

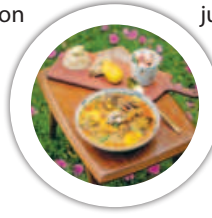
## Balanced eating during Eid-ul-Azha: Top 5 suggestions from a nutritionist

Celebrations often involve elaborate meals featuring rich dishes cooked with red meat. Even before we succumb to this temptation this Eid, we should chalk out a diet plan. One need not equate responsible eating to deprivation, it is more about eating in moderation.

We spoke to Chowdhury Tasneem Hasin, Chief Clinical Dietician and HOD, Dietetics and Nutrition, United Hospital Ltd on what

dietary changes one should make on Eid day and the days of feasting that follow. And this is what she had to say —

- #1. Remove all visible fat from the meat pieces before cooking.
- #2. Avoid eating internal organs like the liver, brain, kidney, etc.
- #3. Add yoghurt, vinegar, and lemon



juice to the meat preparation. It will not only improve the quality of the food but also help lower the fat. Ditch the traditional way of cooking and occasionally opt for healthier cooking methods like roasting, baking, and grilling.

- #4. Try to incorporate vegetables and fish into your menu. The fibres in the vegetable will help eliminate the fat

from the body.

#5. Desserts are synonymous with every celebration but rather than going for shemai-payesh make the best use of summer fruits. They are rich in nutrients essential to balance out the indulgence for red meat.

**By Mannan Mashhur Zarif**

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