

PERSPECTIVE

Stepping into your 30s

It is the morning of your 30th birthday. You are standing in front of the mirror scrutinising wrinkles next to your eyes or a bloated stomach and you realise that a change of diet is essential. That can be a great decision so here's a diet plan to go along with that!

Let's be honest -- we have all underestimated the humble banana, our yellow friend, at some point. So what can a banana do for you? Well, to start with, it contains vitamin B9, a nutrient that helps fight depression with its antidepressant properties. It trails anxiety, insomnia and other mood issues such as fatigue, irritability, anger and so on. And not only that, it increases bloat-fighting bacteria in the stomach and is a good source of potassium, which aids the retention of fluids.

To those who are particularly conscious of their heart, it is important to know that bananas are high in potassium and low in sodium, thus reducing blood pressure and reducing the possibility of heart attack and stroke.

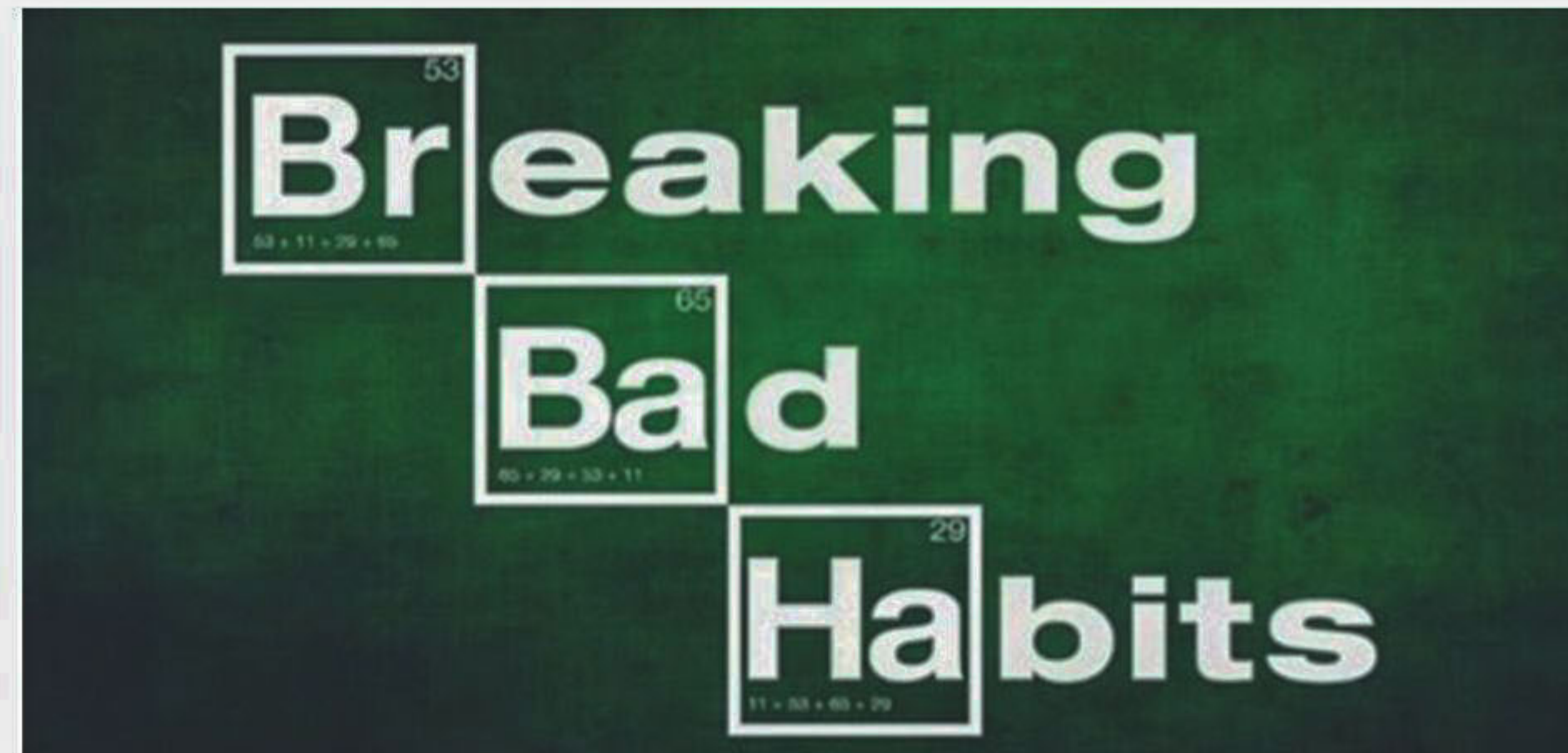
Protein shakes are another must in your diet. They support weight maintenance by boosting calorie burning and satiety. It is essential to choose the right protein powder, one without additional chemicals and artificial sweeteners.

