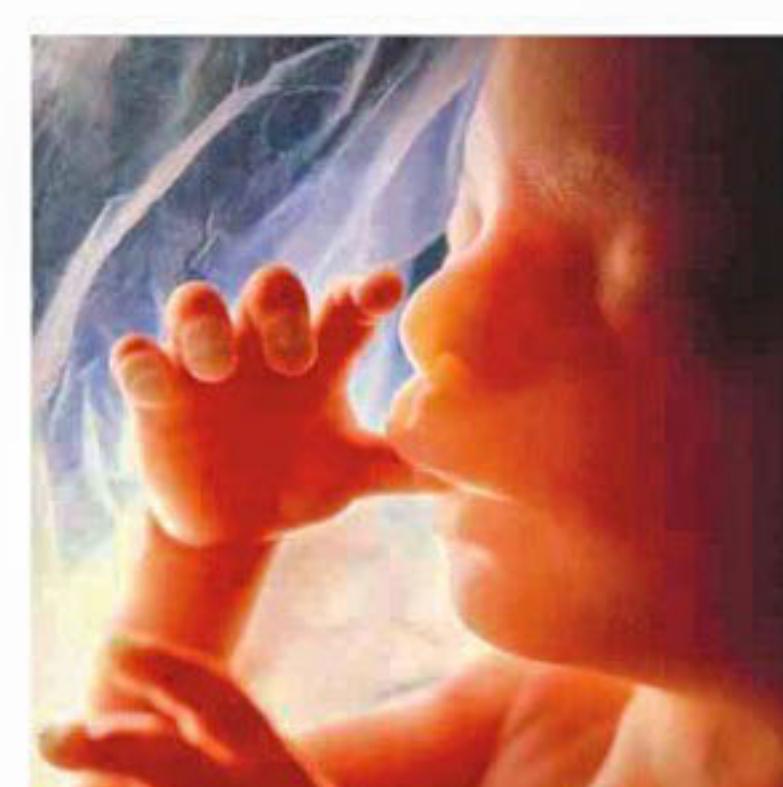
## Smoking affects baby in the womb

DR M KARIM KHAN

Smoking in any form is always injurious to health. It affects pregnant mother and her unborn baby as well. Though most of our expectant mothers are non-smoker, they are exposed to smoke passively, because of their husbands or relatives who smoke at home. Direct smoking and passive or second-hand smoking are equally harmful for mother and their foetus.

When an expecting mother inhales tobacco smoke from a cigarette, some of the chemicals are exhaled immediately and leave the body, but others stay in the body and make their way into the placenta. The unborn child, as well as inhaling the mainstream smoke that the mother breathes in from the cigarette, which stays in her body, it may also inhale any second-hand smoke that is in the air. This would mean that the growing foetus would be negatively affected by two different types of smoke.

Apart from lung cancer, heart diseases, stroke, tobacco smoke contains more than 4000 harmful chemicals, of which a number of



them are known as cancer causing agents in humans, whilst others are highly toxic and poisonous.

The effect of smoking to babies may appear a variety of health problem including low birth weight, abnormal brain development that lead to hearing impairment and respiratory diseases. The risk of suffering from asthma has a higher probability. So we all should avoid smoking in any form direct or indirect during pregnancy for the sake of mother as well as newborn.

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## Prevent motion sickness, make a pleasant trip

Motion sickness can quickly spoil that long-awaited vacation or business trip. The inner-ear disorder affects balance and equilibrium, possibly leading to queasiness, nausea and vomiting.

Following are some tips to prevent motion sickness:

- If you are prone to motion sickness, do not read in a moving vehicle
- Be sure to get plenty of sleep before traveling
- Skip foods that are acidic or greasy
- Drink lots of water throughout the day, but restrict drinking alcohol
- Avoid smoking and inhaling second-hand smoke, and close contact with other people who have motion sickness
- Lean your head back against the head rest of your seat
- If you are a car passenger, look at the scenery in the distance. If you are the driver, always focus on the road, but shift your eyes a bit so that you are not always focused on the same spot.

## Five ways to reduce exposure to cell-phone radiation

**Get wired**

Using a wired headset can significantly cut down any exposure to radiation while you use your cell phone. Wired headsets are much better than Bluetooth devices.

**Get used to texting**

Teens are doing it more than ever. If you spend most of your cell-phone time texting or using apps, your device should remain far away from your brain.

**Don't use your cell phone as an alarm clock**

This is (literally) a no-brainer. If you use your phone to wake up, you will probably have it close by your head for hours while you sleep.

**Don't watch for radiation hot spots**

Cell phones tend to emit significantly more radiation when the signal is weak, for instance in rural areas, elevators and buildings.

**Use a radiation-blocking case**

Some devices are available which block radiation and helps you keeping safe.

Source: TIME

## Knowing for better living

### In Bangladesh . . .

... the lifetime risk of acquiring Hepatitis-B virus is **20-60%**!

Get vaccinated against Hepatitis-B

Screen blood before transfusion

Avoid sharing personal items

Practice safe sex and use condoms

Avoid self-medication

Consult your doctor



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