

HOROSCOPE



ARIES (MAR. 21-APRIL 20)

Avoid being overly opinionated. Try not to be too harsh with loved ones. You can pick up some overtime. Your lucky day this week is Saturday.



TAURUS (APR. 21-MAY 21)

You will be popular with those around you. Refrain from arguing with your partner. Deal with the needs of children. Your lucky day this week is Monday.



GEMINI (MAY 22-JUNE 21)

Don't let others meddle in your private affairs. Listen to the complaints of others. Develop some of your good ideas. Your lucky day this week is Friday.



CANCER (JUNE 22-JULY 22)

Spend time with children. Invest in your ambitions. A second chance will result in good work. Your lucky day this week is Sunday.



LEO (JULY 23-AUG 22)

Make changes in your domestic scene. Avoid giving anyone fuel for the fire. Be cautious when going out. Your lucky day this week is Monday.



VIRGO (AUG. 23-SEPT. 23)

You will face issues while communications. Keep your emotions in check. Involvement in sports will lead to love. Your lucky day this week is Friday.



LIBRA (SEPT. 24-OCT. 23)

Take major decisions regarding your career. Avoid listening to rumours. You may face difficulties with someone you live. Your lucky day this week is Sunday.



SCORPIO (OCT. 24-NOV. 21)

Spend time with friends. Make the best of opportunities at hand. Focus on self-improvement. Your lucky day this week is Wednesday.



SAGITTARIUS (NOV. 22-DEC. 21)

Socialise and expand your professional network. Don't spend too much. It won't take much to upset your partner. Your lucky day this week is Wednesday.



CAPRICORN (DEC. 22-JAN. 20)

Socialise with those who know your worth. Catch up on reading. Do not let your partner cost you money. Your lucky day this week is Monday.



AQUARIUS (JAN. 21-FEB. 19)

Maintain distance with relatives. Others will misinterpret the truth. Love can be heightened if you consider future plans. Your lucky day this week is Wednesday.



PISCES (FEB. 20-MARCH 20)

You can make money from personal investments. Keep your dramatic nature in check. Travel opportunities look positive. Your lucky day this week is Saturday.

LS RAMADAN PLANNER



Typically, Ramadan means a lot of planning, which truthfully remains as words on paper, or hastily typed words on a touch screen. This time around, Star Lifestyle is focusing on the practical side of things. Our highlight for this week is maintaining proper eating habits while fasting, which can be applied throughout the month, if not the year.

AN EYE ON DIET beyond Ramadan fasting

Summer Ramadan fasts in Bangladesh can be up to 14-15 hours, with just around 10 hours left to take care of dietary needs. Typically, common food plans are put on hold during this time as the long fasting hours, combined with a humid summer weather, do not make up the best combination.

But dieters, or people looking to switch to healthier eating habits, can make the best use of this opportunity, and treat the Ramadan fasting as the perfect springboard.

The most common shortcomings, however, are centred on the issue that all careful eating stops right after the fasting ends.

Of course, going for a more suitable diet plan is another matter, but sticking to the acquired good eating habits throughout the year, without doubt, will benefit in the long run.

EXTENDING WATER INTAKE HOURS

The human body requires roughly 3-4 litres of water per day to function properly. After 14 hours of fasting, the absolute worst thing you can do to your body is gulping down water without any consideration.

Instead, set aside a limited amount of water to drink at specified times, maybe at one or two hour intervals. A good practice here would be to take a water bottle to bed before sehri to quench your thirst

throughout the night.

Also avoid drinking a huge amount of water right at the end of sehri; it will do you no good.

Follow through with this habit later in the summer by keeping aside water to drink throughout the day.

Of course, when Ramadan is over, you can always sip whenever you feel thirsty, but again, that too in moderation.

While we are on the topic of water, sugary drinks, even marketed juices with the label of "0 percent sugar" should be avoided.

Opt for making juice at home, or flavour your water with lemon wedges and a sprinkle of mint leaves.

PAIRING PROTEINS AND CARBOHYDRATES WITH FIBRES

Carbohydrates have picked up a bad reputation in this decade. But we forget that carbohydrates are necessary to provide the body with necessary energy.

Complex carbohydrates like rice, potatoes, oats etc. are all great choices to include in the sehri meal, along with a choice of meat, fish, eggs, fibre rich beans, plus a side helping of vegetables.

For iftar, this combination can be a serving of flat rice or puffed rice with a mung bean preparation and seasonal fruits, among other things. One great thing about summer, despite the heat, is the wide selection of seasonal fruits, so it's



a no-brainer to make the best use of them.

A full protein serving during sehri, particularly in the summer, will not only make you thirsty easily, but will also lead to bad breath.

As for the post-Ramadan feasting, your own dinner table can be set to continue this line of eating. The rich polao and meat dishes should always be paired with vegetables and fruits. No exceptions!

You do not want to lay waste to the good eating habits developed in a month and for it to last, just one week of careless eating will set you back.

SAY YES TO SALADS AND SOUPS

Before you groan at these 'clichéd' diet-