

LS SUGGESTS

Clean eating – snacks on the go

One of the biggest problems of today's generation is multitasking; school, work, errands, and let's not even talk about the traffic. It's tiring and stressful to say the least. Although there is nothing wrong with multitasking, we often forget one of the most important things in life along the way, which is our health and nutrition.

Now we eat plenty during the day when we are out, from food carts, cafeterias, and so on, but it is not about how much food you consume. Instead, it's about how healthy and fresh the food is. Most food carts and cafeterias miss the mark on healthy snacks. They serve food which is oily and far from healthy. Food like this heats up the stomach and causes gas. Consuming this type of food daily can also lead to heart diseases, high blood pressure and diabetes. One of the reasons for this is that most food carts reuse the same oil which leads to an increase in fat content.

you can whip up in no time.

Breakfast is the most important meals of the day; it fuels you in the morning, and boosts you throughout the entire day. One favourite during this meal is the herbed ricotta and tomato toast. This is as simple as it sounds. Just mix in some herbs like mint, thyme, basil or parsley with some ricotta cheese, add a pinch of salt, the zest of a lemon and some chopped up capsicum or bell pepper. Spread this on some nicely toasted bread and finish off with tomato slices on top. If you prefer cheddar or other herbs instead, go for it. This could also be done with crackers wrapped in foil and kept in the bag for eating on the go.

Carry your breakfast with you. Smoothies are perfect for any time of the day. Whip up a few tablespoons of peanut butter, slice a whole banana, a cup of almond milk or regular milk with lots of ice cubes and put it all in a blender, and voila, you have your



some vegetables in these kinds of dishes as they add the fresh crunch you need. If you're looking to cut the cheese too, try spreading avocados instead. They will give you the same creamy texture, minus the calories.

Got a sweet tooth? Grab some peanut butter, oatmeal, coconut, chocolate chips and put them in a blender. Roll up small balls from the mixture and you have your travel friendly energy bites. You could also do this with nuts. Mix a few varieties of nuts with peanut butter, or honey to stick them together, to create bars or bites.

Other than these, some common local foods here are sweetmeats and chotpoti. Even though chotpoti is a street food, its composition makes it highly healthy. The only downside is having it from the street sides where they do not take hygiene into consideration. Making it at home, however, is a good alternative. Chickpeas and potatoes are very healthy and nutritious and the chillies and onions give a nice tang to our taste buds. The roads are crawling with sweet shops here in Dhaka, and it is a very good and concentrated source of energy for people who are always on the go and is

also a good substance for the brain.

Lastly, your body needs all the water it can get. Be it from fruits, lemonade or detox water. The sun takes up all your body's water making you wilt like a dried up plant. If you don't have time to peel oranges while at work, try making detox water and carry that instead. Cut up a few fruits such as watermelon, strawberry, cucumbers, or lemons, add fresh mint, and add them to a bottle of water. Keep it in the refrigerator for a few hours and it's ready to take to work. This has amazing fat-burning properties, not to mention detoxing your body. Mint helps in digestion, cucumbers have inflammatory properties and lemons flush toxins.

These easy on-the-go foods are not limited to anyone or any age. They could be your kid's lunch for school, your snack during work or just a regular healthy family meal. These on-the-go snacks are both healthy and easy to make, so if you're struggling with your diet, move away from the shingara and give these nutrient-filled snacks a try.

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Now that we know what to avoid, let's move on to some healthy snacks that you can have on the go. Some of the most nutrient-packed foods that can be turned into tasty DIY snacks are stuff lying around the house. There are potatoes, spinach, apples, blueberries, eggs, yoghurt, peas, oats, salmon, beef, chicken and all varieties of nuts to boost your metabolism, while being served in delicious ways. The following are some scrumptious yet nutritious DIY snacks

peanut butter banana smoothie. You can drink this during breakfast, or carry it in a sealed bottle for whenever you are thirsty.

Tortillas are common in most households. Turn it into an on-the-go healthy snack by spreading some cream cheese, cucumber slices and finally some smoked salmon prepared beforehand. Or you can opt for garlic boiled chicken; roll it up, wrap in foil and throw it in your bag for a nice quick lunch. It is always good to add in

