

I am stressed because I am not getting the right person for marriage.

Yes, we know the lifestyle and the eating patterns we follow are unhealthy. The thought of our health in the future does give us a scare but till we internalise this thought, nobody can force us to eat right.
Pooja More, 25-year-old law student from Rizvi college



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It's my life - or is it?

Everyone these days, feels they have something called a lifestyle, though honestly, in the purest sense of the term, 99.9 per cent cannot even think of one. Usually, what we term our 'lifestyle' is something that is left to us after life finishes making its own decisions! But since this little myth is so strong, we gave four lifestyles (read 'situations') to Ruby Sound, a senior dietician at Talwalkars Better Value Fitness, to analyse and grade them for health, nutrition and prospects for the future. These lifestyles are fictional and representational of the most common led these days. But we are sure that each of you can partly, if not wholly, relate to all of them.



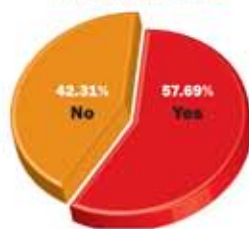
Lifestyle I

A 25-year-old male corporate professional working for eight to ten hours a day. Has breakfast at 8 am comprising cornflakes, bread/toast, a fruit, a glass of milk/fresh fruit juice, lunches at 2 pm, on an Indian thali consisting of chapatti, bhaji, rice, dal, pickles and a glass of buttermilk, has a junk food snack of chaat, wada pav etc at 6 pm and dinner at 11 pm. Eats chapatti, bhaji, dal rice. Works out occasionally at the gym.

ANALYSIS: This is a typical "corporate" lifestyle with long working hours. Meal timings play a key role. The long gaps in between meals lead to unstable sugar levels which eventually precipitate to obesity. To prevent lifestyle diseases like obesity, diabetes and hypertension, the diet needs to be improved in terms of increase in fibre intake and protein intake.

Protein sources include pulses, low fat milk and milk products,

Are you stressed?



nuts for vegetarians.

Ideally, dinner should be taken three hours prior to sleep and be lighter than lunch.

Healthier snack options post lunch would be a vegetable sandwich, sukha bhel or a fruit. Even a handful of nuts like almonds, walnuts are packed with nutrition and are rich sources of unsaturated fatty acids.

Additionally, drinking 1-2 cups of Green tea will provide antioxidant benefits.

A 28-year-old housewife has breakfast that is predominantly South Indian (idli, dosa) or bread & butter/sandwich or cornflakes at 9 am if she gets the time. She has her lunch at 2 pm, comprising, rice and bhaji, or curd rice and a glass of butter milk. She has a cup of tea with some biscuits for snacks at 5 pm and her dinner is at 9 pm comprising chapatti, bhaji, curd rice and a

Lifestyle II

glass of buttermilk. She does no exercise and doesn't go for walks either.

ANALYSIS: Eating small and frequent meals is the right way of eating. Besides breakfast, lunch and dinner, the mid-morning and mid-evening meals are very important.

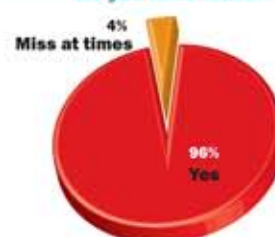
A glass of fresh vegetable juice or coconut water or buttermilk can be had before supper. Eating adequate amount of calcium rich foods combined with regular weight training exercise can delay and/or prevent osteopenia and osteoporosis.

A good source of protein and calcium for a vegetarian woman is soya. Soya in the form of soya milk, soya flour or tofu can be very beneficial to women. Soy contains "iso-flavones" which are phytoestrogens, which are similar to the hormone estrogen. Several studies have shown proven the benefits of the iso-flavones, like increase in bone mass density, preventing pre-menstrual symptoms and lowering cholesterol levels.

A bowl of salad before meals not only adds fibre but also provides vitamins and minerals.

Tea, when replaced with Green tea can provide benefits like antioxidant effects, preventing of cancer, and aids in weight loss too.

Do you have lunch?



Do you snack in between meals?