My personal favourite would be black beans. They are overflowing with soluble fibres that will not only fill you up for hours but also help to slim you down. Feel free to gorge down on a bowl of black beans for dinner without guilt.

Almost all of us can recall the early days of childhood when our mothers forcefully fed us eggs before going to school. Well, those days need to be brought back. Only this time, we eat eggs because we know it contains choline that attacks the gene mechanism that triggers your body to store fat around your liver. In short, the more eggs you eat, the less egg-like you look.

What's next? Well, green tea of course. You have probably heard this several times already but green tea is a great source of fat-burning properties that increase the release of fat from lipid cells, especially in your belly, and speed up the liver's fat burning capacity. Be it breakfast or brunch, green tea is a must. You may add a hint of lemon or ginger for additional taste.

Yet another vegetable that I am particularly fond of is the tomato. Research has shown that tomatoes decrease the risk of bladder, lung, prostate, skin and stomach cancer. Not only that, it also reduces the risk of coronary artery disease. You could cook



them with some peas. Who would have known that a cup of green peas contains eight times the protein quantity of a cup of spinach? Don't you think it is time for Popeye to reconsider his favourite vegetable now?

Lastly, an all-great source of protein; What shall you cook in? Well for starters, avocado oil is a great choice. It is rich in Vitamin B, E and bloat-diminishing potassium. It also helps to ward off hunger and a voracious appetite.

Olive oil is also a good alternative. Extra virgin oil increases serotonin in blood levels

– a hormone that makes you feel full. Likewise, it contains antioxidants that act as a preventive measure for cancer and brain deterioration.

For dessert, guava is a charm. It is a fruit packed with the highest amount of protein and is a good source of fibre that helps to keep your digestive system in track.

There you have it, a large assortment of food that will ensure a balanced diet and a healthy lifestyle once you go over the 30-year milestone.

By Mayesha Raidah

REFLECTIONS

With Doris in Germany

When it comes to having the company of friends, I have always been blessed. No matter where I have travelled across the globe, my acquaintances gave me good company and the times spent are as vivid in my memory today as they were years ago.

It was when I went to Germany that I stayed with my friend Doris. In the blissful serenity of the Black Forest, we enjoyed some quality time, reminiscing the glee of our youth and those who are no longer

with us. Although years had passed since we last met, all those days that had vanished in between seemed only like moments in time.

On my second visit it seemed I was there only to enjoy 'Kalbsschnitzel mit salat' – veal cutlets with salad, and endless fruit puddings which her mother, Aunty Leena, kindly made for us. She was a culinary genius and I enjoyed some hearty meals at her place.

I was like family. Doris' daughter Kisha was close to my heart and even her husband and I shared a bond that was stronger than many relationships. Doris referred to him as 'Schatlee' and he was a mechanic by profession.

Back in our university days, Doris and I made friends with an Indian student. Watching him pray intently to his gods was quite a soulful experience for me. He was well versed in jewellery and I sought

advice from him before buying anything. Sadly, I have only the memories of that friend as I have now lost all contact with him.

Good friends are hard to come by. This is something I have learned from life. And so I miss my friends and the times I shared with them. They are fondly sealed in my memory.

By Fayza Haq

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