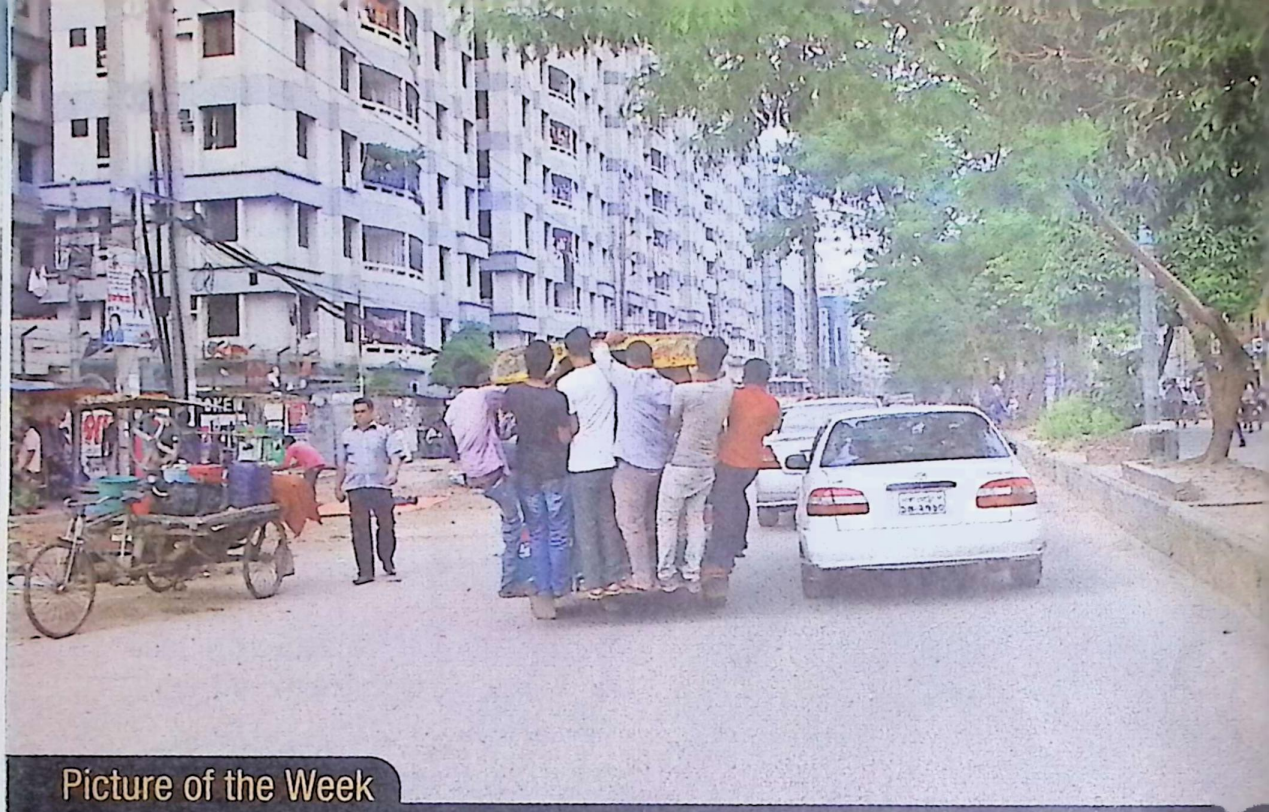


Picture of the Week

The Dukes of Hazard

These people are ready to risk their lives but waiting for a less crowded human hauler is not even considered.

PHOTO: PRABIR DA

THE BARE MINIMUM

You don't have to starve yourself to shed the few extra kilos. Certain foods can actually help you in your resolution to lose weight. Here's a list of 5 foods that you should eat if you want to stay in shape!



1. Almonds
Almonds are the best snacks to have when you feel the hunger pangs. These healthy nuts are low in calories, and are packed with useful nutrients like Vitamin E, fibre and oleic oil that cuts hunger quickly. You could add almonds to your breakfast or just sprinkle them over your salad at dinner.



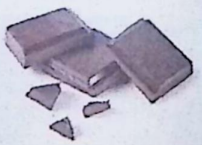
2. Pears
Pears are a great example of a low-calorie, nutrient dense, immensely tasty food. This fruit is high on fibre and contains pectin, which can help block fat absorption. You could eat a pear before your meal to curb hunger pangs.



3. Beans
Beans are a great source of protein and fiber and are also slow to digest as they contain cholecystokinin that acts as a natural appetite suppressant. Thus you feel full for much longer, helping you to ward away the impulse to binge on unhealthy carbs.



4. Spinach
Rich in iron, folic acid and vitamin K, spinach contains antioxidants that improve your immunity against illness and diseases. Served raw, spinach is a good source of vitamin C, but don't overcook it, as that might result in the loss of this important nutrient.



5. Dark Chocolate
Yes, chocolate can actually help you shed weight. Well, at least dark chocolate can. A bar of this delicious bitter-sweet chocolate can slow down digestion so you feel full longer and eat less at your next meal.