

# A beginner's guide to cutting out sugar

Sugar cravings may just feel like a small spree when you consume a handful of sugary goodness. But those sprees can last quite a while and become the calorie equivalent of full course meals before you know it. The more you consume, the more you crave, and the cycle continues. But the pleasure only lasts so long before all that sugar starts building up. Over consuming sugar can lead to a sluggish behaviour and laziness, tooth decay, and not to mention, weight gain, which may develop into heart diseases and diabetes over time.

Cutting sugar off from the diet completely at first is a bad idea. The trick is to cut it down little by little, which lets our body automatically adjust to the changes.

## SHIFT TO HOMEMADE DESSERTS

Instead of rushing to the bakery every time you want a bite of something sweet, try making it at home with sugar alternatives, or by using less and less sugar with every batch. Homemade desserts like Greek yoghurt and honey, or sugar free pudding and fruits will satisfy sweet cravings whilst being healthy and sugar free at the same time.

## ARTIFICIAL SWEETENERS HELP, A LITTLE

Artificial sweeteners can help reduce calorie intake, however, as they are many times sweeter than sugar, they do not cut your cravings. Instead, it increases cravings that can again lead to overconsumption. For starters, artificial sweeteners are a good option in small amounts, but it will only help reduce the consumption and will not provide a permanent fix to the cravings.

## INCREASE THE NUMBER OF MEALS

The more often you eat, the less sugar you will crave. If

your mealtimes are far apart, you will more likely divert towards sugary foods to curb those cravings. Taking an average of five meals per day with enough protein will help keep you full for longer.

## SNACK SMARTLY

Sometimes, it is impossible not to snack, even with five meals a day. If you can snack smartly, with foods such as fruits, nuts, or peanut butter and crackers, it will help lower your sugar intake.

## READ LABELS

A lot of healthy foods contain sugar, such as flavoured yoghurt, and energy bars. Carefully reading the labels can help us avoid these foods and opt for the ones without any added sugar or preservatives in them.

## GIVING IN IS NOT THAT BAD

For those who do not only like, but love sugar, completely ridding them of is a bad idea, as it can lead to bingeing later. Go ahead and take that pastry at the dinner party, but only take one. If you completely deprive yourself of it, you will be consuming tonnes more later, which will be much worse for your body.

Last of all, it is the lack of other nutrients, such as water, green vegetables and protein, which makes us load up on carbohydrates. If we consume enough of these, we would not need to keep loading up on sugar to keep us energised. Adapting to these few methods can help a person slowly reduce their sugar intake.

By Anisha Hassan

## LISTICLE

# Top five places to try out

Foodies of Dhaka have had a chance to savour various new cuisines and their delicacies for the recent boon in the culinary industry over the past few years. And with the constant photo and sharing on social media has only helped to whet appetites further.

There is now a bigger food network, with a large foodie following, and a wide variety of flavours to pick from. Even the most health conscious are likely to find that they are spoilt for choice on the coveted 'cheat day!'

And yet, each foodie worth their salt will want to make sure they make each outing justified for its taste and fun quotient.

Where to head to? Here are some picks —

## SULTAN'S DINE

There are times when you dearly wait for a wedding invite, just so that there is an option to have your heart's fill of 'kachchi' and chicken roast. Sultan's Dine brings about wedding food like never before. With chicken roasts, 'kachchi' with tender meat and some good old firni, who needs to attend weddings?

The platter price range is from Tk350 to Tk1200, and the amount of food tends to justify the price.

## FISH AND CO. BANGLADESH

With an average rating of 4.7/5 from its patrons, Fish and Co. Bangladesh is taking the food market by storm. Their use of fresh seafood with herbs and spices, makes this restaurant an amazing food ride yet to be discovered by many. Various dishes such as white fish with pesto parmesan, grilled salmon delicacies, Bengali catch, etc. are to be

looked forward to. You will need about Tk2000 to enjoy an amazing meal.

## SUSHI SAMURAI

In the world of 'kachchi' and masala, sushi adds a nice twist to your 'desi' cuisine. Sushi Samurai is one of the most popular sushi places foodies love to enjoy. California sushi, inari sushi, crunchy spicy salmon roll, katsu, curry bento, etc. are very popular. Desserts such as Chez Susan Fudge Salted Caramel Toffee and Signature Oreo Cookies and Cream Cake are two very popular dishes. The range starts from Tk 200 to Tk1500 depending on the items.

## CHILLOX

New in the game, Chillox however made their way to the top in just a year or two. Each burger they offer has its own delights and the shakes are an amazing addition, and you can customise the spice to have in your burger. All in all a rating of 4.5/5 is worth a try!

## FAHRENHEIT

With seafood, steaks, platters and salads Fahrenheit has various dishes. With a budget of Tk1000 or less, get ready for some food sweet moments!

At the end of the day, it is also important to remember to cut down on the carbs because pigging out on a daily basis is not the best of ideas but a food fiesta occasionally is not so much of a bad idea.

By Sumaiya Tasnim

# Dr. Jhumu Khan's Laser Medical

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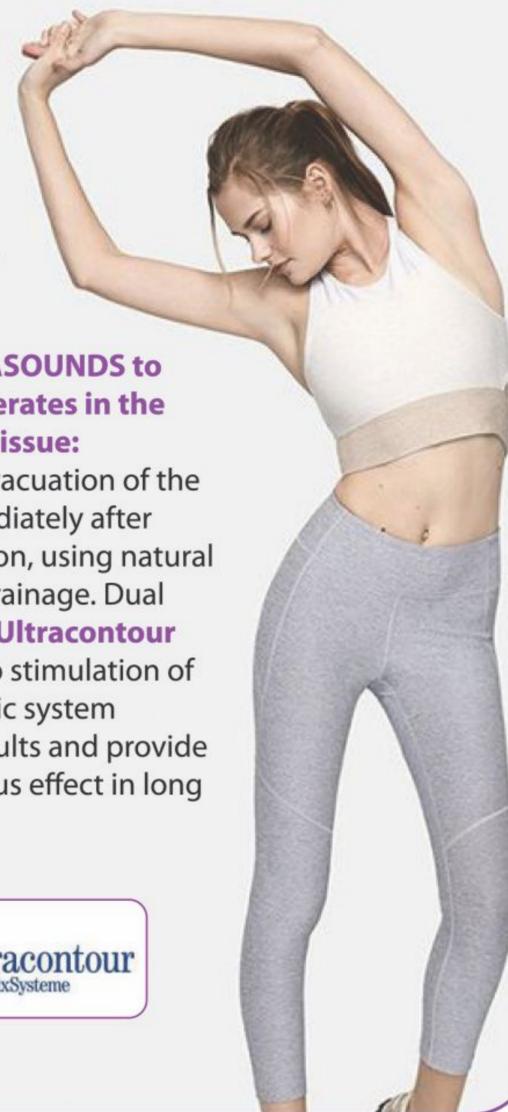
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