

### Whole grains

Whole grains are a fantastic source of complex carbohydrates and fibre. They are very good at giving your body some long-lasting energy and digestion aid. Since you are trying to cut down on meat, this is a great alternative that will keep your body energised throughout the day. You can experiment with different types of grains such as quinoa and brown rice besides the regular white rice to see what fits your gut best.

### Chia seeds

Chia seeds are a godsend when it comes to good digestion. They are one of the most fibre-dense food options out there. Chia seeds are generally mixed with water and then consumed which increases their efficiency tenfold. They absorb all the water and really help to keep your bowels healthy and moving. They are extremely versatile so you can really mix them in any liquid you want to drink. Juices, smoothies, iced teas — chia seeds have your back.

### Green tea

Green tea is generally good and is full of antioxidants and flavonoids. It contains little to no caffeine so it barely affects your sleep and is a good way to stay hydrated. The antioxidants really help your gut to maintain its health and can help reduce high blood pressure and 'bad cholesterol' in your body. You can enjoy it hot or cold according to your preferences. So, kick back, relax, and let the green tea work its magic on your body and mind.

By Abdul Warith Khan

Photo: LS Archive/Sazzad Ibne Sayed



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ঠিক যেমন রূপচর্চায় আভিজাত্য মানেই

# অ্যান্ডালিনা

## সোপ

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