



The Daily Star
CELEBRATING
33
years of
JOURNALISM WITHOUT
FEAR OR FAVOUR

LIFESTYLE DIARIES

SEGMENT 4

ANNIVERSARY SUPPLEMENTS 2024

DHAKA SUNDAY FEBRUARY 25, 2024

FALGUN 12, 1430 BS

27

Nutritional trends 101: The truth behind popular diets

FROM PAGE 26

Before following the Keto diet, Hasin advises individuals to gain a comprehensive understanding of their bodily functions, especially kidney capacity, as the diet can pose risks to kidney function and overall brain health.

"No one should follow the Keto diet for more than two weeks," she recommends, highlighting the importance of periodic breaks and regular monitoring of kidney function to avoid potential damage.



Moreover, Hasin points out that prolonged adherence to the Keto diet can lead to significant neurological and psychological side effects, including reduced brain capacity, irritation, and even depression. This underscores the need for careful consideration and medical consultation before starting the diet, particularly for those looking to it solely for weight loss purposes.

IN SEARCH OF THE PERFECT DIET PLAN

The notion of a perfect diet is tempting — a one-size-fits-all solution to our health concerns, neatly packaged in a set of dietary rules! However, as Hasin points out, individual needs vary greatly due to factors such as genetics, lifestyle, age, and health status. What works for one person may not work for another, making the concept of a universally perfect diet more of a myth than a reality.

While nutrition is undoubtedly a cornerstone of physical health, it is just one piece of the puzzle. Regular physical activity, adequate sleep, and stress management are equally important to maintaining health and preventing disease. These elements work synergistically, enhancing the benefits of a nutritious diet and contributing to overall vitality.

Hasin notes, "Health and nutrition are intricately connected, and we cannot talk about one of these by ignoring the other." Her remark

underscores the necessity of a broader approach to health that transcends dietary restrictions and explores the holistic dimensions of living.

While the allure of quick and easy solutions to weight loss and health improvement is understandable, the reality is that fad diets cannot be suitable for everyone. The diversity in individual health profiles, nutritional needs, and lifestyle factors necessitates a more personalised approach to dieting.

Chowdhury Tasneem Hasin highlights that diet plans should be closely tied to an individual's age, given that physical activity and nutritional needs change as we grow older. A 14-year-old requires a different diet plan than a 24-year-old, highlighting the dynamic nature of nutritional requirements from childhood through adolescence.

Adults, particularly those in sedentary jobs, must carefully balance their intake of proteins and carbohydrates. Hasin advises a diet rich in fruits, vegetables, and oils to ensure the consumption of essential fatty acids, catering to the body's evolving needs as metabolism slows down.

For the elderly, the focus shifts away from carbohydrates — which can lead to health issues if not properly utilised for energy — towards a diet higher in proteins, vitamins, and minerals. This adjustment is vital to maintain muscle mass, bone density, and overall health, considering the reduced physical activity typical among older adults.

Hence, before adopting any diet plan, we should have a thorough knowledge of our physique and nutritional needs. You should ask yourself questions such as if a fad diet plan is safe for you or not and if it is, what kind of diet should you choose to lose weight.

By Ayman Anika
Photo: LS Archive/ Sazzad Ibne Sayed



Delicious Treats

at

Secret Recipe

NEW ARRIVAL

10% OFF

APP ORDER

GET IT ON Google Play

• Wedding • Anniversary • Birthday • Inauguration • Convocation

DHANMONDI
01933366431

GULSHAN 2
01933366430

GULSHAN 1
01404427563

GULSHAN 1 EXPRESS
01933366435

SHANTINAGOR
01933366433

WARI
01404427562

KHILGAON
01933366432

ELEPHANT ROAD
01958646627

MOHAKHALI
01404427560

UTTARA
01933366419

MOHAMMODPUR
01958646626

GULSHAN 2 CIRCLE EXPRESS
01933366434

CTG
OUTLET

GEC CIRCLE
01409955674
KHULSHI
01401671234