

# NUTS

## the superfood



MUSHFIQUR RAHMAN SHANTO

If I had to pick an all-around superfood, it would definitely be nuts. Small, simple and yet, they hold such edible greatness. Let's take a look at all the facts that make nuts so amazing.

### 1. TASTES GREAT AND DOESN'T COME WITH THE "BAD FOR HEALTH" LABEL

If it tastes great, 9 out of 10 times, it's bad for you. This is true for all the oily junk food we love to eat. Fortunately, the 10th one is our savior, nuts. Although nuts have high fat content and is a calorie-dense food, it doesn't negatively impact your health unless you consume way too much. On the contrary, they are rich in protein and contain valuable nutrients, which bring us to our next point.

### 2. SEVERAL HEALTH BENEFITS

They are loaded with fiber, nutrients and heart healthy fats. They're void of sugar and contain minimal carbohydrates, and are a great source of protein. So eating nuts on a regular basis will help you maintain a sound health and keep you energetic throughout the day. Throw in some exercises alongside your nut consumption and you'll be building those guns in no time.

### 3. SIMPLICITY

Nuts taste heavenly, have numerous health benefits and yet, they are so simple and available. There is no complicated cooking process. In fact, there is no need for preparation at all. You don't even need any utensil or any side dish to go along with it. You seemly buy a packet, open it and eat.

### 4. UNRIVALED UTILITY

Moving on from the simplicity part, nuts are easy to carry. They don't risk any stains unlike oily foods or any liquid dripping like foods with gravy. They don't have the danger of being smashed into pieces like biscuits or dropping crumbs like bread. They are perfectly fine and edible in any temperature or atmosphere. There's no need to heat it like most foods, or no risk of melting like ice-cream. And they don't attract ants like every sweet food on the planet. So you can stuff a packet of nuts in your bag, carry it around, put it wherever you like and you can eat it anytime. Yes, nuts are that flawless.

### 5. GREAT WAY TO PASS TIME AND COMES IN GREAT VARIETY

Nuts come in great variety. We have our favorite, the staple of park-bench romance, peanuts. Well peanuts aren't actually nuts, they're legumes but who cares. Great for passing time while waiting for someone, stuck in traffic or going for a walk. For more sophisticated tastes, we have the tender cashew nuts, crunchy almonds, pistachios and many more. If you're bored at home, grab a bowl full of nuts and start binge watching a TV series. I guarantee you will have a great time.

### 6. HAS GOOD TEAMWORK WITH OTHER FOOD ITEMS

Nuts are great on their own. But they are also great team players. Nuts are a versatile food item that can enrichen almost any kind of dishes. From various desert items, chicken dishes to chocolates, all of them have great synergy with nuts. And don't forget the classic peanut butter sandwich, the age old snack-time staple.

So there you have it. Now go and grab some nuts and enjoy yourself.

# Living without music for a week

MAYABEE ARANNYA

My eyes fluttered open to hip hop beats unfamiliar to my ears. Like reflex, I got up and started dancing to the tunes until realisation hit me and I stopped dead in my tracks. I dove right back into bed and covered my head under the pillow. I needed to drown out the FORBIDDEN SOUNDS.

My brother in the next room became the biggest obstacle in my challenge. I had become so used to the house always having some music in the background that now it had become difficult to realise when I was breaking the rules. The music was now a part of me, a part I could not differentiate from the rest of me. But I had to do this. I couldn't give up so soon.

I continued with my daily routine of checking all my social media, and that is when I faced my second obstacle. I kept scrolling through the posts, my hand itching to turn the sound on. I felt like I was betraying my queen, Dua Lipa, as I only watched her silently perform, not being able to satisfy my urge of listening to her entire album at least once a day.

I decided to quit Instagram and head on over to Messenger, hoping I could find comfort in friends. But no, the universe decided to be extra cruel to me that day. My musically talented friend texted me all excited and sent me his demo. Now, I could have explained to him that I was challenging myself to no music for a week for no reason, or I could lie and tell him it was "nyc", the way I rate all of his music. I decided to do the latter and

have no regrets.

The next few mornings, I had suddenly become all about fitness and decided to go on jogs with a friend. The socialisation made it easier to not require music while we jogged, but the problem was, this friend was a major K-pop fan. All she could talk about was music and she wanted to do entire dance routines after our jogs. Let's just say I was responsible for one unhappy and deprived K-popper for a week.

Watching YouTube videos and binging on TV shows is one of the most integral parts of my life. This week, I learned just how much of a musical aspect there is to literally everything in media. I thought it would be better if I started watching Twitch streamers play some video games but then they decide to play some music in the background as well. It came to a point where it was just not worth trying to watch anything.

And so, the biggest struggle began. How do I entertain myself? It quickly became clear to me that the only real forms of entertainment in my life involved music. I started reading books, dabbled into the world of calligraphy, looked at memes, talked to people. It was all going fine but something felt amiss. I was aching for some sweet tunes.

If there's one thing I learned from this experience, it's that if I can make it through life without music for a week, I can make it through anything.

*Mayabee Arannya is a confused soul still searching for a purpose. Give her advice on life at [facebook.com/mayabee.arannya](https://www.facebook.com/mayabee.arannya)*

