

Changing your food habits and lifestyle for a healthy body

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Drink more water

Hydration is important for overall health, weight loss, skin elasticity, and mood balance! Drinking 2-3 litres of water is recommended for a healthy body if that person does not have any other health issues.

Eating habits

First and foremost, making up your mind and committing to healthy eating is the key to building a healthy you. Buying healthier ingredients will make it easier to change your diet. Sticking to a healthy eating plan and timetable can help. Healthy eating does not have to be expensive or complicated by keeping count of micro/macro calories.

Here are some of the tips which can help you.

Be realistic

Eating healthy does not have to be those extravagant images we have in our minds from Instagram. It does not have to be expensive items and can simply be Bengali fish curry, daal, and vegetables with some whole grains cooked at home.

Plan your meals

Plan your meals ahead of time. Making time to list down the weekly grocery with essential items means sticking to the plan with focus. Do groceries on a Saturday and use that day as your meal prep day.

Homecooked meals are better than take-aways

Cooking at home is cheaper than eating



out. Plus, the ingredients we use at home are healthier and more hygienic than in restaurants. Prepping meals ahead and even making them ahead for a week can help you save time and money.

Replace bad fat with good fat

We can use oils such as sunflower, canola, or olive oil. Having fatty fish or unsaturated butter in our diet can help with omega fatty acids.

Snacking on nuts such as almonds, walnuts, and sunflower seeds instead of biscuits, cakes, or deep-fried foods is better. Changing your cooking method and shifting to shallow fry, baking, grilling, or steaming can help you consume less oil which is economical too.

Eat local vegetable

A healthy diet is not about kale and broccoli. You can eat plenty of spinach varieties found locally also. Buy local vegetables which are readily available and use them in your diet plans.

Eating in moderation

There is a Chinese saying, "Eat only till you are 70 per cent full". We should opt for eating a meal in moderation and on time. No food in excess is healthy, everything should be in moderation and a balance must be maintained.

Together with exercise and eating healthy, you will see great results as your body will start taking in the nutrients and detoxing the system. You shall soon start feeling great from inside and that will reflect in your daily activities and uplift your mood.

Photo: Simra Khan

◆ HOROSCOPE ◆



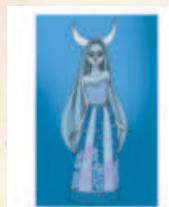
ARIES (MAR. 21-APR. 20)

Reach out to find a solution. Your stubbornness could alienate loved ones. Relatives could give you a hard time. Your lucky day this week will be Saturday.



CANCER (JUN. 22-JUL. 22)

Take care of issues at hand. Clear up any misunderstandings. Avoid too much discourse with colleagues this week. Your lucky day this week will be Tuesday.



TAURUS (APR. 21-MAY 21)

Travel may bring changes to your philosophy. Communication will be your best bet. Put your plans into motion. Your lucky day this week will be Saturday.



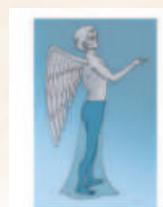
LEO (JUL. 23-AUG. 22)

Anger might lead to carelessness. Family members may be difficult to deal with. Don't get involved in conflicts. Your lucky day this week will be Saturday.



GEMINI (MAY 22-JUN. 21)

Don't push your partner away. Think whether you wish to commit. Financial difficulties may be worrying you. Your lucky day this week will be Sunday.



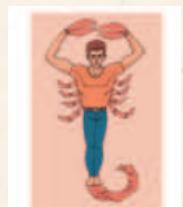
VIRGO (AUG. 23-SEP. 23)

Financial gains are possible with wise investments. Socialise this week. Arrange pleasure trips with your partner. Your lucky day this week will be Tuesday.



LIBRA (SEP. 24-OCT. 23)

Deal with problems promptly. Changes at home are evident. Your partner will infuriate you. Your lucky day this week will be Friday.



SCORPIO (OCT. 24-NOV. 21)

Reflect on your past actions and experiences. Negligence will be costly. Put your time into home improvement projects. Your lucky day this week will be Friday.



CAPRICORN (DEC. 22-JAN. 20)

Make good use of your talents. Sudden romantic connections may be short-lived. Your ability to relate will close the gap. Your lucky day this week will be Thursday.



AQUARIUS (JAN. 21-FEB. 19)

Partnerships could be tense. Pay off all your debts. Don't go looking for change. Your lucky day this week will be Tuesday.



PISCES (FEB. 20-MAR. 20)

Catch up on pending correspondence. Too much talk will lead to disputes. Be honest if you wish to solve the problem. Your lucky day this week will be Monday.

KOHINOOR
CHEMICAL



Bactrol

Left Right
Left Right

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