

When it comes to calories, substitutions really make a difference. Instead of white rice, go for brown. Not only does 100g of brown rice have less calories than 100g of plain white rice, but the extra fibre will keep you feeling fuller for longer, and aid in weight loss.



if you had eaten too much rice. Add some diced beans and carrots, scrambled eggs and a dash of soy sauce and you have a healthy version of fried rice!

Snacking at regular intervals is important in order to keep your metabolism high, and there are healthy options here too to tempt you away from your grease-laden puris and kebabs. All you need is a bag of popcorn kernels and some seasonings, and you'll have a low-calorie version of a cinema-hall favourite in mere minutes. If you're after something a bit more refreshing, mix whatever fruit is in season with some yoghurt – *tok doi* is best. Drizzle on a bit of honey if you find the taste too tart, but it's something that you can whip up in seconds for breakfast, or a midday snack. Yoghurt is also full of protein, which is a key nutrient in boosting weight loss, so it's a win-win situation. And speaking of protein, don't shun the humble egg because of the myths surrounding it and cholesterol. Eggs are full

of appetite-suppressing amino acids, and can easily be transformed into a substantial meal by adding vegetables that don't pile on too many extra calories – spinach is a great example, with only 7 calories per cup. Porridge is another food that is great for your diet. A big bowl of porridge, made with milk, will be around 250-300 calories, and thanks to its high fibre content, it will keep your hunger pangs at bay for several hours. It's perfect for winter mornings too, especially with a pinch of ground cinnamon!

Homemade soups are generally low in calories while being really nutritious and filling. Ditch the shop-bought packets, and make your own by boiling your favourite vegetables – pump-

kin is a personal favourite – with some onion and garlic, and your choice of herbs and spices. For the broth, you can either use stock cubes or make your own, by boiling chicken bones in water with some salt, pepper and herbs.

Simple changes like these to your diet will make a huge difference in the long run. They're changes that aren't particularly difficult to maintain, and won't leave you feeling like you're on a diet of rabbit food.

Remember to supplement any dietary changes with plenty of exercise, and you'll start seeing results in no time!

By Zahrah Haider

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